

Lekha wishes its readers a Happy New Year!

## 10 Years Calendar

Years in Red indicate Leap Years

Year	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
2020	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Jun	May	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Sep, Dec	Jun	Aug	Jun
2021	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Jun	May	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Sep, Dec	Jun	Aug	Jun
2022	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Jun	May	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Sep, Dec	Jun	Aug	Jun
2023	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Jun	May	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Sep, Dec	Jun	Aug	Jun
2024	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Jun	May	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Sep, Dec	Jun	Aug	Jun
2025	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Jun	May	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Sep, Dec	Jun	Aug	Jun
2026	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Jun	May	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Sep, Dec	Jun	Aug	Jun
2027	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Jun	May	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Sep, Dec	Jun	Aug	Jun
2028	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Jun	May	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Sep, Dec	Jun	Aug	Jun
2029	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Jun	May	Jan, Apr, Jul	Feb, Aug	Mar, Nov	Sep, Dec	Jun	Aug	Jun

Months in Green have 31 days

Months in Blue have 30 days

Months in Red have 29 days

Months in Pink have 28 days

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### A Few Disclaimers

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

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

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

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

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



## Newsmakers

### Global help foundation award to Dr. Srikanth

On the occasion of International Volunteer Day, Markapur-based Global Help Foundation has conferred the Global Mobility Social Impact Awards



2023 to some eminent persons across the state. One of the recipients of the award is Dr. Dabbiru Srikanth, a philanthropist and community service enthusiast from Visakhapatnam.

### Sri SS Patnaik in "Extraordinary Man" movie

Released on 8/12/23, the Telugu movie "Extraordinary Man" starring popular movie hero Nitin, heroine Sri Leela, and senior actors Sri Rajasekhar, Brahmaji and actor Harshavardhan is doing well in various theatres.

The directors asked Sri Sadashivuni Srinivas (SS Patnaik), our budding film director and hero writer, to write some dialogues in Uttarandhra dialect for the film. Let's congratulate Sri SS Patnaik, who impressed with his acting and gave us the Uttarandhra accent, especially demonstrating his love for our caste.

The names of the characters in this: one is Patnaik, another is Mahanathi, and another is Patro. How beautiful are the names of these characters?

All the best Srinivas. 'Lekha' hopes that this movie will take off in a big way.



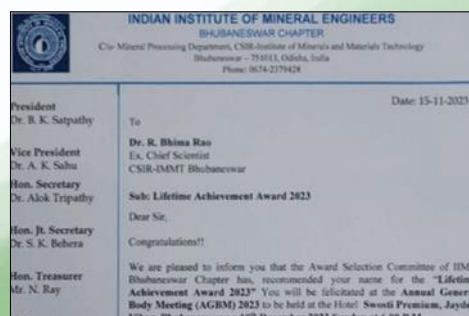
### "Lal" wins multiple prizes at Cartoonists' picnic

On 03-12-2023, our cartoonist Lal (Sadashivuni Lakshmana Rao, Publicity Secretary, Andhra Pradesh Sishtakaranamsangam) from Visakhapatnam participated in the grand Telugu cartoonist picnic held at Vijayawada and won first prize in lucky dip, first prize in one competition and second prize in another competition.



### Lifetime Achievement award to Dr. Bhima Rao

Dr. Raghupatruni Bhimrao received the IIME Lifetime Achievement Award this year. He has a long experience of 45 years in the field of mineral industries. The President of the local Society of Indian Mineral Engineers, Dr. B.K. Shatpati honored him and gave him the lifetime achievement award.



### Sri Tirumala Rao elected Social Studies Forum Joint Secretary

On the formation of Andhra Pradesh Social Science Teachers' Forum with ten members for the improvement of social science and qualitative education for the students, Sri Kudama Tirumala Rao, social science teacher of Voni MPUP School was selected as the Joint Secretary of that working group.



He is working as a social science teacher in Kadumu Zilla Parishad High School, Kothuru Mandal, Srikakulam District.

### Dr. Suresh Babu felicitated at Vanasamaradhana

Dr. Kupili Suresh Babu and Dr. Shravani, conducted medical examinations and gave appropriate advice to all those who came to the medical camp, held at the old Kanithi Shiva temple in the steel plant area, as part of the Vanasaramadaran presided over by Gajuwaka Sistakaranam Welfare Association Honorary President K Gauri Prasad. Dr. Kupili Suresh Babu was honored by the Sistakaranam committee recognizing the free medical service camps, old age home medical services and tribal village medical services done by him. Dr. Suresh said that his free medical services are available 24 hours a day and expressed his gratitude to President Sri Baliwada Satya Rao, Sri Basangi Tirupati Rao and the entire committee for giving him the opportunity to conduct this medical camp.



## Newsmakers

### Palakonda girl in program recognized by the Guinness Book of World Records

On 24th of this month, Kuchipudi Kalavaibhavam Mahabrinda Natyam program was organized at Hyderabad Gachibowli Stadium under the auspices of Bharat Arts Academy and ABC Foundation. In this program, Kondadadi Aitihya from Palakonda town of Parvathipuram Manyam district received the blessings and registered her name in the Guinness Book of World Records. Telangana State Ministers Sitakka and Jupalli Krishna Rao were the chief guests in this event. The girl, who won the titles of Nartanabala, Natya Mayuri and Nartana Kaushalya with her performances, is preparing for more performances with this honor. Dancer G. Vanaja Chandrasekhar said that this great program impressed the audience. She said that the certificate of recognition of the event by Guinness Book of World Records will be issued soon.



As her parents settled down in Vijayawada for professional reasons, the child's legacy of learning Kuchipudi dance since her third year is noteworthy. This child received the blessings of everyone by giving her performances in Simhachalam, Srisailam, Anam Kalakshetram Rajahmundry, Bhimalingeswara Swamy Temple Bhimavaram, Dwarka Tirumala, Vadapalli, Ainavilli, Vijayawada Durgamma Sannidhi, Vellore Golden Temple, Antarvedi, Dwarapudi and many other famous temples. The efforts of legendary Guru G. Vanaja Chandrasekhar and his parents in teaching traditional Kuchipudi dance are notable today when modern dances reign supreme.



### Sri Manapuram appointed judge for stage awards

Sri Manapuram Satyanarayana, the founder of Palakollu Kala Parishad, has been appointed as the judge of Nandi Natakotsavam organized by Andhra Pradesh Film Development Corporation at Sri Venkateswara Vigyan Mandir, Guntur from 23rd to 29th of this month.



Also, the state government has appointed Sri Manapuram as the adjudicator for the selection of the NTR Rangasthala Award given to an artist every year by the government and the Dr. YS Rajasekhara Reddy Award given to theater companies. 'Lekha' congratulates Manapuram Satyanarayana on this honour.



### Research Excellence award to Smt Lakshmi Prasanna

Smt. Y Lakshmi Prasanna received the Research Excellence award for her efforts that raises the prominence of the institute's research from Gokraju Rangaraju engineering College. She works in the Department of Computer Science Engineering.



### Dr. Krishna receives National Award

Dr. Krishna has received another national Award for the year 2023. Gyan Uday Foundation, an organisation recognised by Government of India, has given him the Indian Icon Award in the Educationalist, Psychologist & Life Coach category.



### Walkers International Memento to Polumahanthi

Sri ASP Ravindra, the President of Aditya Walkers Club, honoured Sri Polumahanti Umamaheswara Rao, the founder of Aditya Walkers Club, for popularizing walking with his previous experience of serving as the Governor of District 102 Walkers International in Northern Andhra, in the Walkers International meeting held at Visakha AU Convocation Hall on 24-12-2023 night.



### Dr Leela Kumari promoted as Head of the Department

Let us congratulate our Sistakaranam educationist Dr. Leela Kumari, who is working as an Associate Professor in Jawaharlal Nehru Technological University, Kakinada JNTU-K, for being promoted as the Head of the Department of ECE. She is the daughter of Sri Baliwada Malleswara Rao of Srikakulam, a noted educationist and retired District Education Officer.



## Editorial

### With New Year Greetings...

Lekha's Heartful Pranams to all Sistakaranam relatives

First of all Happy English New Year from "Lekha Team" to entire Sistakaranam relatives.

The first half month of December was the continuation of Karthika. All picnics are organized with enthusiasm more for the reason that we can meet our relatives rather than relishing good food. It is notable that many Vanabhojanas / picnics were held this time. This is a proof of the desire of all of us to come closer in unity and inclusiveness in our caste. Let us hope that we will continue to celebrate these near & dear gatherings in the future. If such gatherings happen often, it will be recognized in the society and will be useful for us to grow socially and politically, it will give us an identity in the society. Around 18 Picnics were held. Sincere congratulations to the organizers for their hardwork, and their fundraising efforts for the picnics, which is a big task. We hope we have covered information of all the picnics that we have collected, if any one is missing please send us the same.

Along with happiness in life, there are also hardships and dissatisfactions. Some are by fate, some are self-made. But time doesn't stop for anyone. It moves forward giving us happiness, sorrows, teaching us lessons. We learn from those experiences and enjoy the rest of this life. Engaging in activities that we like, and seeking satisfaction, that's the purpose of life. This year we wish our family members (even people) to be very happy and contented without any kind of illness coming our way. Happy English New Year. Praying to God that may all relatives be healthy and happy always..

Happy English New Year.

Lastly, one 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 our phone numbers and e-mail address you can reach out to are on the last page of this Lekha. No fee, no monetary benefits in any form whatsoever, will be taken from anyone for publishing our caste news, interviews and any articles in Lekha. Everyone should understand this. If you hear anything like this, please bring it to our attention.

"Sarva Sistakarana Jana bandhu Sukhinobhavanthu"

- Jannumahanti Venkata Chandrababu,

Chief Editor

## Interview

### Business, avocation parallelly

*Running the wholesale and retail business successfully on one footing and rendering relentless services to the Sistakaranam community on the other footing is a task of commitment to both, and our one Sistakaranam has done and proved his mettle. His business acumen, combined with his love for the Sistakaranam community, could guide our community leaders for our cause. We are referring to Sri Singhumahanti Murali Bhagvan, a versatile activist known to all our community members. Let us hear from him about his life journey.*

*Please share with us your education & career.*

I am a graduate from M.R. College, Vizianagaram. Soon after my studies, I entered into my choice business, that is, textile business, both wholesale and retail, in Vizianagaram town and proven my success in it. My son is now looking after the business.

*You have milestones embellished with awards. Please share few of them.*

I was awarded with LIFE TIME ACHIEVEMENT AWARD as Senior Citizen in the year 2015 by AP State Government. Today I am Vice President in Vizianagaram District Senior Citizen Welfare Association. In regard to textile industry, I was elected as the President of INTUC for textile workers' union for 15 years. I was also member in Vizianagaram District Wage Board. Seeing my activities, YSR government nominated me as a Member on Vizianagaram District Government Hospital Development Society.

*Your name is known across the our Sanghams. Please share about it.*

With my vast experience and knowledge, I guided our Sistakaranam leaders and always strive for the betterment of our community. I was instrumental in establishing mandal-wise Sistakaranam Sanghams in 19 mandals of Vizianagaram district. I served as General Secretary of Vizianagaram District Sistakaranam Sangham for 3 terms during 70s and 80s. I was also General Secretary of Andhra Pradesh State Sistakaranam Sangham for 3 terms. I participated in our community programs in the states of Odisha Chhattisgarh, Jharkhand, West Bengal and so. As a part of our Sangham activities, I used to help poor and needy Sistakaranam families, helped poor students with scholarships. I organized regular Kartika Vanasamaardhana Picnics



Sri Singhumahanti Murali Bhagvan

<b>Father</b>	: late Singumahanti Ramanamurty Patnaik
<b>Mother</b>	: late Singumahanti Sundaramma
<b>Wife</b>	: late Singumahanti (Jogimahanti) Lakshmi,
<b>Daughters</b>	: Smt. Lavanya, Smt. Neeraja Vani
<b>Sons</b>	: Balaji Ramesh, Yogendra
<b>Native place</b>	: Vizianagaram

and family get together. My community services also include publications and WhatsApp groups.

*Unforgettable events in your life, please tell us.*

I represented our community from Vizianagaram district to Mandal Commission hearings at Hyderabad and Vijayawada. I also represented to State Backward Class Commission 4 times, each time headed by Sri Puttuswamy, Sri Muralidhar, Sri Dalwa Subramanyam and Justice Eeswaraiiah.

*Any message to our community.*

Our youth must spend some time actively in serving Sistakaranam Sanghams. Try to work unitedly and with unity. Try to serve the poor and the needy Sistakaranam members. Try to help in getting free medical facilities Sistakaranam members. Try to create a corpus fund for Sanghams to do service activities regularly from the interest earned on that. Remember always Poet Gurajada's popular verse... "Otti maatalu kattipettavoy...Gatti melu tala-pettavoy".

*Sri Bhagvan garu cannot read digital Lekha but appreciates the Lekha team's efforts in reaching our community households. Lekha wishes him good health and wonderful days ahead.*

## Open Forum

### Meeting the chief priest of Kanaka Durga temple, Sri Sandilya is my previous birth's reward

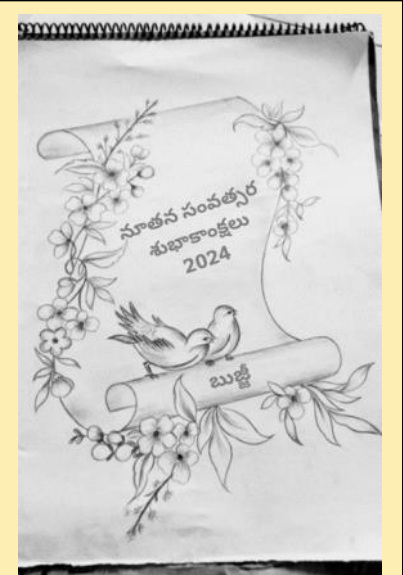
After the darshan of Vijayawada Indrakiladri Kanaka Durga Ammavaru Durga Bhavani, with mother's blessings, I consider my meeting with the chief priest of Durga Bhavani Devasthan, Daivagna Ratna, Astrology Vidya Bhushan, Shadopachara in America, main organizer of Vedic Raj Shyamala Yagam, Sri Sri Sri Balivada Shankar Sandilya (Chief Priest) as my previous birth's reward. feel It was very enjoyable to talk face to face with a great Brahmin figure, who is interested in the welfare of our Sistakaranam society. As soon as he met us, he got emotional and enquired where we came from and what we do. When I bowed to touch his feet, he reprimanded me not to do so, demonstrating his humility. He made the needed arrangements for the temple.

I witnessed Sri Sandilya's mental fortitude. He is immensely respected by all the staff of the temple. What better reverence is needed for our community virtues? He enable a quick darshan of the Goddess.



Praying for the mother's grace always,

- Baliwada Haribabu



**New Year Wishes Art by  
Sri KP Patnaik**

### This is the truth of life...

Getting up early every morning and walking a few steps, will ease your body. The internal disorders will be removed due to the rays of the rising sun. And, the rising sun, the blossoming flowers, the chirping of birds, the smiling greetings of friends one meets, bring great joy and happiness to the mind. It gives peace for the whole day. It brings good thoughts along with good health.

Good thoughts let us do good deeds. They help in the development of our personality. The good deeds we do bring us recognition in the society. The sea is one for all, but only those who swim find pearls. Those who come to cast nets will find fish. Those who stand watching, get only their feet wet. Life is also the same. Everyone has only one life. But, the returns will only our efforts. Decisions made out of anger and jealousy will never yield good results. Instead, new problems will arise. So good decisions should be taken only when the mind is calm.

Friendship should also be with those who have good qualities and not with those who have lakhs. No matter how many good words are said or read, they will be useful only when they are put into practice. Goodness should be in deeds and not just words. It is easy to win over others by using strength but it is difficult to win the hearts of others by showing virtue. No one should be allowed to come close without understanding. No one should be alienated with misunderstanding. Those who love us for our heart are the ones who love us more than those who respect us for our stature.

This is the truth of life.

**Sarve Jana Sukhinobhavantu.**

- Dr. Dabbiru Srikanth (Sahaja Kavi)

### Don't be a People Pleaser

Many people peep into our lives everyday and so do we. We come across many people, some are mightier, some are influencing and some are too little for us.

We have many commitments and social obligations in the present scenarios of busy schedules. When we deal with different people, we are a different individual everytime. Most of the times we are not the real Us. We fake our smile and try to do away with the work.

All this is Ok to some extent but in this process we tend to lose our selves, our identity when we start behaving or playing "the people pleaser."

It matters a lot to be what we are. To lose ourselfes for the temporary gains is simply pointless. One cannot be judgemental of how others think of them. Many times we pretend to be over nice and sweet to them for no reason.

Genuinely, one does not need an applause from the other person as long as one does the job with commitment and integrity.

Unfortunately, we encounter many people pleasers in our day-to-day life. Mind you if you are also one among them, then you are already in the rat race.

Now the world looks up at the one who speaks his heart out and does one's job with commitment, dedication, sincerity and integrity.

Don't be that "people pleaser" but raise your head high with your individuality, not sacrificing your self respect and integrity.

May this new year bring about the "ORIGINAL you" with more positivity. Work on it with true spirit.

**"BELIEVE IN YOURSELF TO BRING OUT THE BEST IN YOU"**

- Pakki Udayasree  
Law Officer, APSRTC

## Support Arena

### Dr. Arikathota Kanaka Raju Donations – Dec' 2023

- 1) Dr. Kanakaraju and Smt. Uma Donated Rs. 10,000/- to Manavatha Voluntary Organisation, Srikakulam on the occasion of inaugural function of Shanthi Radham by Sri N. Ramachandra Reddy, founder of Manavatha, in Retired Employees Meeting hall, APHB colony, Srikakulam. They had earlier donated two freezers that are used to transport dead bodies to help the poor and others.
- 2) Contribution given for pavilion in Teachers Training Centre, Vommaravalli, Srikakulam. (11th name on foundation plate)



- 3) On 3-12-2023, new blankets worth Rs.5000/- were distributed by Sri Kanakaraju to the residents of Shantha Anuraga Nilayam in Srikakulam town for use during the winter season through the organizer Sri Polumahanthi Jaganmohan Rao. This disbursement was made through a trust in the name of his parents. He said that every year, distribution of clothes is done to the poor. New blankets were also distributed to the poor sleeping on the footpaths in Srikakulam on the same day.



### Awareness program by Shree Help All Association and Sistakarana Seva Sangam

The PM Palem Shree Help All Association and Sistakarana Seva Sangam jointly organized an event to create awareness on various subjects. This was presided over by Lion Sri Donkada Anil Kumar, president of both associations. The focus was on

- 1) Promoting awareness of PM Modi's recent initiative to provide assistance to disabled persons.
- 2) Similarly, Lion Anil Kumar encouraged talented individuals to participate in sports recommended by the Aduddham Andhra program under the leadership of Chief Minister Jagan Mohan Reddy. The representatives of our associations will be helpful in the registration process for those who are interested in participating in sports competitions, he said.
- 3) Additionally, he announced complimentary training in mehndi for women within the associations and the commencement of free computer courses on December 4. Notable community representatives present included Smt. Mandavakuriti Lakshmi, Smt. Donkada Vasantha, Sri Potnuru Kushubu, Sheikh Karambi, Smt. Godaba Gowri, and other association members.



### Sridevi Vigyana Jyoti Parishkar Charitable Trust services

As part of the monthly service initiative organized by Smt. Kirti Patnaik, the head of Sridevi Vigyana Jyoti Parishkar Trust, a series of benevolent activities took place in Patnam city to commemorate her daughter Anusha's birthday.

1. 28 poor elders were provided essential items for a month.

2. Cake cutting and distribution of sweets to children at an orphanage.

3. 300 saplings in the name of Smt. Anusha for planting in the vicinity of the INS DEGA, in the name of her mother Shyamalamba, father Kuppili Trinathrao Patnaik, and in the name of Sri Gandreti Tirupati Rao's mother Smt. Damayanti, a total of 650 saplings were distributed to INS DEGA.

4. Responding to a request from INS RANA Chief Manish Tripathi, a plantation drive was entrusted to Sridevi Vigyan Sanstha under the command of Commander Srinivas Prithvi.

5. During the 1st birthday celebration of Chiranjeevi Nivika, granddaughter of Sri Donkada Anantha Prasad & Smt. Madhuri, and the youngest daughter of Lakshmi Saubhagyavathi Prataprao Anusha and Chiranjeevi Bhavan, on December 21, 2023, Sri Donkada Anantha Prasad distributed rugs to 25 homeless individuals in the Visakhapatnam railway station area.



## Support Arena

### 'Manavallaku Manasahayam' group members help

To the family of Donkada Vijay Kumar, who died suddenly in Balagudaba village of Manyam district, Parvathipuram, the members of the 'Manavallaku Manasahayam' group affiliated to Parvathipuram Sistakarana Sangham donated Rs. 10,000/- that was handed over at their house in Balagudaba. President of Parvathipuram Sistakarana Sangham Behara Gumpaswamy, Secretary Donkada Lakshmana Rao, and Group Admin. Pakki Rabindranath participated in this program.



### "Memunnam Seva Samstha" supporting the poor

Pedana resident Mallayya (65) of Ramalakshmi Weavers Colony has sadly passed away due to poor health and financial difficulties. Upon hearing the news, the Founder and Chairman of "Memunnam Seva Samstha" Sri Srinivas Veenam, promptly provided immediate cash support of Rs 3000 for the last rites. The locals praised "Memunnam Seva Samstha" for responding swiftly and giving assistance.



### Mini Event 1: Sista Helping Hands Society



On December 15th, the Sista Helping Hands Society Group took swift action to assist Sri Patnayakuni Srinivasa Rao and Smt. Krishnaveni, residents of Peda Gantyada, Gajuwaka, Visakhapatnam. Their daughter, a second-year inter student at NRI College, Old Gajuwaka, faced the risk of discontinuing her studies due to financial constraints hindering her fee payment. A few relatives were informed about the urgency of the situation, and on the help received from them, a check amounting to ₹17,000 drawn on the college name was handed over by Sri Donkada Anantha Prasad, Smt. Keerti Patnaik, Sri Pakki UmamaQERWIUheswara Rao and Sri Basuri Srinivasa Rao, on 20-12-2023.

Contributors include:

1. Sri Donkada Avinash & Smt. Vinila (son & daughter-in-law of Sri Anantha Prasad) ₹ 3,267/-
2. Sri Karakavalasa Suresh ₹3,000/-
3. Sri Kuppili Bharati, Sri Vijayachandra ₹3,000/-
4. Sri Gandreti Satish Kumar ₹2,000/-
5. Sri Pakki Dilli Shankar Patnaik ₹ 2,000/-
6. Sri Kuppili Jagadeeswara Rao ₹1,000/-
7. Sri BPCCK Mohan Raju ₹1,000/-
8. Smt. Baliwada Lakshmi ₹ 5,00/-
9. Smt. Behara Srilatha ₹ 400/-
10. Smt. Pakki Umamaheswara Rao ₹ 333/-
11. Sri Baliwada Raja Ramesh 500/-

### Sistakaranam Liftings Hands event no. 9 successful

Smt. Baggam Anusha and Sri Karunakar established a grocery shop in Rajam town, inaugurated by Sri Tyada Prasad, Group Admin, and members including Sri PVR Murthy, Sri Baggam Jogarao, Sri GVR Murthy, Sri Vandurangi Tirumala Rao, and Rajam resident Sri Anantha Patnaikuni Srinivasa Rao. The group members were the first patrons, marking the shop's successful launch. Gratitude is extended to all contributors and attendees for making this event a success. Financial support from 35 group members, totaling Rs 30,000, facilitated the initiative. With Rs 15,300 spent on groceries, the remaining Rs 14,700 was handed over to Smt. Anusha and Sri Karunakar. This marked the successful conclusion of the 9th event.



### 22nd Helping Hands event concludes

Members of the Helping Hands team, including Sri Behara Mohan Raju, Sri VTB. Patnaik, and Pakki Keshavaram Patnaik, convened at the residence of Visakhapatnam Thennetigar's Kuppili Chalapathi Rao, on December 8, 2023 and handed over Rs. 66,500/- Coordinators Donkada Ananthaprasad and Pakki Uma Maheswara Rao thanked the 103 group members for their help.



## Support Arena

### Distribution of blankets and sarees on Chief Minister's birthday

To celebrate CM Jagan's birthday, Smt. Dabbiru Prashanthi, a prominent women leader of the YSR Congress Party in Visakha District, led a cake-cutting ceremony followed by distribution of blankets and sarees to the elderly men and women.



### Food donation on Punya Tithi

In the divine presence of Sadguru Sainath, a charitable event of distributing food was conducted at the Sri Sri Rajarajeshwari Devi Temple, on occasion of the Punya Tithi of late Sri Rajeti Ramarao from Gollapalem village, a retired Village Revenue Officer. We seek eternal blessings from Sadguru Shirdi Sainath for him and his family.



## Free Medicines by courier for 100 days



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PHARMACEUTICALS

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  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**

## Humanitarian Social Volunteer Service Organizations honor Dr. Srikanth

The "Humanitarian Social Volunteer Service Organizations" acknowledging the services of Dr. Sri Dabbiru Srikanth of Visakhapatnam, presented him with a shawl and a commemorative memento by the organization's head Sri Ramachandra Reddy, at a meeting in Sri Sitarama Raju Function Hall, Gajuwaka, in the presence of several leaders and elders. With approximately 150 branches across India, the organization recognized and honored ten service-minded individuals. Sri Baliwada Satya Rao, the General Secretary of Gajuwaka branch, expressed gratitude for this recognition.



## Sista Helping Hands 23rd Service Program

Following Smt. Pakki Devi's reference, Sri Ippalavalasa Sanyasi Rao of Kella Village, Gurla Mandal, Vizianagaram District, Sri Ipalavalasa Sanyasi Rao, who lost his current job due to ailment from a fractured leg and was unable to find employment, approached our Sista Helping Hands Society and sought aid. Smt. Baliwada Lakshmi, a member of the Sista Helping Hands team, personally visited their home, assessed their situation, and verified the critical need for assistance. As his wife, Smt. Ippalavalasa Uma, possesses commendable tailoring skills, supporting them by providing a sewing machine and some financial assistance can significantly uplift their living standards. The Sista Helping Hands Society invites the participation of relatives in this assistance program. Donations can be made through Phone Pay to the Sista Helping Hands Society mobile no. 90630 29716. - Admins

## Fraternity Page - Telangana



### Telangana Sistakaranam Association Picnic, a grand success

The Telangana State Sistakaranam Association, Regd.no 214/2015 (formerly the Andhra Pradesh Sistakaranam Association, Regd. No. 88/1965) held a grand Vana Bhojana and Kartika Samaradhana at Narayanaguda Melkote Park, Hyderabad, on 03.12.2023.

Led by Sri Lumburu Prasad Rao and Sri Trinadha Swamy, the event hosted relatives, including those from distant locations like Visakhapatnam, Vijayawada, Rajahmundry, Srikakulam, Vizianagaram, Bhubaneswar, Bangalore, and Chhattisgarh. These picnics have been organized for over 40 years in Hyderabad under illustrious Sistakaranam leadership (except the Corona period). The event, having resumed after a three-year hiatus due to COVID-19, received an overwhelming response.

The program commenced with opening remarks from the president and secretary, followed by dance performances, a drawing competition, and an introduction session where relatives shared family stories. Registration, subscriptions, and lunch arrangements were efficiently overseen by leaders such as Sri Mahesh, Sri Srikanth, Sri Prem Chand, Sri Ramana Murthy, and Sri Ananda Rao. Anchored by Sri Arasada Chakradhar, the program's focal point was the engaging familiarization of relatives. General Secretary Sri Trinadhaswamy in his speech explained how hectic those days were for BC Sadhana. He also mentioned that Vivaha Parichaya Vedika booklet was printed in 1998 on a manual typewriter and since then a list has been brought out every year.

Drawing and other games & competitions were well-executed under the guidance of Sri Chakrapani and Smt. Vishnu Priya. The day concluded with a lavish lunch, followed by awarding certificates and prizes to participating boys and girls in dance and painting, and the distribution of the 30th bride and groom booklet.

Sri Naraharinath Sekharamantri, Sri JV Chandrababu and Sri Ravi Karakavalasa from 'Lekha' attended the event.



### "SWA" Vana Bhojanam Program in Full Grandeur

Big thanks to all who made this Picnic a Grand Success. Relatives came from Hyderabad twin cities, Andhra Pradesh and from other states, establishing new relations, bondings.

First, there were condolences to the departed AISKALeader (Treasurer) Late Gumma Umashanker Patnaik. Messages were given by Community leaders and Guest speakers on the dias.

Guests were treated to many arrangements including several stalls.

- 1) Marriage bureau under Sri Parthasarathi's supervision. Details of brides/grooms were given, even on the dias.
- 2) Job Mela for youth was managed by Sri Naraharinath Sekharamantri & Sri Patnaikuni Gauri Prasad. On the spot Job offer letters to Sistakarana youth.
- 3) ALEAP entrepreneurship for Women Empowerment
- 4) Health Camp - General Diagnostics, ENT, Cardiology, Ophthalmology, Dental, Skin, etc.
- 5) Real estate companies - House plots, flats around Hyd
- 6) Electronics stall: Tushar Peripherals, gadgets, etc.
- 7) Organic food stall - Millets, Papads, many other items
- 8) Participants enjoyed Delicious Lunch - Breakfast & Tea, Vanabhojanam, Evening Tea Snacks.
- 9) Games and Entertainment for kids. Kuchipudi dances.
- 10) Felicitations to Guests.
- 11) Issuance of Caste certificates to those in need.

All the above with affection & Josh, community attachment feelings, and the day long energetic activities made the big gathering spell bound and joyous beyond boundaries. What more do we need ! A big applause to the AISKALeader Sri. D. V. KrishnaRao and the entire SWA team and supporters.

- Issued by Dabbiru V. R. Murthy (SharatKavi)  
Former Director & Senior Scientist,  
Vice President, SWA & AISKALeader



# Telangana



## Friendly gesture in Sondi's Picnic

Sri Naresh Dashamantri and Sri Mantri Narasimha Rao Members of SWA, Hyderabad and AISKA were honored at the the Kartika Vanabhajana of the Sondi caste who are our allies in the pursuit of OBC. This picnic was held at HMT Officers Club Shahpur. Mr. Bangaru Laxman was the chief guest.



# AISKA



## Inauguration of Sri Chitragupta Circle during Kayastha Mahasabha

Sri Chitragupta Circle was inaugurated in Indore by All India Sio-stakaranam President Sri Krishna Rao Sistakaranam, who attended the Kayastha Mahasabha (3 days) in Indore as the Chief Guest, and All International Kayastha President Sri RK Sinha, in the presence of Madhya Pradesh Kayastha President Sri Ratanesh Srivastava, all India Kayastha Working President Sri Uday Sahaya, the Indore Kayastha President and other state Kayastha Leaders.



## Devotional Ayyappa Worship in Shadnagar

In Shadnagar Mandal, Ranga Reddy District, Ayyappa Swami Pooja was conducted on Monday morning. Organized by Kondumahanti Srinivas Suryalakshmi Patnaik couple, the event featured rituals led by Mallesh Pratapareddy Swami. Participants included Prashant, Sudarshan Swamy, Murthy Rupa couple, Sarada Murthy Patnaik, Jahnvi Patnaik, Shivakumar Patnaik, Durgadevi Patnaik, and others.





## Fraternity Page - Andhra Pradesh



### Executive body election and picnic of Rajahmundry association

On December 3, 2023, Rajahmundry Sistakarana Seva Samiti, chaired by Sri Sekharmahanti Srinivasa Rao, organized a grand Kartika Samaradhana and a general meeting to elect a new executive committee based on members' opinions. The unanimously elected officials include Sri Sekharmahanti Srinivasa Rao as President, Sri Dabberu Vijaya Diwakar as Secretary, and Sri Durga Prasad as Treasurer.



Chief guest Sri Polumahanthi Umamaheswara Rao, President of Andhra Pradesh Sistakarana Sangam, and Prominent Visakha resident Sri Gajapathi Rao graced the event. Speaking on the occasion, the president said our efforts for Sistakarana OBC are in the last stage and that NCBC has sent its recommendations to the centre, thanking Sri GVL Narasimha Rao, BJP Rajyasabha MP for his backing us. Honorary President of Visakhapatnam District Sistakarana Sangam, Sri PVT Ramana Rao, was felicitated. Sri Raghupatruni Saibaba, Sri Bommuru Srinu, Srimati Moturu Sharada, Sri Akkumahanthi Raja, Sri B.S.K Patnaik and all members of the executive participated in this program. Over 250 attendees participated in the joyful event..

### Gajuwaka Association Vanasamaradhana

Approximately 1500 family members enthusiastically participated in the Vanasaramadahana held at the old Kanithi Shiva temple in the steel plant area, led by Honorable President of Gajuwaka Sishstikaran Welfare Association, Sri K. Gauri Prasada Rao. The event featured a medical camp attended by Dr. Kuppili Suresh Babu, Shravani, and Sanathkumar, offering medical tests and instructions apart from acupuncture treatment.

The atmosphere was vibrant with joy as adults and children engaged in games and quiz programs. Magic Sagar's captivating performance added to the entertainment. The event concluded with a delightful dinner, earning praise for its excellent organization. Chief guests were honored, and the committee received congratulations. Association President Sri Balivada Satya Rao, Secretary Sri Basangi Tirupathi Rao, and the entire team expressed gratitude to every family for their contribution to the successful Gajuwaka Sistakarana Sangham Vanasamaradhana.



### Gantyada Association Picnic

On December 10, 2023, the Kartika Vana Samaradhana took place in Gantyada Mandal, led by Sri D. Nagaraju. Approximately 200 relatives participated, enjoying a joyous atmosphere filled with games and cultural activities.

Another feature of this program was that national, state and district

members were felicitated on the same platform. The program's success, despite lower attendance, was acknowledged, with congratulations from the All India Sishstakarana Sangham.

Notable figures present were Sri MP Gauriswara Rao, Sri Rega Suresh, Sri B. Sudhakar, Sri B. Nagabhushan Rao, Sri Bala Bhaskar, Sri Sanjeeva Rao, Sri Visveshwara Rao, Sri Trinatha Prasad, Sri Jogara Rao, Sri Ramesh Ramana Murthy, Sri Parameshwara Rao, and Sri Venkatesh.



### Chandranagar Association Picnic

Visakhapatnam, Gopalapatnam 89th Ward Chandranagar Sishstakaranasamgam celebrated the picnic with their families. Congratulations to them.

## Fraternity Page - Andhra Pradesh



### Vizianagaram Association Picnic

Vizianagaram District Sistakaranams Association held the Sistakaranam Vanasamaradhana 03-12-202 on Saripalli Road in the city suburbs. About three thousand family Sistakaranam members participated. The cultural music programs were very entertaining. The President Secretaries Sarvsri MPGS Iswara Rao, Rega Suresh, Balivada Venkataramana Rao and Sri Tyada Prasad conveyed special thanks to all the members including Sri P. Srinivas, Sri ABK Ramesh (BSNL) who provided support for the program.



### Chipurupalli Association Karthika Samaradhana

Chipurupalli Mandal Sistakaranam Association celebrated their Kartika Bhojana Samaradhana. Honorary President Sri Regulavalasa Ananda Patnaik and President Sri MP Gaureswara Rao emphasized the importance of unity and cooperation in the upcoming days. Children's game competitions and dance programs were the highlights of the event. A tribute was paid to the late Sri KV Ramanamurthy. Chairman of ZP Chairman Sri Majji Srinivasa Rao, Members of Parliament, Bellana Chandrasekhar, and local public representatives were present.



### Sitammadhara Association Picnic

On December 10, 2023, the Vanabhojana program, organized by the Seethammadhara Sistakaranam Association, was held at E-Park, under the leadership of Association President Sri Prabhakardas, along with the General Secretary Sri Ram Shankar and the Executive Committee. Sri Polu Mahanti Umamaheswara Rao, President of All India Sistakaranam Association, Andhra Pradesh Branch, and others participated.

MP Sri GVL Narasimha Rao, was honored by the members. Sri UJM Rao distributed gifts to numerous children during the event. Poet Shekharmantri Prabhakar also attended as a guest.

Smt. Kurada Pavani, Sri Balivada Haribabu, Sri Baggam Srinivas, Sri Sadashivuni Lakshmana Rao couple, Sri Sadashivuni Deepak Kumar, Sri Gandreti Srinivasa Rao, Sri Saluru Mohan Rao, Sri Bala Patnaik, Sri Tilak Patnaik, Sri Sun Murthy, Sri Ravikumar, Sri Kishore. Kumar, Smt. Renuka Patnaik, Sri Pattapu Sandhyarani, Smt. Kameshwari Devi, Sri Praveen Kumar, RTI Inspector Sri Ravi, Sri Srinivas, Sri Ramesh and other family members were present.



State Sistakaranam Members Sri Sudhakar Patnaik, Sri Rega Suresh, Sri Vadrangi Venkatesh, Sri Kuduma Parameswara, Sri Bagga Sriram Murthy, Sri KT Varaprasad, Sri MP Tirupathirao, Honorary President of Cheepurupalli Sistakaranam Association Sri Kuppili Ananda Sagar Master, Vice President Sri Raghupatruni Sivaprasad, Sri Raghupatruni Seenu, Sri Kuppili Suresh, Treasurer Sri Kuppili Seenu, Chief Advisor Sri Keshava Rao Master, Joint Secretary Sri Vuriti Ravana, Sri Kuppili Kashi, Smt. Regulavalasa Sunita, and others participated in the event.

### Anakapalli Samiti Vanabhojanalu

Anakapalli Sishtakarana Samiti organized a picnic on 17-12-2023.

In a statement, the committee members thanked everyone for their participation which resulted in a successful event.



## Fraternity Page - Andhra Pradesh



### Hiramandalam Association Picnic

Greetings to everyone! I am delighted to share my experience of the forest food program organized by Hiramandalam Mandal in Srikakulam District.

The event took place in the garden of Subhalaya Metta Sri Venkateswara Swami, courtesy of our Sistakarnam association.

There was never a dull moment. The day commenced at nine in the morning with a delectable breakfast of hot idlis, vadas, two types of chutneys, and steaming coffee.

The culinary journey continued with a scrumptious lunch at two o'clock... those who were serving didn't, but the eating was exhaustive. The fare featured delights from Nageswara Rao Hotel, including Chicken Dum Biryani, Boneless Chicken Curry, Rice, Veg Biryani, Mushroom Curry, Sambar, and refreshing cone ice cream.

With refreshing nature on one side, Uriti Jayakrishna entertained the crowd with lively dances and mimicry of popular movie songs, earning special congratulations.

All the members gave good suggestions for the strengthening of the community. Although some community leaders were unable to attend due to personal commitments, the event featured delightful jokes from Sadashivuni Nageswara Rao master and Behara Srinu bavagaru, bringing laughter to all.

The day was filled with camaraderie, including a game of Housie, where I had the pleasure of winning some money. The joyous occasion culminated with yours truly dancing alongside our energetic youth boys. Lastly, collecting our respective belongings, we reached home safely.

It's great to spend an entire day with so much joy.

Allena Suresh Garu (President), I look forward to future gatherings, especially with families! Especially, one can't convey enough thanks to our boys Vamsi, Sai, Sunil, and Chaitanya.

- Journalist Rajesh, Hiramandalam, Srikakulam District

### Aganampudi Assn. Picnic

On December 24, 2023, the Aganampudi Sishtakarana Sangam orchestrated a delightful Kartika Vanabhojana in Appikonda. The Ganapudi Sishtakarana Sangam, led by Sarvashree Dasamanta Rao Krishna, Trinadh, Gopi, and Subrahmanyam Aganampudi, collaborated with Ukkunagara to present a scrumptious Kartika Vanabhojana, drawing enthusiastic participation from the community.

The venue, the ancient Someshwara temple along the exhilarating sea, steeped in 1100 years of history, showcased its sculptural beauty and ancient structures, including a revered Shivalinga akin to Mahanandi in Lepakshi.

The harmonious collaboration of Aganampudi and Lankelapalem, regardless of the myriad communities present, underscored the distinctiveness of the Aganampudi community. In attendance were community leaders from Aganampudi, Lankelapalem, and Ukkunagara, further enhancing the communal spirit of the event.

Visakhapatnam District Sishtakarana Sangam General Secretary Baliwada Haribabu, BJP women leaders Mrs. Kurada Pavani, and steel plant leaders Kurada Gopalakrishna, Patnayakni Rajeshwar Rao, and Gopi, along with Aganampudi leaders Dasamanta Rao Krishna Garu, Trinath Garu, and Subrahmanyam, actively participated alongside the dedicated working group.

Distinguished guests, including Satyanarayana, President of Rashtra Sishtakarana Sangh, Polu Mahanti Umamaheswara Rao, and film directors Duggivalasa Diwakar, joined the celebration. Steel Plant Leaders Dasamanta Rao Adinarayana, Steel Plant Contract Labor Leaders, Mantri Ravi, Sun Murthy, Shyam, A to Z Kumar, Gajuwaka Sishtakarana Sangh Leaders, and about 300 relatives also enriched the program.

- Courtesy of Sri Baliwada Haribabu



### Kurmannapalem Vanasamaradhana

Under the auspices of the Kurmannapalem Sistakaranams Association, a gathering of near & dear was held in Duvwada on Sunday, 17-12-2023. On this occasion, Sri M. Gajapathirao said that it is highly commendable to undertake special programs under the auspices of the Kurmannapalem Association and that it is exemplary for other associations.

Various competitions were organized and prizes were distributed in the program. Sri D Satyanarayana, Secretary of Kurmannapalem Association, President Gangavaram Gopi, representatives of various associations, Sri Mantri Shyam Prasad, Sri Narasimha Murthy, Sri Mantri Mohan Rao Patnaik, Sri D. Gurunatham, Sri Ullam Prasad, Sri Shekharamantri Srinivasa Rao, Sri Potnuri Nagendra, Sri Duggivalasa Diwakar, Sri Manapuram Shivaji Patnaik, Sri MP Jannardhan, Sri Basangi Tirupati Rao, Sri Baliwada Satya Rao, Sri Krishna Rao, Sri Srihari, Sri Rajeswara Rao, Sri Buchibabu, Sri Mantri Gopi, Sri Mantri Sanka Narayana, Sri Manapuram Srinivas, Smt. D Kalayani, Smt. Shekharamantri Varalakshmi participated.

### Chemists Welfare Society Picnic

On Sunday, 24-12-2023, a community picnic of the members and families of the society was held under the auspices of the Smart Visakha Chemists Welfare Society, presided by President Sri Baggam Srinivasa Rao, at the Mudasaralova Park in Visakhapatnam. Hon'ble Rajya Sabha member Sri GVL Narasimha Rao was present as the chief guest for this picnic. Let us congratulate the society president, Sri Baggam Srinivasa Rao, who played a leading role in organizing this picnic, which was attended by more than a thousand people.



## Fraternity Page - Delhi

### Delhi Sistakaranams Picnic



A mega picnic of sistakaranams living in Delhi and NCR was celebrated in Talkatora Gardens in the National capital Delhi on 17-12-2023. This picnic, attended by more than 120 people was celebrated with joy and excitement from beginning to end.

Picnic was arranged for 150 people. This year many seniors and children attended the picnic and spent time happily. They enjoyed dancing, singing and playing games with the relatives that attended the picnic.

Tea cup sets were given to all the families attended. Bangles were gifted to all the women and bottles were given to small children. Winners in games like lemon and spoon, musical chairs, couples' games were given prizes like expensive ice cream cup sets, big glass tumbler sets etc. Beautiful necklace sets worth Rs.2000/- were gifted to the guests arrived first. Best couples were awarded nice gifts.

All guests began to arrive from 8:30 in the morning. Picnic was started at 9:30 AM after worshipping Lord Ganesh. Nice breakfast was arranged. After introduction of all the guests, games and competitions were held. Then tasty veg. and non veg. meals were served. After that senior guests and Sri G.V.G.Yugandhar were honored. Sri V.V.Ramakrishna Rao, Dr.S.V.A.V. Prasad, Sri S. Mohana Rao, Sri K. Srirama Chandra Murthy, Dr. R. Nikhil Kumar Patnaik, Sri V.

Pandariga, Sri G.R.K. Rao, Sri Sri Harsha, Sri Sanjay, Sri Karakavalasa Sankara Rao, Sri Surya Patnaik, Sri S. Narasinga Rao, Sri Rompalli Uma Ramaligeswara Rao, Sri Sadasivuni Chetan Kumar, Smt. B. Girija Devi, Sri C.A. Sudhir Dabbiru, Smt. Dasamantri Shilpa (on behalf of Sistakaranam Lekha), Sri B. Pravin Rao, Sri Srinivasa Patnaik, Sri Dasamantha Rao Sudhir, Sri Dabbiru Prabhakar Patnaik, Sri Rajesh Kumar, Sri Ravi Patnaik, Sri D.K. Ramachandra, Sri S. Venkatesh Babuga, Sri S. Bhaskar Rao and others participated in this picnic along with their families.

Sri Dabbiru Sivabharat Kumar, legal head, ED, Sri Dabbiru Lakshmana Das, Smt. Dabbiru Madhavi, the guests that participated actively in games- Smt. Dhanalakshmi, Sri Bhima, Smt. Geetanjali, Smt. Girija, Smt. Durga, Sri Sivvamhari, Sri Vijaya Kumar, Sri Lakshmi pathi, Smt. Leena and other organizers helped to conduct the picnic successfully. All those people were thanked. The picnic was concluded successfully after tea and snacks in the evening. Many guests expressed their happiness to meet one another though they are all living in Delhi since many years.

Dance performance by chy. Zeeyu, classical dance by chy. Ravupalli

Pranitha and the dance by Sudhir and Munna were impressive. Children's musical chairs was delightful.

Smt. D. Shilpa explained all the guests about the magazine 'Sistakaranam Lekha'. She also informed them how to get digital Lekha magazine free of charges.

Lekha congratulates the management who made the picnic a success by inviting all the guests and making arrangements in advance working nonstop manner since two months.



## Fraternity Page - Chattishgarh

### New Year Eve Celebrations by Chattishgarh members



Chhattishgarh Sistakaranam members planned a get together and celebrated on the eve of New Year. President Sri Maheshwar Nagumantri & Gen.Secretary Lumburu Srinivasa greeted all Sistakaranams for a Happy New year 2024.

Various Cultural Programmes were organized with main highlight being wonderful singing of Telugu & Hindi score by Sri Lumburu Srinivasa. Vote of thanks was given by Sri Sadasivuni Bishma Rao.



## Fraternity Page - Jharkhand

### Jharkhand Sistakaranam Association Picnic

The annual conference cum Vanabhojan of Sistakaranam Association, Jharkhand was organized at the Tribal Culture Center on Sunday 17-12-2023. A large number of people of the community from places like Jamshedpur, Chakradharpur, Rourkela, Rakha Mines etc. participated in it. Various types of programs were organized for children, women and el-

ders in Vanbhoj. The participants who performed well were rewarded with prizes.

Let us congratulate the association President Sri Ishwar Rao, Vice President Sri Sudhakar Rao, Secretary Sri Lokesh, Treasurer Sri Babu Patnaik and other team members for organising this picnic and making it successful.



## Fraternity Page - West Bengal

### Retirement celebrations of railway employees in Kharagpur

1) Anantapatnayakuni Umesh Joined Railways on 27-07-1987 retired on 31-12-2023 He continued his service for 36 years in SE Railway Khargapur Workshop as Assistant Accountant in Accounts Department. Mr. Umesh retired as Sports Event Ball in Khargapur Workshop. He also continued as Badminton Secretary. Many sports departmental and national level players were sent from Railways to Indian Railways Kabal Badminton Team. He was congratulated on his retirement by Sistakarana Associates. Jaddhumahanthi Uma gave him a flower bouquet. M S Shekhar honored him with a shawl, later Minister Bala Gangadhar gave a momento. Sri Umesh's services were also rendered by Late Ananta Patnaikuni Kanta Rao Patnaik Garu who was the grandson of Koniadera Sri Umesh Garu Swargiya Kantarao Patnaik Garu and the 103 year old Khargapur Sishthakarana Samaj.



2) Ch. Venkataramana Murthy Patnaik did AMIE Engineering from IIT Khargapur and joined Railways as Junior Engineer on 23-12-1986. On completion of thirty-seven years of service, on 31-12-2023 Mr. Ramprasad Bain was appointed Chief Works Manager (CWM/KGP/S E Railway). He received his honorable retirement in a pleasant and flamboyant manner in the meeting hall with loud greetings from the employees, including a retirement certificate from the hands of the officer and other awards. At this moment the members of Sishthakarana Associates Group & Sishthakarana Associates Team are Khargapur Sishthakarana Kula Leaders (Mr. Mantri Bala Gangadhar Garu (Members of Ikyavedika and

Lekha Correspondent Team), (Mr. Ampalam Rajesh Kumar Garu Ikyavedika Facebook, Whatsapp and Technical Specialist), (Sishthakarana) Senior Members of Associates Group and Head of Sri Lakshmi Ganapati Temple Committee M S Shekhar Garu), (Sri : M N Murthy Garu Khargapur Malancha Balaji Mandir Executive Body Members), (Sri: Jaddumahanti Uma Garu Sri Lakshmi Ganapati Temple Committee Members), (Kantu Mahanti Prasad Garu Sri Lakshmi Ganapati Temple Committee Administrators), acting as representatives of Sishthakarana Youth Team on behalf of Sishthakarana Associates Khargapur, Mr. Jaddu Mahanti Umagaru presented a flower bouquet to Mr. Venkata Ramana Murthy Patnaik on behalf of Sishthakarana Youth Team, Mr. Minister Subhas Shekhar honored him with a salutation and the next Minister Bala Gangadhar wished him a happy retirement. The family members should move forward day by day from the New Year with happiness and also their spouses should be in the forefront for the development of the society in the same way that their spouses provide social services while in the service. But Mr. V R M Patnaik's wife Mrs. Parvati Patnaik is a well-known Gynecologist Senior Railway Doctor in Khargapur who is providing many services apart from Khargapur Railway Main Hospital and also in many private hospitals. Also doing medical checkups is a habit for both of them, their greatness is not only our luck but also being recognized as a good doctor among the people of Khargapur is something we should enjoy as a culture.



3) Khargapur Sishtakarana Association Treasurer Mr. Raghupatruni Diwakar was honoured on the occasion of retiring from his railway job on 31-12-2023. Mr. Diwakar's couple, Mr. Wadda Umamaheshwar Rao's couple were honoured with shawls and Mr. Mandakuriti Murali's couple with garlands. On this occasion, Mr. Diwakar's couple was presented with a certificate of honor through the hands of Mr. DKS. Mahanty's couple. Mrs. D. Anuradha read out the certificate of appreciation. In this meeting, Sishtakarana's families and Mr. Diwakar's officers, fellow employees and friends attended the meeting and expressed their congratulations to the couple. On this occasion Mr. Diwakar also arranged a nice dinner.



# Kalam Snehitulu



## Chitra Kavitalu

As per our group's regulation, Chitra Kavitalu is held every Wednesday. Members are asked to look at a picture and write thoughtfully expressed poems, not more than 10 lines. Alongside here are the pictures that were given during the month of December 2023.

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



## Sistakaranam in Literary Service – December 2023

- 1) Sekharamantri Prabhakar, President of Sahrdaya Sahiti, discussing his Prabhakiranams with eminent film actor and author LB Sriram, at Visalandhra Book Exhibition venue on 12-12-23, Visakhapatnam.
- 2) Sekharamantri Prabhakar receiving felicitation at Sivanandalahari book launch meeting on 7-12-2023.
- 3) The 136th Literary Conference of California Veekshanam Sahitya Gawaksham was grandly held on 13-12-2023 at Sundarayya Vigyan Kendra, Hyderabad. Saratkavi Dabbiru Venkata Ramanamurthy participated in the poet's gathering titled "Veekshana Kataksham" and was felicitated.
- 4) Sekharamantri Prabhakar received a memento from YSP Charan at SP Balu Sangeet Vibhavari on 15-12-23.
- 5) Sekharamantri Prabhakar felicitated by Padma Sri Dr. Kootikuppala Surya Rao at Kavi Sammelan of Andhra Pradesh Progressive Writers Association on 16-12-23.



## Sahrdaya Sahiti Poet Meet

On 3-12-2023 in Visakhapatnam Prizm College campus under the leadership of Sri Sekharamantri Prabhakar, our literary scholar and president of Sahrdaya Sahiti Samstha, 20 poets in six different languages participated in the *Sahrdaya Sahiti Bahubhasha Kavi Sammelan* and entertained with their wonderful poems. Congratulations to Sahrdaya Sahiti Samstha and Founder President Sekharamantri Prabhakar for organizing such a wonderful program.



## Felicitations on National Press Day

Let us congratulate our Sistakaranam senior journalist from Koraput, Odisha, Sri K Sudhakar Patnaik on his receiving a memento felicitating him as a senior journalist, on the National Press Day, 16 November 2023 with "Living Legend award" from the President of Odisha Union of Working Journalists, Sri Sugyan Choudhury. It was signed by honourable Dr. Justice DP Choudhary, former MP Dr. Prasanna Kumar Patsani and the President of the union, Sri Sugyan Choudhury.

## 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	KRISHNA LATHA
Surname	KUPPILI
Father's Name	K.GIRIDHAR PATNAIK
Gotram	ULIKESWARA
Date of Birth	22-Jun-1996
Nakshatram	
Height	5' 5"
Complexion	FAIR
Occupation	PVT. EMPLOYEE MYFINSER GLOBAL
Work Place	
Education	MBA
Preference	

Name	VINITA PATNAIK
Surname	MUNGAVALSA
Father's Name	M.SRINIVAS
Gotram	AATRESA
Date of Birth	31-Jul-1994
Nakshatram	BHARANI
Height	5' 4"
Complexion	FAIR
Occupation	PVT. EMPLOYEE
Work Place	BANGALORE
Education	ME / M.TECH
Preference	MTECH, PAN-INDIA, BANGALORE - IT GUYS

Name	JOSHNA
Surname	DASIMANTRI
Father's Name	D.K.VARAPRASAD RAO
Gotram	ALMESHA
Date of Birth	12-Aug-1992
Nakshatram	SRAVANAM
Height	5' 5"
Complexion	FAIR
Occupation	PVT. EMPLOYEE
Work Place	VADODRA
Education	M.COM
Preference	DEGREE+, AMICABLE FAMILY, PAN-INDIA



Name	SURENDRA BABU
Surname	BALIWADA
Father's Name	RAVI KUMAR
Gotram	SHANDILYA
Date of Birth	28-Sep-1993
Nakshatram	SHATABISHAM
Height	5' 10"
Complexion	FAIR
Occupation	PVT. EMPLOYEE
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	PAN-INDIA, DEGREE,

Name	NAGARJUNA
Surname	PENTAPATI
Father's Name	P.SRI KRISHNA MURALI
Gotram	JAMADAGNI
Date of Birth	18-Apr-1990
Nakshatram	UTTARASHADA
Height	6'
Complexion	FAIR
Occupation	PVT. EMPLOYEE PRATIBHA WITSVILLE
Work Place	RAJMUNDY, AP
Education	MA
Preference	DEGREE & ABOVE, PAN- INDIA,

Name	SAI SANTHAN
Surname	BORRA
Father's Name	BHANU PRASAD
Gotram	KASYAPOTHRASYA
Date of Birth	15-Oct-1994
Nakshatram	SHATABISHAM
Height	5' 11"
Complexion	TAN
Occupation	GOVT. SERVICE IRRIGATION
Work Place	BHADRACHALAM, AP
Education	BE / B.TECH
Preference	DEGREE+, MATCHING ZODIAC, NO-SOFTWARE, AP

Name	KRISHNA CHAITANYA
Surname	CHODHARI
Father's Name	CH.VENKATAGIRI
Gotram	BHARADWAJ
Date of Birth	28-Nov-1984
Nakshatram	SRAVANAM
Height	
Complexion	TAN
Occupation	GOVT. SERVICE AP STATE CIVIL SUPPLY
Work Place	
Education	
Preference	

Name	BHASKAR SANTOSH
Surname	PARASURAMPURAM
Father's Name	P.RAMESH
Gotram	KASHYAP
Date of Birth	8-Aug-1994
Nakshatram	MAGHA
Height	5' 8"
Complexion	TAN
Occupation	PVT. EMPLOYEE INFOSYS
Work Place	HYDERABAD
Education	
Preference	BTECH+, VIZAG, VIJAYNAGARAM, SKM

### 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/>

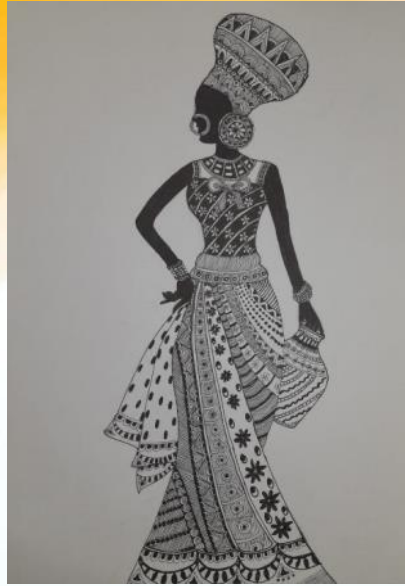


## SISTAKARANAM IKYAVEDIKA

ONE DIGITAL PLATFORM FOR ALL SISTAKARANAMS

## Talent Corner

### Smt. Nalini Mangapathi's Mandala Art



Smt. Nalini, W/O Late Sri Kuppili Mangapathai Rao I A S Officer, has always been actively occupied with her varied interests and hobbies even though she had full time family responsibilities. 'Lekha' is herewith sharing her Zentangle artwork, more popularly known as Mandala art. She lives with her son Sri Vignan Tej & Smt. Maitri and two grandchildren in Hyderabad. She is also occupied with taking care of huge farmland at Raigada, Odisha, teaching artwork to the tribals. This was initially developed by the duo, father and son.

## Karnam World

### Air Commodore Sri Yugandhar

Sri GVG Yugandhar has been elevated to the rank of Air Commodore, in Indian Airforce recently. Hence he was felicitated by Delhi Sistakaranams Association. Sri Nau-pada Satya Narayana felicitated him with a shawl.

Sri Yugandhar was born to Smt. Satyavathi and Sri Bhushana Rao on 22 December 1969.

He was brought up in Srikakulam and completed his schooling from Panchayat elementary and Zilla Parishad schools in Srikakulam.

He was recipient of National Merit Scholarship. He completed Engineering from JNTU and joined IAF as Aeronautical Engineer. He worked in various field units in North Western and North Eastern regions of India.

He has flown PM, President and foreign dignitaries as aircrew of VVIP Squadron. He was deputed to United Nations Mission in Sudan for one year and also visited Russia twice and USA thrice for induction of new fleet of helicopters.

He completed the In Service Staff Course at Wellington, M Tech with Gold medal, Master's in Management as a part of higher command course.

He was posted twice as Director at Air HQ and appointed as Director General AAIB in Civil Aviation.



## Health Page

### **Awareness – Dr. Kuppli Suresh Babu.**

Anyone is considered full healthy only when he or she is mentally healthy along with good physical health. Mind also gets diseases just like our body gets diseases sometimes. It is important to diagnose it in time and get treatment. There is no proper awareness in our society about mental illness. So every year in October 'World Mental Problems' Week' is celebrated to improve awareness on mental health and to explain its importance. Many people all over the world are getting depressed due to untold mental agony. Many problems in our life without any solution can be overcome if we are mentally strong. This year's slogan is 'Mental health is Universal Human right.' These mental problems don't have age or gender differences. It is estimated that many youths also are getting affected by it.

### **The symptoms of mental illness are –**

Changes in memory and behavior, Excessive or less hunger than usual, Excessive or less sleep, Lethargy and weakness, Loss of interest in anything, Delusion (seeing things and hearing things that do not exist), Being alone, Talking to oneself, laughing and weeping, every now and then talking too much or remaining silent, getting angry for

## Mental Health is Wealth

no reason, picking up quarrels, becoming a slave to smoking, drinking and drugs, Lack of concentration on anything, Unending thoughts in the mind.

### **The reasons are -**

Even today in villages there are many doubts, misconceptions and superstitions about these mental problems. Not getting married, not able to get a job, inability to recognize mental problems in early stage and misconception that they will be looked down if people around know about their mental problem. Children try to commit suicide if they don't get expected marks or ranks, get into frustration and depression, some others become lunatics, get addicted to social media completely, lack of peace due to hustle and bustle life in modern society, childhood experiences, family environment, inequalities etc. If one does not get depressed in difficult times, brain works smoothly releasing chemicals and hormones resulting in mental peace. Mental problem should not be considered at all as a deficiency or a curse.

### **How to prevent -**

Doing yoga for mental peace, to have good relationship with friends and relatives, stay away from stress, frustration and depres-

sion, having favorite hobbies like gym, music, stay away from alcohol, smoking and drugs, to share our problems with our well-wishers, doing yoga and exercise etc. If someone in a family has mental problems, there is a chance to get it genetically.

### **Treatment -**

Mental problem should be recognized early and should consult a psychiatrist. Leading a peaceful life and staying away from frustration and depression. Doing yoga and exercise. Getting some blood tests if necessary, taking counselling from psychiatrist, taking medicines and current treatment under the supervision of psychiatrist etc. By the collective efforts of our government, our doctors and voluntary organizations we can prevent mental illness.

The above complete awareness for mental problems was created by Dr. Kuppli Suresh Babu, Social Public Physician, Convener, The P.M.P. Association of India, Visakha district.

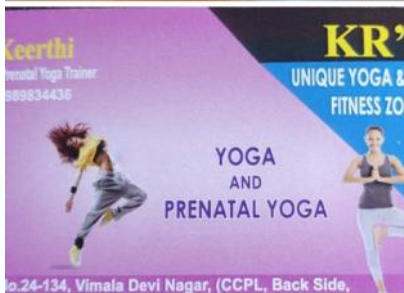


## KR'S Yoga Institute, Hyderabad



Smt. Nagumahanthi Keerthi Patnaik (Patnaikuni) has founded KR'S Yoga Institute in Hyderabad, and is gaining fame as a Yoga trainer master, giving proper instructions and advice on body shape and healthy posture, to remove body fat and to reduce weight.

A specialty of her training is that pregnant women are taught yoga with suitable tips for childbirth without any pain, and without caesarean operation as far as possible.



Contact: Nagumahanthi Keerthi Patnaik, Phone: 7989834436  
24-134, Vimala Devi Nagar, CCPL Back Side, Anandbagh, Malkajgiri, Hyderabad.

## Save Planet

### Healing of Turtles at Zanzibar, Tanzania

It is interesting to see that there are so many ways to save this planet earth with so many creatures living their lives together on it. Sri Sai Akhilesh and Smt. Sharada from Delhi recently visited Zanzibar of Tanzania. Here there is Baraka Natural Aquarium where injured or captured turtles are donated where they are taken care off and are healed. During their healing period, travellers can swim with them and play. After healing, they are released into the ocean. Sai and Sharada are son & daughter in law of Smt. Vasanta and Late Wg. Cdr. Kondavalasa Arun Patnaik.



## Our Treasures

### Kindness and Divinity



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

Soul carries the sanskaras from one life time to next life time and so on. In order to self-realize, one needs to be impeccable. Every life is an opportunity for the sadhak to improvise on his sanskaras. In earlier writings it was discussed that one needs to forego rajo guna, and ego. Usually only satvaguna people become sadhaks. (Ofcourse there can be exceptions to it). By this time thier sanskaras are cleansed a great deal. However the samskaras are deep rooted, and very subtly play on the ego and mind. Even though a person, may not exhibit anger, jealousy and such traits, the samskaras play at very subtle level and make the sadhak opinionated.

It is important that the sadhaks become equanimous, and not moved by the social opinions and personal opinions, and become a true witness of any nature exhibited by others. This is where the impeccability comes into play. One needs to leave all prejudice as well. For a truly realized person everyone is acceptable. A realized person can see the personality of those that are at a lower rung of evolution, and see how they can become better, and he only wishes a better evolution for them. Such are the realized masters. They are kind even to the notorious. They have ability to understand where a person stands in an evolutionary cycle. Such impeccability can be attained by practising kindness. The kindness is to be practised starting with ones own self. Conventional wisdom says that one needs to be stringent with ones own self in order to have a self-discipline. This spins of a mind of critical nataure in ones own self. However a spiritual being is to accpet everyone. So contrary to conventional wisdom one shall be able to forgive ones own mistakes and situations of underperformance. One has to see and elicit the divinity and kindness in one self. When we are able to forgive ourselves, we can truly forgive others as well. It is very subtle and when expressed in words may not clearly indicate the process of becoming impeccable.

Every thing the sadhak speaks must be true. The Sadhak should not become averse to others attitude, and his own attitude. The personality grows in such a conducive outlook. One should be able to see himself, and his potential, differently from his current personality. This is where all spiritual teachings are asking one to see himself different from his own mind, ego, and buddhi. When one practices this kindness starting from his ownself, and on others, his budhi automatically enhances, and becomes more and more impeccable.

## Speak Out

### Happy Celebration

Very happy... Congratulations to the Lekha Team for making the Sistakaranam Lekha so popular, as it enters the 4th year after completing 3 years.

All of us, and I am in that  
Getting everyone to read..  
Telling many things  
As one among the Sista families  
As Sistakaranam Lekha  
Stealing everyone's hearts  
Month after month.. in front of us  
May it go on with Lekha team efforts

- Gauri Prasada Rao. K

*Kalam Snehitulu Kala Vedika, Admin team*

### Congratulations on three years

Our Sistakaranam Lekha published in two languages is a ray of hope for our community.

My sincere congratulations, best wishes, and thanks to the managers, editors and all of the magazine publishers, editors, who are providing detailed information about our Sistakaranam relatives all over the country, their talents, and other information, on completion of three years.

- Sekharamantri Prabhakar,

*Visakhapatnam*

### Truly Amazing

This is truly amazing, a testament to your dedication. Congratulations to all our Lekha team.

- Sravan Rayagada, Chennai

*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](mailto:lekha@skiv.online) or WhatsApp to 8712715448 or 8074800939.*

## Ikya Vedika Column

Coming Soon...

# Lekha Annual Awards

### WHICH SHALL BE ...

- A festive half-day program
- Attended by winners and invitees from across India

### WITH WINNERS CHOSEN ...

- Through an objective nomination process
- By a Panel of Judges



### TO ACKNOWLEDGE ...

- Philanthopists
- Poets / Authors
- Entrepreneurs
- Talented Artists
- YouTubers
- NewsMakers
- Community Stalwarts

Watch out for more details  
on different platforms...

### The Lekha Editorial Team

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Chief Publisher	: Advishnu Vandana (80560 18566)
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Dy. Publisher	: Dasamanthurao Shilpa
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