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A great opportunity!

It is learnt that some old records were found indicating the formation of a national level Sistakaranam Association in 1925 in Srikakulam district. It is not clear if the legacy of that association has been passed on to anyone, but this may present us an opportunity for all Sistakaranams to come together and celebrate the centenary of the early formal association of our community members. Indeed, Lekha has received news that preparations are on for a grand celebration in 2025. (See next page for a news item on this.)

Once or twice in the past, in these pages of Lekha, we had lamented the apparent lack of unity amongst us, with rival groups or associations claiming to be the real representatives in their areas of operation. Time and again, this was evident in places like Hyderabad, AP, Chhattisgarh, and Kharagpur. Fortunately for us, it has probably not made much difference because, even if some of our leaders were not seeing eye to eye, everyone in their capacity has been doing great service for our community. The same applies to some others who are politically active. It is possible that unsaid rivalry exists between supporters of, say, TDP, YSRCP, BJP etc., but again the service given by them in their own area is highly



appreciable. To add, such “rivalry with each other, but service when it comes to community” has also been witnessed in our next generation “youth” leaders!

Well, as I said, an opportunity may be presenting itself for all of us to come together setting aside our differences. What better occasion than celebrating a hundred years of association of community members?

Let’s all look forward for that grand centenary with everyone’s participation.

- Naraharinath Sekharamantri
 Founder Publisher, Sistakaranam Lekha
 Member, Sistakaranam Ikyavedika

A Few Disclaimers

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



Community News

Centenary celebrations of Sistakaranams

Warm greetings to all Sistakaranam relatives!

For several centuries, our esteemed Sistakaranams have exemplified the values of diligence and perseverance, scattering across various states and regions, predominantly settling in Andhra Pradesh and Telangana in the last century. Additionally, they have ventured overseas, establishing our community in places like Behrampur, Nagpur, Jamshedpur, Kharagpur, Raipur, Bangalore, and Delhi, contributing significantly to local economies and showcasing our collective presence. Reflecting on our history, it was nearly a century ago, in 1925, when, with divine providence and a vision to unite our society nationally, some of our caste leaders established the "All India Sistakarana Sangam" in Jalumuru village, Srikakulam district. Today, we stand proud as the AISKA Federation, which has evolved into the "All India Sistakaranam Association

(AISKA)," weathering numerous challenges over the past century.

It is with great joy that we announce the forthcoming Sistakarana Centenary Celebrations (1925 - 2025), scheduled for the grand occasion next year, 2025. The executive committee members of the All India SKI Association (AISKA) are delighted to inform you about the unanimous decision to host these centennial festivities, attended by representatives from eight states, as resolved in the Zoom online meeting held on Sunday, 04.02.2024.

We extend a heartfelt invitation to our community's leaders, representatives, youth, and women leaders, urging all to set aside differences and join hands in unity to commemorate this rare and momentous occasion, for a grand celebration that has no parallel in the past or future. Let us collectively organize the centenary celebrations in

2025, ensuring that this historic milestone is etched into the annals of SK history for generations to come.



This pivotal moment presents an opportunity for us to transcend regional divisions and unite as one cohesive community, advancing collectively in numerical, economic, social, and political spheres, thereby forging a resilient and enduring "SKs Union" across the nation.

We eagerly anticipate your acceptance of this invitation and your enthusiastic participation in this auspicious event.

With warm regards,

*Krishna Rao Sishtakaranam Dabbiru
President, AISKA, Hyderabad 8247657735*

OBC bill not being taken up in the current parliament sessions

Efforts have been made for the edification of OBCs with unceasing dedication and unceasing efforts. Our sincere thanks to each and every Sistakaranam leader who has put in a lot of effort for this and to every Sistakaranam member who has supported them behind the scenes.

But unfortunately the present central government has not granted OBC to any social class. The hearings of the NCBC have concluded and their recommendations have also reached the office of the Central Government Ministry. All political parties like BJP, YSRCP and Telugu Desam have recommended our fair wish. However, it is unfortunate that the present government could not introduce the OBC Bill in their last parliamentary session. For the last 15 years, we have been facing injustice in getting central government schemes, admissions in central educational institutions, jobs in central institutions like railways, banks and administrative services. A delay of 15 years has resulted in many lost opportunities. We do not know how long it will be before justice is done for us. OBCs can now happen only after elections and formation of central government.

It is our responsibility to update all Sistakaranams in this regard. That is why we are giving this information. We humbly state that there is no lack of efforts of our leaders in this regard. We are confident that after the formation of the new government, we will continue our efforts and achieve OBC.

*Pulumahanti Umamaheswara Rao
Andhra Pradesh Sistakaranam Association (63/1979)
and Executive Members
18-2-2024*

'Bhagavad Gita' in audio form - RP Patnaik

Music director RP Patnaik, who needs no introduction to the Telugu movie audience, is going to come up with another new experiment after many days. He has announced that 'Bhagavad Gita' will be brought in audio form to present it to today's youth.



Earlier Ghantasala was the name first remembered by Telugu people when 'Bhagavad Gita' was mentioned. His voice singing Parthaya pratibodhitam bhagavata narayanena from Bhagavad Gita is still heard today. RP announced that the same song will be brought anew for today's youth. "Nowhere else can you find most excellent philosophy like Bhagavad Gita to guide the youth of today and the science to show the way of life. I have recorded this complete Bhagavad Gita Meaning (without Sanskrit Shlokas) for today's youth to be understood by all. I will come soon with full details." RP Patnaik wrote on Twitter.

Newsmakers

GOI grant to Giridhar Patnaik's startup

Long daily commutes and busy life styles, with both husband and wife working, is making everyday cooking difficult. Dreambot, a Vizag based startup is making a fully automatic robotic cooking range that cooks nutritious meal. The technology and its futuristic ideas and efforts are recognized by Govt of India by sanctioning Rs. 70 lakhs of grants. The company is spearheaded by Sri Giridhar Patnaik, who our readers are familiar as the author of the monthly spiritual column in Lekha, under "Our Treasures".



Sri Sateesh conferred Ph.D from Madras University

Chief of Laboratory, Interfield Labs, Member of Board of Studies in Chemistry Dept. of VS Krishna College, Dr Pakki Uma Venkata Sateesh from Visakhapatnam has received the Ph.D Degree from University Of Madras in the subject of Organic Chemistry, in the convocation held on 6-8-2023. He received the original certificate though post, as he could not attend in person.



"4 Shots entertainment" makes a mark in the US

In Ohio, (USA) a group of young entrepreneurs is gaining attention for their innovative approach to entertainment. 4 Shots Entertainment, founded by Pavan Adivi, Suma Varsha Kuppili, Sandhya Kota, and Sai Srinivas Penurnarthy recently marked its one-year anniversary, highlighting their efforts to introduce the spirit of South Asian culture to the American Midwest. It is to our pleasure to share that one of them Suma Varsha Kuppili is from our SK community. Over the last one year, they have hosted a series of events delivering memorable experiences to their audience.



Hailing from Hyderabad, the founders relocated to Ohio, where they noticed a lack of opportunities for the Bollywood and Tollywood parties they enjoyed back home. "Determined to fill this void, we set out to recreate the vibrant nightlife of Hyderabad in Ohio." says Pavan.

Their recent show, the "2024 New Year's Eve Gala", collaborating with local businesses and artistes, featured various entertainment acts: A Kids' Carnival, fire performances, a fashion show, and a thrilling performance by Vidya Vox.

As they enter their second year, Pavan adds, "We have plans to expand beyond Ohio and onto the global. We aim to introduce the new age Indian culture to the US, one event at a time. For those seeking a taste of Hyderabad's lively nightlife, 4 Shots Entertainment serves as a hub of creativity and community, guiding the way forward with passion and purpose."

Prominent Sistakaranams honored for their service

Lion Donkada Anil Kumar, Associate President of AP Sistakarana Sangham, honored prominent Sistakaranams who are connecting with people through various service programs. In a program held at his residence on Friday, the General Secretary of YSRCP Visakhapatnam District Women's Wing and the Women President of AP Sistakarana Sangham Dabbiru Prashanthi Patnaik, the General Secretary of AP Sistakarana Sangham Arikathota Chandramouli and the Secretary of Women's Wing Mandavakuriti Lakshmi were honoured. On this occasion, Anil Kumar said that AP Sistakaranam Corporation Chairperson Anusha Patnaik and AP Sistakarana Sangham president SNK Mahanty are role models for him and he said that more services will be provided through Sistakarana Sangham with their suggestions. He appreciated the services of the awardees. In this program, Vice President of PM Palam Sistakarana Seva Sangham Lion Donkada Vasantha, P Durga Devi Bhavani, P Sati Parvathi and others participated.



Newsmakers

Sri Sudhakar felicitated by Vice Chancellor of Andhra University

On the occasion of his appointment as BC, SC, ST & Minority Employees, Teachers Workers Union Andhra Pradesh Joint Action Committee Vizianagaram District JAC Chairman, Sri Sudhakar Patnaik who is the President of Gajapati nagaram Taluka Branch of Andhra Pradesh Government Employees Association, was honored on 10th February at AU campus Visakhapatnam, by Andhra University Vice Chancellor Sri PVGD Prasad Reddy.



Sri Pratap Kumar recognized as best journalist

On 28-1-2024, Sri Marupalli Pratap Kumar, who is working as a reporter in Vizianagaram town, was recognized and honored as the best reporter in a program held at Uttarandhra level in Ramabhadrapuram, under the auspices of Visalandhra daily.



East Coast Railway Appreciation to Sri Tarakeswara Rao

Sri Dabhiru Tarakeswara Rao, railway employee, received a special certificate of appreciation and memento by East Coast Railway Sports Association, at a function held at Visakhapatnam Railway Grounds

on 25-1-2024, for his participation in the 4th DRM Cup Tennis Tournament held from 20-1-2024 to 24-1-2024.



Felicitations to Sri Nageswara Rao

The 934th felicitation of winner of National Award for Best Teacher, Film Music and Film Art Director, Sri Manipatruni Nageswara Rao, was done at 3 pm on Saturday, 17.2.2024 at 3 pm at Babdi's residence at the hands of eminent ball pen painter, veteran artist Sri Batula Babi residing in Manikonda, Hyderabad city. Sri Babdi praised Nageswara Rao's services as a painter, art director and cartoonist.



Similarly, at the Kasula Chitrakala Academy in Hyderabad, the 935th felicitation of Sri Manipatruni Nageswara Rao was held at the hands of Sripathi Kasula Padmavathi, who has achieved 171 world records. She praised Nageswara Rao's talent in painting and film direction. Sri Lakshminanth and film music director Sri Adithya Ram were present on the occasion.

LIC Achievers award to Sri DVR Murthy

Sri Dabhiru Venkata Ramana Murthy, Branch Manager, LIC of India Garividi has been conferred the LIC Achievers award by LIC of India Zonal Manager, Hyderabad in a function held at Park Hyatt hotel, Hyderabad on 24-1-2024. (Fourth from right in the photo)



Baggam Srisiri receives MBBS degree

Dr. Baggam Srisiri (daughter of Sri Baggam Srinivasa Rao, Visakhapatnam) received her MBBS Doctor's degree at the convocation function held at Maharaja's Medical College (MIMS-VZM) in Vizianagaram on 25.02.2024. Let's congratulate her.



Open Forum

What is love...?

Come the month of February, and all youngsters go crazy. They indulge in gift giving proclaiming... You're the one in my heart... I have given you my heart. Trying to impress them. But what is true love?.. Not many people know that. In this article, let's find out what psychology has to say about this...

First love is sweet...

The memories of first love don't go away so quickly. As you move forward in life, memories keep returning. Psychologist Jefferson Singer examined the reason behind this. It was discovered that first love exerts a profound impression on the sensory parts of the brain. In his research, he concluded that memories make a strong impression on a person's life between the ages of 14 and 25. It was discovered that all kinds of early experiences at that age would be remembered as such. That's why driving a car for the first time, going to college for the first time, falling in love for the first time, and so on will be remembered for a lifetime. Through his research, psychologist Singer concluded that when we hear a song that is emotionally connected to us, when they see a photo of a boyfriend or girlfriend, love hormones reminds us of those memories. Even if you recover from the first break-up within 3 months and move forward, those memories will remain the same.

Couple therapist Nilo Daradasti concludes that the experience of first love affects how we form bonds in later life.

Love is medley of chemical reactions..

Everyone thinks that love and the heart are very closely related. Poets and film writers have written on this topic. Everyone believed it. The heart has been turned into a love symbol. The truth is that research has shown that the heart has nothing to do with falling in love or maintaining that feeling. The essence of many researches is that the feeling of love is the result of certain chemical reactions that take place in the brain. Your feelings when you encounter a boyfriend or girlfriend is the result of your brain's responses. Why do your eyes glow when you see a loved one... Why does the heart race... Why do you feel like you've conquered the world when they're by your side... Have you ever thought of that?... Scientists at Harvard Medical School have deliberated on it. Research has been done on what happens in the brain when there is a feeling of love. Love is the result of certain chemicals released in the brain, they have concluded.

A chemical called Phenethylamine is released in the brain when you meet your girlfriend. Sweating in the palms, shaking of the knee is the effect of this hormone. This love molecule

contains a small amount of chocolates. That's why the sale of chocolates picks up on Valentine's Day. The hormones adrenaline, dopamine, and norepinephrine released by the brain are responsible for the craze for a person. These hormones are released in the body as soon as they see someone they like and cause many responses. That's why lovers chat for hours together. They forget the world. At this stage, a hormone called oxytocin is released. With the effect of this, one gets the urge of touching and hugging each other. The effects of these hormones range from 3 months to 18 months. Even after that, if the love journey continues for a long time, a hormone called vasopressin is released. This helps in further strengthening the bond between the two.

Love Story -3.. The rain of seven colors of love...

Love is not what today's youth think is love. It's just passion. Psychologist Sternberg explained what true love is, in his theory of three-fold love. He explained that just as there are seven colours in a rainbow, there are seven kinds of love that are born with the combination of intimacy, passion and commitment, which are the basic elements of love. There are seven types of love: liking, infatuated love, empty love, romantic love, companion love, fatuous love and consummate love. Of all these, consummate love is the most important. Today's youth considers only romantic love. It is not perfect love. Love, which combines intimacy, attachment, and commitment, is real and eternal. It is as difficult to retain it as it is to achieve it. For those who understand the nature and perfection of love, it acts not as an emotion, but as a motivation. Whether love succeeds or fails, it takes you forward in life.

Love Story-4.. Love is an addiction...

Scientists say that love is also an addiction. In some studies, scientists scanned the brains of those who thought they were in love and found that the same part of the brain that responds to addiction, also responds when they are in love. That's why scientists have concluded that love becomes like an addiction. Another surprising thing is that the same parts of the brain that responded to those with OCD, also responded to those who were in love. Scientists have found that the ability on the part of the brain to make decisions decreases when a person is in love. That's why it has been concluded that lovers tend to stumble making life-related decisions.

Love c/o. Brain...

When Surya and Asin in the movie Ghajini sang the love song, "Where is the heart...

Where is the heart... ", everyone was thrilled. No one tried to understand where love exists in a person. Psychologists have focused on this aspect. Binaka Asvido of The Albert Einstein Medical College in New York tried to find out where love is in the brain as part of her research on romantic love. F-magnetic resonance imaging revealed that the ventral tegmental area (VTA), Nucleus accumbens, ventral pallidum, and raphe nucleus areas of the brain were activated when a photo of girlfriend or lover is shown to someone in love.



The ventral tegmental area is a critical area of the reward system. Research has shown that this area is very exciting for new lovers. The areas of the ventral pallidum and the raphe nucleus are known to be responsible for loving each other even after 20 years. The ventral pallidum releases attachment hormones and makes the bond stand out. In long-term lovers, the raphe nucleus releases serotonin hormone and makes them bond.

According to neuroscience, the reward system in the brain plays a key role in developing a sense of love in human beings. The hippocampus, medial insula, and anterior cingulate parts of the brain play a major role in the reward system and the concept of love and makes it grow, research has shown.

Dear readers, this is love in terms of psychology!

- Dr. Krishna, Psychologist 9848035554

For Sistakaranam Graduate youth...

All degree passers are eligible to appear for IAS exam. There will be preliminary, main exam and interview. Good number of Sistakaranams should apply. Who knows who is smart? You may get a good rank. Give it a try. If you write civils exam, you can write our APPSC Group I exams easily. All the best.

Click this original link and apply..

<https://upsconline.nic.in/>

*Sadashivuni Lakshmana Rao
Visakhapatnam, 15-2-2024*

Editorial

Duty... Responsibility...

Lekha's Heartful Pranams to all Sistakaranam relatives

Despite our efforts to discuss about OBC in the last session, even if it was not taken up in the last parliament session, let us continue this momentum without any disappointment, let us show unity during this election, expressing solidarity with the political leaders, emphasizing the importance of our caste for them, compelling its discussion in the new parliament, and working hard to make the bill a law.

Duty and responsibility sound the same to us. The meanings seem similar. However, the two are different. Duties are dictated by destiny. Responsibilities are the things that one takes on compulsively.

There is an ending (detachment) to duties. Responsibilities have continuity (attachment). Wise people complete their duties and get free (detached). All the others are attached to responsibilities all their lives.

It is the duty of parents to bring up children, inculcate culture and educate them. But, even after they grow up and settle into their own lives – to still think that their well being is your concern is a weakness. To hold oneself responsible as long as one lives, is not a duty. It is responsibility (attachment) without ending.

Duties are a source of satisfaction, responsibilities are a source of unrest. Lives that recognize that difference will be happy and peaceful.

“Sarva Sistakarana Jana bandhu Sukhinobhavanthu”

**- Jannumahanti Venkata Chandrababu,
Chief Editor**

Interview

Teaching and then practicing.....a reality

Our family member, a teacher by profession, is today known to all of us for his social activities. In search of income, he assumed the role of an LIC agent too, but his target of owning a school came true. His teachings to our youth are not a theory for him, but doing what he taught. He is also identified with “Sistakaranam Helping Hands” WhatsApp group. I hope you remember him as Tyada Prasad. Let us talk to him.

Tell us about your academics and profession.

I did B.A. from S.K. Degree College, Vizianagaram, M.A. (English) from Venkateswara University, M.A. (Politics) from Andhra University and B.Ed. from V.K.College of Education, S. Kota. Worked as a Social teacher for 10 years in Gurajada Public School in Vizianagaram and finally started my own school.

You are proudly known for social service activities. Can you share?

I organised 100 blood donation camps, and I have given my blood 57 times. I conducted science talent tests and awareness seminars on superstitions in Vizianagaram district under the umbrella of the NGO, Jnana Vignana Vedika. Later, I continued my services as a member of the Shiva Parvati Service Community by conducting blood camps, water kiosks, financial support to poor students, providing essential commodities to the victims of storms, etc. In 2017, I started the Mother Teresa Seva Sangham and Blood Donors Club in Vizianagaram. It started with 10 members, and today it has grown to 25 members. We are doing community activities like blood donations, eye camps, cancer camps, the supply of meals and essential commodities to old age homes and orphanages, winter blankets to Girijans, financial aid to the ailing poor, the supply of essential commodities to 25 private school teachers during Corona time, celebrating Women's Day Teachers' Day, International Elderly Day, and so many other activities.

Please also share about services to our Sistakaranams.

Since 2010, as a member of urban branch of Vizianagaram Sistakarana Sangham and today as its Chief Secretary doing many services to our community like organizing karthika vana samaradhana, distribution of daily needs and clothes to the poor Sistakaranams, providing

employment to underprivileged women, prizes to poor students, etc. As an active member in WhatsApp group “Sistakaranam Helping Hands” provided employment to 15 of the



Tyada Prasad

| | |
|---------------------|--|
| Father | : Sri Tyada Venugopalam (retd teacher) |
| Mother | : Smt. Tyada Pushpa Kumari |
| Wife | : Smt. Shravani, Telugu Pandit |
| Daughter | : Chi. Sai Keerthana (10th Class) |
| Son | : Chi. Sai Tanish (8th Class) |
| Native place | : Jaggapuram, Gantada (M), Vizianagaram (Dist) |
| Residing now | : Koyinagar, Ayyannapet Jn, Vizianagaram |

poorest of the poor in the north Andhra districts, providing financial assistance to the ailing relatives and poor students. Group admin, Sanjukta Prasad is equally playing key role in all activities.

Your message to our community please.

Our community members in high positions must help our lowest-level relatives. Also, teach altruism to our children, which helps build bonds amongst us. Youth must be helped so that they lead our associations with new vigour.

Tyada Prasad garu gives credit to his parents and his wife for achieving a mark in social activities as well as success in profession. He also gives credit to fellow Sistakaranams and parents of school children. As a regular reader of “Sistakarana Lekha,” he gives his accolades for the digital communication idea and its uninterrupted releases, that too timely on dot.

Lekha wishes him for his all future endeavours.

-- Interviewed by JV Chandra Babu

-- Compiled by M Narasimha Rao

Support Arena

Distribution of sarees to Sistakaranam kin

President of AP Sistakaranam Association, Women's wing, Dabbiru Prashanthi Patnaik, distributed sarees to the poor among Sistakaranam relatives. State Association General Secretary Arikathota Chandramouli, and Senior Leader Shiva Mastaru were the chief guests in this event conducted by Associate President Lion Donkada Anil Kumar, and Prashanthi Patnaik. Speaking on this occasion, they praised the prolific services provided to the poor. Prashanthi Patnaik in her speech said that they will do their best for the upliftment of women in Sistakaranam caste. Donkada Anil Kumar said that caste members should develop with mutual cooperation. A special issue with details and pictures of the programs conducted by Sistakaranam Yuvath in four years was unveiled for the first time. Guests were felicitated. Sistakaranam Yuvata President Manapuram Suresh, PM Palem Sistakarana Seva Sangham Vice President Lion Donkada Vasantha, General Secretary Mandavakuriti Lakshmi, Ramesh Babu, Basuri Srinivas Rao, YSRCP Padmanabham Mandal President Korada Lakshmana Rao, ZPTC Surappadu District Youth Division Vice President Bingi Hari Kiran Reddy, Manapuram Siva Sai Kumar, Municipal School G Durprasada and others participated.



Donation of books to library

Founder of Mother Teresa Seva Sangam & Blood Donors Club, Tyada Prasad Patnaik presented competitive books worth around Rs.5000/- to Navyandhra Public Library, Balaji Junction. On this occasion, A. Anand, District President of Janavigyana Vedika, who was the chief guest, said that with the current notification of competitive exams such as Group 1 & 2, Junior College Lecturers, Degree College Lecturers, Tet, DSC, etc., it is highly appreciated that books distributed by Prasad Patnaik to Navyandhra Public Library, are very useful for poor students. He said that if donors like Prasad Patnaik contribute to such a library, it will be very useful for the poor students who are competing for job opportunities. On this occasion, the founders of "Navyandhra Praja Granthalaya" Sri P. Shanmukha Rao and Sri Tyada Prasad Patnaik were felicitated with a memento. ESN Raju, secretary of Navyandhra Public Library, members of Mother Teresa Seva Sangha, Jhansi, Srinivas and others participated in this program.

Aditya Walkers Club Anna Prasad Distribution

On 16-2-2024, on the occasion of Sri Surya Narayana Swamy Ratha Saptami in Arasavalli town, the Adithya Walkers Club distributed food to the devotees. Like every year, this year too, pulihora, buttermilk, amla nuts, drinking water packets were distributed to the devotees by Sri Polumahanthi Umamaheswara Rao, Founder President of the club & President of AP Sistakaranam Association, the members of the club and the executive committee. They wished the blessings of Arasavalli Suryanarayana Swamy, the presiding deity and health provider, upon the people of the district and wished good luck to all. Let's congratulate them.



400 saplings given to INS Dega

Smt. Kirti Patnaik announced that 400 saplings from her nursery were given to the INS Eagles as part of the 5th installment of the service programs, on the request of Sri Kamaran, officer in charge of the Environment Department, who had just arrived from Tamil Nadu to Visakhapatnam, for the plantation drive as part of environmental protection.



Support Arena

Sri Nara Lokesh appreciates Vikalungula Asrama Patshala Founder Sri Tirupati Rao

The leader of the Telugu Desam Party Sri Nara Lokesh Babu, recently met with the founder of Visakhapatnam District Integrated Vikalungula Asrama Patshala, Visakhapatnam district Sri Potnuru Satya Tirupati Rao Patnaik (PST Patnaik) and appreciated him for his selfless service to the disabled. Let us congratulate him. Last month on 14-1-2024, he had received the Dr. Konathala Ramalingaswamy Award at Anakapalli at the hands of Sri Yarlagadda Lakshmi Prasad.



Helping Hands 24th service program concluded

In their 24th Seva program held on 11 February 2024, Sista Helping Hands Society presented ₹71,000/- given by donors, in the form of 10 postdated checks of ₹7,100/- each for 10 months, to the beneficiary Sri Baggam Rajesh Kumar for his health expenses. The coordinator Mr. Anantha Prasad informed that Sista Helping Hands Society will continue to support the underprivileged relatives with big programs and thanked all the donors who are providing help.



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- Medicines are WHO-GMP Certified.
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 - For Sistakaranam Families.
 - Your details will be kept confidential.

CONTACT: 8074800939

Laptop donated for computer studies

Sri Balivada Prabhu, the head of Future Cloud Consulting, our talented young businessman, donated a laptop worth Rs.40,000 to the students studying B.Sc Computers in the local Shanta Kalyana Anuraga Nilayam. Sri Baliwada Prashanth, Assistant Manager of Canara Bank, Sri Baliwada Trinatha Rao, Director of Future Cloud Consulting (Retired Indian Bank Executive), Sri Manoj, Administrative Officer of Government Medical College, Indian Red Cross were present in this program held on 12-2-2024 under the auspices of Walkers Governor Sri Polumahanthi Uma Maheswara Rao. Chairman Sri Polumahanthi Jagan Mohana Rao, Nikku Appanna, Lalita, Amar and others participated. Congratulations to them.

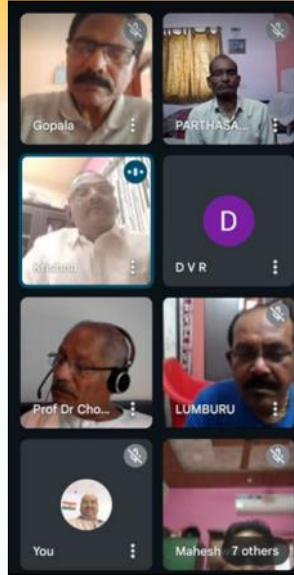


Fraternity Page - AISK

Major Highlights of the EC/AISKA Meeting

Meeting held online on Feb 4, 2024.

- 22 EC Members from 8 States (including 1 from abroad) attended.
- Minutes of previous Meetings confirmed.
- Passed a Resolution condoling the sudden demise of Sri Gumma Umasankar, Treasurer on Nov 13, 2023 in Vijayawada
- Elected Sri N Maheshwar Patnaik as new Treasurer of AISKA and SSS unanimously.
- President recapitulated all community events and efforts for achieving OBC status.
- Nominated Dr. Chowdari Prasad as Additional General Secretary of AISKA and SSS.
- Decided to celebrate Centenary of AISKA in 2025
- Formed a Governing Body of 4 Senior Members led by Sri Polumahanthi Umamaheswara Rao, VP-AISKA and President-APSKA for Centenary Celebrations.
- Announced a Working Committee of 10 Members plus 3 Special Invitees for conducting the Centenary Celebrations of AISKA in 2025. Two more Committees announced for review of (1) Financial Status and (2) Organisational Matters.
- Sri Barli Vijaya Kumar, Admin Secretary presented Unaudited Accounts of AISKA / SSS for 2022-23 and 2023-24



- Arti Patnaik and Chowdari Prasad

Elevations in AISKA

Hearty Congratulations to our national leaders on their elevation in the ladder of AISKA and SSS as per the decision taken in the EC Meeting on 4-2-2024 held on the Zoom platform.



The present Joint Secretary of AISKA from Chattisgarh, Sri Maheswar Nagumantri, is now nominated as Treasurer of the association.



The present Vice president from Bengaluru, Dr. Chowdari Prasad is now nominated as Additional General Secretary (new post created) of the association.



Fraternity Page - Telangana

Sri Venkaiah Naidu congratulated

Sri Baliwada Sivakumar Patnaik, State Treasurer, BJP OBC Morcha, and other BJP leaders, cordially met the Hon'ble former Vice President Sri Muppavarapu Venkaiah Naidu at his residence in Hyderabad on 30-1-2024 and congratulated him on the award of Padma Vibhushan in the year 2024. Congratulations to them.



OBC Petition to Sri Raja Singh

Sri S Trinadhaswamy, General Secretary, and Executive Member Sri Lakshminarayana, Telangana State Sistakaranam Association, met MLA Sri Raja Singh in Hyderabad and presented a petition to include Telangana Sistakaranams in OBC. Sri Raja Singh received the petition and responded positively.

On this occasion, they visited and received the blessings of Sri Shaktipeeth Kali Mata Maharaj Sri Gaur Saheb (Amaravati, Maharashtra) who came to Hyderabad on a visit. Let's congratulate them. It is appreciable that all are putting in efforts at their respective level for Sistakaranam OBC. We wish all their efforts to be successful.



Fraternity Page - Andhra Pradesh



Election of new General Secretary of Vizianagaram Association

16.2.24 Friday at five o'clock in the evening, Vizianagaram Urban Development Association meeting was held and the resignation of Sri Tyada Prasad from the post of General Secretary was discussed and accepted unanimously. Sri Rajamahanthi Ravikumar (Retired District Treasury Officer) has been unanimously appointed as the new General Secretary.



-Kanti Mahanti Murahari Sanjiv Rao, President Vizianagaram Urban Development Association.

MLA Shambagi releases Janadeepika calendar

Aditya Walkers Club marked its 21st anniversary on 01-01-2024 at Peddamthalli Ammavari Temple grounds in Srikakulam town. Sistakarana leaders, including the President of Andhra Pradesh Sistakaranam Sangam and club founder Sri Polumahanthi Umamaheswara Rao, graced the event. District Medical Officer Smt. Boddepalli Meenakshi highlighted the health benefits of walking as the chief guest. She was honored with Dusshaluva by Smt. Polumahanti Sai Sujatha and Polumahanti Umamaheswara Rao. Congratulations to Aditya Walkers Club for their commendable welfare initiatives.



Sistakaranam leaders meet Minister Dharaman Prasada Rao

On Thursday, 22-22-2024, Hon'ble Minister Sri Dharmana Prasada Rao was felicitated by the leaders of Sistakaranam Association at his residence in Srikakulam. In this program, the President of the State Sistakaranam Association, Polumahanthi Umamaheswara Rao, Honorary Adviser of the Association P. Jaganmohana Rao, President of the District Association Dabbhiru Srinivasa Rao (Vasu), district association leader Sadashivuni Rambabu along with town association President, Behara Ramachandra Rao, Co-President Gokul Vijay, Vice President Pedapenki Sriram Kumar, Treasurer Kallepalli Venkateswara Rao, Honorary Advisor S.V.D. Murali, Assistant Secretary Dabbhiru Venkatarao, Kallepalli Lal Prasad and other Sistakaranams participated.



Sistakaranam leaders meet Best Parliamentarian Rammohan Naidu

Sistakaranam leaders met MP Kinjarapu Rammohan Naidu, who was recently recognized as the best parliamentarian in the Parliament of India, at the MP camp office, and honored him with a shawl and garlands. On this occasion, the President of the State Sistakaranam Association, Polumahanthi Umamaheswara Rao, Honorary Adviser of the Association P. Jaganmohana Rao, District Committee President Dabbhiru Srinivasa Rao (Vasu) praised the MP as someone known all over India as a son who surpasses his father with continuous efforts, who brought glory to Srikakulam district. Responding to the honour, M.P. Rammohan Naidu said that the people of Sistakaranam community are very disciplined and it is his duty to always stand by such people. In this program, district association leader Sadashivuni Rambabu along with town association President, Behara Ramachandra Rao, Co-President Gokul Vijay, Vice President Pedapenki Sriram Kumar, Treasurer Kallepalli Venkateswara Rao, Honorary Advisor S.V.D. Murali, Assistant Secretary Dabbhiru Venkatarao, Kallepalli Lal Prasad and other Sistakaranams participated.



BVR Resorts, Salihundam

Congratulations to Sri Balivada Siva Prasad from Srikakulam for establishing a state of art BVR Resorts (beside Sri Venugopala Swamy temple) at famous Buddhist tourism place Salihundam in Srikakulam Dist. It has a very good restaurant and function hall (reasonable rent of Rs 50,000/- for marriages etc and AC Rooms rent Rs 2000/- per day approx). Those who want to visit this Buddhist tourism place Salihundam village which is at a distance of 10 kms from district HQ Srikakulam, can contact at 9440214789.



Walkers Club 21st anniversary

Aditya Walkers Club marked its 21st anniversary on 01-01-2024 at Peddamthalli Ammavari Temple grounds in Srikakulam town. Sistakarana leaders, including the President of Andhra Pradesh Sistakaranam Sangam and club founder Sri Polumahanthi Umamaheswara Rao, graced the event. District Medical Officer Smt. Boddepalli Meenakshi highlighted the health benefits of walking as the chief guest. She was honored with Dusshaluva by Smt. Polumahanti Sai Sujatha and Polumahanti Umamaheswara Rao. Congratulations to Aditya Walkers Club for their commendable welfare initiatives.



Fraternity Page - Andhra Pradesh



Sistakaranams in Politics

1) The Telugu Desam, Babu Surety, and Bhagavah Guarantee program are underway in Rajahmundry Urban Constituency. Sistakaranam families conducted door-to-door visits. Sri Akkumahanti Raja extended gratitude to all contributors, including Smt. Adireddy Bhavani, In-charge Adi Reddy Vasu, Sri Sekharamantri Srinivasa Rao, Deepti Mantri Prakash, Paramahanthi Satyanarayana, Rautula Veerabhadra Rao, Rautula Hanumantha Rao, Kumar, Guganesh, and Rajahmundry Legislators. - Convenor, Andhra Pradesh State Telugu Desam Sistakarana Working Group of Sadhikara Samiti, Amaravati.



2) On Monday 12-2-2024 Hon'ble Union Ministers (Minister of State for Skill Development, Electronics and IT) Sri Rajeev Chandrasekhar, who was on an official visit to Visakhapatnam, was welcomed by our esteemed BJP leader Smt. Kurada Pavani of Visakhapatnam at Port Auditorium Sagar Mala premises on Beach Road.



3) As per the call of BJP State Party 'Gaon Chalo, Palleku Podam', BJP Visakha District Kisan Morcha President P.V.V. Prasada Rao Patnaik, conducted a program called Palleku Podam In Vellanki village of Bhimili Constituency of Visakha District in Anandapuram Mandal.



4) Free wheelchairs were handed over to the disabled in Visakhapatnam by the hands of the Bharatiya Janata Party Senior and Central I.T. Minister and Honorable Rajya Sabha member Sri GVLN. Smt. Kurada Pavani, the lady member of our Visakha Sistakarana and the women's leader of the Visakha District BJP, participated in such a good program.



5) Dynamic Sistakaranam politician, social worker and a native of Tagarapuvalasa, Smt. Dabbiru Prasanthi has been appointed General Secretary of the Women's Wing of YSRCP in Visakhapatnam district.



6) Sri Pusapati Ashoka Gajapathi Raju and former Vizianagaram MLA Smt. Meesala Geetha were courtesy called upon in Vizianagaram by Sri Akkumahanti Raja, Convenor, State Sistakarana Sadhikara Samiti. As part of the "Babu Surety Bhavishyath Guarantee" programme, the relatives of the Sistakaranam caste in Vizianagaram constituency were visited door-to-door and explained the Super Six schemes intro-

duced by Chandrababu, emphasizing that the state would develop only if TDP comes to power in the future. Vizianagaram District Sistakaranam President M.P. Gowreswara Rao, Visakhapatnam District Telugu Desam Empowerment Convener Baliwada Satya Rao, Vizianagaram Town Sistakaranam General Secretary Tyada Prasad, Tyada Balu, Baliwada Ravikumar and others participated in the event.



7) Vizianagaram Urban Development Platform Convenor and Janasena Party Senior Leader Tyada Ramakrishna Rao (Balu) requested to install speed breakers in front of Sri Chaitanya School in Kamakhinagar, Local 42 Division, to prevent accidents. In this regard, he along with party leader Mudili Srinivasa Rao handed over the petition to Senior Superintendent Ramana at the Divisional Office of National Highways.



Invitation to Sistakaranam Community Building Inauguration at Srikakulam...

The community building that we have been waiting for the last 23 years, will inaugurated on a 10 cents of land in Chayanagar (near Sri Chaitanya Techno School) behind the Government Women's College in the district headquarters at 9:15 am on the 3rd of March i.e. on Sunday, in a most joyous atmosphere, as decided by the Building Development Committee.

Prominent people who helped in the building construction, our MP Sri Kinjarapu Rammohan Naidu, Revenue Minister Sri Dharmana Prasada Rao, former Union Minister Smt. Killi Kriparani, former MLA Smt. Gunda Lakshmi Devi, Former Minister Appala Suryanarayana Couple, former Municipal Chairperson Smt. M.V. Padmavathi, Zilla Collector and other officials, AP Sistakakaranam Association President Sri Polumahanthi Umamaheswara Rao, Red Cross Chairman Sri P. Jaganmohan Rao, Honorary President of the Association Sri Baliwada Malleswara Rao, Sri Ippili Jagannatha Rao, Member of SriKurmam Devasthanam Trust Board, and Srikakulam District Association President Sri Dabbeeru Srinivasa Rao (Vasu) and other dignitaries will be present.

Therefore, we appeal to the relatives, close friends, community leaders, members and their families in the surrounding areas of Srikakulam to participate in this inaugural event and make it a success.

Srikakulam Sistakaranam Community Building Development Committee, Town Sistakaranam Association, Srikakulam

Fraternity Page - Andhra Pradesh



Distribution of gifts and kits to class 10th students

Exam kits were distributed to students appearing for tenth class and inter exams In 2023-2024, and prizes were given to Karanam SistaKaranam student 10th class toppers in



2022-2023, under the patronage of Karanam SistaKaranam ikya-vedika and AP Karanam Abhyudaya Federation, at Sri Sri Mahalakshmmamma Temple, Muthukur Mandal, Krishnapatnam, Potti Srimamulu, Nellore District. Chief Guest for this event, Adani Krishnapatnam Port and Adani Foundation CEO Rajesh Ranjan said that seats will be given in Adani College to the students who participated and passed in class 10th.

Avilala Sridhar said that the prizes will be given in this manner next year as well. Karanam Niranjan Babu said that he wants Karanam SistaKaranam students to become I.A.S & I.P.S. Balachandra Pillai, Karanam Venkataratnam, Thondamanati Sridhar, Karanam Subrahmanyam, Karanam Srinivasulu, Peddapalem Suresh, Karanam Shivayya, Karanam Edukondalu and others participated in this program.

Shubha Lakshmi Perantalu

Smt. Subhalakshmi Perantalu, in honor of the mother of Sri Patnaikuni Janakeswara Rao, is being celebrated every year for the last 38 years. Like every year, the Magha Pournami



festivities, which took place on the date 24-02-2024 (Saturday), was packed with relatives and local residents. Sri P. Janakeswara Rao and his sons P.V.V. Prasada Rao Patnaik and P. Balagovinda Rao warmly welcomed the guests. Festivities Management Sarathi Trust Chairman, Sri P.V.V. Prasad made elaborate food arrangements relished by all. General Secretary Baggam Srinivasa Rao explained the significance of the Pernatalu held in honor of their grandmother, Subhalakshmi. Sri K. Sivaprasad who was the keynote speaker, prominent BJP state spokesperson Sri Pudi Tirupati Rao, AP Sistakaranam Welfare and Development Corporation Chairperson Smt. Anusha Patnaik, Sri Shashidhar, State association President Sri S.N.K. Mohanty, General Secretary Sri Arikathota Chandramouli, senior BJP leader S.V.S. Prakash Reddy, State Kisan Morcha Banking Cell Convener K.V. Ramana, Corporation Director Sri Chandramouli, Sri Donkada Anil Kumar, Sri Vantaram Chandramouli, Smt. Dabbi Prasanthi Patnaik, Sri Chandramohan, Sri Dugvalasa Srinivas, Sri Suresh Kumar and others were present.



SK Yuvata's exam kit to students

Sistakaranam Yuvata State Association handed over examination kits, wishing them all the best, to students who are writing the 10th and inter public exams in the month of March 2024. Sri Salihundam Ramanamurthy, Sri Baliwada Haribabu, Sri Dabburu Srikanth, Sri Pakki Arun Sai Patnaik, Sri Munagavalasa Ramakrishna Master, Maradam Ravikanth and Sistakaranam Yuvata team participated in the event. The event was held from 10 am to 12 noon at the office of Sistakaranam Foundation located at Punjab Hotel Junction in Visakhapatnam.



SK Yuvata attends Kurmannapalem meeting

Kurmannapalem association meets on the 4th Sunday of every month. This month, on their invitation, Sistakaranam Yuvata President Manapuram Suresh



Kumar and General Secretary Maradam Ravikanth were present at the meeting. Kurmannapalem Association President Sathya Rao, General Secretary Gangavaram Gopi, Treasurer Gurunath, Murthy, Ravi, Narayana Rao, along with State Women's Vice-President Smt. S. Varalakshmi, gave them a warm welcome and presented shawl, a scarf and a memento.

Nellimarla assembly candidate congratulated

Jana Sena party senior leader and prominent Sistakaranam, Sri Tyada Ramakrishna and other Jana Sena leaders, met Jana Sena and TDP joint candidate for Nellimarla Assembly constituency Smt. Lokam Madhavi and congratulated her.



Fraternity Page - Chhattisgarh



Sankranti Milan Program at Raipur

Sankranti Milan program was hosted by Chattisgarh Sistakaranam Association, Raipur on 4th Feb 24 at Shri Balaji Vidya Mandir Raipur. Dr Sushil Sharma, Director of Medishine Hospital graced the function as Chief Guest.

The Sistakaranam family meet to mark Sankranti Milan. Leela Foundation awarded Sista Brave Women Samman to Ms. Sarla Patnaik. CGSKA awarded Sri Subhash Chandra Patro, Sri Satish Mantri & Sri Raju Mantri for their selfless services for community. A cultural program enthralled the audience.



Ragam Talam Pallavi

In order to promote Cultural and Histrionic Talents of Sistakaranam community, a Cultural Wing has been formed in a CGSKA meeting held on 25th Feb 24 at the residence of Sri Ch Mohan Rao, Raipur, Chhattisgarh. The 6 members dynamic team headed by Sri Ch Mohan Rao will plan strategy and promote the hidden talents of Sistakaranam community. Talents of any age/sex of above disciplines may please contact them and register their names free of cost.



UDAAN-2 celebration at Tilak Bharati School

Tilak Bharati EM School, Gogaon celebrated its annual function UDAAN-2 with the theme Dhरोhar on 29 January 2024.

Ward councillor Sri Narad Kaushal appreciated the talented students and promised to help the school in every possible way. The students enthralled the audience with different genres of dance demonstrating India's cultural diversity.

The Guest of Honour Sri Ramakant Jha, Nodal Officer awarded the Academic Excellence Awards to the toppers. Dr. Ramesh Patnaik awarded YSNPatro Scholarship to Vanshika Agrawal & Jeetpal Sahu and praised the talented students. Smt. Rajkumari Patro awarded the Allrounder trophy to Kumari Anisha Kutwal. The Vote of Thanks given by Smt. Neha Bhatt Patnaik.



Vishnu Shashranama Parayana by TBS Students

CGSKA Women's Wing President Smt. Rajkumari Patro along with Dr. Peri Aruna initiated 300 students of Tilak Bharati Group of Schools to be well versed to chant 51 Lakhs Vishnu Shashranamam in a day. It was held on 17th Feb, 2024. Many Indians and NRIs appreciated this effort by students and were all praise for Smt. Patro Dr. Aruna, who also assured of starting Ramayana Classes very soon.



Fraternity Page - West Bengal



Retirement function in Kharagpur

Sri Dasamanthuroo Kiran Kumar has retired on 29-02-2024 from Indian Railways Kharagpur Work shop. In this regard, he arranged a lunch program at Jaihind Nagar Modern club situated at Railway Colony, Kharagpur to his colleagues and near & dear friends of few Sistakaranam families, who extended their best wishes to Sri Kiran Kumar and wished that he may lead a happy retirement life along with his family.

Prominent Sistakaranams in various capacities presented him with a memento, a shawl and a certificate of honor.



Kalam Snehitulu



Sistakaranams in Literary Service – February 2024

1) Veera Vasanteshwara Swami Mahima Kavi Sammelan was held at Gara mandalam Salihundam Venugopalapuram Hill in Srikakulam District. Under the leadership of Mahendra Ravikumar Sharma and his wife, Veeravasantheshwara Swamy Pratishtamhotsava was organized. On that occasion, an important program and a poetry gathering was organized. Poets recited poems on Lord Vira Vasantareswara, Salihundam Buddhist sites. The organizers felicitated the poets. From Hyderabad representatives of Telugu Velugu Sahithi Vedika Sri Motoru Narayana Rao, Sri Dabbiru Venkata Ramana Murthy (Saratkavi), Dr. Bhogela Uma Maheswara Rao and others participated.

Sri Saratkavi said that I feel fortunate to participate in the gathering of poets and scholars who came from many places to participate in the Dwigala Avadhanam program, asking questions on various processes, problems to complete, solving complex words in Shabdabhedhi Vidyadharana, etc.



2) Poet writer Sri Udand Rao Ramana Babu's poem was selected as the best poem in the 141st International Internet Centenary Poet's Conference organized by the Telugu Velugu Jatiya Sahitya Vedika, a literary organization that is working tirelessly for the development of Telugu language.



3) Certificate of Appreciation for Sri TR Patnaik, Similiguda for winning poetry competition on the topic of 'Naijam' by Sri Sri Kalavedika.



4) 15.02.2024: Sri Dabbiru Venkata Ramana Murthy (Saratkavi) and Sri Moturi Narayan Rao with a group of Hyderabad poets paid a courtesy call to local MLA Smt. Reddy Shanti after darshan of Patapatnam Sri Neelmani Durgamma Ammavar as part of Srikakulam District Yatra after Salihundam spiritual literary programs.



5) Dt: 7-2-2024 Ramtatha who participates in Sahrdaya Sahithi Vari Kavi Sammelan and recites his poetry on Wednesday evening.

6) A flowing river is a gold treasure - as subject

Under the auspices of the Telugu Velugu Sahitya Vedika, a poets gathering was held through the internet. One hundred poets participated in this program, out of which 20 poets were selected as the top 20. Dr. B.H.V. Ramadevi said that Dr. Gauravraj Satish Kumar and Meesala Chinna Gowri Naidu were the judges. The event was held under the guidance of Dalinaidu Master. Dr. Moturi Narayana Rao, Sri Ramathatha, Sri Dabbiru Srikanth, Sri Uddanda Rao Ramana Babu, Sri Baliwada Venugopal Sistakaranam participated in this program.



7) Sri Patnaikuni Ramakrishna Rao (Prasa Kavitala Ramathatha) at the entertaining Amravati Vishwa Sahithi Kavi Sammelanam on 12-2-2024 Monday evening.



8) Dr. Bogela Umamaheswara Rao (Umakavi) Katha Nilayam, founder of Srikakulam Sahitya Kiranalu, founder of Bala Katha Nilayam, presented a research paper on Katha Nilayam in the National 129th Centenary Kavisammelan, National Literary Conference. Kalipatnam Rama Rao, the founder of Katha Nilayam, presented a research paper on his work in Telugu literature at the Kavi Sammelan held under the auspices of Sri Sri Kalavedika.



Continued on next page...

Kalam Snehitulu

Sistakaranams in Literary Service – February 2024



Continued from previous page...

9) On the occasion of Ghantasala 50th death anniversary, Sri Kudama Tirumala Rao participated in the Uttarandhra level singing competition organized in the name of Swaranirajanam in Vizianagaram district Rajam and won the second prize. Tirumala Rao sang the song "Ankita Mevaro Okarike".



10) Felicitation in Rabindra Bharati - Mahati Sahitya Kavisangamam, Karimnagar's poetry celebration. As part of the 100-day poetry festival every day, the poets who have completed their poems and printed the books, were felicitated on behalf of the Mahati Sahitya Kavi Sangamam on Sunday, 18-02-



24 in the presence of distinguished guests at Rabindra Bharati. It is heartening to note that Sri V.T.R. Mohana Rao, Sri Moturi Narayana Rao, and Sri Udandravu Ramana Babu from our Sistakaranams participated in this grand event, presented their poems and received great honors.

11) Godavari award to Sri Pakki Delhi Shankar Patnaik of Hyderabad was given on the occasion of Mother Language Day.



12) Seminar speech on Telugu Ancient Literature by Sri Raghupatruni Saisiva.



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 February 2024.

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



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 | VINITHA PATNAIK |
| Surname | MUNAGAVALSA |
| Father's Name | M. SRINIVAS PATNAIK |
| Gotram | ATRESA |
| Date of Birth | 31-Jul-1994 |
| Nakshatram | BHARANI |
| Height | 5' 4" |
| Complexion | FAIR |
| Occupation | PVT. EMPLOYEE |
| Work Place | BENGALURU |
| Education | ME / M.TECH |
| Preference | |

| | |
|---------------|--------------------|
| Name | HEMALATHA |
| Surname | BERAM |
| Father's Name | MALIKARJUNA RAO |
| Gotram | GARGAYA |
| Date of Birth | 14-Feb-1995 |
| Nakshatram | ASHLESHA |
| Height | 5' 4" |
| Complexion | FAIR |
| Occupation | BUSINESS TAILORING |
| Work Place | |
| Education | HSC / INTER |
| Preference | |

| | |
|---------------|---------------------------------|
| Name | USHA RANI |
| Surname | BEHRA |
| Father's Name | B. LAXMINARAYANA |
| Gotram | BHARADWAJA |
| Date of Birth | 16-Mar-1986 |
| Nakshatram | KRUTHIKA |
| Height | 5' 3" |
| Complexion | FAIR |
| Occupation | PVT. EMPLOYEE IT SOLUTIONS |
| Work Place | HYDERABAD |
| Education | B.SC |
| Preference | DIVORCÉ, HYDERABAD, DOB-"82-"86 |



| | |
|---------------|---------------------------------------|
| Name | MANASA VINOD |
| Surname | DABEERU |
| Father's Name | D. MADHUSUDHAN RAO |
| Gotram | KASYAPA |
| Date of Birth | 21-Sep-1997 |
| Nakshatram | PURVA PHALGUNI / |
| Height | 5' 6" |
| Complexion | TAN |
| Occupation | PVT. EMPLOYEE NARAYANA COLLEGE |
| Work Place | VIZAG |
| Education | B.SC |
| Preference | DOB-"88-"93, INTER & ABOVE, PAN-INDIA |

| | |
|---------------|------------------|
| Name | KIRAN KUMAR |
| Surname | PATNAIK |
| Father's Name | LATE PURUSHOTHAM |
| Gotram | KASYAPA |
| Date of Birth | 31-Mar-1990 |
| Nakshatram | ROHINI |
| Height | 6' |
| Complexion | FAIR |
| Occupation | PVT. EMPLOYEE |
| Work Place | HYDERABAD |
| Education | M.SC |
| Preference | |

| | |
|---------------|--|
| Name | MEHER PRUDHVI |
| Surname | BATLANKI |
| Father's Name | B. SRINIVAS |
| Gotram | VISWASA |
| Date of Birth | 4-Apr-1991 |
| Nakshatram | ANURADHA |
| Height | 5' 9" |
| Complexion | FAIR |
| Occupation | PVT. EMPLOYEE ORBIT & SKY INDIA PVT LTD. |
| Work Place | HYDERABAD |
| Education | BBM / BBA |
| Preference | JOB, FAIR, ABOVE DEGREE |

| | |
|---------------|-----------------------|
| Name | KAWSIK |
| Surname | PEDAPENKI |
| Father's Name | P. NAGESHWARAO |
| Gotram | KOUSIKA |
| Date of Birth | 21-Jun-1992 |
| Nakshatram | PURVABHADRA |
| Height | 5' 8" |
| Complexion | |
| Occupation | PVT. EMPLOYEE STARTEK |
| Work Place | HYDERABAD |
| Education | |
| Preference | |

| | |
|---------------|---------------|
| Name | ANIRUDH |
| Surname | SADASIVUNI |
| Father's Name | SSRAO |
| Gotram | SRIVATSA |
| Date of Birth | 28-Nov-1994 |
| Nakshatram | |
| Height | 5' 4" |
| Complexion | FAIR |
| Occupation | PVT. EMPLOYEE |
| Work Place | HYDERABAD |
| 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

Beauty Page

10-Step Makeup Routine For A Natural Look

Step #1: Prep and Prime



The first step in how to apply makeup step by step like a professional is to prep your skin. Start by cleansing your face to remove any dirt or oil. Once your skin is clean, apply a primer to create a smooth base for your makeup.

Step #2: Conceal Imperfections



To achieve a flawless complexion, it's essential to conceal any imperfections such as dark circles, blemishes or redness. Apply a small amount of concealer to the areas that need extra coverage and blend it gently in circular motions with your fingertips, a damp beauty blender or a makeup brush for a seamless finish.

Step #3: Foundation for Flawless Complexion



The next step is to even out the rest of your skin tone with a foundation. Opt for a lightweight and natural-looking foundation. Apply it to your face using a brush or a sponge, blending it outwards for a natural look.

Step #4: Set with Finishing Powder



Now, it doesn't hurt to have your bases covered. To ensure your makeup stays in place and to reduce sweat, oil and unwanted shine, set your foundation with a matte finishing powder. Lightly dust it over your face using a fluffy brush, focusing on the T-zone and any areas prone to oiliness. This step helps your makeup last

longer while giving your skin a soft and natural finish.

Step #5: Define Your Brows

Well-groomed eyebrows frame your face and contribute to a natural look. Start by brushing your brows upward using a spoolie brush or a clean mascara wand. Then, using an eyebrow pencil or powder that matches your hair colour, fill in any sparse areas with short, feathery strokes. Remember to keep the strokes light and mimic the natural direction of your hair growth for a more realistic appearance.



Step #6: Subtle Eye Makeup

For a natural look, opt for soft and neutral shades on your eyelids. Apply a light shade all over your lids as a base, followed by a slightly darker shade in the crease for definition. Blend the colours easily thanks to its creamy formula for a muted but soft look that will open up your peepers.



Step #7: Enhance Your Lashes

To make your eyes pop without looking overly dramatic, apply mascara to your lashes. Start at the base of your lashes and wiggle the wand back and forth as you move upward. This technique helps to separate the lashes and create a fuller effect.



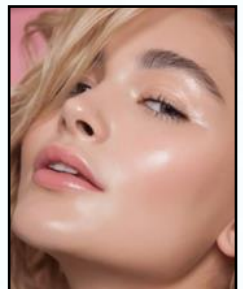
Step #8: Softly Sculpted Cheeks

To add a touch of colour and dimension to your face, use blush and bronzer to softly sculpt your cheeks. Choose a blush shade that complements your skin tone – the range has two palettes to choose from. We'd suggest the reddish shade of 'Golden Hour' for warm undertones and the pinkish shade of 'Sun kissed Glow' for cool undertones. Apply it to the apples of your cheeks with a fluffy brush. For a natural look, smile and blend the blush gently towards your temples. Next, apply a bronzer to the hollows of your cheeks, temples, and jawline to create a subtle contour.



Step #9: Touch of Glow

A natural makeup look often includes a hint of glow on the high points of the face. Use a minimal amount of highlighter to give a natural and minimalist look. Apply on the tops of your cheekbones, on the tip of your nose, and on your cupid's bow. The goal is to create a subtle and dewy effect rather than an intense shimmer. In this case, use your finger to lightly apply it over the points and blend it out well so that it catches the light naturally.



Step #10: Natural Lip Colour

Now, the last step in how to apply makeup step by step like a professional and complete your natural look is to choose a lip colour that enhances your natural lip shade. Just apply the liquid lipstick to your lips, starting from the centre and moving towards the corners. Don't smack your lips and let it dry fully for a perfect layer that will not budge whether you down a burger or sip on some tea.



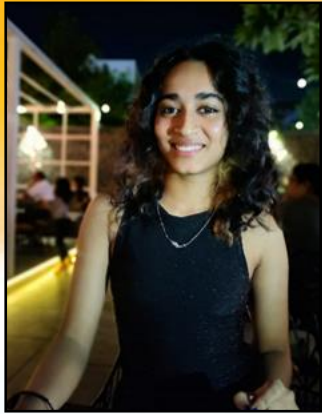
- Compiled by Dasamanthurao Shilpa

Talent Corner

Miss Araha's stone art

Lekha shares stone work initiated by our teen Miss Araha of Mumbai. She once carved a stone ring. Another creation was a fossil carved out of stone. Fossil is an organism that's millions of years old and then decomposes to gas and oil which is then later collected for industrial use. Fuels are also called fossil fuels because they are made from them. She carved the fossil by chiseling the 3D relief

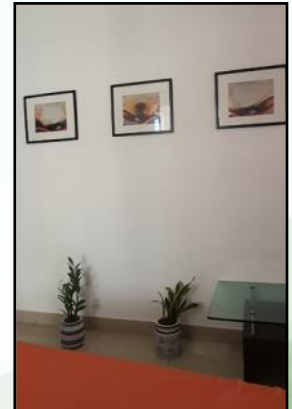
form with hammer and chisel. Later it was smoothened with sand paper and the final finish with wax polish. Any form of handwork is definitely therapeutic and enhances body and mind coordination. She is daughter of Vathsala Rao and granddaughter of Smt. Uma & Sri Kuppili Raja Ram Mohan Rao of Vizag.



Save Planet

Pickle jars & lids reused as pots for plants

We all do little things at our homes when it comes to reuse! Here are some simple pickle jars that was reused by Vandana Adivishnu of Chennai. The jars were used for potting plants. The lids were used either as a decorative element in hanging jute strings or to serve as pot bottom trays to collect excess water.



Promotional themes on saving planet

There is so much happening around us to save the planet, but we often fail to observe and practice. We ourselves even buy or we may suggest many things but it's tough to practice. Yet I think constant reminders to self and others will always lead to small changes and give hope for a better future.

Here are bottles with a variety of captions:

1. 100% good drink inside. Which is water.

2. Healthy outside starts from inside. Applies to your body and the world.

3. Fill twice a day, throw nothing away. Drink atleast 2 Litres of water every day, without wasting it, for good health.

4. Keep calm and drink more water. This helps in having a peaceful environment.

All basic tips are promoted through these simple water bottles, that can be in use day to day.

- Vandana Adivishnu



Speak Out

Feedback in WhatsApp groups on February Lekha

Have you read February 2024 Lekha? Read on right away. The editorial on page 7 is inspiring. It is commendable and welcome that as much attention is shown for programmes that contribute to the cause of Sistakaranams (page 8 to page 11) as is shown for in politics (p. 13). From Baliwada Haribabu's article on the first page of this Lekha to the release of the SOL News calendar on the last page, all the pages are valuable. All good news that for compelling reading. On page 16 in the middle, somewhere in Nagpur, Maharashtra, Sistakaranams organized a grand haldikumkuma program without forgetting our traditions. You must read this. Women in the Telugu states should do similar activities and bring it to the notice of Lekha. Set an example for ten others. Overall, Lekha is very good.

- Sadashivuni Lakshmana Rao

If there is paucity of time, give at least one Glance. There is a kind of inspiration.

- Banker Narsipuram Gopala Krishna

February... 04... Sunday Lekha issue... It has come... Almost all our people would have read it.

In this issue, significant skills data has been collected, compiled, and presented to readers. This magazine, which furthers the interests of our caste, brings out the programs we conduct, the potential strengths for the development of our caste, and brings out to all. I congratulate the organizers of Sistakaranam Lekha (monthly magazine). This Lekha, which is released regularly on the first Sunday of every month, is about the usefulness and skills of our relatives. It means communicating to others the things one knows, their talents, their potential. This is very necessary. It should be ensured that this Lekha carries information of progress and development of each and every Sistakaranam relative and association in India. I hope that their skill and development initiatives will inspire someone else.

- Balivada Haribabu

Namaste, I have just read 'Lekha' this month, a little later than usual as I am shooting today. As always, it came out with news from all walks of life. Congratulations. Thank you for publishing my news. I hope the Lekha awards will be as prestigious as you envisage.

- Basangi Suresh, Hyderabad

Sir, Thank you for allotting the space in Lekha.

- Dr. Arikatota Kanakaraju

Thanks, You are great for print media. Regards.

- Krishna Kumar Nagpur

Our Treasures

Third eye

Earlier an article on third eye opening was published and one aspect has been discussed. In this article a different aspect will be discussed. What is a third eye opening? What is its symbolic representation with Siva's third eye opening in epics? Often symbolism is used in Yoga, esoteric and occult practises. Often times the stories are bizzare and even misleading, cause confusion or fear. However such confusion really clears when a practical experience occurs, and the true meaning is understood only after the experience. Until then one only wonders whether the stories or true or not. The legend goes the way of saying when siva opens third eye he destroys everything he sees, with third eye. It is a symbolic expression, and a sadhak, need to grasp certain crucial points from this. Infact every Yogi is to become a siva himself, and every yogi to open his third eye. Siva is not some diety, some where in the heavens, however Siva is the highest yogic statethat anyone can attain. As the Siva himself, yogi open his thirdeye. The third eye opens after sadhana, and Gurus grace. The third eye may not fully blossom at a time. When a Yogi opens third eye, he has the ability to burn with his third eye. What exactly he burns? The first and foremost importance is for the Yogi, to burn his samskaras meaning the karmic memory. His naadis are blocked with karmic memories, called samskaras. Samskaras are stored at subtle and mind level. The mind is not only in the physical brain, but is spread all through the subtle body, and in the nadis, as well. This is usually known as muck or different names and is blocking the nadis.

A yogi with third eye opened can see his naadis. He percieves his nadis with third eye. He do not see his nadis with physical eyes, but percieves with third eye. The third eye is the seat of knowledge or gateway to conciousness. The third eye is the knower or the gateway to the knower. When third eye opens Yogi can know his nadis. He percieves them not as images seen through physical eye but he gains an advanced observation by which he knows his nadis. Once he sees his nadis with third eye, he can also burn the muck in the nadis, there by he cleanses the accumulated sanskaras. A third eye opened Yogi, cleanse his nadis by burning the samskaras blocking the nadis. This is the true significance of burning with third eye. Ofcourse an advanced Yogi such as Leslie Temple Thurston can, not only cleanse with in one self, but also clear the samskaras of who ever they see in front of them with third eye. They have the ability to burn away the karmic results of others coming from several life times by simply looking at them. There are even higher states to this, that a Yogi can reach with third eye opening. Third eye opening can happen to different degrees. However a sadhak needs to know, that the symbolic burning with third eye is not burning objects into flames, but burning the maya in the objects the focus thier attention on to. An advanced yogi can evoke different spiritual aspects of a sadhak, with third eye. He or she can open the third eye of another sadhak. However only the realized souls can achieve such mastery. Once third eye opens to some level a sadhak can clear his own samskaras by looking inside him, on a daily basis as he does more karma on every single day. The purpose of yogi looking at the area between the brows is to awaken the third eye.



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

Iky Vedika Column

Ikyavedika members meet at Nagumantris' reception

Lekha that comes to you every month, as well as a website, a Facebook page, and now the upcoming Lekha Awards, are just a few of the many service activities that the Sistakaranam Ikyavedika does for our community. Members of the Sistakaranam Ikyavedika are spread across many states and are taking these initiatives forward by meeting online whenever there is a need and physically whenever there is an opportunity. Recently, there was another opportunity to meet physically.

On 18/02/2024, the wedding reception of the niece of Sri Nagumantri Maheshwar, Bhilai, who was appointed as the Treasurer of the All India Sistakaranam Association, was held in Hyderabad in a grand manner. Relatives from our community came in large numbers and blessed the bride and the groom. AISKA President Sri Krishna Rao Sistakaranam, Sharathkavi Sri Dabbiru Venkata Ramana Murthy, Sri Prakash Rao, Sri Parthasarathy and others were present at the reception.

On behalf of the Ikyavedika, Sri Sekharamantri Naraharinath, Sri Dasamantri Naresh, Sri Mantri Narasimha Rao, Sri Jannu Mohanty Chandrababu, Sri Dabbiru Suresh also attended and discussed the activities of Ikyavedika with Sri Nagumantri Maheshwar.



We've already said that the next big thing from Ikyavedika shall be the "Lekha Annual Awards". We haven't yet set a date, but it will happen.

Remember we also said, "Our vision is that a 'Lekha Award' should be something that is very coveted, it should be something that really sets apart the winner as really deserving, and something that is not easy to attain." We do not want it to be just another ceremonial thing where we hurriedly organize something, and give away some certificates or memntoes to arbitrarily chosen winners. Even if it takes time, it shall be a well thought out event that will be conducted annually, which everyone will eagerly look forward to.

In this regard, in our last issue, we described the comprehensive process to identify the winners. In this issue, we would like give an idea of the different categories of awards tat we are planning.

Philanthropy Impact Awards: This is for those in our community involved in philanthropic service, through consistent contribution in terms of time & resources, having a meaningful Impact on beneficiaries, especially Sistakaranams. Separate categories would be there for individuals and groups/associations.

Lekha Literary Award: This award will be for poets, writers, authors etc., who make their mark with meaningful, thoughtful & creative content, gaining recognition and winning awards regularly. Contemporary, contributors will mainly be considered.

Outstanding Entrepreneur Award: This is to honor individuals running a successful business, an enterprising startup etc., with added credit to employment generation, benefit to Sistakaranams. Recognition/awards in the corporate world would be additional credentials.

Talent Awards: Individuals with unique or exceptional talent, with national/international recognition, who inspire others with their sheer achievements or offer mentorship, qualify for this award. Within this, there will be a separate category to encourage young talent.

Newsmakers of the Year Award: Significant achievers in any field, who are in the news, thus being a pride to our community will qualify for this award.

YouTubers Influencer Award: YouTubers offering quality content, addressing niche areas, with notable audience engagement, backed by metrics and analytics, will be honored for their influence and impact on others.

Other Awards: While all the above categories will go through a thorough evaluation process, there will be certain special recommendation based awards like the **Community Legacy Award** for past contributors to community welfare, **Sistakaranam Stalwart Honors** for contemporary community leaders, and **Lekha Thank You Awards** for those who contribute to Ikyavedika initiatives such as Lekha.

Well, dear readers, it is all coming soon! Wait for more details...

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