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## Today's political weakness in Sistakaranam caste

Those from our caste who dared to come forward at that time and became politically successful:-

(1) Gajapathi Rao won as the first municipal corporator of Visakha in 1981 from BJP party and became the Standing Committee Chairman, bringing fame to our Sistakaranams. As General Secretary of All India Life Insurance Corporation Union, he received several nominated positions. Active even today.

(2) PLN. Patnaik was elected as a corporator and rose to the level of Chairman of Visakha Municipal Corporation.

(3) Behera Bhaskar Rao has won as a corporator and has now won 2 corporator posts in his family as a co-option member. Popular leader active in politics even today.

(4) Jaya Babu garu, won as Vice-Chairman of Parvathipuram municipality in Vizianagaram district, active in politics even today.

(5) Deveswara Rao won as a corporator in 1981. Was active in politics then.

(6) In 1986, Jaggu Mohanty Sambamurthy won as a corporator and was active in politics.

(7) Nominated Posts:-

Sri Mantri Rajasekhar garu still wields considerable influence as a Steel Plant union leader even today.

Sri PVV Prasada Rao Patnaik was then nominated as a member of the APSEB Advisory Committee from the Congress. Currently serving as President of BJP Visakha District Kisan Morcha.

Smt. Kanti Mahanti Anusha Patnaik, as chairman of the Sistakaranam Corporation, has 12 directors in our caste, who are active in politics till date.

Smt. Kurada Pavani:- Member of Censor Board. Given the nominated post at that time. Still active as a senior leader in BJP even today.

Smt. Godaba Prema Kumari member of the Censor Board, given the nominated post at that time. Still active today as a woman leader.

Sri Adinarayana garu is still active as a Steel Plant Union leader.

I am giving these examples to demonstrate that opportunities exist within our caste achieve levels from corporator to MLA depending on aptitude. Our Sistakaranam caste has leaders in good position, so our associations are beseeching every day that they be seen as MLAs with their affection. However, unity within the community is currently lacking. Rectifying this would empower individuals to become effective leaders regardless of party affiliation, because in any area where our community has a high percentage of votes, they have a good chance, by bringing together the community, helping the poor amongst them, gaining their respect, gaining recognition in our community and thus become a good leader.

- P.V.V.Prasada Rao Patnaik,  
Sista Karanam Kula enthusiast, Visakha District  
Kisan Morcha President, Vellanki Anantapur  
Mandal Bhimili Constituency.  
Cell: 9440747181

## A Few Disclaimers

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

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

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

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

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



## Community News

### International Women's Day Celebrations

1. The Mother Teresa Seva Sangam, situated at Ayyanapet Junction in Vizianagaram town, recently commemorated "International Women's Day" at the "Mother Teresa Kids School" under the guidance of the Kids School Principal and Seva Sangam President, Tyada Prasad Patnaik. Honorary President Tyada Venugopalam addressed the gathering, emphasizing the pivotal role of women in the social sector and their responsibility in nurturing children to become valuable members of society. During the event, Smt. Patnayakuni Malathini, a socially conscious individual serving as a record assistant at Pedatadiwada High School, said that women must take the lead in social service endeavors and such services will bestow Sri Ramaraksha to their families. In this context, the president and members of the Mother Teresa Seva Sangam felicitated her. Mothers from Mother Teresa Kids School, sangam members Srinivas, Shravani, Sujatha, Haima, Kanchana, and others participated in the event.



2. On the occasion of International Women's Day, Smt. Kuppli Kirtipatnaik was honored for her services on behalf of State BCs at the Women's Day celebrations organized by the President of State BCs Association Praja Sanghas, at the Public Library in Visakhapatnam.



3. Smt. Lion Donkada Vasantha Anil Kumar, Vice President of PM Pallem Sistakaranala Seva Sangam, hosted a grand International Women's Day event at her residence. During the program, Sri. Arikathota Chandramouli, General Secretary of AP Sistakaranam Association, said that societies thrive where women are revered. He said that Women's Day is an inspiring symbol for women's rights and addressing challenges. Smt. Dabbiru Prashanthi Patnaik, General Secretary of YCP Visakha District Women's Division, encouraged women excelling in diverse fields to inspire others and contribute to the upliftment of women. Smt. Lion Donkada Vasantha Anil Kumar said that women should do self-employment courses and achieve their



own economic progress. Smt. Dadhirao Subhashini Kumari, Smt. Arikatota Shanti Kumari, Smt. Godaba Gauri, Smt. Kanti Mahanti V Lakshmi, Smt. Baggam Maunika, Smt. Baggam Saroja, Smt. Murahari Rao Pushpa, Smt. Polaki Ammaji, Smt. Polaki Sai Lakshmi, Smt. Prataparao Usharani and others participated in this program.

4. In celebration of Women's Day, Smt. Pedada Ramanikumari, YSRCP State Women Vice President, organized a program to recognize outstanding women. On this occasion, YSRCP District General Secretary, and APSKA Women President Smt. Dabbiru Prashanthi Patnaik was felicitated by City Mayor Smt. Golagani Hari Venkata Kumari and former MP Smt. Botsa Jhansi. YSRCP Regional Coordinator, Sri Y.V. Subbareddy was the chief guest. Smt. Prashanthi Patnayak extended gratitude to all dignitaries present.



5. On the 4-3-2024, International Women's Day celebrations took place at Sridevi Park in Muralinagar, under the patronage of Sridevi Vigyana Jyoti Parishkar Charitable trust. Among the esteemed guests were Prajapitha President Brahmakumari Sri Rameshwari Akkaiah, retired NSTL officer Sri T.V. Chari, 2Tourism travel's Sri Manibhushan, Ramalayam committee member Smt. Padmavati, retired manager of Andhra Bank, G. Apparao, and several colony residents. The trust honored 30 women who volunteered their services in Eco Vizag initiatives such as Coastal cleanups, and other service projects along with 7 men who supported them, aiming to inspire and guide them towards more uplifting endeavors.

6. Visakha Sistakarana Seva Sangam Kancharapalem Executive committee honored Smt. Kurada Pavani on the occasion of Women's Day.



7. Ms. Rajkumari Patro hosted International Women's Day celebrations by Chhattisgarh Sista Karnam Association Women's Wing Ms Sandhya Raj was crowned as Super Woman, Ms Neha Patnaik was crowned as Sista Queen. Ms. Ch. Sridevi received special



honour. There were emotional moments reminiscing contributions of late Late Ms. Leela Patnaik Ms Kamala Patnaik. Dr. B Ramesh Patnaik President CGSKA, Sri U Ravi Patnaik, Genl. Secretary CGSKA also graced the occasion.

8. Our lady stalwarts from Chattisgarh were honored at various events. Ms. Rajkumari Patro was conferred the Best Managing Director award and Ms. Arti Patnaik was crowned as Educational Icon by JK foundation, in an event organized by Ms Jaya Reddy, a renowned face in Fashion World. 2024. Ms. Arti Patnaik was also felicitated as Mahila Shakti Samman by Lakshya Foundation and by the MLA of Chhattisgarh, Mr. Motilal Sahu in the Sadbhavana Sashakt Mahila Award organised by Lahoti Jewelers.



*This is all the information we received. Let us know if we missed any.*

*- Compiled by JV Chandrababu*

## Newsmakers

### Education Leadership Award to Smt. Rajakumari Patro

Tilak Bharati Schools MD, Smt. Raja Kumari Patro was conferred the 'Education Leadership Award 2024' by the Asia Pacific Regional Trainers Guild, Bangkok.



### Smt. Padmarani elected Bar Association Ladies Rep. unanimously

Our Sistakaranam advocate Smt. Dabbaru Padmarani, contesting for the post of Ladies Representative in the Visakhapatnam Bar Association Elections to be held on 4-4-2024, has been declared elected unanimously on 28-3-2024.



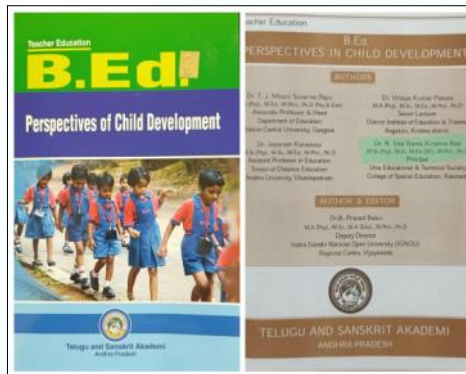
### Womens Leadership award to Smt. Chandrakala

Hyderabad native, and woman employee from Saluru, Smt. Pakki Chandrakala, serves as the Quality Management and Organic Certification (QM&OC) Project Officer at the Center for Sustainable Agriculture (CSA), Hyderabad. She recently was honored at an event in Novatel Hyderabad on March 7, 2024 with the Women's Leadership Award 2024 by HiBiz TV.



### Dr. Sitarama Krishna Rao co-author for B.Ed. book

Visakhapatnam educationist Dr. Nagumantri Sitarama Krishna Rao co-authored the book 'Perspectives in Child Development' published by Andhra Pradesh State Telugu Sanskrit Academy, for B. Ed. students.



### Sri PN Murthy Patnaik elected BC Association District Secretary

Congratulations to All India Sistakaranam Association member, Visakha district Association Vice President, and Visakha Kancharapalem association Vice President, Sri Potnuru Narasimhamurthy Patnaik, who has been appointed as the Visakhapatnam District Secretary of the Andhra Pradesh State BC Caste Federation Welfare Association (Re.No. 381/2015) on 7-1-2024.



Also congratulations for the recommendation of Sri KK Raju, Visakha North Constituency In-charge on 19-3-2024 for appointment as Secretary in BC Committee of YSRCP Party.

### Sri Mohana Rao elected Rotary Club Vizag Destiny, President

In the 'Vigyanam – The Magic of Rotary' program held at Saipriya Resorts in Visakhapatnam, our Sistakaranam businessperson Sri Saluru Mohana Rao was elected as the President of the Rotary Club Vizag Destiny Club for the years 2023-2024 and 2024-2025. Congratulations on receiving the certificate at the hands of Rotary District Governor Dr. M. Venkateswara Rao.



### Institution Award to Prof. Dr. Bhima Rao

Prof. Amiya Kumar Rath, Vice Chancellor of Biju Patnaik University of Technology, presented the Institution Award to Prof. Dr. Raghupatruni Bhima Rao in recognition of his outstanding paper titled "Characterisation and concentration of rare earth beach placer mineral for industrial applications" on 23rd March 2024 at the auditorium of the Institution of Engineers of India, Odisha state center, Bhubaneswar.



# Newsmakers

## Sri Balaji Adivishnu wins Best CIO award

Congratulations to Sri Balaji Adivishnu from Hyderabad who won the best CIO (Chief Innovation Officer) award under the Agri Category for the Heritage Vet + project which was designed and monitored by him. He is the youngest son of late Smt. & Sri Adivishnu.



Heritage Foods Limited has been conferred with the prestigious SKOCH Award under two categories: Platinum Award in the Digital Transformation for "Heritage Vet+" and CIO of the Year for the Agri Sector in the 97th SKOCH Summit held at IHC, New Delhi on 29th March 2024.

In this annual event where more than 300 nominations have been received from over 100 Companies, both from the private and public Sector, Heritage Foods Limited has been given an overall rating of 9 in the India Involved Ranking and 3rd in Digital Transformation.

## Avilala receives temple honor

Avilala Sridhar received the honor bestowed by temple committee members for performing Vasantalu and Oonjal Seva to Ammavaru and Swami during Shivratri celebrations at Sri Kapilesvara Swamy Devasthanam, Sri Pillareswara Swamy Temple in Avilala village.



## Smt. Patnaik Neha wins "Women Icon Award 2024"



Smt. Patnaik Neha Bhatt is one of the esteemed recipients of the "Women Icon Award 2024", presented by Women World Records. Hailing from Raipur, Chhattisgarh, Neha Bhatt has demonstrated unparalleled dedication and talent in the realm of dance as the Dance Guru at Sri Natraj Nruthyalayam. Her remarkable contributions in the fields of Bharatnatyam and Kuchipudi have not only showcased her mastery of these art forms but also inspired countless individuals worldwide. Neha Bhatt's unwavering commitment to her craft, coupled with her relentless pursuit of excellence, exemplifies the essence of empowerment and serves as a beacon of inspiration for women everywhere. We extend our heartfelt congratulations to Neha Bhatt on this well-deserved recognition and commend her for her exceptional achievements in the world of dance.



## Lakshmana Rao wins case as consumer

Since 2019, Donkada Lakshmana Rao of Ramananda Nagar, Belagam, has been paying a premiums of Rs. 1 lakh 50 thousand annually to SBI Life insurance company under his wife's name, who subsequently expired. However, when he sought a claim of Rs. 13 lakhs, he was informed that the calim can't be honored as the policy had lapsed. Seeking justice, he reached out to Jami Srinu, the General Secretary of Parvathipuram Manyam District Consumer Rights Protection Forum India (CRPFI), and filed a complaint with the consumer forum. The case was filed in the consumer court and the court ruled in favor of the consumer on 24/02/24. Subsequently, the sum of Rs. 13 lakh was handed over to Sri Donkada Lakshmana Rao by SBI Life Insurance Company.



## Smt. Kuppili Keerthi Patnaik in 'Paarijaatam' maiden issue

Sridevi Vignana Jyothi Parishkar Charitable Trust, the NGO run by social service leader Smt Kuppili Keerthi Patnaik from Visakhapatnam, was featured in the maiden issue (March 2024) of 'Paarijaatam', a publication from Hyderabad.



## Backstreet Brewery wins Bronze for Best Live Music

"Backstreet Brewery" owned by our SK girl Miss Ankita Arvindan has been voted for winning a bronze cup for the "Best place with Live Music" in Bangalore. She is the second daughter of Smt. Dabiruri Jayanti Arvindan & Sri Arvindan from Chennai.



## Editorial

### Political consciousness in Sistakaranams

Lekha's Heartful Pranams to all Sistakaranam relatives

First and foremost, wishing all Sistakaranam relatives Swasti Sree Krodhi Naama Telugu Samvtsara New year .

March - 24 month features in overview – General and assembly election heat is also seen in our caste and is an inviting development some groups have also formed as party vices. Apart from those outside, the political services and political participation done by us are also being uploaded along with the photos. Because of this, we all know that we too will participate in this elections and show the presence of our caste. Sometimes there may be differences of opinion, but it is better to invite healthy language, satisfaction with healthy arguments, good and bad political analysis.

It may not be possible to pin down the best reasons for a single party because there are our caste in different parties, so they work for their party. Whichever party comes to power, if they help the Sistakaranam supporters through their party, it will be useful for the caste finally. During the Telangana assembly election, RCPI came forward and fielded our community candidate with ideological belief. It is a matter of thought that even with expectation in one or two seats in Andhra Pradesh, it did not materialize.

Recently, there was a heated discussion in one an All India WhatsApp group on whether or not it is possible to include other forms of culture along with other forms of culture. It is their family's eternal decision whether to connect with them or not. Some people want to join our people for the sake of numbers for our political strength...some people think that our chances will decrease.. So what we should do is if our community elders and all the Sistakaranam groups sit together and pass a resolution decision to go along with other Karanam branches or not., we hope that there will be no room for such arguments and rivalries.

**'Sarva Sishtakarana Bandhujana Sukhinobhavantu'**

- Jannumahanti Venkata Chandrababu

## Interview

### Leadership is not telling, but doing

**M.A. (Economics), M.A. (Telugu), B.L. (Bachelor of Law)... this is not an advertisement for admissions. These are the degrees acquired by our Sistakaranam. He embellished various positions in Sistakaranam associations as well as in society. He jumped into TDP activities when NTR called for youth. He is a leader of doers. He readily helps anyone who knocks on his door. We are talking about a Sistakaranam who is popularly known as 'Prasad Rao Master'. He is Nagumantri Satya Vara Prasad Rao Garu. Let us talk to him.**

**Your job versus higher education. Please say something about it.**

*I did my graduation from Mrs. AVN College and all my post-graduations from Andhra University. After my graduation, I started my journey as an employee of Andhra University in the press & publication department. My uncle, Nagumantri Krishna Rao, who was working as Deputy Secretary at Andhra University, helped me build my career. My job never overlapped my interest in pursuing higher studies. I did all my PG courses at Andhra University. To engage myself after retirement, I attended B.L. Andhra University's evening law college. As I said, after retirement, I started my new journey as a lawyer, practicing in the Visakhapatnam District Court and the State High Court. People fondly call me "Prasada Rao Master" in the party and in the community as well. Spirituality, unwavering leadership, friendliness, equality for all, seriousness in solving problems, the full blessings of Goddess Saraswati, and philanthropy are the constant virtues of the society being practiced by me.*

**Can you share your contributions to our community and society?**

*With the encouragement of late Mr. Kanthimahanthi Ramachandra Pathak, I took office as the founder Secretary of the Allipuram Sistakaranam Association and worked for the unity and development of Sistakaranams. I also served as the General Secretary of the Visakha City Sistakaranam Association. I was elevated later as the General Secretary of the Andhra Pradesh State Sistakaranam Association. I also played a key role at the all India level and served my best for Sistakaranam Samaj.*

*In recognition of my services, my party offered me Corporation Ward Member twice, but I denied it due to my job. Later, I was offered the post of first chairman of the board of trustees of Sri Visveswara Swamy Temple, the oldest temple near Visakhapat-*

*nam Jagadamba Centre. Later, I also held the position of Chairman of the Sri Durgalamma Temple Trust Board, located near Purna Market. Moreover, I was appointed as the General Secretary of the Mytri Sangam by the then government and worked as a bridge between the leaders, police, and people. I re-*



Father :	Late Nagumantri Krishna Rao
Mother :	Late Ramayamma
Wife :	Smt. Nagumantri Jhansirani
Sons :	Dr. Seetha Rama Krishna Rao Sri Ramachandra Rao
Daughter :	Smt. Patnaikuni Laxmi Kameswari
Native place :	Visakhapatnam

*ceived positive feedback for providing excellent service to society. At present, I am the vice president of the legal cell of the Visakhapatnam Telugu Desam Party.*

**People behind your success. Who are they?**

*My wife, Jhansi Rani, who not only supports me, but also follows in my footsteps. She is the women leader in the TDP and became Director of the Trust Board of Sri Kanaka Maha Lakshmi Temple in Visakhapatnam. My uncle, Sri N. Krishna Rao, and my mentor, Sri K. Ramachandra Rao, are the people who played key roles in my life.*

**Any message to our community youth?**

*Knowledge is power. So, I advise youth to concentrate more on their educational qualifications. Success follows automatically. Start your career with a humble beginning and scale to top positions. In the journey, don't forget your own Sistakaranam to help.*

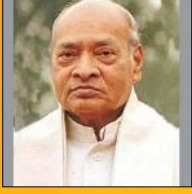
**Your comments on Lekha?**

*Monthly tabloid of Lekha is excellent in all aspects. I also advise that every EC meeting of our Sanghams must keep the issues raised in Lekha as an agenda item'*

**'Prasad Rao Master', an altruist in true spirit, always evaluates himself as what he has given to society rather than what society has given to him. He does not preach. He acts consciously. Lekha wishes him all the best in all his endeavours.**

- Interviewed by Sadasivuni Lakshmana Rao  
- Collected by J.V.Chandrababu  
- Edited by Mantri Narasimha Rao

## Open Forum



### Bharat Ratna to our Karanam son Late P V Narasimha Rao, a proud moment



Caricature by Sri Sadashivuni Lakshman Rao (Lal)

To proudly proclaim he is ours, a Telugu person (Brahman Karanam), one must visit Bharat Ratna PV's birthplace Vangara, to grasp the depth of his renown.

Much of content here... is compiled... and written.

Our son, Sri PV Narasimha Rao, governed vast India for five years. Across a sixty year political career, as Chief Minister to Andhra Pradesh and as Union Minister for fifty years, he dedicated himself to the nation. PV's legacy transcends caste, financial and follower prowess. But his intelligence is like a mountain. A mine of knowledge needs no cadre. Apply your mind, and politics becomes nothing. A five-foot man, who can be blown away by strong wind, defies political whirlwinds and tsunamis! Understand how strong willed he was. Countering breath-taking speeches of opponents in parliament with a simple smile, our "silent saint" could also wax eloquent with a "Is this all you ask?" forcing adversaries on the defensive with his Karanam brain, which made seasoned politicians to respond "Ji Huzoor". While his ability in making opponents speak to exhaustion and then choking them with just a look made one exclaim "Kya Kamaal Hai", his trot in the parliament lobby alongside opposition leader Vajpayee with a toothless smile, also made one exclaim "Is he on the ruling side or the opposition?". We have to learn from PV that there should be no grudges and ill-will in politics!

He had a vision of a thousand hoods. "Veyi Padagalu", the novel written by Vishwanath Satyanarayana was translated into Hindi in 1968 by former Indian Prime Minister PV Narasimha Rao as "Sahasraphan"! He won the Central Sahitya Akademi Award for that translation!! Viswanatha wrote the novel "Veyi Padagalu" in classical language, a gentleman wrote the foreword to the novel.

Many have received the Bharat Ratna, but PV's accolade carries a unique pride. More than a Karanam scion (Brahmin) winning a honor, he is also a beacon of hope for Bahujans who brought land reforms of and lit up the homes of the poor!

- Haribabu Balivad

India's beloved child, Karanam clan's scion, Pamulaparthi's heir, late Sri Sri Sri P.V. Narasimha Rao's being conferred "Bharat Ratna" is a matter of pride for the caste, the lineage and the clan.

Devoting three-fourths of his life to public service, he epitomized humility, silent sagacity, linguistic prowess, as Aparachanakra in times of trouble, with his acumen, he gave India and Indians a pride of place alongside great nations.

The long overdue "Bharata Ratna" to our Telangana beloved child, "Vangara" scion, is "though late nectar-like sweet" news for us.

Just about worthy of his service and service philosophy, it is a blossom of honour given by our government to Sri PV with all devotion and solemnity. Let's take it as our great fortune to relish that fragrance.

On this occasion, we visited their family members on behalf of Telangana Karanam Niyogi Brahmin Sangha, at PV's home in Vangara village.

- Sadashivuni Srinivas Patnaik

Film actor, writer, director, sociologist and member of Telangana Karanam Niyoga Brahmin Association



Left: Lunch with PV's brother Sri Manohar Rao  
Right: PV's youngest son Sri PV Prabhakar, daughter MLC.Vani

## Essay competition on former prominence of Sistakaranams

Have you sent your article to an essay writing competition open only to Sistakaranams? If not, please send it by 16-04-2024. Your article can be in Telugu or English. Type in Telugu/English and send it. Alternatively, write on white paper in legible handwriting, take a clear photograph and send it. The article of everyone who participates in this competition will be put in the PDF book. Every article is important to us. So be sure to write your article and send it to our email laxmanjula@yahoo.com. The details of the competition are again given below.

Please note that the due date will not be extended.

=====

### Essay Writing Competition 2024

What are the real reasons why Sistakaranams have lost their former prominence? What are the steps to be taken for restoration? Write down your thoughts as an essay and send it. Win a prize.

Our Sistakaranam great-grandfathers held high positions and became famous. It is well known that in the 17th century, about 18 Sistakaranams held ministerial positions in various princely states of the Gajapathi kings. It is said they also held great positions in the later period. But then we lost all that glory and were thrown into extreme poverty. This may be self-inflicted. Or there may be other reasons, known to Sistakaranam historians and all interested members. Write a nice article on this subject and send it.

Late Sadashivuni (Dabbiru) Bhanumati and late Sadashivuni Koteswara Rao Memorial Prizes will be presented.

Terms and Conditions:

1) Essay Topic – What are the reasons for the loss of former prominence of the Sistakaranams? What steps should be taken to restore it?

The reasons should be listed out by putting a serial no. against them in the article. Also, measures/suggestions/suggestions for restoration should be given with serial nos.

2) Only those who are Sistakaranams should participate. People from any part of the country and abroad, as well as any age group, can participate. It can be written in Telugu or English.

3) Prizes for this essay writing competition are Rs. 1116/- (first prize), Rs. 516/- (second prize), three prizes of Rs. 216/- each (third prizes)... There will be a total of five cash prizes.

4) Write your name, age, place and mobile phone number in the article.

5) Your article typed in Telugu or English can be sent to laxmanjula@yahoo.com in an email. Also send an undertaking that it is your own writing.

6) There is no limit on the length of the article. Your articles should not be posted on WhatsApp, Facebook or any other media.

7) Due date for sending your articles: 16-04-2024.

8) For queries, contact 9247783307 on WhatsApp.

- Sadashivuni Lakshmana Rao

## Open Forum

### International Women's Day – Essays by Sistakaranams

#### A great creation among creations is a woman.

She is remarkable, a goddess of love, the essence of the circle of human life. Across our epic narratives and annals of human progress, she stands as a beacon of wisdom and philosophy, shaping personalities and behaviors. Indeed, she is the destiny of humanity, the most powerful sculpture in the universe, radiating light and amidst life's darkest moments, the epitome of love and compassion.

Yet, the woman endures immense suffering and trials, buried beneath the weight of discrimination, sexual harassment, and dowry abuse. Police records in India show that majority of crime incidents are against women. The National Crime Records Bureau highlights that crimes against women exceed the rate of population growth. Workplace harassment remains a significant concern, comprising a substantial portion of reported cases. Such harassment could be mitigated if men viewed women as friends. In 1987, the Indecent Representation of Women Act was enacted banning obscene writings, posters, comments, images etc. Yet, no law can describe the greatness of a woman. Even Brahma, her creator, cannot comprehend her.

As a mother, a wife, a sister, and a friend, she stands by with unwavering support.

What assurance do you offer to your friend, your wife, your mother, your sister, the bond that awaits your return with hopeful eyes? Each woman holds the belief that her husband will shield her in times of trouble, sharing in her joys and sorrows. To her, a husband is not just a companion but a fortress, a source of courage, and a bearer of responsibilities. Yet, from ancient times, from the days of Rama to the present, many men have subjected women to abuse. Like modern-day Ravana, some exploit women under the guise of dowry, love, or desire. It's imperative for men to reflect on whom they are causing anguish. It's the mother from creation, men should understand. A man has the power to extend a helping hand to a vulnerable woman, guiding her towards solace and standing as an exemplar of virtue. However, he must refrain from becoming a tyrant, dragging her down with his actions. For society to thrive, there must exist a foundation of genuine affection, compassion, and friendship between men and women.

*Authored by: Kirti Patnaik*

#### Multi facted woman

Woman embodies nature... nature's coolness... pleasantness.

At its pinnacle is motherhood. The love of a mother transcends comprehension, invaluable, sweeter than nectar, cooler than moonlight, softer than butter, only mother's love wins hearts. The touch of mother's hand is solace, mother's reprimand is love, the reverence she commands.

Another form of woman, the wife. Without the sun the world has no light, without the wife the household remains in darkness. The wife is the lifeline of the husband's clan. It is the wife who upholds the honor of the house, takes care of her in-laws and children. Protecting husband's honor, serving him till the end of life, who makes flowers bloom in life, she is the maid without pay ... the maiden sharing her life ... she is the wife. One can never repay her debt, except by not giving her stress and keeping her happy. That alone is a priceless gift bestowed upon her. They say, "The goodwife is the lamp of the home."

As a sister, a woman ardently seeks the well-being of her siblings, reminiscing their love even at her in-laws' home.

As a child, she always wishes the best for her parents, ruminating their love and brags about her parents to her children.

Salutations to Strimurthy, who impressed everyone with her multi-role performance of affection as a mother, fondness as a sister, duty as a wife, and love as a child, impressing everyone in a multi-role act, our salutations to the patient persevering "Stremurthy". On the occasion of March 8 Women's Day, saluting all women.... Sarve Jana Sukhinobhavantu. Greetings.

*-Dr Dabbiru Srikanth (Sahaja Kavi)*



#### Telugu velugulaku antarjāṭiya mahilā dinōtsava śubhākāṅṣalu

ākāśamlō saḡaṁ..

avanilō saḡaṁ..

anniṅṭā ardhabhāḡamai..

shṛiṣṭhini naḡipistunna

ativalaku, mukhyaṅḡā

telugu velugu sāhitya jāṭiya vēdika lōni mana śiṣṭakaraṅam āḡapaḡuculandariḡi antarjāṭiya mahilā dinōtsava śubhākāṅṣalu..

Your..

*Dr. Murthy Narayana Rao*

### Lives of tailors, undignified toilers

(An article written on the occasion of International Tailors Day, 28-2-24.)

Despite no dignity in their lives, the unorganized working class tailors constantly toil for all humanity's dignity. Living in every habitat they are textile artisans who lend us splendour with sewing machines. According to statistics, there is one tailor for every two hundred people in the world. Among the many facing hardships, stitching together a living, only a handful lead opulent lives. International Tailors Day is celebrated by billions of tailors globally. It is tradition-

ally celebrated as the day when the sewing machine invented by Elias Howe was first demonstrated. Howe's saga exemplifies the struggle against the universal capitalist mindset. The big industrial houses there did business with Howe sewing machine, but the fact that Howe was the father of the sewing machine was not known to the world for a decade. Howe finally fought a legal battle to protect his patents.

*- Peruri Satyanarayana,*

*Tollywood movie costume designer.*

## Support Arena

### Prasad distribution by DVS Friends Circle

Prasad was distributed from 7:30 am to 1:30 pm, devotees gathered at Rajamahendravaram's Sri Uma Markandeya Swamy temple to celebrate Maha Shivratri under the auspices of DVS Friends Circle. Starting with milk & biscuits for children in the morning, the distribution included: 50 kgs fried rice, 25 kgs Kesari sweet, 30 kgs Laddu sweets, 40 kgs Pulihora, 100 litres buttermilk, 40 litres milk, and 3 cases of water packets. Distinguished guests included senior BJP and RSS leader, and Head of the Vaddi Caste Protection Samiti of Telugu States, Sri Peruri Satyanarayana, along with senior city BJP leader and prominent gold trader Kurma Das Prabhakar. City TDP leader Adireddy Vasu graced the occasion as the chief guest and commended the dedicated services provided over 33 years.



### Blood donation camp held, Sri Tyada Prasad donates blood for the 58th time

Mother Teresa Seva Sangam & Blood Donors Club and Mother Teresa Kids School organized a Voluntary Blood Donation Camp under the auspices of "Indian Red Cross Society", Vizianagaram at Mother Teresa Kids School, Ayyannapet Junction. As blood stocks dwindled with the onset of summer, Mother Teresa Seva Sangam responded and organized a voluntary blood donation camp under the leadership of Seva Sangam President & Kids School Principal Tyada Prasad Patnaik. The blood donation camp received a great response from the parents of Mother Teresa Kids School, and the members of the Seva Sangam and the people of the surrounding area. Tyada Prasad Patnaik, president of Mother Teresa Seva Sangam, donated blood for the 58th time in this blood donation camp. Red Cross Chairman KRD Prasad was present as the chief guest on the occasion and thanked him for setting up the camp and congratulated him for donating blood for the 58th time. On this occasion, KRD Prasad was felicitated with Seva Sangam memento. Thyada Venugopalam, Honorary President of Mother Teresa Seva Sangam, members Nutan Madam, Sravani, Jhansi, Aruna, Red Cross PRO M. Ramu and others participated in the program.



### Prasad distribution by Sistakarana Seva Samiti, Rajahmundry



Sistakarana Seva Samiti, Rajahmundry unit distributed prasada to the devotees on the occasion of Mahashivratri. President Sri SVS Srinivasa Rao, Secretary Sri Vijaya Diwakar and members of Sistakarana Seva Samiti participated in this program.

### Mother Teresa Seva Sangam financial aid for boy with blood cancer

M. Chaitanya s/o Mahesh, a four-year-old boy living in Ayyannapet village was diagnosed with blood cancer and the family spent lakhs for the boy's treatment, and at a time when the family was facing financial difficulties and was very depressed, "Mother Teresa Seva Sangam and Blood Donors Club" President, Tyada Prasad Patnaik said that they would provide morale and financial security to the family. He visited the boy, who is being treated at Omega Hospital in Visakhapatnam, and enquired about his health condition from his father. As part of it, in the presence of Mother Teresa Seva Sangam President Tyada Prasad Patnaik, Honorary President Tyada Venugopalam and Red Cross Chairman KRD Prasad and community members Nutan, Jhansi, Sravani, Sujatha, donations to the tune of Rs.35,500/- collected from various circles viz., friends of Prasad Patnaik, LIC customers, well-wishers and community members was handed over to Chaitanya's father.



## Support Arena

### Dr. Arikathota donations – March 2024

1) On 2-3-2024, in the presence of Sri-kakulam town Sistakaranam association leaders Sri R.V.N Sharma, Sri G. Vinod, and Sri Anantapatnayakuni Vijayanaraya-



na Rao (Gokul Vijay), 50 steel chairs worth Rs. 50,000 were generously donated by our generous Sistakaranam donor Dr. Kanakaraju of Arikatota. Earlier Rs. 50000/- has also been donated towards the construction of the building, which was inaugurated on Sunday, 3-3-2024. Congratulations to Dr. Kanakaraju and Dr. Uma, who have been actively engaged in various service programs.

2) Dr. Kanakaraju Arikathota distributed examination materials to the 10th class students of Jyotirao Phule BC Girls Gurukula School in Hayati, Srikakulam town.



3) Prof. Arikathota Kanakaraju, Uma couple donated Rs. 5000/- to Srikakulam Theater Artists Association. The cash was given to Chitti Venkata Rao, President of the Association. In addition to the ex-



penses for programs held on first Saturday every month, and to provide pensions to 40 senior artistes, the organization organizes cultural programs every month to encourage talented artists by way of annual subscription from January 24 to December 24.

### This is your Karanam kid's appeal!



Salutations to everyone..

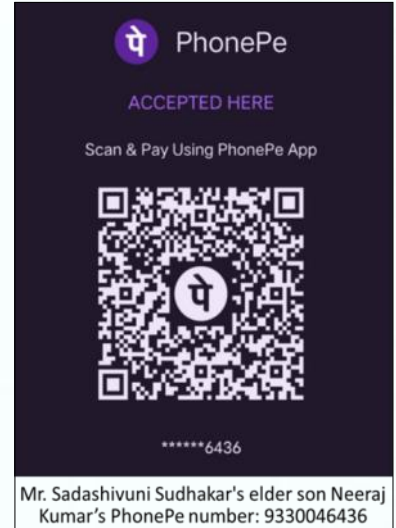
This is your Karanam kid's appeal!

My name is Sadashivuni Srinu (Srivatsa Gotram). My elder brother's name is Sadashivuni Sudhakar. His younger son has been battling cancer for the past three months and is undergoing treatment at the Tata Medical Center ICU in Kolkata. The child's parents (my brothers and sisters) have spent 25 lakhs so far. For the last three months, we have been worrying about his treatment, tests and blood transfusion. 10 to 12 lakhs is needed for other treatments to enter the next FY. All financial sources of support are closed to them. On behalf of the child, I am requesting all to assist in getting proper treatment to save the child's life.

The number you need to call for details: 8885364301 (WhatsApp also).

Yours humbly,

- Sadashivuni Srinu (Uncle of the child)  
- Sadashivuni Sudhakar (father of the child).



### Lifting Hands 10th event successful

Sri Vandrangi Balakrishna, son of Sri Vandrangi Gopalakrishna, a relative residing at Matam Street, Kothapeta, Vizianagaram, fell ill with both livers damaged, causing financial strain



on their family due to hospital expenses. Sri Balakrishna has been working in the lighting department. His father, Sri Gopalakrishna, a retired employee of Nellimarla jute mill, relies solely on a pension of Rs. 2000. Facing these challenges, they reached out to Tyada Prasad Patnaik and Sanjuktha Patnaik, admins of the "Sistakaranam Lifting Hands" WhatsApp group, for assistance. Responding to the call for help, the group members rallied together to provide financial support. In a touching display of solidarity, Rs. 25,500 was collected from 35 members of the group. In the presence of Karakavalasa Govinda Rao, this amount was graciously handed over to Sri Balakrishna's family at their home in Kothapet. Sri Balakrishna extended heartfelt thanks to all the group members whose contributions made this initiative possible.

### Ujjwala Gas connections distribution programme

Under the leadership of Sri. PVV Prasad Rao, President of BJP Visakha



District Kisan Morcha, the Polipalli Indian Gas Agency in Bhimili Constituency of Visakha District distributed Prime Minister Ujjwala free gas connections to beneficiaries in the Maduravada Area. The distribution was facilitated by YSRCP district women's General Secretary Smt. Dabbiru Prashanthi, and AP Sistakarana Association Associate President Sri. Lion Donkada Anil Kumar. Addressing the recipients, Smt. Dabbiru Prashanthi emphasized the significance of the ongoing distribution of gas connections across all mandals and wards in the Bhimili Constituency. Sri. Donkada Anil Kumar informed the beneficiaries about the Prime Minister's directive, wherein Rs. 300/- will be deposited in their bank accounts every month upon receiving a gas cylinder, ensuring each beneficiary receives a subsidised cylinder at Rs. 600/-. Representatives from the gas agency Subbaraju, Rohini, and others also participated in the event.

## Support Arena

### Sri Sathya Rao in Lions Club community service activities

In various programs organized by Lions Club, Gajuwaka, Visakhapatnam, on 24-3-2024, prominent Sistakaranam leader Sri Baliwada Sathya Raugaru, participated along with other Lions members and played an important role. Sri A Gopala Rao, District Governor of Lions Club attended the programs as the chief guest that included planting saplings in Amaravathinagar Park, distribution of sewing machines to the poor, fruits to children in Desire Society and food donation to orphans in Truth Charitable Trust.



### Examination kits to orphans

On the occasion of the 26th anniversary of The New Friends of the Year Voluntary Organization at Shantha Anuraga Nilayam, Srikakulam Collector's Office, free examination kits were distributed to orphan students. On this occasion, the secretary of the organization, senior physiotherapist, Dr. Srinivasa Patnaik said that the voluntary service organizations should also work as community servants and the youth should take the lead in all fields. Founder of Aditya Walkers Club, Pulumahanthi Umamaheswara Rao said that education is the best and children should be disciplined from childhood. This program was presided over by Dr. Baggam Vinila Patnaik.



### Free Medicines by courier for 100 days



**SOLEN**  
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**

### Sistakarana Lifting Hands 11th service program



Sri Sadashivuni Sudhakar is working in Kolkata. His son Varuntej was diagnosed with cancer at the age of 9 and is being treated in the hospital's ICU and is fighting for his life. According to the information we have gathered, Mr. Sudhakar has so far spent Rs. 25 lakhs. They need another Rs. 10 to 15 lakhs and have no source. His younger brother film writer Sri Sadashivuni Srinivas (SS Patnaik) approached us, we discussed with the organizer Sri Sudhakar and appealed to our members to contribute to this work. So, we request our family members to support us to save Master Varun's life. Please everyone respond. Phone pay no 9848472818 Thank you..- Sanjukta Patnaikuni

### Sista Helping Hands 25th service program



With reference of Sri Vandurangi Venkatesh, Garividi, regarding Sri Manapuram Sairam, 45 years old, father of two children, resident of Vizianagaram district Garividi, who lost his job due to paralysis stroke a year ago, approached the Sista Helping Hands Society stating their difficult way of life. In this regard, members of the Sista Helping Hands team, Smt. Balivada Lakshmi, a native of Cheepurupalli, went to their home and found out about their lives and determined that they needed help. They informed that their house is also in a state of collapse due to rains. According to Smt. Sumangali's interest, with the funds given by the donors, they can set up any small shop for their livelihood and provide employment to their family. Donations can be transferred to Sista Helping Hands through: PhonePe no.: 90630 29716 or Savings Bank Account: Union Bank of India, AC No: 018512010001226, Akkayapalem Branch Vizag, IFSC: UBIN0801852.

## Fraternity Page - AISKA



### Centenary Year Celebrations of AISKA In 2025

In a communication dated 08/03/2024, Sri Krishna Rao Dabbiru Sistakaranam, announced the various office bearers for the Centenary Year Celebrations of AISKA In 2025.

**Governing Body**

- Sri Polumahanthi Umamaheswara Rao (Convenor)
- Sri Polaki Appa Rao (Co – Convenor) (AP)
- Sri Behara Ramesh Chandra Patnaik (Co-convenor-1) (Chattisgarh)
- Sri Vadada Umamaheswara Rao (Co-Convenor-2) (West Bengal)

**Honorable Advisors**

- Sri SK Satyamurty (Chief Advisor) (AP)
- Sri Murali Bhagawan (Advisor) (AP)

- Sri Dabbiru Gopal Rao Patnaik (AP)
- Smt Lakshmi Ramana Murthy (Odisha)

**Working Committee**

- Dr. Chowdari Prasad (Bangalore)
- Sri D.V Ramana Murthy (Hyd)
- Sri Barli Vijayakumar (Hyd)
- Smt Rajkumari Patro (Raipur)
- Sri D.Bharat Kumar (New Delhi)
- Sri M Gopala Rao (Jatni)
- Sri P Srinivasa Rao (Nagpur)
- Dr Sadasivuni Babu Rao (Visakhapatnam)
- Sri Lumburu Srinivasa Rao (Bhilai)

**Special Invitees**

- Sri N Maheshwar (Bhilai)
- Sri Behara Bhaskar Rao (AP)

- Sri U.J.M Rao (AP)
- Sri S.V Rao (Telangana)
- Sri A.R.K Rao (Telangana)

**Data Research and Support**

- Sri Sadasivuni Lakshman Rao (VSP)
- Sri B. Ramachandra Rao (SKL)
- Sri B. Nagabushana Rao (VZM)
- Sri D. Naresh Kumar Patnaik (HYD)

The communication also announced the formation of a WhatsApp group for the Working Committee for regular exchange of thoughts and proposals. It urged all members to devote their precious time and offer valuable suggestions in order to make the endeavor a grand success.

## Fraternity Page - Telangana



### Second place in RTC Grand Festival Challenge

Mahabubnagar District RTC Regional Manager V. Sridevi revealed that they have received the second position in the Grand Festival Challenge.

She said that we have won the award for achieving the best results in all areas like providing better facilities to passengers, generating the highest revenue, APK, OR etc. By implementing a new initiative called the Hundred Days Grand Festival Challenge announced by the management in order to ensure smooth passage of passengers during the last October Dussehra period, we have achieved the second position in the state, she added.

The award was given by the Minister Sri Punnam Prabhakar, Telangana RTC MD at Hyderabad RTC Kalyanmandapam on the seventh of March. Congratulations from 'Lekha'.



### Sri Krishna Rao elected as Convenor of 'Spurthi Swacchanda Seva Samiti'

On Sunday, 24-3-2024, in the inaugural 'Spurthi Swacchanda Seva Samiti' event held at Gokul Flats, opposite Miyapur Metro Station Pillar 657, Vasantha Nagar, Hyderabad, Sri Dabbiru Venkatakrishna Rao Sishtakaranam, president of All India Sistakaranam Association, was unanimously elected as Telangana State Convenor of 'Spurthi Swacchanda Seva Samiti' in the presence of attendees.



Following in the footsteps of 'Manavata Swacchanda Seva Samstha' in Andhra Pradesh, this newly formed 'Spurthi Swacchanda Seva Samiti' will provide services like education, helping small traders and arranging final journey vehicles and freezer boxes for the needy people regardless of caste and religion, without distinction between rich and poor, he said. Sri. Krishna Rao expressed his gratitude to the founders of the Samiti, Sri Janakiram Raju, Sri Varma and others for starting such a service organization and electing him as its convenor. It is a matter of pride that more than 30 members of our Sistakaranam Welfare Association (SWA) attended this program among more than 100 participants. Sri Krishna Rao thanked all of them. Congratulations to Sri Dabbiru Venkatakrishna Rao Sistakaranam, who has been elected as the Convenor of the 'Spurthi Swacchanda Seva Samiti' that will serve the poor of all communities.

## Fraternity Page - Andhra Pradesh



### Kancharapalem association meeting

On 10.03.2024, a crucial meeting of the Kancharapalem executive team of Visakha Sistakaranam Seva Sangam took place at Lilliputs School. In celebration of the inaugural International Women's Day, women in the community were honored with the Ayodhya Ram crown, Shawl and Tambulam.



Smt. Kurada Pavani, Smt. Kameshwari Devi, Smt. Devi Mahanti, Smt. Ramamani Sri-dhar, Smt. Sulochana Sri Ram, Smt. Sandhyarani Jitendra, Smt. Sharwani Sharma, and other women and couples were congratulated on this occasion.

The executive committee has resolved to hold a grand matrimonial introduction event at Sri Niranjan Meditation Hall, Dondaparthi, on the 24th of the month, from 2 pm to 6 pm. Simultaneously, preparations are underway in Vizianagaram, chaired by Sri Gouriswara Rao, President of Vizianagaram District Association, at Brindavan Apartments, from 2:00 to 6:00 p.m. The event will also mark the launch of a book detailing brides' and grooms' profiles collected by Visakha Sistakaranam Seva Sangam, Kancharapalem, and Vizianagaram District Sishtha Karana Sangam.

Sri. Gandreti Srinivasa Rao has been appointed as an executive committee member, garnering approval from the members present.

Notable figures including Sri Sadashivuni Baburao, Sri Baliwada Haribabu, Sri PN Murthy Patnaik, Sri VTB Patnaik, Sri Basuri Srinivasa Rao, Ms. Kurada Pavani, Chandramahanti Girish Patnaik, Oppangi Ramamani, Ms. Sandhya, Sri Patnaikuni Udaya Bhaskar, Sri Balivada Sriram Murthy, Sri Koduri Ramakrishna, LJ Mahanty, Ms. Devi, Ms. Sharvani, Sri Praveen Kumar and others participated in the meeting.

- Baliwada Haribabu

### Inauguration of Sistakaranam Community Building

On 03.03.2024, the inauguration of new Sistakaranam community building, funded with Rs. 30 lakhs from MP funds and Rs. 10 lakhs from MLA funds during the tenure of the Telugu Desam government, took place at the Local Chaya Nagar Mahalakshmi Nagar Colony, in the Srikakulam Nagar Corporation jurisdiction. Among the dignitaries present were MP Kinjarapu Rammohan Naidu, TDP in-charge for Srikakulam Constituency, former MLA Gunda Lakshmidevi, and members of the community.

Speaking on this occasion, Minister Dharmana touched upon his recommendation to the Commission to include Sistakaranams from BC to OBC during YSR regime, and MP Rammohan Naidu on his efforts in Parliament, with Modi and with NCBC for OBC.

The state Sistakaranam association President Polumahanthi Umamaheswara Rao said that being in the OC list at the centre, our youth are losing employment opportunities, so there is a need to include the 3.6 lakhs Sistakaranam population across the state in the OBC category, for the sake of future generations. He thanked all those who contributed to the construction of the building and announced plans to establish a library within it, aimed at supporting unemployed individuals.

Former Union Minister Killi Kriparani, former municipal chairman MV Padmavathy, Sistakaranam representatives Baliwada Dayanidhi, Polumahamati Jaganmohana Rao, Locharla Ramesh, Dabbiru Vasu, Sadashivuni Krishna, NVD Murali, Behara Ramachandra Rao, RVN Sharma, Dabbiru Srinivasa Rao, Srinivas Patnaik, Balivada Malleswara Rao, Retired Magistrate S Prabhakara Rao Master, MVJ Mohana Rao, R Vaikuntha Rao were present.



### Water Day celebration by ISCUF

In celebration of the International Water Day on 22-3-2024 under the auspices of the Indian Society for Cultural Cooperation and Friendship (ISCUF) at the GVMC Gandhi statue in Visakhapatnam, the President of the Andhra Pradesh State Cultural Association Mr. Polumahanthi Umamaheswara Rao participated as the chief guest. He said that due to the need for water and the increase in population density, the amount of water in the earth is decreasing and there is a threat to human survival in the future, and called upon all voluntary organizations to use water sparingly from now on and to conserve water which is essential for every living being. Attendees included Social Media President Sri. Sekharamantri Ugra Narasimha Murthy, Former Vice Chancellor Sri. V. Balamohan Das, Andhra University Assistant Professor Smt. Rajamanikya, Sri. Palatheru Balagam, Smt. Kurada Pavani, and others.

## Fraternity Page - Andhra Pradesh



### Kancharapalem association's Mega Vivaha Vedika a grand success

The convergence of relatives from diverse regions like Kakinada, Palakonda, Srikakulam, Odisha, and Rajahmundry underscores their unwavering trust in our endeavors. Their faith propels our work group's commitment to service. The exquisite meditation hall, equipped with all amenities, exuded an aura of spirituality, captivating all present. Heartfelt gratitude is extended to our dedicated team, who worked tirelessly to ensure the success of this event. Today's program is a testament to our collective commitment to community service, marked by numerous commendable deeds. We extend our sincere thanks to all relatives who have blessed us by name and expressed their solidarity. Witnessing firsthand the community's growth, especially through the proliferation of family weddings, fills us with immense pride. Special acknowledgment to Mr. Dabbiru Gopikrishna and his spouse for graciously providing the venue.

The event saw attendees spanning from 30-year-olds to 80-year-old seniors. Most say there is Vivaha Vedika, right? That's why this flow of people.. It's called. It's a mistake. The presence of enthusiastic supporters and relatives underscores the enduring strength of our community. The program commenced at two in the afternoon and continued till six in the evening, with seasoned elders sharing invaluable insights and guidance. They eloquently elucidated the challenges encountered in the community's growth journey. There can be no doubt that our association has been run showing unity

in diversity, not going against any other association.

The presence of esteemed guests further enriched the occasion. Balivada Kavitha delivered an inspiring speech on the art of living, Sudarshan Kriya Yoga, and emotional control, leaving attendees invigorated. Sri Dabbiru Gopikrishna pledged to support mass marriages for underprivileged Sistakaranams through his foundation, a laudable initiative. Sri Polumathi Umamaheswara Rao, President of the State Sistakaranam association, graced the event as the chief guest.

Acknowledgment is due to esteemed colleagues, including Mr. Godaba Prabhakar Das, President of Zilla Sishtakarana Sangha, and Mrs. Kurada Pavani, who played pivotal roles in organizing the event. Mr. Sadashivuni Baburao, Mr. Murthy Patnaik, President Baliwada Appala Narasiah, and other esteemed members of the working group contributed significantly to the program's success. Special mention goes to collaborators such as Raghupatruni Indira, Oppangi Ramamani, CH Girish, and G Srinivas, whose invaluable support was instrumental.

The reception section, meticulously orchestrated by Pattapu Sandhyarani and the committee, facilitated meaningful connections and information exchange. Introductions of parents of the bride and groom provided a platform for networking and forging connections. The event served as an invaluable platform for gathering information, with

details of 108 grooms and 62 brides exchanged. Noteworthy personalities present at the book launch ceremony included Sri Polu Mahanti Uma, Kavitha, Gopi, Sri Prabhakar Das, Sun Murthy, Tilak, and youth



leaders Manapuram Suresh, Nageswara Rao, Jayaranga, and Naupada Hari Prabhakar. The book launch, a symbol of communal unity and collaboration, celebrated the collective efforts towards contributing to the marriages of community members' children.

In conclusion, heartfelt thanks are extended to all who contributed to the success of this event. Each individual's involvement and support played a pivotal role in making this program a resounding success.

- Balivada Haribabu

### Training program on aqua culture



Vivek Kumar, associate faculty member of National Institute of Micro Small Medium Entrepreneur (NIMSME), inaugurated a training camp on Aqua-culture for thirty unemployed youth at ARC training center

in Chodavaram. K. Srinivas, secretary of the service organization, acted as the co-ordinator for this program and said that there is a need for the youth to take the path of self-employment. Prasad, the founder of ARC said that the fishermen in Anakapalli district are facing many problems and they need to change by adopting skills and new marketing techniques. He suggested that fish pickles, chips and lays can be made from fish.

### Palakollu Kala Parishad 15th National Level Drama Competitions

Palakollu Kala Parishad, under the guidance of renowned stage actor Mr. Manapuram Satyanarayana, organized the 15th national-level drama competition in Palakollu, West Godavari district, from March 3rd to 5th. 7 plays were presented in this drama competition which was held for three days.

Palakollu Constituency YSRCP in-charge Gudala Gopi and Tirumala Tirupati Devasthanam Governing Body member Meka Seshubabu graced the opening ceremony, while Palakollu MLA Dr. Nimmala Ramanaidu and noted film producer Bunny Vasu attended the closing ceremony. Sri Satyanarayana, who previously served as a judge at the Nandi drama festival, was honored on this occasion.



# Fraternity Page - Andhra Pradesh



## Sistakaranams in politics

- 1) On 3-3-2024 under the leadership of Sri Akku-mahanthiraja, Sri Donkada Anil Kumar and Sri Balivada Satya Rao Garla, in a door-to-door TDP party program, pamphlets were distributed and Sistakaranam families in Madhurawada, PM Palem, Car Shed etc. in Visakhapatnam were requested to vote for the Telugu Desam Party. Sri Saluru Mohana Rao, Sri Basangi Tirupati Rao, Sri Manapuram Tilak Patnaik, Sri Basuru Srinivasa Rao and others participated in this program.
 
- 2) Gram Parikrama Yatra:- On instructions of Bharatiya Janata Party National President J.P. Nadda, State Kisan Morcha President Chigurupati Kumar Swamy called for Gram Parikrama Yatra. In this context, in Anandapuram Mandal of Bhimili Constituency, under the leadership of Visakha District Kisan Morcha President PV Prasada Rao Patnaik, from Vemulavalasa village to flower market and in Anandapuram, Vellanki village, Podugu Palem Chandaka and Gottipalli villages, the schemes given to farmers by the central government were explained.
 
- 3) Under the leadership of former minister & Bhimili constituency MLA Muttamshetty Srinivasa Rao, in Anandapuram Mandal Vellanki Panchayat, the 4th installment of YSR Cheyuta program was grandly organized. The Jyoti was lit and inaugurated by Avanti and Dr. Kantimahanti Chandramouli, Director of Sistakaranam Corporation.
 
- 4) Arani Srinivasulu, the joint candidate of BJP, Telugu Desam and Janasena parties for Tirupati Assembly constituency, was felicitated with a shawl and flower bouquet by the leaders of Andhra Pradesh Karanam Abhyudaya Federation at a prominent hotel in Tirupati.
 
- 5) The name of Keshineni Chinni representing Telugu Desam Party was announced as the candidate of Vijayawada Parliamentary Constituency on behalf of NDA alliance. Sri Baliwada Sivakumar Patnaik, OBC Morcha State Treasurer conveyed his congratulations.
 
- 6) Smt. Kantimahanthi Anusha Patnaik participated in the election campaign along with Visakhapatnam, 18th Ward, MVP Colony Visakha East MLA candidate Sri MVV and Visakha MP candidate Smt Botsa Jhansi, Visakha Mayor Smt. Hari Kumari and many others.
 
- 7) Sistakaranam Telugu Desam Sadhikara Samithi leaders endorsed Konatala Ramakrishna, the joint candidate of Janasena, Telugu Desam, and BJP parties. At the Telugu Desam party office in Anakapalli, Samithi leader Sri Akku-mahanthi Raja, Anakapalli District Convenor Sri Venkata Gopinatha Rao Patnaik and other community leaders jointly pledged their
 

- support.
- 8) Since he knows his hardships from the Gajuaka constituency, he is aware of his difficulties, so that the leadership of Palla Srinu Vasarao in the leadership of Palla Srinuvasarao, Nara Chandrababu Naidu, who is in need of his victory in the office of the party! Sarvasree Baliwada Satyarasangi Tirupati Rao Karakavalasa Gauri Prasada Raurarataparao Srinuvasa Rao Manipatrini Satyanarayana Behara Radhakumari Balivada Vijayakumari Nagumanthri Venkateswara Rao Munganda Subrahmanya Prasad Minister Satya Rausivam Ramesh Asuri Srinuvasa Rao Otnuru Fanindra Praveen and others participated in this program.
 
- 9) Sarvasree Baliwada Sathya Rao, Tirupati rao who met Kakulam MP Mr. Rammo-han Naidu, congratulated for taking part in the discussion for our OBCs in the Parliament and explaining the need of OBCs to the Prime Minister and for success in the upcoming Lok Sabha elections.
 
- 10) Visakha District Kisan Morcha President P. V. V. Prasada Rao Patnaik met BJP-TDP-Jana Sena (NDA) MP candidate Mr. Bharat at Visakha district BJP party office under the leadership of BJP Visakha District President Meda Pati Ravindra Reddy.
- 11) Mr. Prasad Rao Patnaik congratulated Mr. Ganta Srinivasa Rao who stood as the alliance candidate in Bhimili Assembly Constituency.
- 12) Members of Parliament Gau GVL Narasimha Rao, who reached Visakhapatnam from Delhi after finishing the party activities, received a warm welcome at Vizag airport.. Senior party leaders Mr. Kurada Pavani, Mr. Baggao Srinivas, Mr. Haribabu. And a large number of party workers participated.

Above news as we received. Request all to keep sending political activities of Sistakaranams.

- Compiled by JV Chandrababu

### Sri Krodhi Nama Year Ugadi Celebrations

Like every year this year too Sistakaranam Yuvatha and Sistakaranam Foundation are jointly celebrating Ugadi on Sunday 7th of April at Public Library, Dwarka Nagar, Visakhapatnam from morning 9 AM to evening 5 PM. We are inviting all our family members by name. So, do your part and come along with your families to celebrate this Ugadi festival in a grand manner. Breakfast at 9 am, community lunch at 1 pm. After that, will be a felicitation program. Finally, High Tea at half past four in the evening. So Sistakaranam all the family members come together with families as it is Sunday and let us celebrate this Ugadi together.



- MSK, Dabbiru Manasa, Vinod, SKY Team

## Fraternity Page - Odisha



### AGM announced by Sistakaran Association, Bhubaneswar



We are very happy to inform all of our members and relatives that our annual general body meeting (AGM) will be held in the month of May on 4th, that is Saturday, at the Institution of Engineers of India, Bhubaneswar, opposite Redcross Bhavan during 5 PM to 7 PM followed by working dinner. We request all of you to kindly attend the AGM meeting with your family and relatives. Program of AGM will follow very soon. We plan to distribute the priz-

es and mementos to school children who got the highest marks in board examination and also picnic event prizes, COVID warrior awards.

In this connection your attendance in the meeting is highly appreciated.

Regards

- JC Pataik, General Secretary, Bhubaneswar

## Fraternity Page - Chhattisgarh



### "Abhyudayam" – Get together planned by Chhattisgarh association

Chhattisgarh Sistakaranam Association is organizing family get together - ABHYUDAYAM, to mark the blessed occasion of Ugadi on Sunday, 21st April 2024 from 8:30AM to 9:30PM (whole day).

Venue - Railway Institute, Engineering Colony, Fafadih, Raipur.

The whole day program will have a variety of entertaining events such as:

- Yuvak-Yuvati Parichay Sammelan (Pelli Pandiri)
- Youth wing activities 'IGNITE-2' with fun games, group discussions, competitions etc.
- Kavi Sammelan 'Sahitya vaahini', recorded video presentation
- Ragam Talam Pallavi (Cultural Programs)
- Felicitations to meritorious students
- Medical camp

Join us for this fun-filled full day programme. Let us all have our breakfast, lunch and dinner together on this 21st April.

#### Program:

- Breakfast - 8:30 am
- Inaugural ceremony - 9:30 am
- Vivah Parichay sammelan and Youth activities - 10:30 am
- Lunch - 1:00 pm
- Parichay sammelan and youth activities will continue
- High Tea - 4:30 pm
- Sahitya Vahini - 5:00 pm
- Cultural Program and Felicitations - 6:00 pm
- Dinner - 9:00 pm
- Closing

All our relatives with their families are requested to participate in all the above activities.

#### Persons to Contact:

Yuvak Yuvati Parichay Sammelan - Ms.

Sandhya Raj and Mr. N.N. Rao, D. Prabhakar Rao, Ms. N. Shyamala, Ms. Anuradha Mantri, Ms. M. Girija, Ms. Janaki, Ms. U. Sarala, Mr. B. Rohit, Krishna (Junnu) Patnaik.

For youth activities IGNITE-2 and meritorious students - Ms. Rajeshwari Patro, Ms. Chandana, Ms. Sarala Patnaik, Ms. Neha, Ms. Seema, Ms Jyoti Mantri, Ms Sujata Prasad and Ms. Ramya Rohit, S. Vijayalaxmi.

For Raagam Taalam Pallavi cultural programme - Ms. Sandhya, Ms. Arti Prasad, Ms. Ch. Sridevi, Ms. Sunita Rao, Ms. Anuradha Patnaik, Ms. Vani Rao, Ms. Jagdeshwari.

Event Director - Mr. C. Mohan Rao Patnaik

For Medical Camp - Mr. Raju mantri, Mr. Dur-

ga prasad, Mr.Satish , Mr. Rajendra prasad, Mr. R. Ramesh, Mr. Ramesh Patro, Mr. P. Rammohan Rao, Mr. S.S. Patnaik & Mr. N. Sridhar Rao.

#### Our all time favorite Mentors:

- Sri.D.R.C.Patnaik
  - Sri.B.Ramesh Patnaik
  - Sri.Ch.Tirupati Rao
  - Smt.Rajkumari Patro, Mr.P. Bhaskar
- All other women's wing members and CGSKA members will coordinate entire event.

Note:- The programme schedule is flexible.

With regards,

- U. Ravi Patnaik, General Secretary

## Kalyana Parichaya Vedika

Free Registration

Chhattisgarh Sistakaranam mass marriage match making...

An invitation to our caste relatives...

We have decided to conduct the mass marriage match making of our caste relatives under the auspices of the Chhattisgarh Sistakaran Association.

Therefore, we urge the parents of brides and grooms who need to get married to take advantage of this opportunity. We would like you to share the details of the bride and the groom in the proform given below. Parents who are attending this mass marriage match making should be present along with their bride and groom.

Details in following format should be sent by 10.04.2024.

The event will be organized from 9:30 am to 6:30 pm at Railway Institute, Engineering Colony, Fafadih, Raipur as part of the inti-

mate union – "Abhyudayam" on April 21, 2024.

For details, you can talk on phone number 9826191065/9424224628 or WhatsApp.

Date of program: 21.04.2024

Venue: Railway Institute, Engineering Colony, Fafadih, Raipur

#### Format of details of bride and groom:

Bride / Groom	Job
Name	Package
Surname	Place.
Gothram	Father Job.
Date Of Birth	Home Town
Time Of Birth	Mother Name
Place Of Birth	Mother Surname
Star, Padam	Siblings
Height	Contact No
Education Qualificaton	Address

# 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 March-2024

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



## Sistakaranam in Literary Service – March 2024

1) Kavi Sammelan organized at Rajendranagar Prizm College under the auspices of Sahrdaya Sahitya Sanstha entertained. Chairman of the meeting Sri. Shekharamantri Prabhakar analyzed the word poet and said that a poem is meaningful only when the object of poetry has meaning and meaning. Poetry analyst KG Venu introduced Kabirdas to the gathering. Kabir Das is described as a devotee.



2) Sevaratna Award to Dr. Moturi Narayana Rao: A well known local poet and writer, Dr. Moturi narayana Rao, has received the Seva Ratna Award for his special services as the General Secretary and Analyst on the occasion of the successful 1000 days of establishment of Telugu Velugu Sahitya Vedika, from Serilingampally town, Hyderabad.



3) The winners of the poetry competition held on the occasion of Women's Day organized by SKY



Sisthakaranam Foundation and received certificates of appreciation. 1) Patnaikuni Ramathatha, 2) Sudepta Patnaik, 3) Rajamani, 4) Balivada Lakshmpirasanna.

4) Our multi-talented verstaile Sistakaranam Sri Manipatruni Nageswara Rao of Government Primary School, Srikakulam Muddadagram was honored with his 937th felicitation.



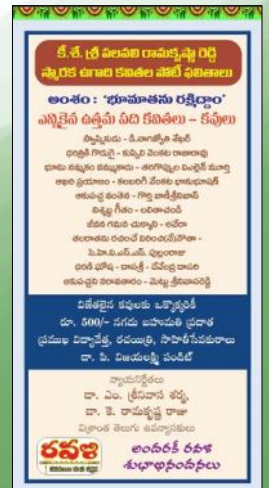
5) Congratulations on behalf of Pasi(di) Hrudayalu Group to Dr. Dabbiru Srikanth who composed the best balageyam



6) Sri. Ramakrishma Rao (Prasakavithala Ramathatha) received apreciation certificate + memento + cash prize thoiusand rupees as an incentive prize in the national level poetry competition organized by Pallanti Adilakshmi Charitable Trust, Chinawaltair, Visakhapatnam.



7) Dharitriki Godugai poem has been selected as one of the ten best poems by Ravali monthly..The poet who wrote that poem is Sri Kuppili Venkataraja Rao. Congratulations to him.



## 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	SHALINI
Surname	KALLEPALLI
Father's Name	K.KRISHNA RAO
Gotram	NAGESWARA
Date of Birth	18-Nov-1989
Nakshatram	ROHINI
Height	5' 4"
Complexion	FAIR
Occupation	GOVT. SERVICE RAILWAY'S
Work Place	VIZAG
Education	B.SC
Preference	2ND MARRIAGE, DOB 83- 88, RJMUNDY, HYD, VIZAG

Name	SOUJANYA
Surname	GARBHAM
Father's Name	G. TIRUPATHI RAO
Gotram	GOUTAMI
Date of Birth	5-Aug-1991
Nakshatram	BHARANI
Height	5' 1"
Complexion	TAN
Occupation	PVT. EMPLOYEE
Work Place	HYDERABAD
Education	BA
Preference	ABOVE DEGREE, JOB, PAN-INDIA

Name	VENKATA SRI RESHMI
Surname	ALLENA
Father's Name	A. VIDYASAGAR
Gotram	KASYAPA
Date of Birth	14-Nov-2000
Nakshatram	MRUGASHIRA
Height	5' 4"
Complexion	
Occupation	PVT. EMPLOYEE
Work Place	MUMBAI
Education	BE / B.TECH
Preference	SOFTWARE, ABROAD NOT INTRESTED



Name	HARI SAI PREETHAM
Surname	UDANDARAO
Father's Name	U. SESHAGIRI
Gotram	NAGAANGIRASA
Date of Birth	8-Feb-1996
Nakshatram	HASTHA
Height	5' 7"
Complexion	FAIR
Occupation	PVT. EMPLOYEE GENZON
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	ABOVE DEGREE, JOB, AMICABLE FAMILY

Name	RAGHU VARUN PATNAIK
Surname	KONDAVALASA
Father's Name	RAMESH PATNAIK
Gotram	AATREYASA
Date of Birth	5-Apr-1994
Nakshatram	SRAVANAM
Height	5' 7"
Complexion	FAIR
Occupation	SOFTWARE ENGINEER IN USA COGNIZANT
Work Place	NEW JERSEY, USA
Education	MS
Preference	INTERESTED TO RELOCATE TO USA

Name	SRAVEEN PATNAIK
Surname	GARBHAM
Father's Name	G. TIRUPATHI RAO
Gotram	GOUTAMI
Date of Birth	5-Aug-1992
Nakshatram	PURVA PHALGUNI /
Height	5' 2"
Complexion	TAN
Occupation	PVT. EMPLOYEE HSBC
Work Place	HYDERABAD
Education	MBA
Preference	DEGREE, PAN-INDIA, AMICABLE FAMILY

Name	SASIDHAR
Surname	DONAPATI
Father's Name	D. PULLAIAH
Gotram	
Date of Birth	1-Mar-1994
Nakshatram	CHITTA
Height	5'11"
Complexion	TAN
Occupation	PVT PRACTIONER
Work Place	VIJAYWADA, AP
Education	
Preference	KADAPA RAYALSEEMA ORGIN, BHMS, ETC

Name	SAI RAM
Surname	MUTHYALA
Father's Name	M. SUBRAMANAYAM
Gotram	NAGENDRA
Date of Birth	24-May-1992
Nakshatram	SHATABISHAM
Height	5' 7"
Complexion	FAIR
Occupation	PVT. EMPLOYEE WIPRO
Work Place	HYDERABAD
Education	
Preference	GOOD LOOKING, DEGREE & ABOVE, TELUGU

### 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

## Sistakaranam Job-seekers Page

This page lists brief profiles of Sistakaranam candidates who are looking for new employment offers. We request Sistakaranams who are entrepreneurs, or are in influential positions, or have acquaintances in the industry who can help, to consider our candidates for employment wherever possible.

This page is brought to you by Sistakaranam Welfare Association, Hyderabad



**Harika Palavalasa** Id: 1  
B.Tech, Electrical, 2023  
Fresher with Python and office tools skills

**Sriharsha Munagavalasa** Id: 3  
B.Sc , Computer Sc, 2019  
Networking, lan connection, internet troubleshooting, system troubleshooting,

**Naveen Kumar Gadagamma** Id: 4  
B. Com, Commerce, 2020  
Fresher with commerce background

**Jeeshitha V** Id: 5  
B.Tech, CSE, 2023  
C, Java, Python, JS, HTML, CSS, Database management , MySQL., AI, Web

**Srilekha Behara** Id: 6  
MBA , Finance  
SAP Security & GRC; System Operator 8 months

**Ramya Gara** Id: 7  
B.Tech, CSE, 2022  
Fresher with SQL, DataBase, Developer

**Swaranalatha P** Id: 9  
B. Com, MBA (HR), MBA, 1999  
As teacher 10 yrs. PGD Biz Mgt, PGDCA

**Harshavardhan Patnaik Uriti** Id: 10  
B.Tech , ECE, 2023  
Fresher with C, Basics of Java Skills

**Chandana Rani Regulavalasa** Id: 12  
B.Tech , ECE, 2023  
SAP MM Associate Consultant and Business Process and Integration of MM

**Swetha Lakshmi Nagumantri** Id: 13  
B.Tech, CSE, 2023  
JavaScript, HTML5, CSS3., SQL, OPSS

**Dinesh Kumar Patnaik D** Id: 14  
MBA, 2021  
Senior process trainer for new hires

**Bhuvana Shanmukha Anajali K** Id: 17  
B. Tech, CSE, 2024  
Student

**Pramod Patnaik** Id: 19  
B. Com / MBA, 2019  
Dispatch/ Inventory Ops., Executive in Outbound department in FLIPKART

**Anuradha Ramadugu** Id: 21  
Graduate, 2005  
14 years exp. in extensive Branch Banking, strategic thinker & team builder.

**Baggam Pavan Kumar** Id: 22  
Diploma , Mechanical, 2012  
5 years in Safety, Adv. Dip. In Fire & Safety. Worked POWER MECH, 2x660 mw

**Prasanna Teja K** Id: 24  
B.Sc , Computer Sc, 2019  
4 years as Mee Seva Computer Operator

**Ramana Murthy Karakavalasa** Id: 25  
B. Com. , 1994  
Marketing ; 20 years is Vizag Steel Plant

**NagaGayathri Dadhi Rao** Id: 26  
B. Com. , 2014  
1 year - Voice Process; 6+ years previously in Banking and Operations.

**Swathi Ananthapatnaikuni** Id: 27  
MCA., 2014  
Exp. In backend Java; Software design & dev; Java Web dev. using JSP and Servlets

**Prataparao Srinivasa Bhargav** Id: 28  
B. Tech., IT, 2021  
Exp. in Machine Learning (Textract) at AWS; HTML, CSS, BOOTSTRAP

**Venkata Siva Balaji Itika** Id: 29  
MCA., 2022  
Well conversant with C, C++, C#, Java and Python

**Tarun Kumar Ponnada** Id: 30  
B.Tech, CSE, 2017  
2 yrs in SW Dev; Informatica Power Center 10.5, Wins Cp, Putty, JIRA, Citrix

**Kuppili Sai Adithya** Id: 32  
B. Sc, MPC, 2014  
5.7 yrs (IT, Telecom, Bank), 3 years in Analysis and Telecom billing operations.

**Sairaj Patro Y** Id: 33  
B. Tech, ECE, 2023  
Python, C++ ,SQL , Express.js, MongoDB, REST APIs , MySQL, Matlab

**Deepak Kumar** Id: 34  
B.Tech, CSE, 2023  
Data Analytics, Data Visualization, MS-SQL, MS-Power BI, Tableau, Python;

**Panchali Akshaya Patnaik** Id: 35  
B. Tech, ECE, 2024  
In B. Tech final year ith AWS AI-ML Virtual Internship

**Prasanthi Raghupatruni** Id: 36  
B. Tech, ECE, 2022  
Data science using Python; Big Data, Data Analytics concepts, R- programming.

**Cherukwada Poojitha Rani** Id: 37  
B.Tech, Civil, 2023  
C language and AUTO CAD

**Cherukwada Geetha Bhargavi** Id: 38  
B. Tech , Mechanical, 2022  
CATIA in ANUCET in association with APSSDC, SQL, Python

**Bharat Kumar Kagapu** Id: 39  
B. Sc  
12+years experience in the business management and having proven success

**Gunuru Satya Venkata Vinay** Id: 40  
B. Sc, MPC, 2022  
Fresher with Chemistry Background

**Vappangi Umesh Jayachand** Id: 41  
B. Tech , Mechanical, 2023  
CATIA V5, AutoCAD, Solid Works, Autodesk Fusion 360, Nx CAD, Cero, ANSYS, CNC

**Murali Krishna S** Id: 42  
B. Com.  
12 yrs insurance, banking, SBI Life; Role : Operations Senior Associate

**Nagumantri L Narasimha Murthy** Id: 43  
MCA., 2014  
Java (J2EE), 1.8 yrs exp. in SAP Hybris implementing E-Commerce application.

**Sreelakshmi Uriti** Id: 44  
B. Tech, EEE, 2018  
C#.Net, Web Technologies: ASP.Net, ASP.NET MVC; Microsoft SQL Server

**K Sangeta Patnaik** Id: 45  
Intermediate, MPC, 2013  
MS-Word

**Lavanya Naupada** Id: 46  
B. Tech, IT, 2023  
SOC cyber attacks and tools

**Kasimahanty Sruti** Id: 47  
B. Com, MBA (HR), MBA(HR), 2023  
Fresher 2023 passout

**Soma Harish** Id: 48  
B. Sc, MBA, MBA, 2021  
Hands on knowledge of UI Tools HTML-4 & 5, CSS-2 & 3, Javascript, JQuery, AJAX,

**B Jai Kishore** Id: 49  
B. Tech, IT, 2024  
C, HTML, CSS, Python, Java(Basics)

**Beram Onija Sri Durga Shravani** Id: 50  
B. Tech, IT, 202  
Java, C Programming, C++ Programming, HTML

**Baggam** Id: 51  
B. Tech, ECE, 2023  
Basics in C, Python, HTML, Salesforce Admin and Manual Testing.

**Durga Prasad Palivela** Id: 52  
MCA., 2003  
12+Yrs. Exp in Testing, incl. 10+ years in manual testing Client/ Server & Web Apps.

**B Sai Sampath** Id: 53  
B.Tech, CSE, 2022  
Certified in core java/J2ee & Oracle database (Sql, PLsql)

**Monica Sravanthi B** Id: 54  
B.Tech, CSE, 2021  
HTML, Java, Python programming

**Dinesh Pedapenki** Id: 55  
B.Tech, ECE, 2023  
Languages : C++, Python, Java Web Languages: HTML, CSS Database :

**Vijaya Bhargavi Khandavalli** Id: 56  
MCA., 2023  
Python with DSA, HTML&CSS, JavaScript, Angularjs, SQL

**Karakavalasa Apoorva Sai** Id: 57  
B. Sc, CSE, 2023  
Knowledge in Power BI and statistics and SQL

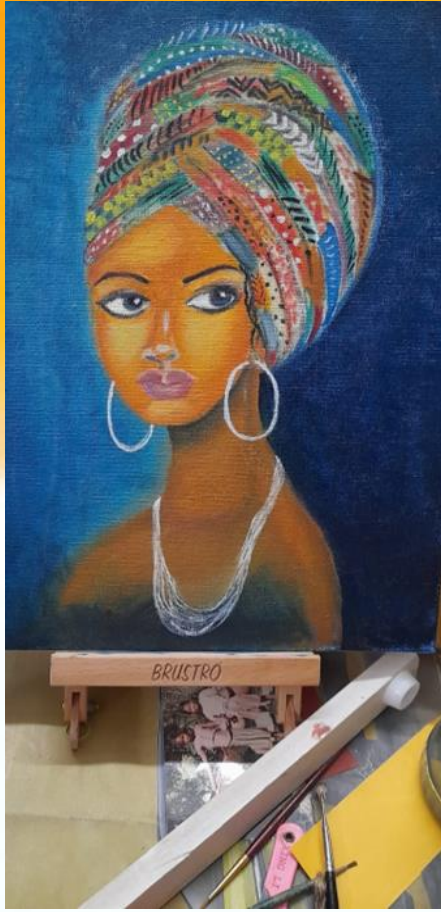
**Manasa Rupamani Y** Id: 58  
B.Tech, ECE, 2015  
3.5 yrs as "Jr. Engineer" Skills : C programming, Embedded C, M S Office

Potential Employers may contact: [srinivaskasimahanthi@gmail.com](mailto:srinivaskasimahanthi@gmail.com) or 99594 73187

Candidates may email their resumes to: [swajobmela@gmail.com](mailto:swajobmela@gmail.com).

## Talent Corner

### Some more art type from Smt. Nalini Mangapathi



Lekha is herewith delighted to share some more art work like pencil work, oil paintings, experimenting on portraits from Smt. Nalini, W/O Late Sri Kuppili Mangapathai Rao (IAS Officer) from Hyderabad. Kudos to her that she is making use of her time not only with her grand kids but also exploring various art forms as her hobby.



### Lovely art by Chi. Aryesh

Nice art done by Chi Lakshmidharamahanti Aryesh (2nd class, Monsoon Public School), grandson of Smt. Baggam Sujatha of Bangalore, son of Sri Lakshmidharamahanti Nikhil and Smt. Lakshmidharamahanti (Baggam) Sirisha. Congratulations.



## Entrepreneurs Frontier

### Sistakaranams in business

1) At Marripalem Srinivasaveedhi, Visakhapatnam, our talented businessman Sri. Kanthimahanthi Madan Kumar and Smt. Vanitharani have successfully started and are running a wholesale, retail paper plate and raw material sourcing business, named Sri Venkatasai Ganapathi Enterprises.

2) Hyderabad based businessman Sri Munganda VV Sathanarayanagaru is running a nice business called Chakrini Home Automation System offering home automation system based on modern methods. It has become very popular. They also offer CCTV, Fire Alarm, Solar Fencing, Biometric, Cash Counting Machines.

Contact:9848041230/040-35573788.  
Whatsapp: 9348141230.

## Health Page

### Is it healthy to eat eggs every day?

Eggs are universally recommended by doctors from infancy to old age due to their rich protein content, especially beneficial for growing babies and those suffering from malnutrition. 'World Egg Day' held annually on the second Friday of October aims to highlight eggs' health benefits and promote their consumption among people worldwide.

Egg consumption is high in our country. The egg is consumed as food in various forms. Raw egg yolk is poured into the mouth and swallowed, the egg is boiled and eaten, boiled egg combined with bread and taken as a toast. In addition, the egg is used in palav and biryani for flavoring, and egg is widely used in bakeries and cake making. Egg is used as an omelette, bull's eye and egg fry curry. Egg is not a food restricted to any one age group. Men and women at all ages from infancy to old age take the egg without distinction.

Ongoing research on eggs continues to yield new insights, emphasizing the importance of egg consumption. Recent studies have shown that including an egg in breakfast is beneficial. Egg yolk being particularly energizing and beneficial for various bodily functions. The egg affects every organ in the body. In recent times, a movement to declare egg as vegetarian and provide egg to all has gained momentum.

Nutritionally, eggs provide approximately 70-80 calories, 6 grams protein, 5 grams fat, 190 grams cholesterol and 87% water. The egg contains a variety of salts, rare salts, as well as phosphorus, iodine, selenium, iron and zinc. All these are good for the body.

Uses with egg (good ones):

Egg is nutritious. It contains all the nutrients that the body needs. Good for the growth of children. Can be used as a curry. Eating eggs is very good for eyesight. Those who eat eggs on a daily basis are less likely to get cataracts.

The egg gives less calories of energy. A normal-size egg provides 80 calories of energy. So even those on a diet can take eggs. Egg is useful for weight loss. Due to the quality of proteins present, eating an egg promotes a feeling of fullness. Does not allow taking too much food and helps

weight control with limited diet.

It is a misconception that eating eggs increases risk of heart disease, a study has revealed. In fact, experts say that egg eaters are less likely to have clogged blood vessels or develop diseases.

Eggs contain substances that give health to the brain. Egg yolk contains 300 micrograms of a nutrient called choline. It protects the health of brain cells, improves transport of information in the brain, choline also plays a role in rapid signal transmission from the brain.

The iron in eggs is easily absorbed by the body, making them particularly beneficial for pregnant and lactating women.

Eating an egg has nothing to do with cholesterol. No change in lipids was observed in those who consumed two eggs every day. Instead, it was found that egg increases cholesterol beneficial for the body. Research shows that eggs have power to protect women from breast cancer. In one study, women were given egg food 6 days a week. It was then found that there was a 44 per cent reduction in their chances of getting breast cancer.

Additionally, eggs contribute to scalp and nail health due to their sulphur, various vitamins and salt content, while the proteins in eggs promote muscle strength and youthfulness.

Precautions to take (to avoid the few harms):

Make sure that the egg is cooked well and the bacteria in it are completely eliminated. Bacteria cause damage to the body.

Eating raw eggs is not good. The presence of a glycoprotein called avidin in the egg prevents the body getting 'B-vitamin'.

People suffering from cholesterol diseases should not take eggs.

People with type 2 diabetes should not use an egg. There are reports that it increases the risk.

Studies have shown that some people are more likely to develop food allergies. Therefore, those with food allergies should not take an egg. Some antibiotics, e.g., an antibiotic drug called cephalosporins, may not work in people who have eggs. It is antibiotic resistant.

- Compiled by JV Chandrababu

### Awareness on World Cancer Day - Dr. Kuppli Suresh Babu

It is the fear of health that makes a person more depressed than the disease of cancer. World Cancer Day aims to dispel misconceptions, raise awareness, facilitate proper treatment, and reduce mortality rates associated with cancer. Once there is cancer in the body, life becomes hell.

Treatment is possible if the cancer is detected early. How cancer occurs – usually the cell divisions in our body are regulated in a systematic manner. In some cases, due to lack of control in the growth of cells, they divide rapidly and chaotically forming lumps called tumors. There is no obvious function for this kind of growth.

This cancer is the most expensive disease in the world, with two-thirds of deaths occurring in cancer deaths occur in poor middle-class countries. Cancer can occur in any part of the body i.e. mouth, throat, bones, skin, thyroid, uterus, etc. There is no gender or age difference. The reasons are - due to the effect of the virus onco genes, the loss of tumor suppressor genes, mutations in them, rare displacement of chromosomes, certain types of pollution, radiation, chemicals, alcohol, smoking, dyes in food material, use chemicals, overdose of hormones, overweight, pollution, disinfectants, frequent infections, etc. Since it is the HPV virus that causes the cancer of the cervix we get, it can be prevented by the vaccine.

Cancer manifests through symptoms like persistent sores, abnormal bleeding, swelling, coughing, difficulty swallowing, and changes in bowel habits.

Diagnostic tests are - physical and body examination for the prevention of cancer, disease-related tests, endoscopy, Lorentz scopy, bronchoscopy. Biopsy, PET scan, MRI, CT scan, X-ray etc. to determine the stage of the disease.

Treatment modalities include surgery, chemotherapy, radiotherapy, and immunotherapy, often complemented by lifestyle adjustments. If the cancer is confined to one part of the body, it is called a benign tumor, and if the organs surrounding a tumor are also affected, they are called malignant tumors. Metastasis is the formation of secondary tumors from one part of the body to another.

It is not difficult to prevent cancer if it is detected early and treated appropriately.

As part of community service, awareness and treatment of symptoms on cancer as above...

said Dr. Kuppli Suresh Babu – Community Doctor – The PMP Association of India – Visakhapatnam District Convener.

## Our Treasures

### Magazines run by Sistakaranams for Sistakaranams

In order to contribute to the progress of our Sistakaranam society, the development of individuals and for information, for over a century, even before independence, some inspirers, intellectuals and selfless scholars of our community have founded and published magazines exclusively for the sake of Sistakaranams. It appears they depended on donations from patrons and their own money, coupled with a lot of effort.

1) The first such magazine that I know of is Bandhu Seva, a Telugu magazine based in Berhampur. It was a popular magazine among Sistakaanam families at that time. But could not get any copies of the magazine. It appears that they have printed a special issue of the chariot festival of the shuklanama year, in the year 1929.

2. We have also heard of associations in different parts of the country printing monthly magazines for information of their members. It appears that the Garividi Sistakarana Sangham ran a magazine called Sistadarshini, and the Saluru Sangha ran a magazine called Sis-tadarshini, which i did not find copies of.

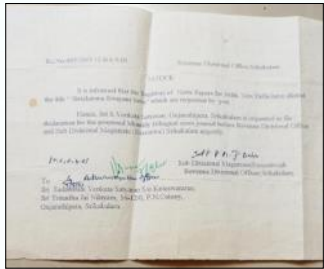


3) In 2006, for the first time, a magazine called Sistapratibha was founded by Sri Dadhirao Sathyamurthy, a Sistakaranam stalwart based in Vizianagaram and is running continuously. (You can see the opening issue of Sistapratibha in the photo ref.no. RNI NO APBILO 1494/01/01/2006 TC DT 01-05-2006.)

4) There was a monthly magazine called Sistakaranam Vartha printed from Srikakulam, founded by a journalist named Mr. R.V. Patnaik, in 2008. I don't know if it's coming now or not. (You can see the news magazine in the photo.R.No. RNI NO APTEL/09127/01/2005-TC.)



5) Sri Sadashivuni Venkata Sathya Rao received RNI's permission to start a monthly magazine called Sistakarana Swayamseva from Srikakulam on 06-09-2001. But that did not take off as he got a government job as a lecturer. (You can see the permission letter they received in the photo.)



6) East Godavari District Sistakaranam Association, Kakinada are releasing a monthly magazine Shishtakaranvani and presenting it to all the members with Sri R. Ravishankar Patnaik (9849883359) as the editor.

7) Hyderabad-based Sistakaranam Ikyavedika's digital team has been publishing from December 2020 onwards in both Telugu and English languages separately, the monthly magazine శిష్టకరణం లేఖ and SISTAKARNAM LEKHA, a full-fledged multicolor format. However, these are released as PDF magazines only and distributed for free through all WhatsApp groups. Deservedly, the first issue was published with coverage of the centenary of Khargpur Sistakaranams as well as the good news of the formation of a separate corporation for Sistakaranams in AP. The English version of Sistakaranam Lekha has gained great popularity among today's youth who do not read telugu magazine and among the readers of non-Telugu states. Thanks to the team.

- Sadashivuni Lakshmana Rao

Visakhapatnam

12-3-2024

### Nama Smarana

In Hinduism one of the practices many follow is NamaSmarana. People simply say the name of the Diety they like, again and again repeatedly. They say this repeated number of times. Some may say this 108 times, or a given number of aus-



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

picious number of times. Or simply make this a habit in thier life to repeat the name of the Diety. They may repeat "Om Namasivaya", or "OmNamo Narayana", "OmSreeMatre namaha" or any other mantra like that. This may be said loudly or silently in thier mind. Patanjali Yoga Sutras say that repeating the mantra or Japa, silently has more effect.

Many of the devotees carry a mala and repeat the Japa those many times as the beads of the Mala. Nama Smarana, inculcates Bhakti in the devotee. A sadhana without devotion is meaning less. However esoteric one may be, or however rooted in advaita one may be, in a practical everyday world one may do namasmarana to gain bhakti bhavana. Sadhana doesn't happen without devotion. The devotion helps one to surrender. In order to attain liberation, one practises all the margas of sadhana such as Bhakti, Jnana, Dhyana and so forth. Often times one maarga fuels the other and so forth. When one feels saturated, with Dhyana, one may resolve to do Japa. Japa is a simple tool that keeps the mind engaged, yet doesn't let it wander, on the subjects of world. This way one can let the mind which usually jumps from one matter to other matter, stay focussed and not wander. As the guna (courage, devotion, grace) that one mixes the Japa with, it helps the sadhak quickly attain that Guna. If one does the Japa to eliminate fear, he gains courage through Japa. If one practises Japa, for increasing devotion he gains devotion by doing Japa. This way Japa helps in attaining devine qualities. These qualities, helps the Sadhak stay focussed on his goal of Liberation.

## Speak Out

### Readers Responses

Thank you Lekha for adding my works and profile in our magazine. I am also interested in reading other columns.

- Nalini Mangapathi

\*\*\*\*\*

Lekha a beautiful enlightened journal on our community in which vivid topics are being covered with wisdom and knowledge.

I appreciate it and thank you all for your contribution and efforts for the circulating Lekha every month for all of us.

We liked your article in lekha of March 24 on "Promotional themes on saving planet". It was a sweet and simple message.

- Mantri Prasad Nagpur

\*\*\*\*\*

Kudos to the Sistakaranam Lekha team.

We express our sincere appreciation to the Lekha team who have been bringing to us on the first Sunday of every month the details of activities the Sistakaranam Society has done anywhere around the world, for the past few years.

This generation is forever indebted to this team, which is publishing the details of everyone who is showing talent in our caste, the details of every service program, the achievements, glory and fame of our people in the form of a nice magazine through digital media to all our Sistakaranam relatives all over the world. It will be a guide for future generations. It will serve as a reference for the next generation, and we convey our heartiest congratulations to our letter team.

- Manapuram Suresh Kumar, Veerababu, Ravikant, Ramesh, Narasinghe, Srinivasa Rao, Sridevi, Gayathri, Manasa, Vinod, and Team

\*\*\*\*\*

The fine line between duty and responsibility was expressed very well. Lekha's beauty is increasing manifold month after month.

- Shravan Rayagada

\*\*\*\*\*

Greetings. I am very happy to have been mentioned in our Sistakaranam Lekha about my honor at Rabindra Bharati. Thank you very much.

- Vishnumahanti Taraka Mohan Rao,  
Bhadrachalam

\*\*\*\*\*

Sir, I do not quite understand the purpose of the article "A great opportunity" on the first page of this month's Lekha.

Do the 13 printed photos indicate the need for different people or organizations to come together? Or that they are the main people behind centenary celebrations? If it is the second, they seem to be those who are neither proposing it nor approving it.

Of course, please don't mind my asking. I only asked to understand.

- Behara Nagabhushana Rao,  
A.I.S.K.A. Organizing Secretary

**Lekha's response:**

The first one only... That all representatives from different associations/groups should come together. It is not about who proposed... it is that all should approve.

## Iky Vedika Column

Coming Soon...

### Lekha Annual Awards

### Let's talk money!

One significant characteristic of Sistakaranam Ikyavedika, in its near 4 years of existence, is that we never talked about Money!

Our newsletter 'Lekha' is running for over 3 years, we have conducted several events - from festive celebrations online to physical events, we have notable presence on the internet with our website, Vivaha Vedika and other social media engagement. We are proud that all these activities, which otherwise cost money, are made possible mainly because of the selfless service oriented mindset of our team. Where some unavoidable costs are involved, someone or the other within the team foots the bill at a personal level. Recognizing our services, we have had so many offers of financial help from various quarters but we have always turned them down.

Now, with this latest initiative of "Lekha Annual Awards", Sistakaranam Ikyavedika is about to break its self-inflicted shackles of not talking about money! An event like this needs money to procure the trophies; it is a half-day event at least, where food and refreshments will cost money; the award winners will come for all over India and their accommodation, if not travel, will cost money! We are undertaking a comprehensive budgeting exercise where we will raise funds from a wide range of sources, from sponsorships to donor passes. And we will be completely transparent where every penny received or spent is published, through financial reports, our website and, of course, 'Lekha'.

So, dear relatives, wish us all the best - you'll hear more from us in this regard - to create this revolutionary concept called "Lekha Annual Awards".

### The Lekha Editorial Team

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### Ikyavedika on the Web



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