

Newsmakers

Smt. Kiran recognized by AIA, San Francisco



Smt. Vuriti Kiran was recognized by AIA (Association of Indo-Americans) in collaboration with Consulate General San Francisco as a distinguished woman entrepreneur. The event happened on March 15th where they also honored a

few other technology entrepreneurs, famous doctors, well known dance maestros, etc.

Song written, composed & sung by Chi. Mohit



Let us congratulate Chi. Arigathota Mohit, (son of Sri Arigathota Aravind and Smt. A Amruta Madhuri; grandson of two retired bank officers Sri Arigathota Tirupati Rao and Sri Sadasivuni Rajamohan Patnaik studying plus two at Bengaluru, on his writing, composing and singing his very nice song. Follow the lyrics at: <https://youtu.be/jnkrwF7DKxM?IU1VojMwRMtad>

Chi. Sai Preksha wins 6 Gold & 1 Silver at World scholar championship



Let us congratulate Chi. Sai Preksha Dasamantharao (Proud daughter of Sri Sudhir Dasamantharao and Smt. Padmaja Dasamantharao) studying in 9th grade at Shalom Hills International School, Gurgaon, Haryana, on the occasion of her winning

7 medals (6 Gold and 1 silver) in World scholar championship held recently.

Sri Keshava Prasad is the producer of 'Drona'

Exciting news! The super-duper hit Kannada film is set to be remade in Telugu as 'Drona'. Producer Sri Karakavalasa Keshava Prasad spearheads the project. Keshav, who has contributed to 40 films as a writer, is embarking on a new role with the film 'Drona'. Starring Rajkumar's son Shivraj Kumar in the Kannada version, this film is eagerly awaited. Best wishes.

- Baliwada Haribabu



Sri Venkata Rao acquires law degree

Sri Badrimahanthi Venkatarao, a prominent figure in Chodavaram Town, owner of Adams School, and treasurer of the Andhra Pradesh Sistakaranam Association, has completed his LLB. Being a student in his later years, while being an owner of many educational institutions and a well recognized person, also managing his hospitalizations is inspirational for many. He was honored at a ceremony on 10-4-2024 by Sri Shirdi Sai Law College, Anakapalle Correspondent Sri Venkatarao and Principal Sri Sridhar. Congratulations!



LIC Sekhar acts in Oriya film

Belagam Chandrasekhara Rao (LIC Sekhar), a talented actor hailing from Parvathipuram Manyam district, and a member of our Sistakarana community, showcased his skills in Oriya cinema.

We are given to understand that his performance in the movie 'Swarga Dwar' garnered praise, during its premiere at SR Mall Theater in Jaipur on 25-02-2024.

Despite appearing in a minor role, Sri Belagam Chandrasekhar impressing everyone with his brilliant acting deserves heartfelt congratulations.



Champion Award for excellent performance to Sri Chakradhar

Sri Arasada Devi Prasad Chakradhar, Vice President, Max Life Insurance Co. Ltd. (Joint venture of Axis Bank and Max Financial Services Ltd.), Hyderabad, has received the Champion Award for excellent performance in the year 2023-24 in the Champions Meet held by his company on 9-4-2024 at London.

Newsmakers

Award for singer Sri Ramesh Kumar

Visakha Artists Welfare Service Association Visakhapatnam presented 'Ugadi Vishishta Kala Pratibha Award' to singer Sri K Ramesh Kumar Patnaik. Raghupatruni Mohan Rao Memrial Association Visakhapatnam conveyed their con-



Sri Raja Rao honored by the pensioners' association



Renowned poet Sri Kuppili Venkata Raja Rao of Mudaravalas is working as the Secretary of the Pensions Association. He was felicitated by the association members. This honor

was given to Raja Rao in connection with his winning the first place in the district level poetry competition organized by the district department of Janavijnana Vedika.

Invitation to Dr. Uma Gandhi & Sri Venkataraja Rao to Madras University Kavisammelan



On 5-4-2024, Madras University, Chennai, hosted a Kavisammelan during the Sri Krodhinama year Ugadi celebrations, organized by the Telugu Department. Our Sistakaranam poets Dr. Muraharirao Uma Gandhi and Sri Kuppili Venkataraja Rao received invitations. Congratulations to both esteemed poets!

Honours to Dr. Bhima Rao

- 1) Prof. Dr Ranganath, the President of the Institution of Engineers India and his wife felicitated Prof Dr Raghupatruni Bhima Rao, Chairman of Chemical engineering division and Chairman of Scopus Publications Committee of IEI and his wife Ashalata at Hosur, Tamil Nadu on 30th March 2024.
- 2) On 15/4/2024 Indian Bureau of Mines felicitated Dr.Bhima Rao in Bengaluru.
- 3) Invitation from Federation of Engineering Institutions of Asia and the Pacific (FEIAP)



On behalf of FEIAP. I am pleased to announce that Prof. Dr. Raghupatruni Bhima Rao nominated by IEI has been selected as the recipient of the Engineer of the Year Award 2024. We extend our heartfelt congratulations to Prof. Dr. Raghupatruni Bhima Rao for this outstanding acquirement.



FEIAP warmly invites Prof. Dr. Raghupatruni Bhima Rao and his spouse to join us at the Gala Dinner, scheduled for 3 May 2024. at the Illume Taipei Hotel in Taipei Chinese Taipei and participate at the various FEIAP activities from 1st - 3rd May 2024, where the award presentation will be given during the Gala Dinner.

Details regarding the dinner program are currently being finalized and you will receive further updates soon. Additionally, there will be an opportunity for a brief acceptance speech from the recipient during the event.

Please do not hesitate to contact us should you require further information regarding this matter. Once again, congratulation and best regards. Thank you.

Yours Sincerely

The Federation Of Engineering Institutions Of Asia & The Pacific
Dr. Aung Kyow Myot President

Congratulations to Dr.Bhima rao.

Smt. Saubhagyalakshmi's dance students selected for Asian World Record at Varanasi

22 students of the 'Surya Teja Dance Academy', managed by our Sistakaranam educationist Smt. Manapuram Saubhagyalakshmi, who works as a teacher at Kondavelagada High School in Vizianagaram district, have been selected for the Asia World Record event in Kashi on 1-6-2024. Let's extend our congratulations!



News Makers

MLA contestants from Sistakaranams

Shri Behara Bijay, 1976 cadre IAS, served as Personal Secretary to Chief Minister of Odisha, Chief Secretary from 2010-2013, Chairman of Odisha Staff Selection Commission from 2013-14 and President of Vedanta University Project from 2015-2017 Kumar Patnaik

He went to Delhi in the month of February 2023 and joined the Indian National Con-



gress Party at the AICC office. He is contesting as MLA from Parlakhimidi as Congress Party candidate. The responsibility of his winning lies with local Sistakaranams. Such veterans must be elected. Let's congratulate him and wish him a good political future to take up high positions.

It has also come to our attention that in the elections to AP State assembly, one Sistakaranam candidate contesting from Visakha West constituency is Sri Jaggu-mantri Venkata Ganesh from Jai Bharath Party of JD Laxminarayana. Congratulations and all the best to him.



Sri Gurunath wins Railway award

Executive Committee Member of Sistakaranam Association Nagpur, Maharashtra, Sri Gurunath Patnaik working as Chief Ticket Collector in Indian Railways was presented with medal and certificate for his exemplary, outstanding and meritorious performance by the Divisional Railway Manager, SEC Railway, Nagpur division, during the Railway week that is celebrated every year from 10 to 16 April.



Open Forum

Don't be crazy about IAS

Many aspire to become a Collector through exams like Indian Administrative Service, IAS, or Civils. Though, there are only around 1100 positions for this civils examination, lakhs of applicants write the exams, including our Sistakaranam students. Studying for civils or IAS doesn't give a degree, it is just preparation for a competitive exam. Despite this, about a hundred of our diligent students have been taking coaching and training hard in Delhi for over 15 years. However, historically, only a handful of Sistakaranams have succeeded and joined service. This is less than 1% of those preparing for the exams. So why persist in this futile endeavor? Here are some tips for aspiring for civils:

- 1) Any degree suffices for the civil exam; top marks are unnecessary. Even a pass in the 12th compartmental exam is eligible.
- 2) Pursue a job after your degree or post-graduation and prepare for civils alongside. Don't jeopardize your career solely for civil service aspirations.
- 3) A three-year BA degree holder can also attempt civils, with the fourth year offering the opportunity to become a collector, depending on chosen subjects.

4) If civils is your goal, consider Delhi coaching instead of immediately seeking employment after graduation or post-graduation. Invest time in studying coaching materials while working in the second year. This approach safeguards your career while keeping civils as an option.

5) Spending unnecessary years pursuing other degrees, especially for our talented students, is futile. Opt for a year of coaching in Delhi, then focus on your career while preparing for the exam. You can take the exam from anywhere in the country, allowing flexibility.

6) Telugu medium is an option for civils exams. Choose subjects strategically to increase your chances of success.

7) Focus solely on civils and pursue it while working for five or six years to utilize time and resources efficiently.

8) I'm not saying don't attempt civils, but limit attempts to one or two. Call it sour grapes. Persistence without results may harm your career.

9) Becoming a collector through civils is highly competitive; only top rankings secure such positions. I know only one

among us who has become a direct IAS collector in the last fifteen years. Many are those who have joined the lower services. Be realistic keeping this fierce competition in mind. All the best.

10) One can observe that the confidence levels are very high among those who are going for coaching for the civils exam. Even those who fail to clear the preliminary exam in the first year have these confidence levels and we see them saying that they will pass everything in the next year. It's all about false confidence levels. In this, there is more student determination than parental pressure.

11) Consider that salaries in private sector jobs often surpass those of collectors. Climbing the corporate ladder can lead to lucrative positions.

12) Analyze the past six years' trends. How many Sistakaranams are preparing for the exam? How many are selected? Go for Civils Exams by keeping track of the trend. Please note that this year not a single student has been selected in Civils.

- Sri Sadasivuni Laxman Rao

Editorial

Our Political identity in Today's Society

Lekha Namassumanjali to all Sistakaranams.

We hope that the New Year Ugadi festival that came in this month was celebrated with devotion and fun with family members and relatives and has left a happy memory.

A list of caste wise voters in AP came recently. The absence of the name of Sistakaranam in it led to many discussions. The list contained those with upto one lakh twenty thousand population. Our voters are less than that? I have not heard some of the caste names, and our number is less than even those? On seeing this list, like me, the blood of many caste admirers would have boiled. Many ask why this is the case. We can understand what priority a political party leader will give us on seeing the voter list.

Before we talk of voter list, do we know our caste's numerical strength?

When Sistakaranam Ikyavedika started, they started census with google form. It stopped in the middle because of lack of proper encouragement. Amidst many criticisms, the Yuvatha (SKY) did the census on a large scale and became silent again. This can be achieved with the unity in the community. If district and town associations take the help of representatives from villages under their purview, collate details at town level, then district level and finally at state level, we can assess our population even region wise. It requires time allocation, interest, and above all unity. As it would be a problem if the same person is counted by two communities. Or, is not counted at all. Let's hope that this matter will be discussed in the community meetings going forward, proper actions will be taken and our presence is felt in the society.

On the other hand, the heat of elections is matching the heat of summer. Still, it seems our caste representation is nowhere except in Parlakamidi. We had hoped at other places. We have no idea of our numerical strength, how can we hope for significance in legislature or to excel politically?

Yet some Sistakaranams are very active in various political parties. As far as they have come to us, we have compiled such news under the heading 'Sistakaranams in Politics'. Knowing about them, more people may show interest in politics. Our best wishes to them.

Lastly...

Let everyone who is eligible participate in voting this month and exercise their right to vote and fulfill our responsibility. Let's do our duty.

"Sarva Sistakarana Jana Sukhinobhavanthu "

- Jannumahanti Venkata Chandrababu

Interview

Aspiration to cross the Earth

Lord Vamana keeps one foot on earth, another foot on sky, and the last one on Bali Chakravarthi. Today we have with us, our aspiring Sistakaranam kid who wants to lay his second foot in space. The third and last one is beyond our imagination But for him, there may be another place/planet in the days to come. Lekha is talking about Chy. Venkat Raman Patnaik, a Grade 6 student under Cambridge Board. He is aspiring to cross the earth and propel to space. For him, it is not a statement, but a dream. He is the youngest to achieve a Microsoft Technology Associate (MTA) certificate. Type 'youngest to get microsoft technology associate' in Google and see what appears on screen. Let us now talk to him.

Could you tell us what sparked your interest in space science and technology?

Certainly! My fascination with space began in 2019 after the communication loss of Chandrayaan-2. Witnessing the live stream of the event made me curious about space exploration and the applications of space science. Since then, I've been driven to learn more and contribute to this field.

Impressive! How have you pursued your interest in space science educationally?

I've taken various steps to deepen my understanding. For instance, I completed a 2-month online training course from MIT on "Engineering the Space Shuttle," where I learned about the intricate systems and design of spacecraft. Additionally, I've honed skills in 3D design and printing for rocket components and gained proficiency in using sensors for atmospheric data measurement.

It's clear you're dedicated to learning. Can you tell us about your involvement in space programs and events?

Of course! I've actively participated in events like Antariksh and the Space Defence Expo, where I've engaged in discussions on rocketry and space programs. I've also presented at conferences such as the Conference on Circuits, Power, and Internal Systems (CCPIS), where I discussed the technological innovations shaping earth infrastructure and space exploration. Moreover, I've contributed to citizen science initiatives like the asteroid hunt challenge by IASC and NASA, using computer analysis to track asteroids.

What are your aspirations for the future in the space sector?

My ultimate goal is to become an astronaut and serve my country by contributing to space exploration and research. I'm committed to continuing my education and involvement in space-related activities to make meaningful



Father: Sri Kuldeep Patnaik, ex-Banker, Sambalpur, Odisha

Mother: Smt. Dabbiru Pramila Kumari, Dy. Manager, TPWODL

Paternal Grand Father: late Raghupatruni Eswar Kumar, Retd HeadClerk, CJMCourt, Phulbani.

Native place: Icchapuram,

Maternal Grand Father: late Dabbiru Varaha Narasimham Prasad, Retd Technical Manager, Rourkela Steel Plant, Rourkela

Native place: Anakapalli

contributions to this field.

To whom you ascribe your achievement?

My parents, Sri Kuldeep Patnaik and Smt. Pramila Kumari Patnaik, who support and encourage relentlessly.

Do you wish to say anything about Lekha and their website www.skiv.online?

Lekha is a monthly tabloid designed well and professionally produced. The website has interesting news, articles, etc. about Sistakaranams across the globe. I go through Lekha regularly. I am proud to appear in our Lekha.

Saare Jahan Se Accha...replied by Rakesh Sharma from space to the then prime minister, Smt. Indira Gandhi ji. Wait to listen the same one day from our Sistakaranam. Lekha wishes Chy. Venkat Raman Patnaik to achieve his goals. Lekha also wishes to interview him again as an astronaut who returned to Earth from space. All the best to Sistakaranam's Vaman.

- Interviewed by: Sadasivuni Laxman Rao

- Collected by Jannumahanthi Vnkata Chandrababu

- Compiled by: Mantri Narasimha Rao

Support Arena

Gajuwaka Assn. members shown humanity again

Sri. Eluri Srinivasa Rao of Arunodaya Nagar, Sundarayya Colony, Gajuwaka, passed away on 03-04-2024, at 4:50 PM. Despite battling kidney failure for four years and undergoing dialysis, he succumbed to a brain stroke after emergency treatment at OMINI RK, KGH. Considering that the family is facing financial hardship, Gajuwaka Sishtakarana Sangam appealed to our community members via WhatsApp, to join hands and raise contributions. Responding to the call, a few community members came forward and extended their support to Srinivasa Rao's family, by contributing Rs. 31,500. This sum was presented by the association elders to Eluri Srinivasa Rao's family on 10-04-2024. The community also provided full assistance for his cremation.



'Memunnam Seva Samstha' service program

A handloom worker, leading a life of hand to mouth existence, residing in Ramalakshmi Weavers Colony, Pedana town, Sri Picchuka Ramakrishna is 50 years old. He recently underwent surgery due to an illness, leading to difficulty for the family to survive, so they approached the organization 'Memennam Seva Sanstha' for immediate help and medicines. Under the guidance of Founder and Chairman, Srinivas Veenam, the family received Rs. 2000/- for medication and three months' worth of essential supplies. The organization's chairman expressed joy in providing such aid for the past four years, receiving blessings and promises of continued support from locals.



Wheelchair donation at Manavata Swacchandha Samstha meeting

In the monthly meeting of the Gajuwaka branch of Manavata Swacchandha Samstha, Pudipeddhi Varaprasad, hailing from Tokada village who is unable to walk, was provided with a wheelchair. Chairman Dinamkonda Krishnamraju, President M V Subbaraju, Secretary Balivada Sathya Rao, DV Prasada Rao, Treasurer D Pavani, Directors G Padmavathy & Kantimahanthi Govinda Rao, Area Secretary GSN Raju, Advisor S App arao, members Manipatrini Satyanarayana, Sivwam Ramesh, others affiliated charitable organizations such as the Kurmannapalem Unit Working Group, Karumuri Maheswara Rao, Ukkunagaram unit, Srinivasa Rao, Shanti Ratham Driver Eshwara Rao were among the participants. Chairman Dinamkonda Krishnamraju highlighted the services of the Gajuwaka Manavata Swacchandha Samstha, of providing Shanti Radham services to around 280 deceased individuals, usage of freezers to around a hundred bodies since its inception, financial help to meritorious students and conservation of environment. In alignment with the founders' vision, the members reiterated their commitment to building a better society through the services of Manavata Swacchandha Samstha, thereby raising awareness about the opportunities to serve our community.



Helping Hands & Lifting Hands extend help to Chi. Varun Tej

As reported last month, Sri Ananta Prasad Donkada and Sri Pakki Delhi Shankar Patnaik handed over Rs.40,390/- Union Bank Chq. No.: 000736 / 14 -03 -2024 in the name of Tata Medical Center Trust to Chi. Varun Tej relative Sri Kuppannagari Chandu Ramprasad and Sri Kannam Nikhil Kumar. Sistakaranam Lifting Hands has taken up their 11th service program to help Sri Sadasivuni Sudhakar's son Chi. Varun Tej, aged 9, who is diagnosed with cancer. In an event conducted at Allipuram on 07.04.2024, they handed over Rs. 51,001/- to Sri Raghupatruni Kamal, brother-in-law of Sri Sudhakar. This concludes their Event no. 11.



Support Arena

Distribution of Buttermilk by Vigyan Jyoti Charitable Trust



Dr. Keerthy Patnaik, the founding president of the trust, is distributing buttermilk in hundreds of service programs under the auspices of the Sridevi Vigyan Jyoti Parishkar Charitable trust. Keerthy Patnaik is working to reduce the summer heat by distributing buttermilk at her own expense in Muralinagar, Gnana-puram and other areas.

“Chalivendram” set up in Hiranadalam

In Hiranadalam, Srikakulam District, Kotni Someswara Swamy, the manager of Taraka Rama Hotel, praised the initiative of setting up a cool water center (chalivendram) to relieve pedestrians during the summer heat. He inaugurated the Chalivendram, organized by the SistaKarana association at the New Barrage Centre. Addressing the gathering, he extended congratulations to the association members for their annual provision of buttermilk and drinking water to passers-by. Sarva Sri R. Govinda Patnaik, N. Srinivasa Rao, A. Suresh, B. Srinivasa Rao, B. Jagan, S. Ramashankar, B. Sudhakar, D. Krishna Rao, B. Ramakrishna, K. Ganesh, B. Durga Prasad, S. Nagesh, N. Kiran, U. Rajesh, U. Jaya Krishna and others participated.



Food donation to kids & elders



In memory of late Sri Surya Akhil Kumar of Srikakulam district, his parents offered lunch to the children in the Shanta Kalyan Anuraga Nilayam and elders in the C.V. Nagajyothi Ananda Nilayam old age run by the district branch of the Indian Red Cross Society. Indian Red Cross Chairman Shri P. Jagan Mohan Rao and members of the committee participated.

Donation by Dr. Arikathota Kanakaraja Apr'24

1) In honor of his father, Sri Udayabhaskar, the Mani Patruni Creative Academy, led by Sri Manipatruni Nageswara Rao, honored retired professor Dr. Arikathota Kanakaraju and Smt. Uma A. Sri Kanakaraju generously donated Rs. 5000 to the Academy in appreciation of the gesture.



2) Mr. Kanakaraju distributed caps to the workers who fill their bellies while riding the rickshaw to withstand the heat.



3) Donation to Kalyana Mandapa- Dr. Kanakaraju and Uma couple donated Rs. 10, 000/- was handed over to Shri Polumahanthi Jaganmohana Rao by the members of the donation committee. He said it would be useful for the poor middle class to organize weddings and other functions at a low cost.



Support Arena

Sridevi Trust 22nd anniversary – Food distribution

On the occasion of the 22nd anniversary of the Sridevi Vigyana Jyoti Parishkar Charitable Trust, a program was held for 120 people for municipal sanitation workers and the poor & homeless at Sridevi Park, Visakhapatnam Muralinagar.



Free Medical Camp

Dr. Suresh Babu organized this medical camp in memory of his father Kuppili Venkata Rama Prasad Rao, which was organized free of charge near Allipuram Bheemanagar. For this, The PMP Association of India Visakha District-Convenor- Social Practitioners- Dr. Kuppili Suresh Babu conducted medical tests like BP, sugar, blood group etc. for about 300 people and gave appropriate advices.

Dr. Suresh said that people should not go outside in the sun, especially between 10 am and 4 pm. Due to this, the body loses more water, the temperature increases and gets sunstroke. Especially children, old people, pregnant women, lactating children, when they have to go out in the sun, it is mandatory to wear white handwoven clothes, to wear a hat or to hold an umbrella, if there is nothing, to cover the head with a handkerchief, to drink fresh water, coconut water, stuffed java,



barley, etc. A person affected by sunstroke will feel lethargic, sleepy, feverish & dizzy. Such a person should be taken to a shady place and wiped with a damp cloth until the temperature returns to normal. Members of PMP organization, KMK Prasad, Anand, Vamsikrishna, Surya, and others participated in this program. Suresh said that his medical services are available 24 hours for free and that they are thinking of setting up a camp here every two months.

Free Medicines by courier for 100 days



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- Medicines are WHO-GMP Certified.
 - Take your Doctor's approval.
 - For Sistakaranam Families.
 - Your details will be kept confidential.

CONTACT: 8074800939

Service by 'Manavallaku Mana Sayam'

On the morning of 21-4-2024, the Andhra Pradesh Sistakaranam Association Secretary, Sri Belagam Jayaprakash Narayan (Jayababu), along with Mr. Donkada Lakshmana Rao, Behara Ramesh Patrudu, and Mr. Pakki Rabindranath, visited the family of Palatheru Usharani in Pedamari. Jayababu expressed their commitment to fully support the family and reassured them not to worry. A financial aid of Rs.20,000, received through 'Manavallaku Mana Sayam' was handed over by Jayababu himself.



Another service by 'Manavallaku Mana Sayam'

A sum of Rs. 10,000 (ten thousand rupees) was provided to Rajamahanthi Pranai Govinda Sai, a polytechnic student facing financial difficulties, as part of 'Manavallaku Mana Sayam' help.



The amount was handed over by Sri Belagam Jayaprakash Narayan (Jayababu). Pranai, son of Sri Rajamahanti Rama Rao Patnaik, is currently in his second year of Polytechnic studies. Sri Jayababu advised the Patnaik family to communicate any future educational needs of their children. Alongside Sri Jayababu, Donkada Lakshmana Rao, Secretary of the Sistakaranam association, Sri Pakki Rabindranath from the 'Mana Vallaku Mana Sayam' group, and Sri Belagam Ramesh Patrudu also participated in this initiative.

Fraternity Page - AISKA

AISKA to felicitate high merit students



Dear Sistakaranam Community Members,

Seasons Greetings from AISKA

President and EC Members of AISKA congratulate all our successful students of Xth (SSC) and XIIth (HSC, PUC or Intermediate) Exams of 2024 conducted by various State Boards, CBSE, ICSE, and others all over India.



We wish that all of them to appear for Entrance / Competitive Exams for various higher study courses in the ensuing months and pursue further careers success.

Like in the year 2023, AISKA proposes to felicitate the high merit students in the above examinations and request the parents / guardians / students to furnish details of their academic achievement before May 31, 2024. After receiving the information from all the States / UTs, a final list of awardees, date and venue of the program will be advised to such parents / students to attend the event.

Please submit the following data:

1. Full Name of Student
2. Father's / Mother's Name
3. Name of Examination
4. Name of the Board
5. Total / Percentage of Marks Obtained
6. Place / State of Residence with full postal address
7. Mobile Number(s)
8. Email id
9. Any other relevant information (like merit rank at School /College /State / Board level, etc).

Please ensure to submit complete information required by AISKA. Copies of Marks Sheet is compulsory.

These details are to be sent in WhatsApp Message to Dr Chowdari Prasad (Mob 9482549472 / 9242124642)

or Sri D Naresh Kumar Patnaik (9640567625) or Sri Behara Nagabhushana Rao (9440059186)

Best wishes , - DV Krishna Rao Sistakaranam, President, AISKA, Hyderabad.

Fraternity Page - Telangana

"SWA" Hyderabad Ugadi Panchanga Sravanam



A magnificent Ugadi Utsavam was organized by Sistakaranam Welfare Association (SWA) Hyderabad on 09/04/24, in the presence of numerous attendees. Distinguished Jyotisha Pandit and Vastu Expert Sri Chakradharamahanti Nanaji Patnaik was given a grand welcome in the presence Brahmin Priests, resonating with melodious taalas, setting a festive ambience, followed by his felicitation, the release of almanac, and his captivating the audience with his insightful discourse.

"Krodhi Nama" New Year almanac was distributed to all attendees, accompanied by the traditional Ugadi pachadi and bhojan prasadam, orchestrated with grandeur by our "SWA" Honorary President, Sri Krishna Rao Sistakaranam.

A special guest at this event, astrology expert Dr. Muralidhar Patnaik's speech was impressive. Our "SWA" Working Group Leaders Smt. Rama, General Secretary Vijay Kumar, Shankar Patnaik, Parvatheesham, Naresh Patnaik, Chandu, Tirupathi Rao, Venkateswara Rao, Harigopal, Parthasarathy, Suman, Naveen Prakash Rao, Madhuri, Harish, Parijata, Smt. Padma and other members who contributed to this great success were thanked by Sri Dabhiru Krishnarao Sistakaranam.



Fraternity Page - Andhra Pradesh

Sistakaranams in Political Arena – April 2024



1) The Atmiya Sammelan organized by Vizianagaram District Sistakarana Sangam and Town unit at Vizianagaram Town on 02-04-2024 was graced by the Chief Guest Hon. Deputy Speaker of Legislature and Local Legislator Kolagatla Veerabhadraswamy.

District Sistakaranam association President MP Gaureswara Rao, General Secretary Rega Suresh, Vice Presidents Prabhat Kumar, Kurada Sangeeta, members, Town President Sanjeeva Rao Patnaik, Srinivasa Rao, Arikathota Tirupati Rao, Singumahanthi Murali Bhagavan, association family members & others participated in this program.



2) A near & dear gathering of Sistakaranam families took place at the Telugu Desam Party office. Parliament & Assembly candidates Sri Bharat & Sri Palla Srinivana Rao participated as chief guests. Sistakarana Sadhikara Samiti members, AP Convenor Sri Akkamahanti Rajaram, Sri LC Duvvarapu Rama Rao, Visakha District Convenor Sri Balivada Satya Rao, State Committee Member Basangi Tirupati Rao, Visakha District BC President Tammina Vijayakumar, Gajuwaka Convener Prathaparao Srinivasa Rao participated and requested that Sistakaranams should be included in BC-A, and to convince the Center for OBC to give us justice, and also establish a community building in areas like Gajuwaka with large number of Sistakaranam population. SarvaSri Nagumanthri Venkateswara Rao, Karakavalana Gauri Prasada Rao, Manipatrini Satyanarayana, Munganda Subramaniaprasad, Ch. Kavita, Saluru Mohana Rao, A. Tilak Patnaik, P. Phanindra, Behara Radhakumari, Baliwada Haribabu, Kurada Pavani, Godaba (Premakumari) and others participated.



3) Sri Rajesh Kumar Behara extended our supported to beloved leader Sri Achchennaiidu at Kotabommali TDP office.



4) Smt. Anusha Patnaik and Sri SNK Mahanti Patnaik attended



the YCP Zonal meeting.

5) On 21-4-2024 and 22-4-2024 Sri Mantri Rajasekhar met Sri Jaganmohan Reddy during his visit to Vizag during his "Memu Siddham" Bus Yatra.



6) Visakha Zilla Law Kisanmorcha president PVV Prasadarao Patnaik paid a courtesy call to Mili Constituency MLA candidate Ganta Srinivasarava Rao at his residence.



Speaking in the presence of Smt. Yeluri Dharmavathi, Sri Ganta Srinivasa Rao, who filed nomination for MLA from Gambhiro Panchayat in Anandapuram constituency, she withdrew her nomination in the presence of BJP leaders under the leadership of Visakha District Kisan Morcha P.V. Prasada Rao Patnaik.

7) On 24-4-2024 Sri N. Gajapathi Rao, State Council Member, BJP, TDP & Janasena coalition meeting was attended by MLA candidate Vishnukumar Raju, Our Sistakaranams DSV Gopi, Kurada Pavani, Gajapathi attended. A total of about 100 people attended.



8) In solidarity with and in support of Sri KK Raju, the Northern Constituency YSRCP MLA candidate, it was decided to organize a meeting at Visakha North Constituency Party Office (Balayya Shastri Nagar, via 4th Town Police Station) on Tuesday 30-04-2024 at 11 AM, by Thatichettelapalem and Kancharapalem Sistakaranam community elders.



9) YSRCP candidate Sri Gudivada Amar Nath was the chief guest at the Sishtakarana



Atmiya Sabha held at Gajuwaka, Visakha on 30-4-2024. Our Sistakaranam leaders honored

him. More than 350 people attended this meeting and it was a success.

10) BJP Visakha District Kisan Morcha President PVV Prasada Rao Patnaik talking to the beneficiaries who built houses under the Pradhan Mantri Awas Yojana scheme as part of the election campaign of NDA alliance MLA candidate Ganta Srinivasa Rao and Visakha MP candidate Bharat in Velanki village of Bhimili constituency of Anandapuram mandal.



11) Rajam Constituency Telugu Desam candidate Sri Kondu Murali Mohan was pledged solidarity by some Rajam Sistakaranams. In this program, Sarva Sri Vantaram Koti, Allena Muralikrishna, Karakavalasa Kondalarao, (Lawyer) A.P. Srinu, Vandurangi Tirumala Rao, Baliwada Shanmukha Patnaik, Kottu Shankara Rao, Karakavalasa Panduranga, Balivada Prasada Rao, Balivada Sudarshan Rao, Guravam Pakki Narasimhamurthy's son Chinni etc. participated.



12) Sri Tyada Ramakrishna Rao (Balu) is campaigning extensively on behalf of the alliance in Sundarayya Colony at Ayyanna Peta Junction, Vijayanagaram.



13) Smt. Dabbiru Prashanthi Patnaik and SriChandramouli Arikathota honored Bhimili YSRCP candidate Sri Avanti Srinivasa Rao with a shawl at his office.



14) Hon'ble Minister Sri Dharmannarasada Rao, Sri YV Padmavathi and MP candidate Sri Pedada Tilak were the chief guests in a meeting organized by Sri Dabbiru Srinivasa Rao on 07-04-2024 at Srikakulam, and was attended by AP Sistakaranam Association President Sri Polumahanthi Umamaheswara Rao and many Sistakaranams.



Compiled by J.V. Chandra Babu

Fraternity Page - Andhra Pradesh



Kurmannapalem Association meeting

Renowned film director Sri Duggivalasa Diwakar Patnaik said that everyone's role is very important in OBC Sadhana, in a meeting held at Santamamidi garden office under the auspices of Kurmannapalem Sistakaranam Association and expressed hope that OBC will be implemented very soon. The programs being undertaken under the auspices of the Kurmannapalem Association are exemplary for other associations. He said that the efforts being made especially in education, medicine and helping the poor are beyond words. He said that the education system in the state is in a good state and he wished to work more for the upliftment of the people. He said that we can achieve our rights only by being united.

Secretary Sri D. Satya Rao said that our ultimate goal is to move forward with the goal of attaining OBC and making

good progress. President PSVN Gopal said that more programs will be undertaken in the future with the help of community members. Later, Diwakar and Ratnamala were honored for their services in the field of cinema.

Association Representatives Sarvasri Urlam Prasada Rao, MP Janarthan, K. Ravindra, M. Shivaji Patnaik, Garbham Nageswara Rao, D. Gurunadha Rao, J. Ramesh, S Kishore, Baliwada Buchibabu, JSR Babu Patnaik participated in the program.



“Vote-First step to change” Pamphlets distributed

At Muralinagar Walkers International Park, Skating Park, Muralinagar Ramalayam Street, everyone who has the right to vote has been visited and awareness has been spread to North and East constituencies.

1000 pamphlets, sent by Second Zone Commissioner Shailaja on Collector's order, were distributed under the supervision of Smt. Keerti Patnaik .



Morning Raga Digital Daily

Morning Raga, a digital daily published and edited by Sri Shambhumhanthi Ratnakishor, a well-known journalist and editor from Srikakulam, is coming out from 2022. It is impressing readers and advertisers with good news stories.

Archives of this digital daily are available at this blog: <https://ratnam2485.blogspot.com/>



Kancharapalem association's Panchanga Shravana program

On Sunday, 09.04.2024, the Visakha Sishtakarana Seva Sangam Kancharapalem organized a Panchanga Shravana and Panchanga Invention event at Demo Classes, Murali Nagar. Renowned Vedanta astrologers led the New Year Panchangam unveiling, with Panchanga Sravana Pradhata Sri Adabala Satyanarayana captivating the audience.

The unveiling of the Hourly Almanac, meticulously calculated by the TTD Devasthanam Siddhanti Tangirala, was a highlight of the event. Adding to the allure, young Satyanarayana Garipanchanga Shravana skillfully performed as the Panchanga Karta, impressing the attendees.

Sri Satyanarayana also shared insights on meditation and offered health tips, garnering appreciation from the audience. The event saw active participation from numerous relatives and members of the VSSS KCP working group. Following the almanac unveiling, copies were distributed to all attendees, who then joyously relished Ugadi Pachadi together.

Among the distinguished attendees were Sri PN Murthy Patnaik, Sri Baliwada Appala Narsiah, Sri Baliwada Haribabu, Sri VTB Patnaik, Sri P Shivaji Patnaik, Sri S Mohan Rao, Smt. Kurada Pavani, Smt. Oppangi Ramamani, Smt. P Sandhya, Sri V Sridhar, Sri B. Sri Ram Murthy, Sri K Ramakrishna, Smt. N Sharvani, Sri Gandreti Srinivasa Rao, along with other working group members. Additionally, numerous relatives, including R. Teshapati Rao, D. Venkatesham, D. Ramachandra Rao, P. Ram, M. Shobhapati Rao, Potnuru Phanindra, B. Satyendrapati Rao, A. Satyanarayana, Bhanu, and M. Satya Rao, contributed to the event's resounding success through their enthusiastic participation.



Fraternity Page - Andhra Pradesh

Seethammadhara Association Ugadi Celebrations



On Tuesday, the 9th of April at 4:00 pm, the Seethammadhara Sishthakaranam Association geared up for vibrant Ugadi celebrations.

As the sun, which had radiated warmth throughout the day, began its descent into the evening horizon, guests arrived one by one, offering their prayers.

The esteemed Sri Mantri Rajasekhar graced the occasion as the Chief guest, while Sri Sekharamantri Prabhakar Rao adorned the event as the literary guest.

Sri Godaba Gauri Prabhakar Das, President of the Seethammadhara Sishthakaranam Association, presided over the festivities. After the ceremonial lighting of the Jyoti and learned priests recited the Panchanga elucidating the intricacies of the Sri Krodhi Nama year, the release of the new almanac, which is a tradition every year, was done at the hands of Sri Minister Rajasekhar who was the chief guest. The almanac was distributed to all the guests.

Then commenced the highlight of the event.

Renowned poet Sri Dabbiru Srikanth, popularly known as 'Sahaja Kavi' in literary circles, our 'Kavi Kokila' Dr. Muraharirao Uma Gandhi, a distinguished educator who revolutionized teaching methods and was earlier honored by the President of India Smt. Draupadi Murmu, our actor Sri Regulavalasa Veera Venkata



Satyanarayana, who apart from singing movie songs eloquently in five languages including Telugu and Hindi mesmerizing the original singers themselves, and who will soon be making a film based on the biography of Alluri Sitaramaraju to mark the pinnacle of his acting skills, were honored bearing witness to Seethammadhara Sistakaranam Association's dedication to the arts. Expressions of gratitude were offered by the honored individuals in their unique styles.

Reflecting on the significance of the event, Chief Guest Sri Mantri Rajasekhar expressed

his appreciation, acknowledging that he would have missed a great opportunity had he not attended. He said that those honored were extraordinary individuals, and congratulated Seethammadhara Sistakaranam Association's ability to conduct such events.

Sri. Saluru Mohana Rao, the Convenor, hailed the event as a collective endeavor of the association working group.

While Treasurer Sri Chaudhary Ramesh, and Secretary Sri RV Ravi Kumar served as assistants on stage, Organizing Secretary Sri Balivada Gopinath, Co-Treasurer Sri Sadashivuni Srinivas, Secretary Sri Dabbiru Sathyaprasad supervised the event. Joint Secretary Sri Bhasuru Kishore handled the information function at this event, Honorary Advisor Sri Kuppili Karuna Kumar, Co-President Sri Gumma Gandhi Krishna, Vice-President Sri Mandavakuriti Prasada Rao, Joint Secretaries Sri Karakavalasa Surya Prakasa Rao, Sri Balivada Sundareswara Rao, Ms. Saluru Arundhati, Executive Committee Members Sri Wadada Srinivas Patro, Sri Ellumahanthi Srinivas Chiranjeevi Patro and Smt. Sadashivuni Vasundhara were present.

The audience was further enchanted by the melodious singing of Sri Kottakki Ramesh Kumar and Sri RVV Sathyanarayana.

Kurmannapalem Association Ugadi Celebrations

The Ugadi celebrations were held in a grand manner under the auspices of the Kurmannapalem Sistakaranam Association. The Ugadi Utsavam, the first festival of the Telugus, was held amidst the Ugadipachadi Panchi Anandotsa. On this occasion, Sarveshwara Rao Sarma read Panchanga. After that clothes and sweets were distributed to the poor.



Sri Mantri Shyam Prasad, Secretary of the State Human Rights Council, wished everyone to be happy. He expressed hope that everyone will be well in the year of Krodhinam. The secretary of the association Sri D. Samtya Rao said that all the programs are being organized under the auspices of the association. The representatives of President Sri PSVN. Gopala Sarva Sri Uralam Prasad, K. Ravindra, Gurunadham, PV. Nagesh, Shivajipatnaik, Baliwada Buchibabu, PVN. Murthy, Saikrishna, Sridhar, Mouli, Parvatheesham, Pramila, Nirmala, Sridevi participated in the program.

Railway Employees' Association Ugadi Celebrations

Railway and Retired Railway Employees' Association Ugadi celebrations were conducted in Visakhapatnam.



Fraternity Page - Andhra Pradesh



Sistakaranam Yuvata & Foundation Ugadi celebrations



Just like the Ugadi celebrations which have been celebrated by Sistakaranam Yuvata for the past four years, this year too Sri Krodhi Nama Ugadi celebrations were held at the Public Library in Visakhapatnam from 9 am to 5 pm. After breakfast in the morning, Kuchipudi dance competitions were held under the auspices of Sri Sainath Kala Samiti from 9 to 1 o'clock. There was a lunch break from 1 to 2 o'clock, followed by a felicitation ceremony. Honorary programs were held for Karanam leaders as representatives of Tirupati, Chittoor and Nellore districts and guests who came on the invitation of Sistakaranam Foundation. Our family members accepted our invitation and came.

Heartfelt thanks to Sri BRM Patro, Sri Balivada Haribabu, Sri Dabbiru Srikanth, Sri Sadashivuni Baburao, Sri Gandreti Venkata Srinivasa Rao, Sri N Narayana Rao, Sri Avilala Sridhar, Sri Karanam Niranjana Babu, Sri Karanam Eedukondalu, Smt. Kurada Pavani, Smt. Dabbiru Gayatri, Sri Dabiru Satya Prasad, Sri Vasudev Master, Sri Pradeep Master and all our family members who accepted our invitation and attended the event.

- Suresh Kumar, Maradam Ravikant, Pakki Arun Sai Patnaik,

Sistakaranam Yuvata and Sistakaranam Foundation family members

Sompeta Association meeting

On 7-4-2024 Sunday, the executive meeting of Sompeta Sistakaranam Sangam was held in the premises of local SKS school in Sompeta. President Sri Vadada Nehru, General Secretary Sri Behara Venugopal, Treasurer Sri Pakki Chandrasekhar, Sri Srinivasa Bhaskar, Sri Jagadish, Sri Venkataramana Murthy, Sri Bhagwati Rao and others were present.

It was decided to personally invite all the members of the Mandal to attend the meeting to strengthen the community.

Meeting to be conducted on first Sunday of every month. A discussion was held that pro-



grams should be made so that the relatives of Kanchili and Kaviti mandals can also participate in the next meeting.

It was decided to make efforts for the construction of a community hall in the Sistakaranam Sangam's own place.

Karanam representatives meet Sistakaranam dignitaries

1) On the advice of the Convenor of Karanam Sishakaranam Ikyavedika Sri BRM Patro and President of Andhra Pradesh Karanam Abhyudaya Federation Sri Tandava Murthy, a courtesy visit to the home of All India Sistakaranam President Sri KL Banerjee and Sri SNK Mahanty was made by Karanam Sistakaranam Aikyavedika co-convenor Sri Avilala Sridhar, Secretary of Andhra Pradesh Karanam Abhyudaya Federation Sri Karanam Niranjana Babu, Treasurer Sri Karanam Eedukondalu, emphasizing the Karanam Sistakaranam unity. In this meeting, Avilala Sridhar said that the Karanams of Rayalaseema should be recognized as Sistakaranams and explained their status and conditions to the elders. Elders Mahanthi and Banerjee responded and expressed their full support. They informed that they will do their best to lead Karanams & Sistakaranams on a single platform, bring it to the attention of the government and work hard to ensure that proper justice is done.

Later, elders honored Mahanthi and Banerjee with shawls and wished Ugadi well.



2) In the Ugadi celebrations

held by Sistakaranam Yuvata and Sistakaranam Foundation, Sri Eedukondalu and Sri Niranjana, who came as representatives of Tirupati, Chittoor and Nellore districts on their invitation, were felicitated. Sri BRM Patro, Smt. Kurada Pavani, Sri Manyam Babu Rao, leader of Kanchara Palem Sistakaranam Association & Chief Advisor of Karanam Sistakaranam Ikyavedika Sri Balivada Haribabu, President of Sistakaranam Yuvata & Sistakaranam Foundation Manapuram Suresh Kumar participated in this program.

Sri Sekharamantri in Akashvani

Poems of our Sistakaranam poet, Sri Shekharmantri Prabhakar of Visakhapatnam were recently aired on 29-4-2024 at 7:15 AM in Akasavani Visakhapatnam Center and FM 102, in Udaya Samiralu program. His beautiful poems were heard by all the listeners through the airwaves and received praise.



Cash awards to meritorious students by Dr. Kanakaraju

Dr. Arikathota Kanakaraju announced cash prize for those Sistakaranam students who scored more than 90% in combined Srikakulam District Class 10, Inter. You can send following student details to his WhatsApp number 9440857230:

Student Name:
Father Name:
Group (inter)
Total Marks:
Percentage:

Fraternity Page - Andhra Pradesh



Inauguration of Children hospital & Diagnosis center

On 27-4-2024, the newly constructed multispecialty children's hospital, Little Master's Children's Hospital and Diagnostic Center opposite Medicover Hospitals in Srikakulam Town was grandly inaugurated in the presence of invitees, guests and relatives. This hospital is a pride of the region, built under the supervision of Dr. Amiti Anvesh and daughter Dr. AVSS Swathivasanti*, the son-in-law & daughter of Late AV Jagannadha Rao Patnaik, well known founders of educational institutions in the region. Former municipal chairperson Smt. V Padmavathy, Dr. Krishnamurthy, President of Andhra Pradesh Sistakaranam Association Sri Polumahanthi Umamaheswara Rao, Dr. Baggam Srinivas Patnaik, Sri Nandigam Srinivasa Rao, Smt. Kurada Pavani, Sri Balivada Haribabu, Sri Sadashivuni Lakshmana Rao, Sri. Vandurangi Venkatesh, Director of AP Sistakaranam Corporation Sri Sadashivuni Krishna and others were present.

In the presence of Smt. Auguru Leelakumari and Sti Krishnarjuna, the inauguration ceremony was held. The presence of a large number of friends & relatives made the program a grand success.

Congratulations to them.



Behara Bhaskara Rao resigns as Co-option Member

Behara Bhaskara Rao, who was working as GVMC co-option member, has resigned from the post. To this extent, his resignation letter was handed over to the mayor of the city, Hari Venkata Kumari. He said he is unable to perform his duties due to ill health. In his resignation letter, Behara Bhaskara Rao requested that his co-option membership in the Greater Municipal Corporation should be canceled immediately.



Sri Rama Navami by Gajapatnagaram unit



The Sri Sitarama Kalyanam organized by the Sri Sai Mandir Sistakaranam unit in Gajapatnagar, Vizianagaram district was held in the presence of thousands of devotees. With the help of devotees, the committee also served dinner to 1200 people at Sri Paltheru's Kalyana Mandapam.

The temple committee, Sri P Mohan Rao, Sri B Prasad Rao, Sri B Nagabhushan Rao, Sri Rega Suresh, Sri B Sudhakar Patnaik, Sri Damodar Rao participated in this program and made the program a success.



Merit awards from SKY

This year Andhra Pradesh 10th class exam results are out. First of all congratulations to all. Every student who got good marks in 10th class send us their details. Receive a merit award. Send student details in following format:

- Student name:
- Father, Mother names :
- Marks:
- Address :
- Phone number:

- MSK, Veerababu, Ravikanth, Ramesh, Manasa Vinod, Narasing, Srinivasa Rao, Gayathri Sridevi & Team

Sri Baliwada Appalanasaya's Vivaha Parichaya Vedika

Those who have not sent details of brides and grooms should send them immediately. Final lists are given free of charge.

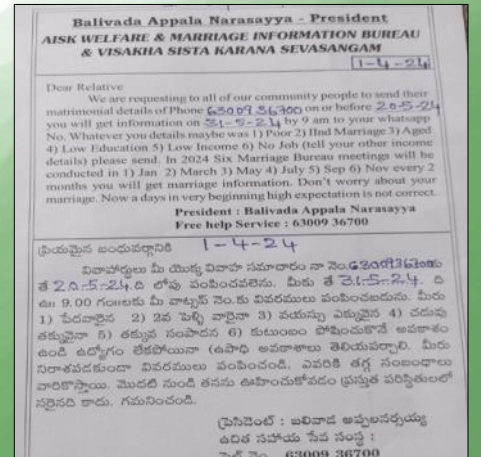
Once those who have not sent the details also send them to Sri Baliwada Appalanasaya's No. 6300936700 by 20-5-2024, the details of the bride and groom along with the details received during the Sistakaranam Vivaha Parichaya Vedika, will be collated and a new list will be released in the Sistakaranam Vivaha Parichaya Vedika to be held on 31-5-2024.

Non-attenders can share their WhatsApp number and they will be sent the PDF of the lists. If you want the PDF list of brides and grooms for the month of March 2024, call on his mobile number and it will be sent to you on WhatsApp for free.

This free service program is conducted every two months, held in the months of January, March, May, July, September and November. Voluntary donations can be sent via Phone Pay or Google Pay to his phone number. Details of deposit charges will be notified on 5th of every month.

See their information leaflet dated 1-4-2024. Call the same number for queries and details.

- Baliwada Appalanasayah
Marriage Bureau, Vizianagaram 2-4-2024



Fraternity Page - Odisha



EC Meeting regarding AGM conducted

With blessings of Lord Jagannath, EC meeting was successfully completed on 4/4/24.

Regarding AGM, the following was discussed and decided:



1) All members should co-operate and all should consider it as their own function.

2) Since the meeting which will be held on 4th May is planned at All India level, all should intimate all relatives, near and

dear.

3) All members to take responsibility and the work to be done, which will be distributed to all members after our honorable president Sri R Bhimarao garu returns to Bhubaneswar. The next meeting will be held at the residence of Sri Bhimarao garu and the date will be informed shortly .

4) We are one family and there is no difference from one another, and work will be done in one thread was expressed .

5) We decided to serve the night dinner with good quality and tasty food.

6) Even if we have very few EC members, we shall work hard with commitment, and the ball will reach the goal of success.

Regards,

JC Patnaik, Secretary, SKA, Bhubaneswar.

SKA Bhubaneswar AGM Invitation

Sistakaran Association, Bhubaneswar, Odisha is holding their Annual General Meeting on 19-5-2024, as announced by the organizers. Instead of the earlier scheduled date of 4-5-2024, it has been postponed to 19-5-2024 on Sunday.

Date: Sunday, 19-05-2024.

Time: 9 a.m. to 5 p.m.

Venue: Red Cross Bhavan Dari Institute of Engineers Building, Bhubaneswar.

We wish this event a grand success where Sistakarana Vivaha Parichaya Vedika platform is also being set up.

Matrimonial desk invitation

I am happy to inform you that Sistakaranam matrimonial desk and separate room is arranged on our annual general body meeting day from 10 am to 4 pm on 19th May 2024. An opportunity will be given to parents to introduce the children matrimonial data on the dias. All interested parents and children can join and make this event successful. Please fill the form and bring two copies to venue, the Institution of Engineers India opposite to red cross bhavan, Bhubaneswar.

BR.001.Name:
Date of Birth:
Place of Birth [O]:
Time of Birth [O]:
Surname :
Gotram:
Raasi:
Star :
Padam:
Qualification:
Job Profile:
Designation:
Organisation:
Place of work:
Salary, Rs [O]:
Colour [O]:
Height [O]:
Father name :
Father Contact No:
Father profession [O]:
Mother Name:
Mother contact No [O]:
E mail:

- Prof Dr Raghupatruni Bhima Rao,

President Sistakaran Association, Bhubaneswar Odisha.



SISTAKARAN ASSOCIATION BHUBANESWAR, ODISHA

[Registered Under Societies Act: 22879/2008-09]

YOU ARE INVITED

Annual General Body Meeting: 19th May 2024
Time: 9AM to 5PM
Venue: The Institution of Engineers India, near Red cross Bhavan

What we arranged for you?

1. Separate two rooms for bride and groom parents for discussions
 2. Matrimonial desk arranged
 3. For fresh up arranged two guest rooms for matrimonial purpose
 4. We invited members who are running Matrimonial Bureau for discussion
 5. We are giving an opportunity for bride and groom parents for introducing their children on the dais
 6. We are approaching all parents to submit matrimonial data for your purpose
 7. We also arranged Aurvedic doctor for free consultancy
 8. We also arranged educational free consultancy
 9. We are providing Lunch and Tea
 - 10 We honour you if you utilise the matrimonial desk
- SISTAKARAN RELATIVES PLEASE MAKE IT SUCESS**

Prof. Dr. Raghupatruni Bhima Rao Jakkuva Chakrapani Patnaik
President General Secretary



[Registered Under Societies Act: 22879/2008-09]



**Think, Time out, Advice, Let us
Fly to Sistakaran Matrimonial**

Fraternity Page - Chhattisgarh



Sahitya Vahini by Chhattisgarh Association

With all literature inclined Sistakaranam relatives from Indian and abroad as invitees, under the auspices of Chhattisgarh State Sistakaranam Association, various programs were organized as part of "Krodhi" Nama Ugadi celebrations with colorful splendor at Raipur Railway Institute, Engineering Colony, Kharoon Vihar, Fafadi on 21-04-2024 from 8.30 am to 9.30 pm. As part of that, in the Sahitya Vahini program, where poems were invited from all over the world in Telugu, Hindi and English languages through video, 23 Sistakaranam poets participated. Below are the names of 23 poets and singers who participated in this. Let's congratulate them.

1. Dabbiru Prabhakar (Welcoming Address)
2. Sekharamantri Prabhakar
3. Mantri Sandhyaraj
4. GLMR Patnaik
5. Pakki Ragachandrika
6. PatnaikuniRamakrishnaRao
7. Triveni Rao
8. TPR Patnaik
9. N.Jagadeswari
10. Sadasivuni Lakshman Rao
11. Rajeswari Kuppili
12. Behara Nagabhushan Rao
13. D. Anuradha
14. Udanda Rao Ramana Babu
15. J. Vijaya Kumari
16. D.V.R. Murty (Saratkavi)
17. D. Rama Satya Devi
18. Balivada Haribabu
19. Samata Srinivas
20. B. Lakshmi Patnaik
23. D. Sunita Patnaik
24. Dabbiru Prabhakar Rao
25. Mantri Sandhyaraj (Vote of Thanks)

The videos are available at:

https://drive.google.com/drive/folders/1lyA3-gQH29ittHzqFfNis5R0WyPnd9j9?usp=drive_link

Also merit certificates were given to the talented students during the program, courtesy of Smt. Rajkumari Patro. Also, the prizes were given to the winners of the youth wing competition held, courtesy of Sri Dabbiru Prabhakar's son and daughter-in-law. Congratulations to them.

CGSKA – 'Abhyudayam' celebrations

'Abhyudayam' program was organized by Chhattisgarh Sistakaranam Association on Sunday, April 21. The program was organized keeping in mind the special occasion of 'Ugadi' festival of Sistakaranam society.

On this occasion, the chief guest Sri GS Patnaik honoured National level talents of the society. Sarvasri Dharendra Patnaik, Jaya Patnaik, Durga Patnaik, Dr. Vaishnavi, U. Juni Patnaik, Dr. Ritusha Rao, Sandhya Raj, Rajeshwari Patro, Chandana Vijay Patnaik were given special honours.



Dr. Anuradha Panigrahi added charm to the gathering as the program's special singer.

On this occasion, a special event was organized for the youth and they were also encouraged to contribute actively in the upcoming elections. Initiative for Marriage Alliance, Pelli Pandiri was held. During this time all the members of Sistakaranam community were present.

Ramanavami celebration by Nagumantri Maheswar

Bhilai Ramanavami Committee Sri Ramanavami celebrations were held in Bhilai Exchange Yard under the leadership of Sri Nagumanthri Maheshwar in a grand way.

17th Sri Rama Navami Kalyanotsavam, 18th Anjaneya Puja, 19th Sri Rama Pattabhishekam, followed by Bhajan programs by Swaralahari group by artistes from Nehru Nagar on 20th. Earlier they were given Memontos in the name of Sistakaranams. On 21st, the five-day festive atmosphere ended with Homam & Annadanam. Sri Nagumantri Maheshwari has sponsored up to three lakhs for this programme for the last 32 years as a donor of Sri Sitarama Lakshmana idols and for Brahmins, other expenses. Congratulations to Sri Maheshwar.



PROGRAMME	
17.04.24 Wednesday	7.00am - Sri Nigantawan Puja 8.00 a.m. - Vighnah Pratista & Nitya Puja 9.00 a.m. - Nitya Puja 10.00 p.m. - Sri Sita Rama Kalyanam
18.04.22 Thursday	7.00am - Nitya Puja 8.00 a.m. - Abhishekam 10.00 a.m. - Kaankana Puja for Ladies 4.00 p.m. - Nitya Puja 7.00 p.m. - Anjaneya Sastri Varatika Puja 7.00am - Nitya Puja
19.04.24 Friday	8.00 a.m. - Sri Saramanyasi Puja 9.00 p.m. - Nitya Puja 1.00 p.m. - Sri Sita Rama Pattabhishekam 7.00am - Nitya Puja & Rudrabhishekam 5.00 a.m. - Nitya Puja
20.04.24 Saturday	7.00am - Nitya Puja 8.00 a.m. - Homam & Mandapaprathana 12.00 Noon - Annadanam
21.04.24 Sunday	7.00am - Nitya Puja 8.00 a.m. - Homam & Mandapaprathana 12.00 Noon - Annadanam



Kalam Snehitulu

Kalingandhra poetry anthology book launch



'Kalingandhra poetry anthology' published under the auspices of Tapasveemanoharam was launched in a book launch program held at the district library in Srikakulam town on Sunday 4-4-2024. Central Sahitya Akademi awardee Sri Naramshetty Umamaheswara Rao was present as the chief guest for this program. President of E-Vemana Kavitanilayam Mohammad Rafi (E-Vemana) and Tapasveemanoharam assistant editor Smt. Balivada Tejaswini honored the poets in this program.

95 poet's poems have been included in this collection, but it is gratifying that 29 of our Kalam Snehitulu team members have been included (about one-third).

On behalf of the Kalam Snehitulu team, I would like to express my sincere thanks to the management of Tapasveemanoharam, the publishers. I wish that we write poems and stories with double enthusiasm for Tapasveemanoharam magazine and get appreciation.

I would like to convey my heartiest congratulations to all the 29 poets (list given below). Also, I would like to express my congratulations to the founders of our kalam Snehitulu Sri Balivada Sathya Rao and Dr. Dabbiru Govinda Rao who are doing great service to literature.

Kuppili Venkataraja Rao

Dr. Murahari Rao Umagandhi
Kondadadi Sugunakara Rao (Letu)
Raghupatra's Saisiva
Kudamathirumala Rao
Udandrauramana Babu
Arasada Suryanarayana Rao
Patnaikuni Ramakrishna Rao
Vasavikarakavalasa
Baliwada Anand
Behara Nagabhushana Rao
R Vasudeva Rao
J Vijayakumari
Sadashivuni Lakshmana Rao
Booravilli Radhikarani
Wandragi Santosh Kumar
Wadada Chandrasekhara Rao
Dr. Dabbiru Srikanth
Kuppili Bhimeswara Rao
TPR Patnaik
Godaba Lokamohana Rao
Baliwada Venugopala Rao
Basangi Suresh

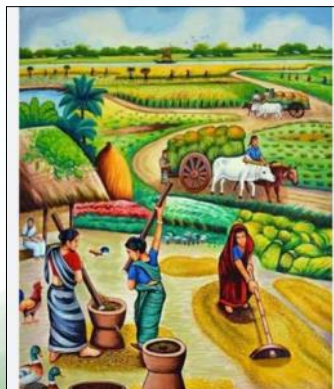
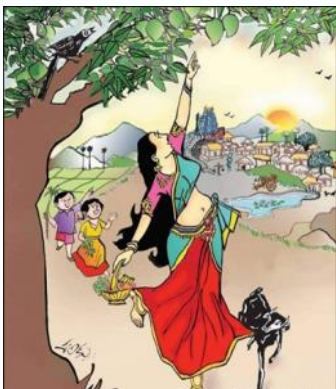
Kimmy Naveen Kumar
Delhi Shankar Patnaik
Dabiru Prabhakar
P. Lakshmana Rao
Sekharamantri Prabhakar
Manapuram Rajachandrasekhar
- Sadashivuni Lakshmana Rao
Visakhapatnam
19-4-2024



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 April-2024.

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



Kalam Snehitulu



Sistakaranam in Literary Service April 2024

1. Sri Behara Nagabhushana Rao, Organizing Secretary of Akhila Bharatha sishtakaranasamgam, Gajapatnagar, was felicitated by the organizers on 9-4-2024 in Gajapatnagar under the auspices of Chaitanya Bharathi Sanstha.



2. 9-4-2024 Sri Manapuram Rajachandrasekhar was honored for rendering a poem on the greenness of nature in 'Vagdevi Samaradhanam', at the Kavismelanam during the annual Ugadi celebration marking the "Krodhinama" year.



3. Sri Kudama Tirumala Rao, the recipient of the National Level Best Teacher Award, has been honored with the Ugadi Vagdevi Vidya Bharathi Award by the Rajam Writers' Forum. The award

was presented during the "Vagdevi Samaradhanamu" event organized by the Jayanagaram Jai Paidimamba Vedic Sanskrit Andhra Tradition Preservation Seva Sangam, under the leadership of Tirumala Rao, who serves as its President. Dr. Penneti Swapna Hyndavi hosted the Ugadi Utsav where Tirumala Rao was recognized for his exceptional dedication to education over the past thirty-two years. He was praised for his unique teaching methods that have elevated the educational standards and fostered holistic development in his school. The award ceremony took place at the Krodhi Nama Sanshavara Ugadi Mahotsava, held at the District Gurajada Library, where Tirumala Rao was presented with a shawl, a certificate of appreciation, and a memento of flower garlands.



4. Sri Bhogela Umamaheswara Rao, President of the Telugu Writers' Vedika Srikakulam captivated the audience with his monologues as Brahmashree Vishwamitra at the Grand Hotel. His performance drew numerous congratulations from the attendees. Among those extending their wishes were Raghupatruni Ramana Murthy, the General Secretary of the Telugu Writers Forum, along with Kimmi Santhosh, Karakavalasa Vasavi, and several others.



6. Sahaja poet Sri Dabbiru Srikanth from Vishakhapatnam was presented with an award certificate at the "Padave Padave O Koila" online conference organized by the National Vedic of Telugu Literature, Hyderabad on 7/4.



8. Sri Patnaik Ramakrishna (Sri Ramatatha) was a participant in the Telugu Velugu Sahitya Vedika, Sri Ramnavami Antarjala Kavi Sammelan.

9. Participated in International Webinar on Sriramanavami conducted by TTD & Singapore Telugu Samajam and received laurels – SharatKavi.



5. Sri Kudama Tirumala Rao, a member of the Jam Writers' Forum, has been awarded the Ugadi Award by another organization at the national level. Tirumala Rao received this award at the Krodhi Nama Satswara Ugadi Varotsavam organized by the Hyderabad-based Telugu Velugu Sahitya Na-



7. Telugu literary scholars convened for a one-day National Discussion at Andhra University, organized by the Telugu Velugu Sahityavedika. Kilaparthy Dalinayudu (Danamaster), the National Adviser of the organization, highlighted the key discussion points. The program, presided over by Acharya Narasimha Rao, Principal of Arts & Commerce College, saw the participation of esteemed poets including Sri Patnaikuni Ramakrishna Rao and Shekhara Mantri Prabhakara Rao. Notable poets such as Mrs. Ravanamma (Balabata) and Sri Chinnasuri also contributed to the enriching dialogue.



10. Amaravati Vishwasahiti, Visakhapatnam Vari Krodhi Ugadi Satakaram 11-4-2024 To Sree Shekharamantri Prabhakar

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	LAVANYA
Surname	VURITY
Father's Name	V. VASUDEVARAO
Gotram	NAGESHWARA
Date of Birth	15-Dec-1987
Nakshatram	HASTHA
Height	5' 2"
Complexion	TAN
Occupation	
Work Place	
Education	B.PHARM
Preference	JOB, ABOVE DEGREE

Name	NEELIMA
Surname	MANAPURAM
Father's Name	M.UMAMAHESHWARAO
Gotram	BHARADWAJ
Date of Birth	23-Feb-1984
Nakshatram	VISAKHA
Height	5' 5"
Complexion	FAIR
Occupation	PVT. EMPLOYEE
Work Place	VIZAG
Education	B.COM
Preference	JOB, WELL SETTLED FAMILY, PAN-INDIA

Name	RIKITA PATNAIK
Surname	PATNAIK
Father's Name	LATE RAJENDRA PRASAD
Gotram	
Date of Birth	15-Sep-1995
Nakshatram	ROHINI
Height	5' 3"
Complexion	FAIR
Occupation	PVT. EMPLOYEE
Work Place	HYDERABAD
Education	B.COM
Preference	SOFTWARE



Name	BHARATH KUMAR
Surname	RAJMAHANTHI
Father's Name	R. RAMESH KUMAR
Gotram	KOWSIK
Date of Birth	6-May-1996
Nakshatram	MULA
Height	5' 3"
Complexion	
Occupation	PVT. EMPLOYEE
Work Place	VIZAG
Education	
Preference	DEGREE, PAN-INDIA,

Name	PRAVEEN SAI
Surname	ARIKATHOTA
Father's Name	A. SRINIVAS RAO
Gotram	BHARADWAJA
Date of Birth	24-Jan-1993
Nakshatram	DHANISHTA
Height	5' 3"
Complexion	FAIR
Occupation	PVT. EMPLOYEE VIATRIS
Work Place	HYDERABAD
Education	M.PHRAM
Preference	

Name	CHANAKYA PATNAIK
Surname	VURITY
Father's Name	VVSSV. PRASAD RAO
Gotram	
Date of Birth	5-Oct-1990
Nakshatram	REVATHI
Height	5' 11"
Complexion	TAN
Occupation	PVT. EMPLOYEE VISHAKA MMA COOPERATIVE BNK
Work Place	
Education	M.COM
Preference	

Name	GIRIBABU
Surname	NANDIGAMA
Father's Name	LATE N. SUNDARAO
Gotram	SRIVAKSHA
Date of Birth	13-Jul-1985
Nakshatram	VISAKHA
Height	5' 9"
Complexion	TAN
Occupation	PVT. EMPLOYEE INDOFAB METPRO ENGG.
Work Place	HYDERABAD
Education	
Preference	DOB-"86-'91 : PAN - INDIA : ABOVE DEGREE

Name	NIRMAL KUMAR
Surname	MANTRI
Father's Name	M. DURGA PRADAD RAO
Gotram	KOUNDILYA
Date of Birth	29-Jul-1987
Nakshatram	PURVA PHALGUNI /
Height	5' 5"
Complexion	FAIR
Occupation	PVT. EMPLOYEE SOFTWARE
Work Place	PUNE
Education	
Preference	DOB-"88-'93 : ABOVE DEGREE, PAN-INDIA

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/>



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Sistakaranam Job-seekers

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

Prataprao 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.

Sairaaj 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.

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

Cherukuwada 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 Sangeeta 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

Valliswari Behara Id: 59
B. Sc, MPC, 2022
Core Java, OOPS, SQL, Python, JavaSript, HTML5, CSS3

Potential Employers may contact: srinivaskasimahanthi@gmail.com or 99594 73187

Candidates may email their resumes to: swajobmela@gmail.com.

Talent Corner

Teenager Miss Araha's paintings



Lekha team found some more work on acrylic sheets of Araha from Mumbai of her favourite artists of music bands. This teenager is daughter of Ms Vathsala Rao & grand daughter of Smt. Uma & Sri Kuppili Raja Ram Mohan Rao of Vizag.



Karnam World

Late Sri Prahalad Patnaik - A daughter's memories of her father

He was not only an all-caring father for all of us, the siblings, but also a friend, philosopher, and guide for us all through. Apart from being an adorable father, he was a caring and affectionate husband, son, brother, nephew, uncle, brother-in-law, and son-in-law, all in one, in the family. Beyond the realm of family, he was, without any doubt, the ultimate model of a complete and accomplished human being I have ever known.

Born in December 1926 to Late Sri Krishnamurthy Patnaik of Berhampore (Gm), a Head Master with a high reputation and popularity for his strictness and expertise in teaching mathematics and Late Smt. Satyavati Patnaik, an astute home maker possessing uncommon common sense, my father had a disciplined upbringing as a child in Berhampore. He was an outstanding student, having secured the second rank in Madras University in his Intermediate Science examination. To pursue his passion for studying engineering, he joined Patna University with a monthly scholarship of Rs 40 per month, a handsome amount by any means those days, and completed his graduation in Civil Engineering with distinction. Later, during his service, he was considered eminently suitable by the Government of Odisha for higher academic pursuits in Highway Engineering and was sent to Glasgow, UK for his M.Tech, which he completed successfully with ease.

Having joined in 1948 as an Assistant Engineer in the Government of Odisha, he climbed, in due time, all the steps in his career ladder to finally retire as an Engineer-in-Chief and Secretary, Works to the State Government. Post-retirement again, he held the Chairmanship of the Odisha Bridge Construction Corporation (OBCC). Keeping in view his outstanding performance record, the Government of India deputed him to the World Road Congress held in Sydney, Australia in 1984. An illustrious career by any means, he had established a



strong reputation for himself as a sincere, hard-working Officer based on the foundation of his rock-solid job knowledge. The icing on the cake was the combination of his qualities of fearlessness, frankness, free-communication, co-operation and empathy with his colleagues.

A striking character of my father, which I admired the most, was that he was out and out, a man of the Society. His untiring propensity to stand by others had no parallel when people needed help for help and support, be it neighbours, friends, relations, colleagues, servants, or even unknown people. I firmly believe that it was his nature which carved out a permanent place of adoration in the hearts of all of those people who knew him in any capacity and in any situation. After hanging his boots, he remained active in various social and professional organizations like the Satya Sai Trust, Indian Road Congress (IRC), Institution of Engineers of India (IEI), Indian Institute of Public Administration (IIPM), Bharat Scouts and Guides, All India Sista Karanam Society etc. Philanthropy apart, he continued to disseminate his technical knowledge to others by regularly subscribing articles to various national and international journals and magazines.

I would be committing a significant omission if I don't touch a bit on his never-say-die approach to life, the spirit of positivity and his passion for yoga and physical fitness. All of these helped him to lead an active and healthy life till his death in 2015 at the age of 89. These attitudinal traits in him were indeed examples for others to emulate.

My thoughts on him are endless, which cannot be bound by any space or time....My only prayers remain, may he continue to shower his blessings on us all from his Heavenly Abode at the Lotus Feet of the Lord.

- Priyadarshini Pattnaik,
Chennai

Entrepreneurs Frontier

Jayabhushan Agro opened

Sri Donkada Jayabhushan has opened Jayabhushan Agro Industries Pvt Ltd company opposite Siripuram WNS Bus Stop in Visakhapatnam. Best wishes to him.



Health Page

Awareness on Liver - Hepatitis Infections

– Dr. Kuppli Suresh Babu

Hepatitis viruses are a growing concern in today's fast-paced life, that may go unnoticed until the disease progresses often with severe consequences, often fatal. With the liver being the body's largest organ and chemical hub, responsible for around five hundred essential functions. it converts dietary fats into energy. The liver continuously secretes bile which is necessary for digestion. It produces iron needed by our body from the hemoglobin cells in the blood. It acts as a protective shield for us by excreting the harmful substances formed in the body organs.

Unfortunately, hepatitis infections pose a significant threat to liver health. Hepatitis disease that comes to the liver can completely damage the liver to the point where it cannot be repaired, causing liver cirrhosis and finally turning into liver cancer. There are 5 types of hepatitis viruses A, B, C, D, E. Inflammation of the liver is called hepatitis. However, the hepatitis-A, E infections go away on their own. This is commonly known as jaundice.

Hepatitis B and C viruses are extremely dangerous. What's even more concerning is that 80 out of 100 people who have hepatitis don't realize it, and by the time it is discovered the disease progresses to a point where little can be done. Ten lakh people die of this disease every year. This disease is a silent enemy.

Symptoms include jaundice (yellowing of the skin and eyes), upset stomach, swollen legs, tiredness, vomiting, nausea, loss of appetite, low energy, and stomach pain. These symptoms can be worse for people with high blood pressure or diabetes.

There are various reasons why people get hepatitis, such as lifestyle changes, addictions like smoking tobacco or drinking too much alcohol, consuming contaminated water or food, getting

tattoos or nose & ear piercings with unclean needles, receiving blood transfusions with contaminated blood, and accumulating too much fat in the liver, leading to fatty liver disease.

Diagnostic tests include liver function tests, abdominal ultrasound scans, CT scans, liver enzyme viral load tests, PCR tests, gastrointestinal endoscopy, and Fibro scans.

Prevention – Personal and environmental hygiene is paramount. Contaminated water should not be consumed. This disease can also be transmitted from the pregnant woman to the child. There is also a vaccine for this disease. Generally given three times, this vaccine is given at birth and then once every six months. Fortified food should be given for this disease. Food with

protein vitamins should be given.


While hepatitis may seem minor, it can progress to severe conditions like liver cirrhosis and cancer, leading to death.

The above awareness, on the occasion of World Hepatitis Day, has been articulated by Dr. Kuppli Suresh Babu, Visakha District Convener – The PMP Association of India, and community medical practitioner, on how hepatitis occurs, what are the symptoms, causes, prevention, treatment and tests for the disease.



Awareness on Sunstroke in summer

The do's, don'ts, and first aid for sunburn in summer are detailed in the chart below. We request everyone to be very careful.



Sunstroke

Sunstroke, dehydration due to high temperature and hot winds in summer are common diseases which can be fatal if not treated at the right time.


Symptoms of sunstroke

◆ Lack of sweating
◆ Increased body temperature

◆ Shivering
◆ Drowsiness or confusion
◆ Fits or partial unconsciousness

Do's	Don'ts	First Aid
<ul style="list-style-type: none"> Consume more water, syrups, coconut water and buttermilk liquids. Light colored, gentle cotton clothing should be worn. Drink at least 15 glasses of water a day. Give top priority to cleanliness. Take a bath twice a day. Meals should be moderate. Always stay at home. If you have to go outside, take umbrella or hat. Keep the windows open at home. Use fan to maintain a cool atmosphere. 	<ul style="list-style-type: none"> Don't venture out too much during hot summer, extreme temperature. Avoid exposure to sunlight and hot breeze. Do not drink cold, colored drinks on roads. Do not eat contaminated food sold on the roads. Meat should be reduced and alcohol should not be consumed. Do not do strenuous work in hot weather. Do not wear black and thick clothes. 	<ul style="list-style-type: none"> A person affected by sun stroke should be moved to a shaded area as soon as possible. Wipe the body with a wet cloth dipped in cold water. Do this until the body temperature returns to normal. Provide air from a fan or cold air. Salted buttermilk or glucose solution with a pinch of salt or oral rehydration solution (ORS) can be given. An unconscious patient suffering from heat stroke should not be given water. Move to the nearest primary health center as soon as possible.

Take these as often as possible



Health Page

Recent rise in premature, sudden deaths – minor precautions to be taken

In recent times, a worrying rise in sudden deaths from heart attacks has been observed globally, affecting individuals of all ages, from children to adults. To address this alarming trend and safeguard against heart-related health risks, it's crucial to adopt a proactive approach through simple yet effective precautions:

1) **Regular Exercise:** Incorporate moderate physical activity into your daily routine, such as walking, for at least 30 minutes to an hour each day. Don't try exercising a lot, only once a week. That's a risk: Not from excessive exercise, but from lack of exercise for many days. So, if you stop exercising, you should not do too much exercise at once, but start doing it little by little and do it regularly.

2) **Consistent Eating Schedule:** Consume three balanced meals at consistent times daily, emphasizing a hearty breakfast and lighter dinner. Avoid skipping meals or consolidating three meals into one due to a busy schedule, to minimize health risks.

3) **Hydration with Caution:** While consuming water, warm water should be sipped slowly. Drink many times. If you drink bottled water vary rapidly, you will have problems with air bubbles. One should never drink fresh water or eat food with such eagerness. Make it a good habit. If breakfast is not prepared in the morning, eat something that was made the previous night if it is ready. Finish eating half an hour before going to office. Don't be in a haste.

4) **Balanced Work Habits:** Staying awake and working at night, doing excessive overtime, working with the aim of earning and earning more, doing more physical and mental work, and doing it continuously for long days are also dangerous. Too much of work is not good. It should be little by little, every day in a systematic and regular manner. Greed is no use. You should take enough sleep and rest.

5) **Limit Eating Out:** Many are used to eating outside. Eating pizzas, burgers, oily and highly salted food items every day is also harmful to health. It is better to cook and eat at home as much as possible. Outside preparations are tasty but can cause illness. It is better to avoid them completely. Avoid eating high fat foods. A healthy, low fat diet should be taken.

6) **Reduce Mobile Phone Usage:** Excessive use of the mobile phone, such as holding the mobile phone with the palm of the hand while talking on the phone, playing games, looking at WhatsApp for hours, thus keeping the hand still, results in blood circulation being not normal, risks immobilization of the hands. It affects the functioning of the heart. For this clapping with both palms, or doing master drill exercises,

or chanting, doing various physical things with hands will help. Also, reduce excessive use of mobile phone holding it by hand. Further, if the mobile phone is close to our body, there is a possibility of some radiation effect. Do not use the phone unless necessary.

7) **Address Emotional Well-being:** Emotional abnormalities and cigarette smoking, alcohol consumption, are also dangerous. Avoid them as much as possible.

8) **Nurturing Environment for Children:** Allow children to enjoy their childhood without undue pressure or unrealistic expectations. Shield them from unnecessary worries and emotional manipulation to ensure their mental and physical well-being.

9) **Live Within Your Means:** Don't try to live beyond your means. Don't get into a lot of debt. Don't cheat others for high earning. This causes your heart to palpitate, and can lead to premature death. Understand that you are involved in the business of various people's organizations in this society. They are using you as a market for their business. Loan app guys, insurance guys, real estate guys, through aggressive marketing, they make profits by enrolling you and causing you losses. You are mentally disturbed by it. The people of loan apps attract you with sweet words, but from the second day of taking the loan they will harass you. And so are all the organizations. Be careful. Stay away. Don't be greedy.

10) **Incorporate Omega-3 Fatty Acids:** Fish should be consumed in abundance. This provides omega-3 fatty acids. Prevents accumulation of lipids. Those who do not eat fish should take fish oil regularly.

Fish oil, Omega 3 found in fish, is for vegetarians who don't eat them. Other omega-3 sources include flaxseeds, flaxseed oil, walnuts, chia seeds, soybean oil, canola oil, yogurt, buttermilk, milk, soy drinks, etc. (Those who do not eat fish and eggs will get omega 3 fatty acids if they consume the above foods.)

Cod Liver Oil Capsules from Seven Seas Company are available on Amazon. Or the company shown in the pic – 100 capsules Rs. 220/- I took it on 4-2-2024 at generic shop. It is good.

11) **Time Management:** Make sure you are half an hour or an hour for your work. Sleep early at night and get up one hour earlier in the morning and reach your work/office one hour before time. It is the key to many successes. This way, there is no need to board the bus while running. If you miss a bus once, you can take another one, as you are ready an hour early anyway. Even if you are late, you can take another mode of transport. There is no need to get stressed with anxiety.

12) **Practice Kindness and Reconciliation:** Do not scold anyone unnecessarily. Even if you do, patch up immediately and impress with kind words. Explain your stance calmly. Don't create enmity. Don't think of revenge. That will increase your chances of leaving before him. Do not scold anyone more than necessary. Make sure everyone is happy.

Above all, meditate at some quiet time. Do Pranayama. Do simple yoga asanas. Pray to your favorite God.



Sadasivuni Lakshman Rao

World Health Day – 'My Health, My Right'



The theme for 2024 is "My Health, My Right".

The global disruption caused by the COVID-19 pandemic has underscored the paramount importance of health worldwide. Individuals are now prioritizing their health, focusing on aspects such as nutrition, sleep, and exercise. The pandemic served as a poignant reminder of the significance of staying at home, maintaining personal and environmental hygiene, receiving vaccinations, adopting a nutritious diet, and engaging in regular physical activity. The World Health Organization (WHO) played a pivotal role in fostering this heightened awareness, particularly through its prompt response to the pandemic. Consequently, the observance of World Health Day holds greater relevance in the wake of the pandemic.

World Health Day is observed on April 7th, serving as an occasion to advocate for global health awareness. Established in 1948, this day also marks the 76th anniversary of the WHO. Over the past 76 years, the WHO has been dedicated to addressing various health issues, providing guidance and leadership during health crises.

- JV Chandrababu

Our Treasures

Bhakti



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

It is interesting to ponder about Bhakti. There are many great sages in India known for their devotion and Bhakti like Ramdas and Kabir. A yogi, on his path develops Bhakti along the way and it deepens as his wisdom grows. At a normal level, Bhakti may be just performing few rituals without deeper insights. However as the sadhana develops the Bhakti develops, and level of surrender deepens. To attain heights, a total surrender is necessary. Bhakti is not just some emotion, but a deeper and divine cognition of higher level. At such levels Bhakti becomes the gate to the infinite bliss. Like ocean flows into the bay, the infinite bliss flows into the individual that is otherwise separated by the maya. As sadhana progresses, Bhakti leads to surrender and surrender leads to Bhakti.

As Bhakti develops, the ultimate is the saviour, mother is the grace, and doership starts to disappear. When doership is there the individual has the responsibility of creating the right cause. He needs to perform to get results. He stays bounded by the cause and effect, and it is a painful living. However when a true surrender happens, the gates open. And the higher realms induce upon. Beyond cause and effect is a miracle world. When a sadhak is initiated by a self realized Guru, the seed of infiniteness sets in the jeeva. It can be nurtured by sadhana, yoga, surrender and bhakti. As the nurturing develops gates open. Sadhak starts giving up doership, and simultaneously bliss and divine support keeps developing. Sadhak moves from cause and effect realm to blissful realm and its support.

Desired effects get created without an effort. Mind frees itself up from action and readies itself to reception. It starts receiving from the ultimate. Mind keeps getting liberated. Such devotees state will be felt by others around him. His bliss body becomes, closer to others bodies. At this stage it is important for the Bhakta to deep inquire on "who am i" as taught by Ramana Maharshi.

The bliss not only flows into the Bhakta, but also to people around him. This is the reason the great Bhaktas like annamaya are cherished.

Grace pervades where Bhakti prevails. Guru is the grace. Guru is everywhere. Quran says which ever side you turn there is face of God. Infact for a completely surrendered bhakta, everyone around him also exhibit grace, because the fundamental essence, the guru, the infinite bliss is what flows into him from everyone around him. This is how a bhakta communions with oneness, and the nature and existence.

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Ikya Vedika Page

Coming Soon...

Lekha Annual Awards

The Trophy!

We previously spoke about how we envision Lekha awards would be very coveted, then how a comprehensive evaluation process will be adopted, and then how we are vary of the financial implication for an initiative like this.



This time, let us relax a bit and just talk about how the trophy should look like. The Oscar trophy and the Filmfare trophy have an unmistakable recall value. We want the Lekha trophy to also have such a visual appeal. An online Artificial Intelligence (AI) tool gave us one design, which is shown here.

We are, of course, open to more ideas. If you have some design in mind, you may submit the same to anyone in the Lekha Editorial team given at the bottom of this page. We will consider all ideas before finalizing one design.



How to subscribe to Lekha

Every month, on the first Sunday, Sistakaranam Lekha is posted in over 100 Sistakaranam Whatsapp groups.

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