

World Art Day greetings!



Our warmest wishes on World Art Day go out to all the members of the Lekha family, for encouraging so many artists, like us, and for supporting our work by publishing it in the Lekha magazine.

— K.P. Patnaik (Sculptor)

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A Few Disclaimers

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

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

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

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

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



Community News

Sistakaranams in Political Arena

1) On Wednesday 01/04/26, at Krishna District Pedana Town, cash was distributed door to door to the pension beneficiaries of wards two and three within the First Secretari- at limits by Sri Srinivas Veenam.



2) At the state level BC meeting at the YSR Congress Party central office in Tadepalli, YSR Congress Party Andhra Pradesh State Disciplinary Division Committee President, Sri SNK Mahanti Visakhapatnam District Sistakaranam Division Committee President Sri Manapuram Srinivas Patnaik.

Tirupati Rao and others participated in the blood donation camp at Amaravati Nagar Park.



5) On Monday, April 20, 2026, at Krishna District Pedana town, Sri Srinivas Veenam, Founder and Chairman, 'Memunnam Seva Samstha' participated in a cake-cutting ceremony by women and buttermilk distribution as part of birthday celebrations of visionary leader for future generations and tireless champion of a 'Golden Andhra,' CM Nara Chandrababu Naidu..



3) In light of the intense summer heat and soaring temperatures, and in response to a call to public service by Pedana MLA, Hon. Sri Kagita Krishna Prasad, Sri Srinivas Veenam, Founder and Chairman of the 'Memunnam Seva Samstha' (Pedana Town, Krishna District), has initiated a drinking water supply and buttermilk distribution service, was formally inaugurated on Friday, April 26, at 11:00 AM, at the hands of the Chief Guest: Social Worker Dr. B. Venkatesh (MBBS, MD), a General Physician at the Gudivada Government Hospital, at the junction of Bantimilli Road and Gudivada Road.

పెడన నియోజకవర్గం శాసన సభ్యులు
శ్రీ కాగిత కృష్ణ ప్రసాద్ అన్నగారి
 పలువు మేరకు ప్రజాసేవలో భాగంగా
మేమున్నాం
 సేవాసంస్థ వారి అధ్యక్షులలో
 వేసవి తీవ్రత దృష్ట్యా మంచినీరు సరఫరా కేంద్రం
చలివేంద్రం

6) State Minister Hon'ble Sri Kollu Ravindra conducted a surprise inspection at Machilipatnam Government Hospital. President of the State Sistakaranam Welfare Association Akkumahanthi Raja participated in this program.



4) State Telugu Desam President Sri Palla Srinivasa Rao, 76th Ward Corporator Sri Gandham Srinivasa Rao, Gajuwaka Crime CI Sri Parthasaradhi, Baliwada Satyarao, Karanam Kanaka Rao, Basangi

Newsmakers

Nagasai Newspaper Launched

Visakhapatnam resident, prominent Sistakaranam, APWJF Visakhapatnam City President and senior journalist Sri Potmahanti Narayana has launched a new daily newspaper named "Nagasai Newspaper" in Greater Visakhapatnam on Thursday, 9-4-2026. Sincerely wishing that this daily newspaper will flourish day by day and receive the appreciation of the readers, let us extend our congratulations.



Kumari Ramani's Talent in Powerlifting Competitions

Our Sistakaranam international athlete from Garividi, Kumari Rajamahanti Ramani Priya garu, has won a silver medal in the 74 kg category in the 5th State Level Deadlift Powerlifting Championship held in Visakhapatnam recently.

Kumari Ramani Priya was honored by the Presidents of the All India and Andhra Pradesh Sistakaranam Associations at the Vizianagaram Mahasabha in June last year for her achievements in international competitions.



Finance Brunch Strategies Pvt Ltd Company Established

Let us congratulate our Sistakaranam young entrepreneur Sri Saikarun Arasada (son of Sri AT Varapasad of Vizianagaram town) for establishing a company named Finance Brunch Strategies Pvt Ltd with headquarters at Vizianagaram extending health insurance and term insurance solutions to general public in India and abroad.



Fortnightly newspaper titled 'Our Chairperson'

For the past 21 years, a fortnightly newspaper titled 'Our Chairperson' is being published from Srikakulam town every fortnight headed by our Sistakaranam senior journalist, founder and editor Sri R. V. Patnaik. In this, development works and news within the municipality are mostly covered. Congratulations to him.



Felicitation of an Accomplished Teacher

In a heartwarming and grand farewell celebration organized by the students and management, Smt. Markonda Patnaikuni Anuradha, was felicitated by Class X students of Sri Chaitanya English Medium School, NAD-1, Visakhapatnam.

Currently serving as a High School Physics teacher for Classes VI to X for the past five years at the school, her teaching experience dates back to June 2003 in various institutions at Rayagada. Apart from teaching Mathematics and Science, she has been in-charge of Science Lab, Maths Lab,



Academic & Co-curricular Activities, Cultural activities, Assembly, Discipline and Examinations including seating and procedures, has anchored multi-lingual events like Hindi Diwas, Annual Day (English), & Sanskrit Diwas, has earned accolades in singing and public speaking, has contributed as an invigilator for CBSE Class X Board Examinations, and has been instrumental in documenting official meeting minutes.



Newsmakers

Award Named After Dr R Bhimarao Presented

Dr Raghupatruni Bhima Rao award presented to Sri Shivakumar Angadi L during the 65th Annual Technical Session held on 19th April, 2026, at Institute of Engineers India, Odisha State Centre, Bhubhaneswar, in recognition of his outstanding paper titled "Innovative Approaches for Upgrading Red Ochre Fines in to Blast Furnace - Grade Pellets: A Sustainable Iron making Route for Industrialization in Odisha".



Chandrasekhar Acting in Manyam Raja Movie

Belagam Chandrasekhar has been offered a chance to act in his new movie Manyam Raja, which he is directing under the guidance of Johnny Fight Master.



Prize in Children's Story Competition

Let us congratulate our Sistakaranam children's literature writer Sri Belaga Venkateswara Patnaik from Parvatipuram, for winning a prize among the 10 winners out of the 180 stories submitted for the Children's Story Competition 2026 organized by the Telangana Saraswata Parishad for elders.



He is currently working as a Mathematics school assistant at the Zilla Parishad High School, Narsipuram. So far, about 800 of his stories, songs, musical stories, and short stories have been published. In the 'Hi Bujjii' Eenadu publication, up to two hundred of his stories have been published.

Navarasa Chanti in Janani Movie

I'm excited to share the trailer of my upcoming independent film JANANI. Your thoughts mean a lot — please watch and share your feedback in the comments!

- Ramprasada Bandaluppi (Navarasa Chanti master)

<https://youtu.be/VWjyvTan74w?si=nJcZfBYSr3ul3ul7>



Acharya Baliwada Leela Kumari honored at JNTU

Jawaharlal Nehru Technological University (JNTU), Kakinada, celebrated its annual function. On this occasion, Professor Baliwada Leela Kumari, Head of the Department of Electronics and Communications Engineering (ECE), who was selected as the Best Teacher (Higher Education) this year by the State Government, was felicitated. Vice Chancellor Professor Chakuri Sivaramakrishna Prasad and District Collector M. N. Harendra Prasad felicitated her with a shawl, a certificate of appreciation and a memento.

Leela Kumari is the daughter of retired District Education Officer and educationist Baliwada Malleswara Rao. University professors and department heads praised Leela Kumari for her services to the university's ECE department. Red Cross District Chairman Polumahanthi Jaganmohan Rao, Baliwada Malleswara Rao, Union Finance Ministry Hindi Advisory Council member Kone Sridhar, and eminent scholar Vandrangiri Kondala Rao and others congratulated Professor Leela Kumari on Friday.



Collector congratulates inter topper Sai Amrutha

Chi. Belgaum Amrutha, a student from Parvatipuram town, has excelled in her studies by securing 987/1000 marks in intermediate. On this occasion, Manyam District Collector N. Prabhakar Reddy felicitated and congratulated her at the Parvatipuram Collectorate.



Newsmakers

Sri Raja Rammohan Rao felicitated during AU Centenary

On the occasion of the centenary celebrations of Andhra University, in a program held at the university on 22-4-2026, the people of Visakhapatnam honored and felicitated our prominent Sistakaranam and alumni of Andhra University, Sri Kuppili Raja Rammohan Rao, as the Eminent Alumni of AU College of Engineering.

Since he graduated with an M.Sc. in Applied Physics from Andhra University in 1961, his career has been defined by his passion for instrumentation and exploration. He spent decades as a geophysicist at ONGC, specializing in many parts of well logging and working all over India & USSR before retiring as Deputy General Manager in 1995. Retirement only opened up new opportunities for him. He had the chance to serve as a Consultant, Academic Counselor, and External Examiner for DSI Andhra University. From the field to the classroom, he dedicated himself to the advancement of science and petroleum exploration.



Vote for Chi. Sanjana at Miss Grand International

Let's congratulate our Sistakaranam young star Sanjana Sekharmantri who is participating in Miss Grand International Pageant 2026. Vote for her and help her win.

Scoring will be counted across 2 platforms:

Facebook: [Miss Grand International](#)

(Follow the page for your votes to count)

1 reaction (Only ❤️) = 5 points

1 share = 1 point

Instagram: [@missgrandinternational](#)

(Follow the account for your votes to count)

And like (❤️) this [post](#).

1 like = 6 points

Voting is open from April 30 to May 5, 2026 at 6:00 PM (Bangkok time).



A rare honour bestowed upon Sarvepalli then, and upon a Sistakaranam Teacher today

Just as the renowned philosopher, famous Acharya, and President Sarvepalli Radhakrishnan received an exceptional and rare honor from students, today a similar honor has been accorded to a Sistakaranam teacher.

Sri Balivada Venkateshwarlu, a teacher at the Mandal Parishad Model Primary and Upper Primary School from Layidam village, Ponduru Mandal, Srikakulam district, retired in April this year. In this context, his students and former students placed Venkateshwarlu Master in a flower-adorned chariot from his home, arranged an umbrella to protect him from the sun, showered flowers along the way, chanted slogans of praise, and pulled the chariot themselves up to the farewell ceremony stage.

He worked as a teacher for 28 years, of which 18 years were in his native village of Layidam. He used to arrive an hour before school working hours. Even before leaving the school, he used to work for an addition-

al hour. He not only taught lessons to the students but also used to narrate stories that impart moral messages. Similarly, he used to explain the Bhagavad Gita shlokas and their meanings. He proved through his actions what kind of relationships should exist between students and teachers. On holidays, he used to participate in satsangs and other programs held at the Shivaananda Dharma Kshetra in the village. Even though his service tenure has ended, he announced, during his felicitation ceremony, that he would voluntarily come to the school after summer vacation and teach a few classes.

Sarvepalli Radhakrishnan Anecdote:

While serving as the Head of the Department of Philosophy at Maharaja College, University of Mysore, in 1921, Sarvepalli Radhakrishnan was selected for another prestigious position (Vice Chairman) at the University of Calcutta. After the farewell meeting, when he was leaving for Calcutta,



the students, in an unprecedented manner, brought a horse carriage to take Professor Radhakrishnan to the railway station. They tied the horses aside, held the carriage with their own hands, and carried him to the railway station chanting 'Long live Radhakrishnan.' This was an unforgettable event in Radhakrishnan's life. In the present times, such a similar remarkable honor that was received by Master Balivada Venkateswarlu may not be given to anyone else!

- Analysis: Vandurangi Kondala Rao, Senior Journalist, Ponduru.

Newsmakers

Sistakaranam Students who Excelled in Intermediate Exam Results

Our Sistakaranam students who excelled in the Intermediate examination results announced by the Andhra Pradesh State Board of Intermediate Education on April 12, 2025:

Final Intermediate:

- 1) 2502226914 (Hall Ticket No.) Balivada Pragna Amrutha – 974/1000 (A Grade)
- 2) 2504239211 Uriti Meghana – 969/1000 (A Grade)
- 3) 2502211637 Gara Hemavarshini – 954/1000 (A Grade)
- 4) 2513210826 Balivada Venkata Sai Rama Akash – 959/1000 (A Grade)
- 5) 2513215999 Balivada Venkata Sai Lakshmana – 876/1000 (A Grade)

(Both of these students are the sons of Sri Balivada Sivakumar Patnaik, resident of Vijayawada, the First Vice President of our Andhra Pradesh Sistakaranam Association, and the Treasurer of the AP State BJP OBC Morcha.)

- 6) 2502212778 Pakki Sri Harshith – 945/1000 (A Grade)
- 7) 2504239470 Donkada Dharmaraji Chandrika – 988/1000 (A Grade)
- 8) 2501210311 Raghupatruni Anudeep – 984/1000 (A Grade)
- 9) 2504229471 Muraharirao Venkat Nikhil – 951/1000 (A Grade)
- 10) 2501213270 Kallepalli Manisha – 969/1000 (A Grade)
- 11) 25042122653 Balivada Jyothi Bhaskar – 987/1000 (A Grade)
- 12) 2504230245 Kottisha Pavani – 921/1000 (A Grade)
- 13) 2502228422 Nidaganti Harshitha – 967/1000 (A Grade)
- 14) 2504217865 Sirlam Tejaswini – 979/1000 (A Grade)
- 15) 2504242241 Bhasuru Veda Harsha – 985/1000 (A Grade)
- 16) Manapuram Shivatrayani Patnaik – 935/1000 (A Grade)
- 17) 2501213594 Behera Aneesh – 896/1000 (A Grade)
- 18) 2512220214 Polumahanti Karthikeya – 961/1000 (A Grade)
- 19) 2502228930 Patnaikuni Hanisha –

- 906/1000 (A Grade)
- 20) 2503210372 Donkada Rohitha – 974/1000 (A Grade)
- 21) 2504223493 Patnaikuni Sai Sanjana – 964/1000 (A Grade)
- 22) 2513227488 Sekharamahanti Sri Nagayogith – 938/1000 – A Grade
- 23) 2503213775 Bukkuru Akash – 940/1000 – A Grade
- 24) 2513231479 Balivada Venkata Sai Himaja – 921/1000 – A Grade
- 24) 2512216284 Donkada Surya Gayatri Priyabandhavi – 972/1000 – A Grade
- 25) 2504230171 Mantri Drakshayani Sai Shirshika – 985/1000 (State 4th Rank) – A Grade
- 26) 2503210860 Yellumahanti Vaishnavi – 963/1000 – A Grade
- 27) 2502226042 Balivada Poojambika – 946/1000 – A Grade

First Year Intermediate:

- 1) 2502128438 Kuppili Neha – 447/470 – A Grade
- 2) 2503116990 Belagam Sai Amrutha – 454/470 – A Grade
- 3) 2504144046 Raghupatruni Prakhyathi – 465/470 – A Grade
- 4) 2502124970 Tyada Niharika – 459/470 – A Grade
- 5) Dikshitha Satya Gouri – 434/470 – A Grade
- 6) 2504117365 Madhushree Marupalli – 455/470 (A Grade)
- 7) 2504140379 Paltheru Tirupati Nikhil – 455/470 (A Grade)
- 8) Thattikota Sahitya – 489/500 (HEC Group – State First Rank)
- 9) Godaba Pooja – 410/440 (A Grade)
- 10) Lavudi Chanukya – 455/470 (A Grade)

Let us extend our congratulations to our Sistakaranam students who have demonstrated exceptional talent and let us also congratulate their parents.

Heartfelt congratulations and best wishes.

Polumahanti Umamaheswara Rao

President, Andhra Pradesh Sistakaranam Sangham

Chi Gayatri secures state first rank in Telangana

We are happy to inform that our Sistakaranam gem from Hyderabad, senior intermediate student Chi. Kuppili Gayatri Vardhini, achieved the first rank in Telangana State 2026 Intermediate (MEC Group) examinations by scoring 991/1000 marks.

She is the beloved daughter of Smt. Kuppili Sandhyashree and Sri Kuppili Gopinath. Let us congratulate her.



Sai Venkat shines at Tribe 64 Rapid Chess Tournament

Let us congratulate Chi Kuppili Sai Venkat, B.Tech graduate from Srikakulam District, for his outstanding performance in the Tribe 64 Rapid Chess Tournament organized by the Telangana Chess Academy on 01.03.2026. With a commendable score of 4/6, he secured the 8th position among strong competitors.



Editorial

When it is time to point fingers...

"Lekha" extends heartfelt salutations to all community kinsmen.

Our heartfelt congratulations on behalf Lekha, to the students and their parents, from the two states who have shown their talent and achieved success.

Every year, when the Inter and 10th results are announced, we cannot help but appreciate the talents of our people. If the talented ones are given awards by the State Association or, as done twice before on behalf of AISKA, it would encourage the students. Years are passing by... For our people who have moderate marks, OBC status is still certainly necessary. At times like this, it would be beneficial for them in higher education and jobs.

Now, in today's message, "Those who are quick to find fault in others often fail to recognize their own errors." Let us take a moment to reflect.

Human life is built upon relationships. Our words, our behavior, and our reactions, combine to shape our personality. However, there lies a bitter truth: we often focus exclusively on the faults of others, while completely overlooking our own. Our lives, in this regard, resemble the Guruvinda seed.

We tend to forget a simple truth - known to all: when we point one finger at someone, the remaining three fingers point back at us.

Our elders have shared a simple truth: "As you sow, so shall you reap."

If we sow hatred, we shall reap hatred. If we offer respect, we shall receive respect. If there is harshness in our words, we will encounter harshness in our lives. Therefore, we must remember that whatever we give out returns to us. Introspection is true strength. It is easy to criticize; however, acknowledging our own mistakes is truly noble.

If we desire peace in life, keep one simple truth in mind: "Whatever you give is exactly what you receive." If there is sweetness in our speech, our lives will be filled with happiness. If our hearts are filled with forgiveness, the world will feel like our own extended family. Before pointing a finger, let us consult our own hearts.

In particular, in our community, there are people who would point out mistakes in a very conspicuous way whenever someone does a good deed or starts a new program. It is necessary to point out mistakes, as that is a golden path for future programs. But pointing out mistakes just because one has mobile and WhatsApp in one's hands, human relationships wither away. We are witnessing the loss of many members in this way.

If we all conduct ourselves with such grace and dignity, UNITY among us will no longer be a distant dream.

Sarva Sistakaranam Jana Sukhinobhavanthu:

- Junnumahanti Venkata Chandrababu

Interview

Learn, Commit, and Stay Connected

Tattikota @ elite officers of Bank of America... an interesting clue for Lekha to explore further. We come across a young lady professional busily working on risk management model and its validation in financial capital of India, Mumbai. Our intervention is a pleasure taking and started conversation that will be interesting to our readers. Within a short span, she rose to a position of Assistant Vic President. An interesting personality to understand her conviction of learning, commitment, and stay connected that are pragmatic with future relevancy. Yes, it is Mrs. Tattikota Sri Rajitha. Our chat went on.

Please share your academic and career path with us.

I did my 11th and 12th in MEC (Math, Economics and Commerce) from Avinash College of Commerce, Hyderabad in 2016 and then moved to Central University of Karnataka Kalburgi and completed under-graduation, B.A. (Hon) in Economics. I did my post-graduation in PGDM Research and Business Analytics from Madras School of Economics (MSE), Chennai in 2021.

My Professor at MSE, Dr. Pushpa M Savadatti in Economics made me realize that ideas are not just intuitive but grounded on data and evidence. Her teaching skills really put me on the right track in Bank of America where I have been working on model risk management, validating models used across corporate treasury and consumer banking.

My father strongly believed that the world was moving towards data, and that if I wanted to grow in a meaningful way, I needed to build skills that were practical and future relevant. His vision played a big role in the choices I made next. Looking back, it turned out to be one of the most important decisions for me.

At Bank of America, I moved up the ladder to the position of Assistant Vice President (AVP) title within four and half years, taking on increasing responsibility and more complex portfolios.

What is the skill sets you acquired to excel in your career?

I work in model risk management, validating the data-driven tools and frameworks used in corporate treasury and consumer banking decisions. This requires a strong foundation in mathematics, statistics, and machine learning, along with knowledge of the US and EU regulatory guidelines and model evaluation techniques. I primarily use Python, R, and SQL to analyze data, strengthen validation processes, and support better decision-making.

Have you been involved in social activities?

Through Bank of America, I contribute close to 50+ hours every year towards ESG and community initiatives. It gives me a chance to step outside my day-to-day work and be part of something more meaningful. I have been working as an Event Manager with Anudip Foundation where my role involves coordinating between the NGO, the bank, and volunteers to

organize sessions for students to build skills for their career.

Alongside this, I've also been involved in other initiatives like food, clothing, and stationery donation drives, sanitary hygiene initiatives, seed planting activities, and creating learning and sensory kits for the deaf and blind.

Do you have anything to say to our community youth?

If there's one thing I've learned, it's that many of us rule things out too early thinking "this isn't for me" or "I'm not cut out for this." In reality, most skills are learnable, and what makes the difference is not where you start, but whether you're willing to stay with something long enough to understand it.

Also, don't hesitate to reach out and ask for guidance. You can connect with me over email, and I would strongly encourage you to speak to people around you who are working in similar areas. Having conversations, asking questions,

Father	: Prof. Ravi Kumar Tattikota
Mother	: Mrs. Sridevi Tattikota
Husband	: Akash Gupta
Native place	: Kakinada, Andhra Pradesh

and clearing your doubts can really help you understand the direction you want to take.

Who do you name your motivators?

My father's conviction always gives me confidence to move forward and in moving, so I always find a way out to accomplish given tasks. Similarly, my teacher Dr. Pushpa Savadatti taught me to stay on concepts and then to move beyond academics made me stand today in the corporate world. My Professor at MSE, Dr. Rakesh Nigam made me understand how the concepts of mathematics are connected to the real world and that changed by leaning approach altogether.

Any comments on Lekha?

For me, LEKHA feels like a simple yet meaningful way of staying connected to our roots. In the middle of our busy lives, it brings together stories, people, and journeys from the community in a way that feels personal and real. It's always nice to see familiar names and experiences; it reminds you that you're part of something larger, even if you're not always actively involved.

Mrs. Rajitha who gives credit to the teachers and parents for her success, is also willing to share or guide the needy around her skill-sets. Even though she is not associated with our community activities by virtue, she, in future, may be connected with us alongside ESG activities. Lekha wishes her best of luck for all her initiatives and dreams to come true.

---Interviewed by Mantri Narasimha Rao



Open Forum

We're Sistakaranams... Shresta Karanams...

Ability is our strength,
Truth is our path,
Politeness is our breath,
We know nothing of deceit or
trickery,
That is our curse.
We are the best among Kara-
nams,
We're Sistakaranams... Shresta
Karanams.

We coached Gidugu Garu
We wrote copies of the Puranas
We determined successors of
emperors.
We wrote stories; we penned
epics.

We were the masons of dams
The pinnacle of medicine, edu-
cation, and administration
are our very own.

We governed the villages;
We were arbiters of disputes;
We allowed no encroachments;
Nor did we let common assets
be squandered.

Where did we go wrong!!
No share in governance;
No pride in society.
In the race of castes
Why did we fall behind?
Is it because of numbers?
Or, when we had power
When there is power,
The misfortune not to loot?

We are the best among Kara-
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Karanams.

- *Wuriti Chantibabu, Retd SBI
Chief, Hyderabad*

Are you taking help from someone? Or not?

Are you willing to take help from others? No matter how capable you are, seeking and accepting help is essential. To say "I need no one's help" is to deny your humanity. If you refuse help, you also refuse to help others, and that leads to decline. Human progress exists because we live as a society. The first step in growth is to accept help—from neighbors, relatives, colleagues, children, spouse, superiors, or friends. Only then can gratitude and giving follow. Gratitude must be expressed constantly, and it is possible only when you receive help. The more you show it, the more blessings return to you.

In old age, those who helped you will remain close, and life will be joyful. If you never accept help, loneliness awaits—even at death, there may be no one to carry you. So always take help.

Why do people avoid it? Some fear being looked down upon. Others distrust the helper, suspect illness, crime, or rejection. But if one refuses, ask another—someone will help. Some say, "I cannot help anyone, so I won't ask." Yet even if you cannot give, you can receive and show gratitude. That alone is noble. Over time, you too will help others, often without realizing it.

Do not let doubts stop you. If someone offers help, it means they are good. Suspicion shows narrowness. Depending on pets instead of people is no solution. Begin today: ask your wife to make tea, your son to fill a challan, borrow a neighbor's scooter and return it with fuel. Receiving and then giving back is greater than giving first. Once you start, joy follows. Those rigid or hesitant must change. Accepting help is the first step to a fulfilled life.

— Sadashivuni Lakshmana Rao

Information on Census 2027

According to the Central Government Census notification, you can currently register for self-enumeration online.

Self-enumeration is a digital, voluntary, and secure online service in India, allowing households to fill in housing and personal details directly on the official Census portal before an enumerator's visit. The facility offers a 15-day window for digital submission of household data,

- For AP: 16/4 to 30/4/26
- Telangana: 26/04 to 10/5/26 వరకు

Self-enumeration is not compulsory, it is optional. It does not include caste and family member details.

Complete your Census details online quickly & securely:

<https://se.census.gov.in>

Simple Steps:

- Login with mobile number & OTP
- Select your location
- Mark your house on the map
- Fill household details
- Submit & get your SE Reference ID

Important:

Keep your SE ID safe and share it with the Enumerator during their visit. They will then record the remaining details (caste etc.).

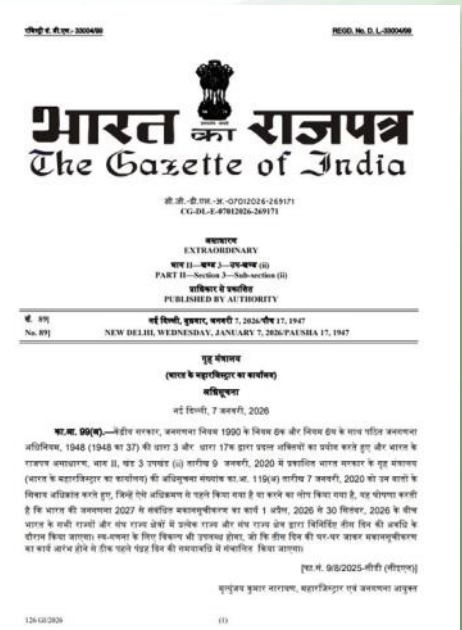
Field Verification:

16th April – 15th May 2026

(Enumerators will visit homes for verification / if SE is not completed)

100% Confidential & Secure

- Complete your self-enumeration.
- Be a responsible citizen



Support Arena

Service Programs by Bhasuri Seva Sangam

Smt. Karakavalasa Ramadevi, a resident of Kancharapalem Mettu, Visakhapatnam, her husband died during the Corona period. Her 2 children are disabled and handicapped. Both are confined to bed. Seeing the situation there, my mind was moved. Seeing their situation, our Bhasuri Seva Sangam provided the family with essential commodities for 2 months. I am grateful to all the donors who helped in this service program. "Service to humans is service to God."



- Basuri Srinivasa Rao

'Memunnam Seva Samstha' in Support to Poor

Suravarapu Peraiah, a rickshaw worker residing in Ward 1, New Colony, Pedana Town, Krishna District, has been suffering from a chronic nose-related illness for the past few days. As part of the relief measures, under the leadership of Srinivas Veenam, Founder and Chairman of 'Memunnam Seva Sanstha', immediate assistance of Rs. 5000/- in cash for medicines and two months' worth of groceries were handed over to the patient's family members to provide them with some relief.



Will Support the Family of the Mentally Disabled

In Kancherapalem, Visakhapatnam, a poor Sistakaranam family was visited by Akkamahanti Raja, the AP Sistakaranam Association President, who provided some financial assistance on behalf of the association. The head of the household, Karakavalasa Seetharamaswamy, succumbed to the COVID-19 pandemic, and his children, Sudhakar (26) and daughter Lavanya (23), are mentally disabled, unable to speak, and blind. Sudhakar is also suffering from a kidney-related disease.

Although the mother and daughter are receiving a minimum amount of pension, it is not enough to cover their medicines, expressed mother Ramadevi with concern. Understanding the matter, Raja assured that with the help of local MLA Gunababu, efforts are being made to ensure they receive full financial and welfare assistance from the government.

Association Vice President Baliwada Satya Rao, Sistakarana TDP Sadhikara Samiti member Chakramahanthi Kavitha, Prataparao Srinu, Dadhirao Varaprasad and others participated in this program.



Donations by Dr. Kanakaraju Arikathota

1) Dr. Arikathota KanakRaju, Rtd. Professor, AGC, Naira donated Rs 5000/_ to temple committee for construction of Sri Varasiddi vinayaka temple, Kameswarinagar, Arasavilli, Srikakulam.



2) Dr. Arikatota Kanakaraju visited the newly constructed Sri Rama Temple in Dandi Street and donated Rs. 5,000 to the temple committee. On October 25, 2025, the self-consecration of Sri Sita Rama and the installation of other idols took place in the temple. On March 27 of this year, the Sri Sita Rama Kalyanam was conducted, followed by the distribution of Anna Prasadam. Along with Kanakaraju, his friend Kuppili Krishnamurthy also participated in the event.



Support Arena

Shiva Teja Activities

- Lions Club Srikakulam Central Vice President Urlam.Sivateja Patnaik

1) The Sikkolu soldier who provided essential commodities

Resident of Arasavalli, Sri Narasimha, provided essential supplies for a poor family from the local Mandal street,. Later, he stated that serving the nation as a soldier was his fortune, and now he will extend his share of help and support in social service. He said that along with prominent social worker from the city, Lions Club Srikakulam Central Vice President Urlam Shivateja Patnaik, he would continue uninterrupted social services. He expressed that it is a joy to support a poor family, on the occasion of his birthday today, as per Shivateja's wish.



2) Urlam Sivateja Patnaik said that in life, if you lose money you can earn it, but if you lose health, you cannot. The real wealth is to be in perfect health.

సంపూర్ణ ఆరోగ్యమే అసలైన సంపద: శివతేజ

(జయంస్వామి, శ్రీకాకుళం అర్చన)

జీవితంలో డబ్బు పోతే సంపాదించుకోవచ్చుగాని, ఆరోగ పోతే సంపాదించలేకపో వచ్చని, అసలైన సంపదంటే సంప ఆరోగ్యంతో ఉండటమేనని, సామాజిక సేవకులు, లయస్ప్ ; శ్రీకాకుళం సెంట్రల్ ఉపాధ్యక్షులు ఉద్ధం శివతేజ వట్టూరు అన్నారు. ప్రపంచ ఆరోగ్య దినోత్సవం సందర్భం మంగళవారం ఆయన ఒక ప్రకటనలో మంగళవా



Speaking on the occasion of World Health Day, he said that it is celebrated annually on April 7, which commemorates the founding of the World Health Organization (1948). He said that everyone should move forward with the aim of creating awareness on public health issues and promoting a healthy lifestyle. He said the resolution of the day is "Together for Health.. Stand with Science".

3) Salute to the ideas of Rajya Sabha member Raghav Chadha, Rajya Sabha member Raghav Chadha is a great man who spoke up for the common people, said Urlam

రాఘవ్ చద్దా ఆలోచనలకు సీలం: శివతేజ

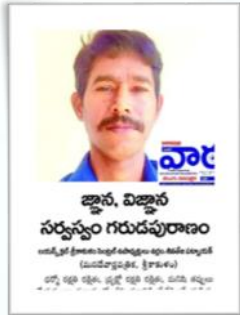
(జయంస్వామి, శ్రీకాకుళం సీటీ)

రాజ్యసభ సభ్యులు రాఘవ్ చద్దా ఆలోచనలకు సీలం ఏ, సామాన్య ప్రజల కోసం గళమెత్తిన మనుడు అని లయస్ క్షేత్ర శ్రీకాకుళం సెంట్రల్ ఉపాధ్యక్షులు ఉద్ధం శివతేజ వట్టూరు అన్నారు. దేశ వ్యాప్తంగా మొరైల్ వినియోగ రులకు పెద్ద ఊరట కలిగించి విషయాన్ని పార్లమెంట్లో స్త్రావించి అందరినీ ఆలోచించజేసా రన్నారు. ఈ సంద



Shivateja Patnaik. Rajya Sabha member Raghav Chadha made everyone including Prime Minister Modi think, mentioning a matter that will bring great relief to mobile users across India in the Parliament session.

4) Spiritual social worker, Lions Club Srikakulam Central Vice President Urlam Shivateja Patnaik said that Garuda Purana is a process that motivates a person to live on the right path without making mistakes, an epitome of knowledge and wisdom that tells us how to behave righteously while we are alive.



5) On 16/04/2026, M. Srinivasa Rao's family, residing on Mandal Street, received daily necessities from the team led by I. Gopal, Secretary of the Matrubhumi



Seva Sangham from Vizianagaram. As part of this, Urlam Shivateja expressed gratitude to the Matrubhumi Seva Sangham for coming from Vizianagaram to Srikakulam and providing help as soon as it was requested. He stated that they would provide complete assistance and support wherever needed, offer educational and medical aid to poor students, conduct funerals for orphans, and provide food and clothing. He mentioned that they would provide shelter to the helpless and advised contacting on phone at 8790944902 for full details.

6) The food distribution program for underprivileged families at the local city homeless shelter was held on 20/04/2026. TDP cluster in-charge Ungati Ramana Murthy, who participated in the



event, said that he has been witnessing the services provided by Urlam Shivateja Patnaik indirectly every day, and today he saw them directly, describing his services as inspiring. Despite having no financial resources, he continuously serves as if service is his breath, and he expressed that he is happy to participate in the service of such a person. He stated that, as much as possible, he will engage in food distribution with Shivateja every Sunday morning, noon, and evening, and he called upon people to conduct such service activities instead of wasting money on some celebrations.

Support Arena

Chalivendram Set up in Avilala

Considering the intensity of the summer and with the aim of providing relief to the people, under the aegis of Avilala Sri Pillareswara Swami Temple and Karanam Sistakaranam Ikyavedika, presided by state leader and temple trustee, Sri Avilala Sridhar Pillai, on Monday 13-04-2026 at 12 noon, poojas were performed for the Swami and a Chalivendram was inaugurated. The chief guest, Avilala Gram Panchayat Secretary Subbarayudu, distributed buttermilk, and food prasadam consisting of rice, sambar, rasam, fried onion, kesari, and curd that was served to 150 people.



Dhavaleswaram Association Medical Emergency Financial Assistance

Sri Veenam Prakash, who is a member of the Dhavaleswaram Sistakaranam Association, and was admitted to the hospital for brain stroke. Since the expenses amounted to approximately 6 lakh rupees, our association immediately responded and informed the district as well as the state associations. They responded promptly and provided some financial assistance on behalf of the respective associations. Furthermore, with the initiative of our state president, Sri Akkumahanti Raja, and our Telugu Desam Party leader, Sri Eramoto Dharmaraju, through our MLA, Sri Gorantla Buchayya Chowdary, an amount of Rs. 1,45,199 was received from the CM Relief Fund. Therefore, on behalf of our association, we extend our thanks to them.

- Sincerely, Dhavaleswaram Sistakaranam Association

Buttermilk Distribution to Simhadri Appanna Devotees

On the occasion of Simhachalam Simhadri Appanna Chandhanotsavam, a buttermilk distribution program was conducted at the local Gopalapatnam petrol bunk through the Seva Sangham established in the name of my father, Sri Basuri Venkata Rao (Late), for the devotees who came to have darshan. We express our gratitude to Sri Balivada Haribabu, Secretary of the Visakha association, who, though unwell, participated for a short while and provided service, and my dear friend Sri Mantri Santosh Kumar. Heartfelt thanks to all the donors who assisted in this service event, by name. Wishing you and your family the blessings of Simhadri Appanna...

- Basuri Srinivasarao, Founding Secretary of Basuri Seva Sangham

"Service to Humanity is Service to Madhava"



Senior Citizens Association Distributes Free Buttermilk

On 13-4-2026, under the auspices of the Vizianagaram District Senior Citizen Welfare Association, a free buttermilk distribution program was inaugurated at 10 AM on the first day in the courtyard of the MRO office near the Rama Temple, by the Association President Sri Kattamuri Chandrasekhar.

On the occasion of the death anniversary of Smt. K. S. Sundaramma, mother of the Association's General Secretary Sri Singumahanti Murali Bhagavan, buttermilk was distributed on 15-4-2026.

We wish that this free buttermilk distribution, which is being very well organized under the auspices of the Vizianagaram District Senior Citizens Welfare Association, continues smoothly for 60 days. We hope that, inspired by this, volunteers will organize it in other areas as well. Let's convey our congratulations to prominent Sistakaranams who played a key role in this: the Secretary of the Senior Citizen Association, Sri Singumahanti Murali Bhagavan, the Treasurer, Sri Balivada Venkata Ramana Rao, and key member, Sri Kupili Satya Varaprasad Rao.



Support Arena

Summer relief programmes by Mother Teresa Seva Sangam & Blood Donors Club

1) Chalivendram set up

On 13/04/2026, Mother Teresa Seva Sangam & Blood Donors Club and Mother Teresa Kids School at Ayyanapeta Junction jointly organized a Chalivendram at the nearby bus shelter under the leadership of the organization's president, Tyada Prasad Patnaik, like every year, to quench the thirst of the people during the summer. 200 free buttermilk packets were distributed to pedestrians. Honorary President of the organization Tyada Venugopalam, Gandreti Rama Rao and others participated in this program.



2) Buttermilk distribution on Ambedkar Jayanti

On 13/04/2026, at Ayyanapet Junction, Kamakshi Nagar, and Collector Office areas of Vizianagaram town, with the support of organization member Shri P.V.R. Murthy, about 60 free buttermilk packets were distributed to pedestrians, rickshaw pullers, and construction workers who were enduring the scorching summer heat in the town.



3) Buttermilk packets for firefighters

Also, on the occasion of Firefighters' Week Celebrations, about 60 free buttermilk packets were distributed to firefighter personnel who were rallying in Vizianagaram Collector Office area. This program was held under the auspices of the President & Founder of the organization, Tyada Prasad Patnaik. Members Sai Tanish, Joga Rao and others participated in this program.

4) Free buttermilk to endure scorching summer heat

With the help of Sri Gandreti Sitarama Rao, a resident of Jagadamba Nagar, the members of the organization distributed 100 free buttermilk packets to pedestrians, rickshaw pullers, porters, construction workers and the elderly who were enduring the scorching summer heat in the town, on 25/04/2026 in Vizianagaram town, Ayyanapet Junction, Kamakshi Nagar, Collector Office, KL Puram, Dwarapudi Junction, RTO Office, and Seetham College areas.



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 - For Sistakaranam Families.
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Andhra Pradesh



Sri Simhagiri College wishes Minister

On behalf of Sri Simhagiri Paramedical & Sri Simhagiri Vocational Junior College, College Correspondent Sri Simhagiri Patnaik, along with the students, extended heartfelt birthday greetings to the Government of Andhra Pradesh, Minister of State for Small and Medium Enterprises, Rural Poverty Alleviation, NRI Empowerment and Relations, Hon'ble Sri Kon-dapalli Srinivas.



Honored by MP and MLA

In a program held in Vizianagaram town, Sri Markonda Patnayakuni Tirupati Rao, the General Secretary of Vizianagaram District Pensioners Association, was felicitated by the Honorable Member of Parliament Sri Kalisetty Appalanaidu and Honorable MLA Aditi Gajapathiraju, at the hands of Vizianagaram residents, senior leaders of the Shishta Karanam Sangam, and Sri Tirupati Rao. Sri Kuppili Venkata Satya Rao and other Sistakaranam members congratulated Sri Tirupati Rao.



Telangana



Engineering Staff College of India Earth Day celebrations

Engineering Staff College of India (ESCI) Hyderabad organized a grand function on the special occasion of Earth Day on 22-4-2026 at its campus in Gachibowli. As part of this function, a national conference on the topic of rare earth elements and electric vehicles was organized. Dr. G. Vivek Venkataswamy, Minister for Labour, Employment, Training and Factories, Government of Telangana, was present as the chief guest.

Guests of Honour: Dr. Raghupatruni Bhimarao, newly elected Chairman of ESCI Governing Council. FCI member, President of All India Sistakaranam Association (AISKA), and newly appointed member of the Governing Council of Engineering Staff College of India, Sri Dab-biru Venkata Krishna Rao Sistakaranam. Both were felicitated by ESCI.

ESCI Director, invited speakers, faculty and students participated in this program held at ESCI Shatabdi Convention Center. Also, former Director & Scientist of Space Application Center Sri D.V. Ramana Murthy, Sri Mantri Narasimha Rao & Sri D. Naresh of AISKA participated in this program.



Fraternity Page -- Odisha



Long service award to Dr. Srikant

Dr. Satya Srikant Baliwada from SRM Usity Delhi NCR region campus, Ghaziabad has been awarded the long standing service recognition award. Congratulations.

He is son-in-law of Dr. R Bhimarao who interviewed him:

1. When did you join? ... 25-8-2009. Department of ECE, SRM Institute of Science and Technology, Delhi NCR Campus, Modinagar, Ghaziabad 201012.
2. What was the position? ... Assistant Professor. (25-8-2009) à Promoted as Associate Professor (26-6-2018) à Head (Research and Publications) on 15-2-2019 à Promoted as Professor (9-6-2023).
3. What is your present position? ... Professor.
4. What was your contribution to the Institution? ... Teaching and Research.
5. How many MTechs produced? ... 5.
6. How many PhDs produced? ... 4 (Awarded) + 1 (Thesis Submitted).
7. How many patents? ... 5 patents published and 1 patent granted.
8. How many books? ... 1 International Book & 3 book chapters.
9. How many projects? ... None.
10. How many Publications? ... 35 indexed Journals out of which 23 SCI and 12 Scopus.
11. Why did the Institution keep you so long for years? ... I believe it's my consistency, dedication, and strong work ethic, coupled with the support and trust of this institution, that have kept me going all these years.
12. What is your message for the Institution? ... As a faculty member and researcher, my commitment to the institution is to foster a culture of academic excellence, innovation, and integrity. I believe that education should not only impart knowledge but also inspire critical thinking, creativity, and life long learning among students.

Dr. Bhima Rao's award shelves inaugurated

Er. Manish Mahendra Kothari, President, IEI has Inaugurated Dr. R. Bhima Rao's Award shelf -02 and Mrs. Kothari the Shelf -01 on 19 April 2026. The couple Er & Mrs. Kothari have been felicitated by Dr & Mrs. Raghupatruni Bhima Rao and Ashalata at their residence on 19th April, 2026 at 8.30 AM. The shelf -02 is arranged by Dr. Sudhanshu Dash, Imm. Past Chairman of IEI, OSC, Bhubaneswar on 18th April, 2026. Now Dr. Bhimarao able to place a few awards in an open shelf. In this regard, Dr. Bhimarao expressed his thanks to Kothari family and Dr. Dash family, and sought blessings from elders and youngsters for their strong future bonding.



SRMIST 40th Anniversary

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29th FOUNDATION DAY

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Dr. Satya Sai Srikant

Professor
Department of Electronics and Communication Engineering

Fraternity Page - Chhattisgarh



Akshaya Mangalam – Grand Celebration of Talent & Tradition



On the auspicious occasion of Akshaya Tritiya, the Chhattisgarh State Sistakaranam Association successfully organized its grand cultural event "Akshaya Mangalam" on April 19, witnessing enthusiastic participation and immense appreciation from the community. The event was graced by the esteemed Chief Guest Sri G. Swami, whose presence added prestige and encouragement to the young participants. Dr. Ramesh Patnaik Smt Rajkumari Patro and Sri U Ravi Patnaik Sistakarnams stakehold-

ful depiction of Sri Narasimha Avatar, and the graceful Ashta Lakshmi Stuti, all of which captivated the audience with their artistic brilliance.

Adding to the significance of the event, meritorious students were felicitated for their academic excellence, and a superannuation ceremony was conducted to honour years of dedicated service, making the occasion both celebratory and respectful. Amidst celebration emotional moments occur when Late Sri YSN Patro was remembered for his benevolence. YSN Patro Trust bestowed blessings and donated ₹10000 to Shri Natraj Nrityalam Group. Above all, the poetic portrayal of Sistakaranams by Sri Dabbiru Prabhakar lent an exquisite charm, adding a rich and graceful flavour that beautifully elevated the essence of the occasion.



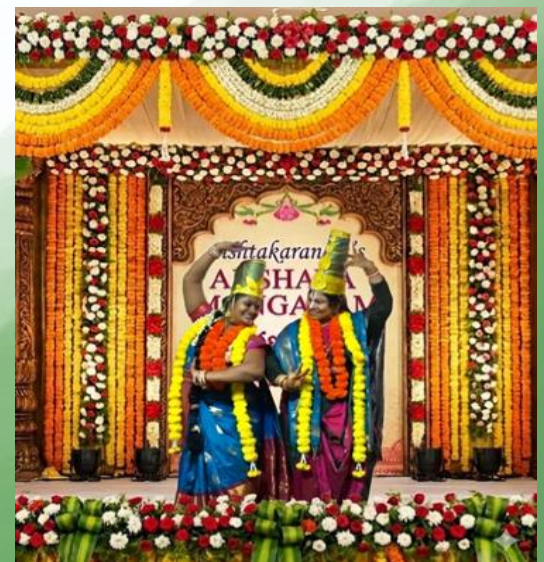
ers sculpted the Event and Ms. Sandhya Raj executed with Team Nari Shakti.

The evening unfolded with a series of spiritually enriching and culturally vibrant highlights. Ghata Sthapanam performed by devout ladies, along with the distribution of Panakam, beautifully revived cherished traditional customs. A significant ritual of Daan Dharmam to the Dharam Purohit marked the traditional essence of the occasion. The audience was deeply moved by the divine presentation of Sri Srinivasa Kalyanam by Nari Shakti, symbolizing devotion and cultural unity. The program featured mesmerizing performances by students of Sri Natraj Nrityalayam, including the soulful Ganesh Vandana, the power-



The entire program left the august gathering enthralled, reflecting a perfect blend of tradition, talent, and community spirit. The event truly stood as a testament to cultural pride and the encouragement of young talents.

The Association extended heartfelt gratitude to all relatives, participants, and supporters who contributed to the grand success of the event .



Kalam Snehitulu



Chitra Kavitalu – April 2026

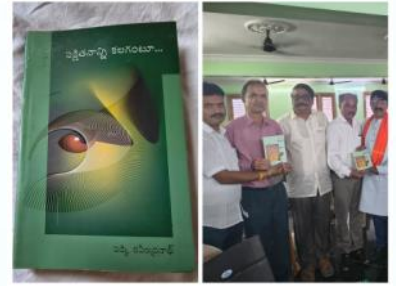
As per our group's regulations, Chitra Kavitalu is held every Wednesday. Members are asked to look at a picture and write thoughtfully expressed poems, not more than 10 lines. Alongside here are the pictures that were given during the month of April -2026

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



Sistakaranams in Literary Service

1) Our great poet from Parvathi-puram, Sri Pakki Rabindranath garu. He is a poet who has written/is writing the best poems, giving priority substance over form. I met him at the felicitation ceremony held for him in Viziana-garam on 19-3-2026. I was happy to be gifted by him a collection of 40 poems titled "Paskhī Tananni Kalagantu..." which he published. I had been waiting for that book for about 6 years and my dream came true. The title of the book is tempting. The 40 poems are also the best. Poets will like it even more. Hyderabad Sri Shiva Reddy garu, Parvathipuram Sri Ganteda Gaurunayudu garu writing the foreword (interestingly) is also a great thing about this book. I wish Sri Pakki Rabindranath Garu to write more poems and prove that substance is better than form. I also wish him to start writing stories and drawing cartoons again. Let us congratulate him.



Those who want to own his valuable book (price 120 rupees) can contact 9440364486

- Sadasivuni Lakshmana Rao

2) Uma Kavi as Chief Minister

Ugadi Kavi Sammelan was organized under the auspices of Telugu Writers' Forum. On this occasion, Sahitya Chaitanya Kiranalu, Bala Katha Nilayam President, Sri Sri Kalavedika Srikakulam District Convener Bhogela Uma Maheswara Rao (Uma Kavi) presented a skit 'Pratispandana' written and directed by Uma Kavi. In this, Bhogela Uma Maheswara Rao acted as the CM, I. N. D. Prasad as the teacher, Iddi Papayya as the superintendent, Talluri Vijaya Lakshman, Balaji Ravikiran as the students, and Manipatruni Tirumala, Jagannath Master, Uma Kavi participated in the performance.



3) Sekharamantri Prabhakar received the felicitation from Padma Bhushan Acharya Yarlagadda Lakshmi Prasad at the 10th anniversary celebrations of Jyotirmayi Ghazal Academy in Visakhapatnam on 11-4-24.



4) Kudama Tirumala Rao, a social science teacher at MPUP School, Pakhandyam, received the Akshara Kavimitra title for winning the national level poetry competition. On the occasion of World Poetry Day, poems on social issues were invited for the national level cash prize poetry competition. Tirumala Rao's poem "Usurathanadam Attikaam" won the prize.



Entrepreneurs Frontier

Dr Anusha's Gynaecology Clinic

Our Sistakaranam gynecologist and obstetrician Dr. Anusha Kantimahanthi MBBS, DNB (O&G) from Visakhapatnam is working as a doctor at KIMS Cuddles and is also running Dr Anusha's Gynaecology clinic in KRM Colony, Seethamadhara. To make an appointment (daily from 6 pm to 8 pm. Sunday from 10 am to 1 pm) please call: 8136807871.



DR. ANUSHA KANTIMAHANATHI Contact us:
81368 07871

SPECIALITY : Gynaecology
QUALIFICATION : M.B.B.S., DNB (O & G)
DESIGNATION : Consultant Obstetrics & Gynaecologist
SPECIALITY : Gynaecology
EXPERIENCE : 13 Years

EXPERTISE : Extensive experience with

- High-risk pregnancy management
- Normal, instrumental & caesarean deliveries
- Laparoscopic gynaecological surgeries
- (Hysterectomy, Myomectomy, Tubectomy, Adhesiolysis, Cystectomy, Ectopic surgeries)
- Hysterostomy & vaginal surgeries
- Painless labour procedures
- Antenatal, perinatal & postnatal care
- Preventive women's healthcare & patient counselling

Address : KIMS Cuddles, Seethamadhara, Visakhapatnam
 Dr. Anusha's Gynaecology Clinic, KRM Colony (Sivastayam area), Visakhapatnam.
 6 pm to 8 pm, Sunday 10 am to 1 pm.

She is also sharing medical knowledge on Instagram in a way that everyone can understand. You can also see it.

Heartfelt congratulations.

<https://www.instagram.com/reel/DW55VFikmIV/?h=MThzeDRyZXlMOTd4eg==>

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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	SAI PRIYANKA
Surname	GODABA
Father's Name	GOPAL RAO
Gotram	BHARADWAJA
Date of Birth	25-May-1998
Nakshatram	KRUTHIKA
Height	5' 5"
Complexion	
Occupation	PVT. EMPLOYEE LEAD RESEARCH ENGINEER
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	

Name	MADHAVI
Surname	PATNAYAKUNI
Father's Name	BHASKARARAO
Gotram	NAGA ANGEERASA
Date of Birth	22-Nov-2001
Nakshatram	DHANISHTA
Height	5'
Complexion	WHITE
Occupation	PVT. EMPLOYEE
Work Place	
Education	B.SC
Preference	

Name	SAI SRI LAKSHMI
Surname	SADHASIVUNI
Father's Name	S. RAMAPRASAD
Gotram	
Date of Birth	13-Apr-2000
Nakshatram	ASHLESHA
Height	
Complexion	
Occupation	PVT. EMPLOYEE
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	



Name	VIVEK KUMAR
Surname	CHOWDARI
Father's Name	CH SRIINIVASA RAVI
Gotram	BHARADWAJA
Date of Birth	26-Nov-1996
Nakshatram	
Height	5' 7"
Complexion	
Occupation	PVT. EMPLOYEE
Work Place	
Education	MBBS
Preference	

Name	BHANU PRAKASH
Surname	ALLENA
Father's Name	RAGHURAM
Gotram	KASHYAPA
Date of Birth	6-Dec-1994
Nakshatram	UTTARASHADA
Height	5'10"
Complexion	WHITE
Occupation	PVT. EMPLOYEE ACCENTURE
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	

Name	AKASH MOHAN
Surname	DABBIRU
Father's Name	MOHAN
Gotram	KASHYAPA
Date of Birth	8-Dec-1993
Nakshatram	HASTA
Height	5' 8"
Complexion	
Occupation	PVT. EMPLOYEE TECH LEAD
Work Place	
Education	ME / M.TECH
Preference	



భాసురి శ్రీనివాసరావు

మ్యారేజ్ బ్యూరో, రియల్ ఎస్టేట్ వ్యాపారం
(వైజాగ్, విజయనగరం, శ్రీకాకుళం)

LIC యల్ ఐ సి ఏజెంట్



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SISTAKARANAM IKYAVEDIKA

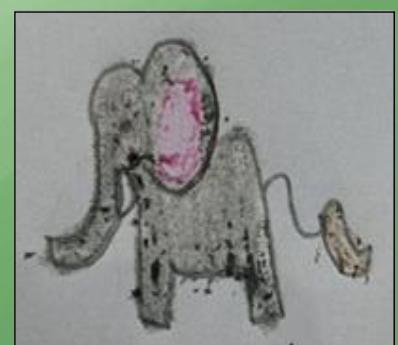
ONE DIGITAL PLATFORM FOR ALL SISTAKARANAMS

Talent Corner

Chi. Tanvi Sri art in a very young age

Chi. Tanvi Sree Manipatruni is a six-year-old girl with a deep curiosity about the world, and she expresses her thoughts and observations through her drawings. She is in 1st class at London . She is daughter of Smt. Sindhuri Polumhanti (software Engineer) and Anil Kumar Manipatruni (Chartered Accountant). Her drawing tutor is Vurity Sameera.

Lekha is proud to share about her.



Talent Corner

Devotional art by Dharma Rao



Our You Tubers

Dr. Krishna Motivational Videos

1) My new YouTube video titled 'The person who knows this truth about death truly enjoys life!' has been released. In this short 2-minute video, I have simply explained, based on psychology, why there is no need to fear death. By listening to this example, you will look at life in a new way.



Please watch the video and share your valuable opinion in the comments. Share it with your friends and subscribe to the channel.

Video link: https://youtu.be/5CrcUQn1fDc?si=0-npwZ9_l68z489S



2) Please watch my interview on the Sanatana Dharmam Telugu Channel on the topic: "Impact of Social Media on Husband & Wife Relationship"

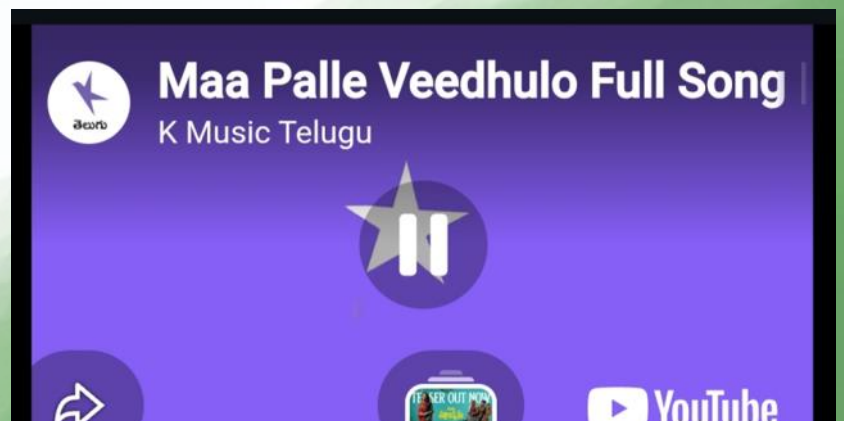
Video Link: <https://youtu.be/E5ph8Lt3vQk?si=FcmRbNetsrNvz1o0>

- Dr. Krishna

Prasu Cinema Song Released

Congratulations to the music director, our Sistakaranam Sri N.S. Prasu for this song. The song came out very well.

<https://youtu.be/ygocP9RZg8I?si=Vdhn5ht79xaHKrD9>



Health Page

Respect Your Body

Foreword:

- *The most valuable asset a person has in this world is his body.
- *Money, property, and position are all worthless if he does not have health.
- *That is why it is everyone's responsibility to respect and protect our body.
- *If you pay attention to the signs your body gives and follow a proper lifestyle, you can live a healthy and long life.
- *Loving your body does not only mean treating it when it gets sick.
- *It is also very important to protect your body by following good habits every day.

1 Healthy Food is Essential

- All the energy our body needs comes only through food.
- Therefore, it is very important to eat food with nutritional value.
- Natural foods like fruits, vegetables, grains, and pulses give strength to the body.
- It is better to reduce fast food and items with high sugar.
- Eating a balanced diet keeps the body healthy.
- This helps prevent many diseases.

2. Exercise every day

- *Exercise is essential to keep the body active.
- *Walk or do light exercise for at least 30 minutes a day.
- *Exercise improves blood circulation.
- *Heart health is also strengthened.
- *It also reduces stress.
- *Respecting the body means keeping it active.

3. Get enough sleep

- *Sleep is the most essential rest for the body.
- *If you don't get enough sleep, the body becomes tired.
- *It is good to sleep for 7 to 8 hours every day.
- *The body is restored during sleep.
- *The brain also rests.
- *Good sleep is very beneficial for health

4. Pay attention to the signals given by the body

- *The body always gives us some signals.
- *If symptoms like fatigue, pain, dizziness appear, they should not be ignored.
- *It is very important to consult a doctor on time.
- *If the problem is identified early, treatment will be easier.
- *This helps in preventing major diseases.

- *Listening to what the body is telling us means respecting it]

5. Avoid bad habits

- *Smoking and excessive alcohol consumption are harmful to health.
- *These affect the heart, lungs, and liver.
- *These habits should be stopped to respect the body.
- *A clean lifestyle protects health.
- *Good habits improve life.
- *These protect our health

6. Maintain mental health

- *Along with physical health, mental health is also very important.
- *Excessive stress causes many diseases.
- *Practices like meditation and yoga give peace to the mind.
- *Positive thoughts improve health.
- *Living happily is also about respecting the body.
- *Mental peace gives strength to the body.

7. Drink plenty of water

- *Water is the most essential substance for the body.
- *It helps in flushing out toxins from the body.
- *Drinking enough water every day is very important.
- *Drinking less water can cause many problems.
- *Digestion also does not work properly.
- *Therefore, drinking plenty of water is good for health.

8. Get health checkups

- *It is very important to get health checkups done on time.
- *Tests like blood pressure, sugar, and cholesterol should be done regularly.
- *These help in knowing the condition of the body.
- *If problems are identified early, treatment becomes easier.
- *Health awareness increases.
- *This protects health.

Conclusion:

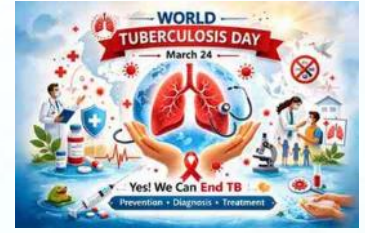
- *Our body is the basis of our life.
- *Respecting it means loving and caring for it.
- *Proper diet, exercise, and good habits maintain health.
- *Neglecting the body can lead to many diseases.
- *Therefore, everyone should respect their body and live a healthy life.
- *Staying healthy is in our hands.

Health Page

There should be awareness about tuberculosis - Dr. Kuppili Suresh Babu

Despite the advancement of science and technology, TB continues to challenge this problem, even in our development and in the beginning. It is a deadly infectious disease. TB deaths have increased further after the arrival of Covid-19. There are more than four thousand TB deaths per day in the world. Therefore, World TB Day is celebrated to raise awareness about this. Every year, World TB Day is celebrated to raise awareness among the people after Robert Koch discovered the TB bacterium *Mycobacterium tuberculosis* in 1882. The World Health Organization has called for World TB Day to be celebrated in 2023 with the aim of "Stop Tuberculosis". This TB is a silent enemy. This tuberculosis disease mainly affects the lungs, but it can also affect other organs. Sometimes it can affect the lymph nodes in the neck. And it can affect the uterus, spine, brain, heart, and any other organ in the body. It does not discriminate between men and women or age. The reasons are - poor living conditions, poor health care, lack of hygiene, lack of awareness, mainly poverty, The main symptoms of TB disease are - If you have a cough for more than three weeks, you will also get blood along with phlegm when you cough. Fever with chills in the evening. Loss of appetite, weight loss, night sweats, chest tightness, extreme fatigue, long-term joint pain, stomach pain, seizures, headaches, etc. A tuberculosis disease is a There is

a possibility of spreading from a patient to 15 people. It is spread more through droplets that come out when a person with tuberculosis coughs or sneezes. Therefore, hands or tissues should be used to cover the cough or sneeze. Vitamin D deficiency also occurs. How to diagnose tuberculosis - that is, by testing sputum and doing culture, modern CBNT test, RT-PCR test, chest X-ray, HR CT scan chest,



How to prevent tuberculosis - as part of the tuberculosis awareness program, people with tuberculosis should not spit anywhere outside, eat a balanced diet, and regular exercise increases immunity. Drinking and smoking increase the risk of this disease by four times, people with diabetes are four times more likely to get this disease, so blood glucose levels should be controlled, and people with tuberculosis are treated through Dot Plus site. If this tuberculosis is detected early and the relevant potential is contacted, it is not a big risk. As part of the above community service, The PMP Association of India Convener - Visakhapatnam District - Community Health Physicians - Dr. Kuppili Suresh Babu created extensive awareness about tuberculosis.

Understanding sleep - Dr. Kuppili Suresh Babu

Our body needs enough sleep just as much as it needs food and water. Lack of sleep can cause physical and mental problems. Sleep is a life-giving force that calms the mind and eliminates worries and anxieties. Every living being in the universe needs sleep. Sleep is the most important life process. Almost one-third of our lives are spent in sleep. We sleep for 16 to 20 hours in our mother's womb, but at the end of our lives, we are making do with four to five hours of sleep. We need about 6 to 8 hours of sleep a day. It varies from person to person.

Reasons for not getting enough sleep - Sleep occurs in three stages, light sleep, deep sleep, and mixed sleep. Physical problems such as pain, asthma, fatigue, and tension, especially a hectic lifestyle, unhealthy eating habits, alcoholism, smoking, and excessive stress and anxiety. Physical problems such as mental disorders, diabetes, high blood pressure, and obesity. And lack of concentration, inability to perform daily tasks, and poor sleep in old age. Do not become addicted to sleeping pills, even if you snore, you will not be able to sleep properly. Snoring is diagnosed through a polysomnography test for those who have a lot of snoring.

Precautions to be taken for a good night's sleep: First, if there

are any mental or physical problems, you should correct them. You should make it a habit to go to bed at the same time every day and wake up at the same time every morning. Before going to bed, you should take a bath, read a book, or listen to music. You should not drink coffee, tea, smoke, or alcohol



before going to sleep at night. The room should be cool and calm. If there are bright lights, they should be turned off. Do not go to sleep immediately when your stomach is full or when you are very hungry. Do not sleep too much during the day. Exercise. Reduce mental stress. At least 6 to 8 hours of sleep is necessary every day. Do not watch TV, mobile phones, laptops too much at night. If you take all kinds of precautions, you will be able to sleep.

Dr. Suresh Babu said that his continuous free medical services will be available 24 hours a day. As part of the community service on the occasion of World Sleep Day, The PMP Association of India Visakhapatnam District Convener - Social Public Doctors Dr. Kuppili Suresh Babu specially created awareness.


Ikya Vedika Page

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An Appeal

It is our earnest appeal to all community members to provide financial support for Ikyavedika activities. Any amount would be of great help to our team. Remittances can be made in any of the methods, given alongside.

Note: Committed to transparency, Ikyavedika's Financial Reports are available for public perusal [here](#).



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Know Your Community and AISKA

(Part - 20)

By Dr Chowdari Prasad, Bangalore

(Mob: 9482549472, 9242124642 email: chowdarip@gmail.com)

Kalingaandhram lo Sistakaranamula Charitra, Inti Perloo vati puttupurvothermaloo

Part 19 of KYC & AISKA published in the April 2026 issue of LEKHA Downloads / Lekha Newsletters - Sistakaranam lkyavedika was focussed on and dedicated to some of the UNSUNG HEROES among our Sistakaranams. Inspite of attempting to capture / compile to the best of my ability, there are definitely many more accomplished personalities to enlist! To my pleasant surprise, a few responses revealed that Justice Narsing Das Patnaik too worked as a Judge at AP High Court, Hyderabad.

Late Sri Thonangi Ambika Prasad of Srikakulam was one of the recipients of AP Best Teacher Award (Photo inserted) for the year 1981 -82. He was again felicitated as Best Teacher in 2012 by the AP State Government during the Independence Day Celebrations. Sri KSR (Karakavalasa Sita Rama) Murthy, IA&AS (Retd) worked as Dy Accountant General (AG), Andhra Pradesh, Hyderabad. He worked earlier in Kotabommali-AP and Bhubaneswar, Odisha. He is a multi-talented personality as a Singer, Actor and Director of Drama. He is father of our very own Ravi Karakavalasa, one of SKIV and LEKHA Team of Founders! One important and interesting area I could not lay my hand is SISTAKARANAMS IN DEFENCE SERVICES. We have members who serve(d) in all three forces and as Engineers, Doctors and Administrators. One of them is Brig K. Suresh Murthy, son of Late Dr.K. Bhaskarmurthy, Retd. Civil Surgeon in Madhya Pradesh (and nephew of late Rao Saheb Dr



Brigadier K Suresh Murthy born as soldier,wants to be born as a soldier again..

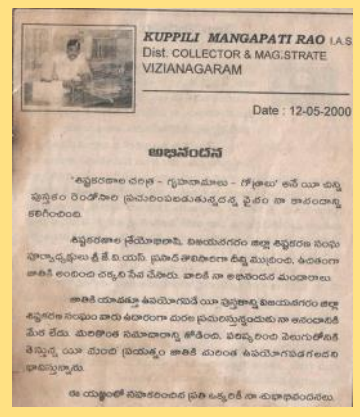


Kanapaka Satyanarayana). He is a veteran from 1971 liberation of Bangladesh (East Pakistan) war. He was a Captain in AMC, in 22-MARATHA Light Infantry brigade. He retired in 2002 and now settled in Jalgaon in Maharashtra.

20.1 Let us revert to Part 15 in which a detailed and comparative description of Family / Surnames and Gothrams of Sistakaranams from various sources of lists and books over the years was dealt with. The book is in Telugu and titled as Kalingaandhram lo Sistakaranamula Charitra, Inti Perloo, vati puttupurvothermaloo Only a reference was made therein on the in-depth study carried out by Sri Jayanthi Balangadharam on this topic but no details were mentioned. He was a Telugu Brahmin of Garividi by caste and a Teacher by profession. The second part containing Gothrams and Surnames of Sistakaranams was compiled by Sri JVS Prasad. Now, soft copy of the 20-page booklet in Telugu is available in the SKIV Website under the heading COMMUNITY LITERATURE / PUBLICATIONS : balangadharam2000.pdf. The original work was done by the two co-authors in 1986 and revised in 2000. While the History of Sistakaranams during Kalinga and other dynasties was compiled by Sri Jayanthi Balangadharam, the listing of their Gothrams and Surnames was done / revised by Sri JVS Prasad, former President of Sistakaranam Association of Vizianagaram District. Uttarandhra can be traced in the map given.



20.2 Sri Prasad acknowledges the support extended by S/sri Palteru Gowri Jaganmohan Rao, Belagam Srinivasa Rao, Balivada Dhananjaya, two Sistakaranam scholars viz., Patnayaka Mohan and Kuppili Sudarsana Rao Patnaik et al. The first edition was released on Nov 11, 1986 on the occasion of first anniversary ceremony of Garividi Sistakaranam Association by the then President of AISKA late Sri Patnayakuni Surya Prakasa Rao, Senior Advocate of Parvathipuram, AP. The updated / second version was released on May 14, 2000 by the then District Collector & Magistrate of Vizianagaram, Sri Kuppili Mangapathi Rao, IAS, who was himself a prominent Sistakaranam community member too. Sri Prasad took the initiative of printing one thousand copies of the booklet and distributed it free of cost. A translated content in brief



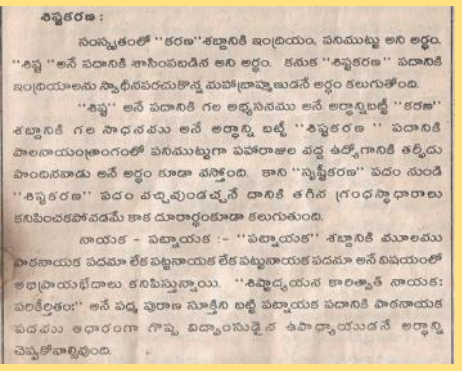
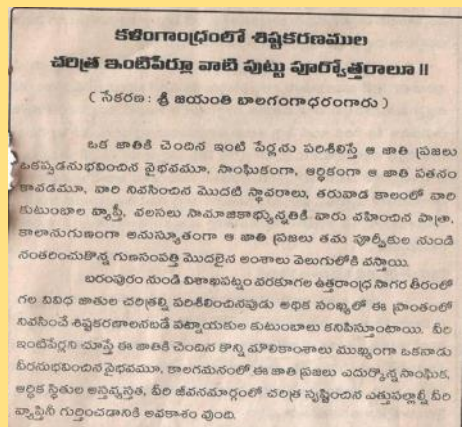
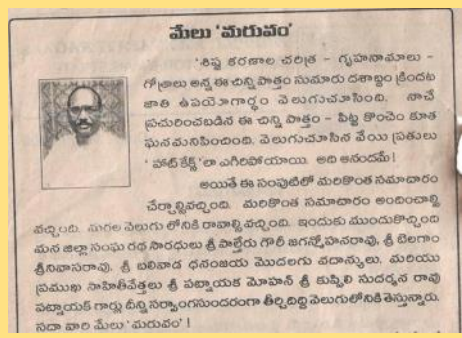
Know Your Community and AISKA (Continued from previous page)

in English is given in the following pages.

20.3 Sri Jayanthi Balagangadharam strongly believed that a deep study of the Surnames / Family names of a Community reveals all about their origin, past glory, reasons for migration from time to time, gradual downfall in their social and economic conditions, expansion of the population, significant contribution to the society for its prosperity, role playing for social advancement, and legacies / traditions / values inherited from their elders in the community. He captured the general living conditions of Sistakaranams or Patnaiks as a community who played a very dominant role in the coastal areas on the eastern India from Berhampore (Brhmapuram now in Odisha) to Visakhapatnam (also called Vizag in Andhra Pradesh) and the troughs and travails undergone over centuries.

20.4 Sistakaranams are a hybrid of historical background of Orissa society / literature, Kalinga-Andhra genealogy, relationship with prominent people and places of Orissa, and are classified as one of the Pancha Gouda Brahmins ie., Utkala-arya Shakha. Their origin appears to be from the Banks of Ganges river, associated with the Eastern Ganga Dynasty and Odhra Gajapathi Kings. It is also inferred that they entered the territories of Kalinga-Andhra while working for these rulers as Advisors (Raja Gurus) and Village Administrators / Karanams. They were believed to have been endowed with high administrative skills, intelligence and loyalty to their masters. They were highly regarded for all special skills / talents and were entrusted with responsible positions in administration. Quite likely that many of the surnames of Sistakaranams emerged from the positions they held and their past glory.

20.5 A simple question arises as to whether Sistakaranams used surnames or family names long ago? There is no evidence to find out and establish / prove. Maybe it was a



new practice of having a mixture of Odiya and Andhra traditions that compelled them to adopt depending on the place they lived? Or the administrative position they held? In Padma, Kurma, Brahmanda, Vishnu or Bhavishyath Puranas and Parashara Smruthi, Bruhannaradheeyam and Chanavyuham like epic granthas, it is learnt that Sistakaranams adopted a few surnames or family titles based on the profession they pursued. Having been born in Chitragupta vamsam, it was depicted in Parashara Smruthi and Bhavishya Kurma Puranas.

20.6 Chaturmukha Brahma created and appointed Chitragupta Maharshi to work under Yamadharma Raja for reporting all the good and bad deeds of human beings and decide on punishments. Similar arrangement was made for Planet Earth and hence Sistakarana community originated. Talents like Mathematics of Chitragupta and Brahma Tejassu of Parashara Maharshi were taken out and combined with a Kanthi Kiranam (Ray of Light) from the Left Eye of Brahma to produce a Kayastha Chitragupta who in turn was sent by Lord Devendra to become a Sistakaranam community to handle worldly affairs. In due course, they assumed roles like Raja Gurus to advise the Rulers and act as Administrators.

20.7 Titles like Sistakarana, Patnayaka, Nayaka, Mantri, Dheemantha Gupta, Mahantha, Sharma, Datta, Patra, Mahapatra, etc indicate the high administrative positions held; Panditha and Chainika indicate the scholarly positions; Dasa and Sistakarana indicate philosophical roles played while Mahantha and Mahaprasasthi relate to intellectuals. Further explanations state that SISTAKARANA means one who was well trained to handle responsible positions close to the rulers, but no clarity for SRUSHTIKARANA! Similarly, Nayaka or Patnaika could be interpreted to mean as PAATHA-NAYAK (Scholarly Teacher), PATTANAYAK (high level administrator) and PATTU-NAYAK (Pattu refers to Silk robes of the rulers) with varying prestigious and respected roles played leading to fixing their family / surnames.

20.8 It is said that titles like Sarma and Datta were also given to Sistakaranams owing to their special calibre. They used to teach Archery and Warfare skills to Rajkumars for which the title Sarma was accorded. Dedicated and selfless loyal service rendered to the rulers got them titles such as Datta or Rajadatta. Also titles like Patra, Mahapatra or Mahantha were bestowed upon Sistakaranams who discharged their diligent duties to the royal families. Other titles accorded were Gupta for maintaining official secrecy, Mahaprasastha or Dheemantha for diligent services, Manthri / Chainika / Dasa for intelligent ministerial / administrative skills and displaying devotion / bhakti towards God and religion.

20.9 Surnames / Family names of Sistakaranams could be classified into three categories. These are the places / location they lived, high profile persons they were attached to and titles / honors received by them. Most of the times, it depended on the high administrative positions held by some individuals. Overall, surnames of Sistakaranams can be based on the following four types: -

- 1. Mahanor or High Positions held by them in administration
2. Villages / Locations where they lived

Know Your Community and AISKA (Continued from previous page)

3. Prominent individuals with whom they were associated and

4. Any other typical or special instance

20.10 A critical and detailed analysis and interpretation of the above criteria of fixing of surnames reveals the past glory enjoyed by the members of Sistakaranam community. Two special terms viz., PATNAIK and SISTAKARANAM among all the titles and honors gain highest prominence. They both indicate the high status of the community and are interchangeably used for Caste and / or Title. Manthri, Mahanthi, Patruni and Patnayakuni are generally used as Surnames in the geographical region. Others indicate and reflect the high calibre and prestigious responsibilities undertaken by them in royal administration.

20.11 Arrival of Sistakaranams in several villages of Andhra territory to live in and undertake senior roles entrusted had resulted in migration and deciding on adoption of surnames. In fact, their presence might have also impacted on the socio-economic conditions of such villages. Some prominent examples are Sarayavalasa, Bandupalli, Nandigam, Salehundam, Balivada, Uddavolu, Thallikota, Locharla, Kottu, Godaba, Mandava-kuriti, Khaspa, Rayagadah, Naupada, Rega, Regali, Kallepalli, Gandreti, Rompalli, Regulavalasa, Vidullavalasa, Mamidipalli, Chilakalapudi, Karakavalasa, Munagavalasa, etc. There are a few instances of twin names like Pakki + Locharla villages as surname. Occasionally, a small modification of village name is also carried out while fixing a surname. Further, while some surnames like Dabbiru, Simhvapu or Neeladi may not depict any clear meaning, others like Khaspa (Bazaar) or Behara (Bepari or Vyapari) indicate the connection with business carried out by some Sistakaranams.

20.12 A village by name BODDAM, was a centre for Buddhism and the family of Sistakaranams who were entrusted with managing the affairs were given the surname of Boddumahanthi. Similarly, Polumahanthi surname was attributed to the family who were Town Administrators and for preserving the civilisation. CHOWDARI surname was adopted from Chowdhury of the neighbouring Bengal territory. Typically, the term RAO was given to those Sistakaranams who served the Bobbili Samsthan. Individual based surnames of Sistakaranams could be related to those influential persons, rulers, administrators, leaders, Officials or Migrants, Representatives of Rulers and so on.

20.13 Patruni, Chowdari and Patnayakuni are individual based surnames; Mantri and Mahanthi indicate the high positions held while Behara and Khaspa are related to the professions carried out. Other such examples are Jaddu / Singu / Polu / Pothu / Boddu / Kasi / Jaggu / Yellu / Nagu Mahanthis. Other / Fourth Category surnames could be Dabbiru, Allena, Kottisa, Neeladi etc. Those who migrated from Jeypore area on account of employment adopted their father's name as surname. Eg., Radhakrishna Gopinatha Patnaik.

20.14 Change of Surname took place in some peculiar cases. One

such example was that an individual whose surname was KUPPILI, went to Bobbili Samsthan and demonstrated his exemplary traits in facing the enemy fearlessly, was rewarded and given a new surname as PRATAPA RAO. Thereafter, his entire family switched to the new surname. Another individual from Vizianagaram displayed his heroic talent in controlling a mad elephant in Gajapathinagaram and tied a bell (Ganta) on its neck. His surname got changed from BAGGAAM to GAJA GANTA RAO and the family adopted it permanently.

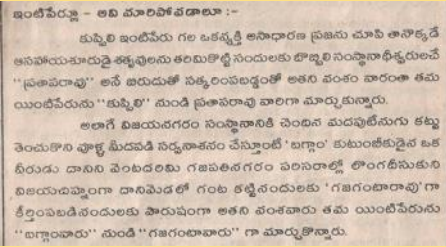
20.15 Findings, interpretations and Observations of the author were furnished on page no.11 of the booklet. Time and History have an inseparable relationship. As time changes, history also follows suit. Nothing remains static. Past glory may not stay forever. Culture, Traditions, Legacies and Values are all dynamic and move ahead as time passes on. These will also impact on the Social, Economic and Political fabric of any society or community. Sistakaranams were no exception, of course. A deeper and diagnostic of the names and surnames of Patnaiks reveals four phases they underwent..

20.16 In the first phase, they began by associating with the rulers, in their high-profile administrative roles and were acclaimed of their success. Power and Status was reflecting in their titles and being a small population, undoubtedly, they were in the elite company. Their language, culture and traditions were of high standards which is evident from the titles like Manthri, Mahantho, Patro, Mahapatro and Patnaiko, which were on par with Oriya clans. Apparently, this was the best times they experienced.

20.17 The second phase was a turbulent and trying one resulting in the downfall of Sistakaranams / Patnaiks. Frequent wars between the south based kingdoms like Gajapathis, Ashwapathis and Narapathis and their struggle for power severely affected this community. Gajapathis stretched Kalinga-andhra territory from Banks of Narmada River to Simhalam (present Srilanka) while Raja Veera Rajendra Chola expanded from Kaveri banks in Kerala to Mahendra Giri. Krishna Deva Raya invaded from Hampi (now in Karnataka) to Cuttack (in Odisha). Earlier, Anantha Varma Choda Gangadeva shifted his capital from Srimukha Lingam (in Andhra) to Cuttack (Orissa). All the confrontations made the Kalinga Andhra territory subjected to chaos and anarchy. Thus, the rulers fixed Simhachalam (near Vizag) as headquarters, which compelled Patnaiks to settle down and discharge responsible roles.

20.18 Sistakaranams moved and migrated along with rulers and chose the land from Visakhapatnam to Ganjam. Deficiency of funds also made them to shift to remote villages for collection of revenues. This was the falling phase for the community. End of Gajapathi dynasty also made them lose the royal patronage. Increasing population coupled with the depletion of economic resources during this phase. Power and Position might have deteriorated but titles remained and forced the community to become localised with Telugu population, by adopting their language, traditions and culture in their way of life.

20.19 In the third phase, rulers having completely decimated, Sistakaranams had to approach the Zamindars for their livelihood.



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Hitherto, they were occupying high positions under different rulers and were now **compelled to go down into remote rural villages** to earn their livelihood. On one side Patnaiks had their own Zamindaris in Sirlamkota, they had no choice but to seek occupations like **Dewans and Village Karanams in various Samsthans** in Madugula, Anakapalle, Chipurupalli, Palakonda, Bobbili, Saluru, Pachipenta, Chemudu, Makkuva, Parvathipuram, Sangamvalasa Merangi and Jayapuram due to deterioration of living conditions of a large number of their families. In the process, the increased number of villages occupied by Sistakaranams made them to adopt new names as surnames. The earlier special titles / surnames like GAJAGANTA RAO and PRATAPA RAO continued in some cases. During this phase, **Sistakaranams almost merged with Andhra / Telugu culture** and traditions gradually.

20.20 Sri **Kuppili Kurmaiah Patnaik** succeeded Sher Mohammad as **Sub-Nawab of Srikakulam** territory representing the Nizam Rule only to surrender and handover power to the British Government. Such a tall administrator was also helpless and Sistakaranams were compelled to take shelter under the roles of Village Karanams to earn their living. This phase stretches from the days of British rule till recent times. Their brutal policies of DIVIDE AND RULE and forcing of their culture and language on Indians was totally unpalatable to Sistakaranams, who openly resisted in the initial stages. The result was **total neglect and oppression of Sistakaranams** by the rulers. Unfortunately, their patriotism was not recognised by the administration even after India's independence. Irrespective of the party in power, **Sistakaranams were given step motherly treatment**. The Government decided to abolish the post of village karanams, throwing thousands of Sistakaranams out of employment. Their pleadings to include the community in list of socially and economically backward classes was also not considered by the Govern-

ment for long years. Their deserving children were denied opportunities in higher education and employment under reserved categories. Patnaiks suffered silently and kept low profile. Thus, it is incumbent on us to deeply diagnose the history of the community linking to their surnames, titles and family profession, language, culture and traditions to understand total picture.

20.21 Given below is the list of Gothrams and Surnames of Sistakaranams compiled by Sri J V S Prasad. We find that they come under 24 Gothrams and respective surnames / family names, aggregating to 228. However, it is observed that some surnames are repeating under more than one Gothram. These are:-

Chakradharamahanthi (2), Baggaam (2), Behara (5), Balivada (2), Kurada (4), Sekharamahanthi (5), Kaspas (3), Kashimahanthi (3), Damodara Pathruni (2), Chakradharamahanthi (2), Singu mahanthi (2), Kimidi (2), Potnuru (2) and Kanthi Mahanthi (2).

As already indicated earlier, it is intriguing to find that different individuals at different times have been indulging in preparing / revising / re-writing these stories about Rishis, Gothrams and Pravaras and releasing Lists of Surnames / Families, with or without any substantiating reasons for changes / additions / deletions. This is putting the user members of Sistakaranam community in utter confusion, particularly at the time of **applications for education / employment under Reserved Category** as also for **matrimonial purposes**. It is not clear as to **who permitted or authorised** some of these Lists of Gothrams or Surnames is not spelt out and what was the objective of such unauthorised lists being circulated. Often, availability of social media like WhatsApp messaging is working adversely when such unauthentic, un-vetted lists are put in circulation, embarrassing all concerned and responsible!

1.YAGNAVALKYA/ULIKESWARA GOTHRAM

- | | | | | |
|--------------|--------------|----------------|-------------|--------------|
| 1.Kuppili | 2.Prataparao | 3.Kottakki | 4.Magada | 5.Bondapalli |
| 6.Thattikota | 7.Galapalli | 8.Kuppannagari | 9.Gadagamma | 10.Belagam |
| 11.Mugada | | | | |

2.BHARADWAJA GOTHRAM

- | | | | | |
|------------------------------|----------------------|---------------------|----------------------|------------------|
| 1.Pakki | 2.Bhasuru | 3.Bhogela | 4.Rayagada | 5.Maddharao |
| 6.Rajeti | 7.Donkada | 8.Simhapu | 9.Vantharam | 10.Behara* |
| 11.Veeraghattapu | 12.Dadhirao | 13.Radhirao | 14.Kurada* | 15.Regula-valasa |
| 16.Manipatruni | 17.Nagamani | 18.Chowdari | 19.Kottina | 20.Regidi |
| 21.Manapuram | 22.Arikathota | 23.Chilakaala-palli | 24.Godaba | 25.Kottisa |
| 26.Vadada | 27.Utapalli | 28.Neelayya-valasa | 29.Sirlam | 30.Sivvam |
| 31.Kimmi | 32.Chandra-sekharuni | 33.Kannam | 34.Medupalli | 35.Kottu-gummada |
| 36.Behara* (Bonthala Koduru) | | 37.Balivada* | 38.Sekhara-mahanthi* | 39.Guru-mahanthi |
| 40.Konnada | 41.Rudra-mahanthi | 42.Nagu-mantri | 43.Bandhaluppi | 44. Khaspa* |

3.GOWTHAMA GOTHRAM

- | | | | | |
|-----------------|----------------|-------------|--------------------|---------------|
| 1.Karaka-valasa | 2.Rotta-valasa | 3. Uddavolu | 4.Patruni Mahanthi | 5.Mamidipalli |
| 6.Bantupalli | 7.Jakkuva | 8.Garbham | 9.Sahini | 10.Romsilli |

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11. Budharaya-valasa

12. Poram

13. Busaya-valasa

14. Akku-mahanthi

4. ATHREYA GOTHRAM

1. Vandrangi

2. Munaga-valasa

3. Konda-valasa

4. Baggam*

5. Lavara

6. Kari-mahanthi

5. MOUDGALYA / MUDGALA GOTHRAM

1. Sekhara-mahanthi*

2. Panchadi

3. Markonda Patnayakuni

4. Rega

5. Thamarakhandi

6. Sekhara-mahanthi** (Bharadwaja and Nageswara Gothram)

7. Sekhara-mahanthi (Madgala)

8. Arasada

9. Markonda Putti

6. KOUNDINYA / KOUNDILYA / KUDINA / KOUNDINASA

1. Manthri

2. Gaja Ganta Rao

3. Nayaragaru Rao

4. Jayathi

5. Amaram

6. Auguru

7. Gara

8. Korlam

9. Chikkalavalasa

10. Venku-mahanthi

7. SHANDILYA GOTHRAM

1. Balivada*

2. Ippili

3. Amiti

4. Locherla

5. Nandigam

6. Kaviti

7. Ravu-palli

8. Sekharamahanthi***

9. Balivada*

10. Kaviti Bhadra

11. Pachipenta

12. Kurada*

13. Behara*

14. Ravi-palli

15. Bantu-palli

16. Garbham*

8. KASHYAPU GOTHRAM

1. Dabbiru

2. Thyada

3. Laveti

4. Rajapuram

5. Kota

6. Gandredu

7. Patnayakuni*

8. Khaspa*

9. Purushotha-mahanthi

10. Sarayavalasa*

11. Gandreti

12. Padmapuram

13. Kottu

14. Lavudi

15. Allena

16. Balaga

17. Alluvada

18. Khaspa-makkuva

19. Jannu-mahanthi

20. Makkuva

21. Kuneti

22. Gara

23. Kanapaka

24. Shambhu-mahanthi

25. Shanthi-mahanthi

26. Kasi-mahanthi

27. Rajam

28. Guruvam

29. Chinnu-mahanthi

30. Kondu-mahanthi

31. Rowthula

32. Yeluri

33. Thumbali

34. Kotlanki

9. SRI VATSA GOTHRAM

1. Raja-pathruni

2. Sadasivuni

3. Ampalam

4. Nandigam

5. Joddu-mahanthi

6. Polu-mahanthi

7. Pothu-mahanthi

8. Polaki

9. Jogi-mahanthi

10. Baalanki

11. Vippala-valasa

12. Boddu-mahanthi

10. NAGESWARA/ANGIRASA /NAGANGISA / NAGAMALLI

1. Naupada

2. Raghupatruni

3. Uriti

4. Uddanda Rao

5. Nagu-mahanthi

6. Jaggu-mahanthi

7. Narayana-mahanthi

8. Potnuru*

9. Peda-penki

10. Santha-uriti

11. Makkuva*

12. Anantha-patnayakuni

13. Patnayakuni

14. Vedulla-valasa

15. Maruvalli

16. Kurada*

17. Rashi

18. Marupalli

19. Kurada**

20. Raja-mahanthi

21. Kimidi*

22. Behara**

23. Kaspas*

24. Venku-mahanthi

25. Urlam 26. Kanda-

mahanthi

27. Raghu-mahanthi

28. Lumburu

29. Utapalli

30. Pittada

31. Kanthi-mahanthi*

32. Shamantha-rao

33. Behara* (Parvathi Puram)

34. Deepti-mahanthi

35. Singumahanthi*

36. Papada

37. Marivada

38. Vishayi

39. Itika

40. Parvathipuram

41. Kimidi*

42. Kashimahanthi*

11. KAUSIKA GOTHRAM

1. Yellu-mahanthi

2. Kashi-mahanthi*

3. Raja-mahanthi

4. Durgumahanthi

5. Balaram-mahanthi

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- | | | | | |
|---------------------|---------------------|------------------|--------------------|---------------------|
| 6.Thonangi | 7.Salehundam | 8.Korlam | 9.Potnuru* | 10.Thala-samudram |
| 11.Kanthi-mahanthi* | 12.Chandra-mahanthi | 13.Rama-mahanthi | 14.Behara*(S'kota) | 15.Kanithi-mahanthi |

12.HARITHA / HARIDASA

- | | | | |
|----------------|----------|---------------|-----------------------|
| 1.China-godaba | 2.Mulaga | 3.Narasipuram | 4.Damodara-pathruni * |
|----------------|----------|---------------|-----------------------|

13.GARUDOCHARA / NAGAMALLI GOTHRAM

- 1.Damodara-pathruni*

14.ALMEESHA GOTHRAM

- 1.Dasamantha-rao

15.SHUNGA GOTHRAM

- 1.Shathamanta-rao

16.SHANKHA/SHANKESHI

- | | |
|------------|---------------|
| 1.Baadangi | 2.Chanchalaam |
|------------|---------------|

17.VALMIKI GOTHRAM

- 1.Baggaam*

18.MANDUKYA GOTHRAM

- 1.Rompilli

19.PRATHEESWARA GOTHRAM

- 1.Chakradhara-mahanthi*

20.VASHISTA / KARKATA

- | | |
|------------------|-------------|
| 1.Singumahanthi* | 2.Nadipilli |
|------------------|-------------|

21.PARASHARA GOTHRAM

- | | |
|-------------------------|----------|
| 1.Neeraam | 2.Veenum |
| 3.Chakradhara-mahanthi* | |

22.VISHWASA GOTHRAM

- 1.Batlanki

23.VELISHALA GOTHRAM

- | | |
|------------|------------|
| 1.Vadekari | 2.Gadekari |
|------------|------------|

24.VISHNUVARDHANA

- 1.Masaphala

-: గోత్రములు - ఇంటిపేర్లు :-

(సేకరణ : శ్రీ జే. వి. యస్. ప్రసాద్ గారు)

1. యాజ్ఞవల్క్య (ఉలికేశ్వర) :

1) కుప్పిలి	2) ప్రతాపరావు	3) కొట్టెక్కి
4) మగడ	5) బొండపల్లి	6) తట్టికోట
7) గలాపల్లి	8) కుప్పన్న గారి	9) గడగమ్మ
10) బెలగాం	11) ముగడ	

2. భారద్వాజ :

1) పక్కె	2) భాసూరు	3) భోగిల
4) రాయఘడ,	5) మద్దారావు	6) రాజేటి
7) డొంకాడ,	8) సింహాపు	9) వంతురాం
10) బెహరా	11) వీరఘాట్టాపు	12) దభిరావు
13) రభిరావు	14) కూరాడ	15) రేగులవలస
16) మణిపాత్రుని	17) నాగమణి	18) చౌదరి
19) కొట్టిన	20) రేగిడి	21) మానాపురం
22) ఆరికతోట	23) చిలకలపల్లి	24) గొడబ
25) కొట్టిశ	26) వాడాడ	27) ఉటపల్లి
28) నీలయ్యవలస,	29) సిర్లాం	30) శివ్వాం
31) కిమ్మి,	32) చంద్రశేఖరుని	
33) కన్నాం	34) మేడపల్లి	35) కొట్టుగుమడ
36) బెహరా (బొంతల కోడూరు బెహరా),	37) బలివాడ	
38) శేఖర మహంతి	39) గురు మహంతి	
40) కొన్నాడ	41) రుద్ర మహంతి	
42) నాగు మంతి	43) బంధలుప్పి	44) కన్నా

(To be continued)