



మనకొసం

MANAKOSAM

UNITY IS OUR STRENGTH

www.manakosamus.org

	Founders' MESSAGE
	I am Rajasekhar Basavaraju, Founder of MANAKOSAM organization based in Washington DC metro area. Being involved in the community service extensively, I realized many people from our community are very interested in serving people who follow Hindu Santana Dharma ideals and rituals. Foreseeing the need for such a community forum, with the support of my family and some people who are interested to serve the community, I have founded Manakosam on October 15th, 2017 with an aim to serve people who follow Hindu Santana Dharma ideals and rituals. Founders' Vision As founder of MANAKOSAM, I would like to see that our community grows and benefits from each other in various aspects and stay united forever by setting the best principles and guidelines to future generations by discarding personal egos, personal gains and by rendering selfless service.

President's Message

	As the president of Manakosam Organization, I am honored and delighted to express our dedication to celebrating and promoting the beauty of our cultural expressions through engaging events and activities. With your invaluable support, we forge connections, foster understanding, and create a sense of unity within our community. Together, let us continue to embrace and appreciate the richness of our cultural heritage through our shared experiences. Thank you for your unwavering support. Phani Jamalamadaka
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Accomplishments since Apr 2025

Key Accomplishments since Apr 2025

- Celebrated SitaRama Kalyanam and Ugadi cultural event in a grand style at Willard Middle School in April 2025. We have seen many new members join our event and appreciated the unity among the community. Some of the key highlights during cultural celebrations are – Hanuman chalisa skit, Ladies / Kids fashion show, traditional and fusion dance sequences and many other. Karaoke singing was also greatly appreciated by music lovers and one and all. Above all delicious food was a highlight as always.
- Charity – Manakosam sponsored Veda Patasala and Goshaala to Sri Dendukuri gari foundation as it helps many upcoming students to learn Vedam and at the same time save cows
- Pellipandiri event – Manakosam successfully conducted an online pellipandiri event with over 80 parents of prospective bride and bridegrooms of Manakosam attending this event. This was a fantastic event that had continuously received positive feedback and glad to announce that we had over 750 profiles in our database. Looking forward to improvise the process to help many Manakosam members
- Manakosam proudly started MK Career Connect to collaborate and help job seekers and advisors within our community. This would also be helpful for interns and college graduates. We will have more information shared in all main groups about this group.

What is next

- Manakosam executive team is planning to host an outdoor Picnic event in August 2025. Information will be shared in all groups very soon.
- Manakosam executive team is working to continue this newsletter on a quarterly basis and look forward to receiving articles, jokes, cartoons, poems, paintings etc whatever our members would like to showcase their talent.
- Annual Day / Kartikamasam / Diwali celebrations – Nov 2025. Date TBD!
- Look for opportunities to promote Sanatana Dharma

బాల వికాసం

Description: The following is is an acrylic painting inspired by the movie Kantara – by Prathika Nagulavaram (High School)





Cricket



By: SriRam Gopinadham (Rising 9th grader)

Cricket is a fun sport to play. It is a popular sport around the world, and most countries play cricket. However, do you know the history of cricket? You probably don't, so this article will inform you about the history of cricket, how it spread all over the world, how cricket is played, and the rules of cricket.

Firstly, Cricket is an English sport many people think originated in India but that is wrong. Cricket first originated in 13th-century medieval England where kids played using a tree stump as stumps, a tree branch as a cricket bat, and stones as cricket balls. Soon over time cricket spread to adults, and then later it became regionally popular in southeast England in the counties of Sussex and Kent. Cricket later became famous and popular all over England.

Secondly, Cricket today is not only popular in England it is popular all over the world, and here is how. As many of you know Great Britain colonized almost the entire world, and they had a massive colonial empire which is the biggest empire in history. They colonized countries like India, Pakistan, Australia, etc. Because of that some of the countries (Not All) colonized by Britain were introduced to Cricket and that is how cricket became a popular international sport played by most people.

Because so many countries play cricket it is no surprise that there are many cricket-based tournaments like the Indian Premier League (IPL), Caribbean Premier League (CPL) etc. This next paragraph will tell you about each one.

Firstly, the Indian Premier League which is the IPL is a T20 cricket tournament where several teams from different cities in India. Two teams play a T20 cricket game in a stadium in India this keeps happening until the top 4 teams make it to the playoffs, and the reason it is T20 and not ODI is because the IPL is a domestic tournament not an international tournament and international games are normally ODI but there are a few exceptions like the T20 world cup. The teams that make it to the playoffs play to make it to the finals, and the two teams that make it to the Finals play the final match of the season to see who wins that year's IPL.

The Caribbean Premier League, which is the CPL, is very similar to the Indian Premier League. It is also a T20 tournament, but it is not just happening in one single country it is happening in multiple different countries and islands like Trinidad and Barbados etc. Like the IPL each nation also has its team they compete to make it to the playoffs. After

three teams make it to the playoffs, they then play to get to the finals. The two teams that make it to the finals will try to see who wins the CPL of the year.

This final paragraph will tell you about the three different types of cricket formats One Day International (ODI), T20, and Test. They are all based on cricket, but they are extremely different from one another.

One Day International or ODI is a 50-over cricket game that is played by different national cricket teams. ODIs are played across different nations and different international stadiums. Batsmen are typically required to maintain a good and acceptable strike rate. Sometimes it is over 100 and sometimes it is not, it doesn't matter unless you are in a certain situation.

T20s are a 20-over cricket game that happens all over the world, and every domestic tournament within nations is T20s. In T20s batsmen's strike rate is typically over 100 because 20 overs is pretty modest and they need to score big to have a chance at winning.

Test Matches are the longest form of cricket match; they are over 100 overs and they last for five consecutive days, and because of how long test matches are the players are typically given breaks. In Test matches the batsmen's strike rates are typically lower than 100 and sometimes even 50 because strike rates don't matter because the amount of overs and time in test matches are generous and not modest at all.

The Shuttle that Changed My Game and Me

-By Anagha.Boddupalli (Elementary School)

Did you know that Badminton is the world's fastest racket sport. Well every evening in the summer ,I grab my racket, head outside and I feel like a champion. The moment I hit the shuttle into the air,I feel free-like a bird that could fly. In fact Badminton isn't just a sport to me it's a way for me to fly and challenge myself. With every hit,swing, and smash I learn something new-not just about the game, but about myself ,like the way I improve and the way I challenge myself to reach my goal.

“My journey with badminton actually began 5 months ago.....” I first held the light racket at my school gym while learning how to play unassociated sports. The moment I held the racket I felt a vibration and I was kind of scared to play badminton because I never played it before. In fact it was not scary at all and I played very well and was very good at it, and even my coach appreciated me , even my friends did too. As days passed I loved playing badminton. It was my favorite game to play all the time,So this summer I asked my dad to order the rackets to play with my family as a sport to play everyday and to have fun with my family.

The most fun part of playing badminton is the speed and intensity of the game, the satisfaction of powerful smashes, the strategic mental game, and the social aspect of playing with friends and family. From that time badminton became more than just a sport-it became something I truly love.

What I love the most about badminton is the way I believe in myself and the way my mind thinks fast just like how the racket moves and every loss is a chance for me to improve which is the most favorite part of the game for me. Badminton has taught me that every mistake, and every jubilation from my friends and family helps me grow powerful-not just as a player but as a human. I even encourage others to try it. The reason why is because it teaches you focus, commitment ,and it also keeps you active ,and strong. Also it's a way to always have fun with your family and friends all the time.

In fact I'm not the only one who loves badminton-millions of people around the world play it. It is not only common people that play it there are some people who have a profession in playing badminton and also there are even famous actresses that play badminton to here are some people who played badminton in many levels like, P.V Sindhu, Saina Nehwal, Lin Dan, and even an indian actress named Deepika Padukone and many more like this e.c.t. Also hear this quote from P.V Sindhu “ When women do well nations do better” and always remember “badminton isn't just a sport to me , it's a way to fly without wings.”

Things That I Recommend To Do In The Summer

Written by: Madhu Dantu (Elementary School)

Imagine that you are sitting on the swings at the playground on a humid, tropical summer day. What if I told you that there are some other fun, exciting, and amazing things that you can try over the summer? Some examples include preparing for the next grade, learning something new, and playing sports. In this essay, I will talk about things I recommend doing during the summer.

The first activity that I would recommend is to prepare for your next grade. If you prepare for your next grade, you will feel extra ready and confident. I also struggled with this when I was going into 5th grade, but I worked hard over the summer so that I was extra prepared for 5th grade. This is something you should do so that you won't have any problems learning new things in class. If you're someone who likes to feel prepared, then this is a great activity for you.

Another activity I recommend is to learn something new. Learning something new is really cool because there are so many things in the world you probably don't know. For example, you can pick a topic that interests you and learn more about it. If you choose a nonfiction book, you can discover facts about the topic you picked. If you're a person who loves facts, I think you should try this activity!

One more activity I recommend is to play sports. Playing sports is another great way to exercise during the summer. There are a lot of different sports to choose from. Some examples include biking, swimming, and volleyball. Playing sports helps you get fresh air and stay active. If you're someone who loves the outdoors, then this is an activity I would definitely recommend.

In conclusion ,these are the three things that I recommend doing in the summer. Of course, there are many more things you can do, but these are my top 3 suggestions. Some other activities you might enjoy are drawing,painting, and much more. Summer is a great opportunity to try new things.

Have a great summer, and remember: always choose kindness.

అందం - ఆరోగ్యం చిట్కాలు

అందానికి ఆరోగ్యానికి కీర దోసకాయ

వేసవిలో పుష్కలంగా దొరికే దీని లాభాలు అనేకం. తినడానికే కాకుండా చర్మ సమస్యలకు సంబంధించిన ఫేస్ ప్యాకులకు కూడా దీన్ని వాడొచ్చు.



అందం:

కీరదోసలో ఉండే యాంటీ ఇంఫ్లమేటరీ గుణాలు [చర్మానికి](#) చల్లదనం ఇస్తాయి. ఎండ నుంచి రాగానే చర్మం మంటగా అనిపించినపుడు ఒక కీరదోస ముక్క రుద్దుకొని చుడండి, హాయిగా ఉంటుంది. దీనికి చర్మాన్ని చల్లబరిచే గుణాలున్నాయి. దీన్ని ముఖానికి రాసుకోవడం వల్ల మొటిమల సమస్య కూడా తగ్గుముఖం పడుతుంది. కీరాకి చర్మ రంధ్రాలని బిగుతుగా చేసి , నూనె ఉత్పత్తిని తగ్గించే గుణం ఉంది. జిడ్డు చర్మం ఉన్నవాళ్ళకి ఇది బాగా పనిచేస్తుంది. దీంట్లో ఉండే విటమిన్ సి వల్ల చర్మం మీద ఉన్న మచ్చలు తగ్గుతాయి. కళ్ళ కింద ఉన్న నల్లటి వలయాలని కూడా కీరా తగ్గిస్తుంది. నిద్ర లేచిన వెంటనే మొహం ఉబ్బినట్టు కనిపిస్తే కీరాతో రుద్దితే ఫలితం ఉంటుంది.

కీరదోసతో వివిధ ఫేస్ ప్యాకులు వేసుకుంటే కూడా చాలా ప్రయోజనాలున్నాయి. కీరాను ముద్దలాగా చేసి ఒకట్రైండు చుక్కల నిమ్మరసం, కొంచెం తేనె కలపాలి. ఈ గుఱ్ఱును ముఖానికి పట్టించి 10 నిమిషాలు ఉంచుకుని కడిగేసుకుంటే ముఖం తాజాగా అనిపిస్తుంది. లేదా కీరా గుఱ్ఱులో స్పూను ఓట్స్, చెంచా తేనె కలిపి ముఖానికి రాసుకుంటే స్క్రబ్బింగ్ లాగా పనిచేస్తుంది. మొటిమల సమస్య ఉంటే కీరాతో పాటు కలబంద లేదా అలోవేరా జెల్ కలుపుకొని ముఖం, మెడకు పట్టించండి. నల్లటి మచ్చలున్నా కూడా తగ్గుముఖం పడతాయి. కళ్లు కాస్త ఉబ్బినట్టు అనిపించినా, లేదా అలిసినట్టు అనిపించినా కళ్ల మీద గుండ్రంగా తరిగిన కీరా ముక్క పెట్టుకుని విశ్రాంతి తీసుకోండి. చల్లగా అనిపిస్తుంది.

ఆరోగ్యం:

వేసవిలో రోజూవారీ తినే సలాడ్లలో కీర దోసను తప్పక వాడండి. దీంట్లో పోషకాలు ఎక్కువ, క్యాలరీలు తక్కువ. అందుకే చక్కర స్థాయుల్ని నియంత్రిణలో ఉంచడంతో పాటు [బరువు](#) తగ్గడంలో కూడా సహాయ పడుతుంది. పిల్లలు నేరుగా తినకపోతే శాండిచ్ లో కూడా పెట్టి ఇవ్వొచ్చు. అలాగే ఆఫీస్ కి వెళ్ళేవాళ్లు కీరదోస సారం ఉన్న నీళ్లు తాగొచ్చు. ఒక రెండు గంటల ముందే బాటిల్ నీటిలో తరిగిన కీరా ముక్కలు వేసి ఉంచితే చాలు. కీరా నీరు సిద్ధం. కేవలం కీరానే కాకుండా పుదీనా లేదా తులసి ఆకులు కూడా ఇదే నీటిలో వేసుకోవచ్చు. నీటికి కాస్త ఫ్లేవర్ రావాలనుకుంటే గుండ్రగా తరిగిన నిమ్మకాయ ముక్కలు, కీరా వేసి కాస్త మెదిపినట్టు చేసి నీరు పోసుకుంటే చాలు. దీనివల్ల ఎక్కువ [నీరు](#) తాగడంతో పాటు పోషకాలు కూడా అందుతాయి.

సరదాగా కాసేపు



THANK YOU

Manakosam executive team thanks all the volunteers and members for their continuous support for the past seven years and look forward to continuing this support for all future causes. We are here to serve and help our community and sincerely encourage you all to become active volunteers and help our community.

Unity is our strength (ఐకమత్యమే మహా బలం)

సర్వేజనా సుఖినో భవన్తు



