



AVOPA NEWS & VIEWS

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Arya Vysya Officials' & Professionals' Association

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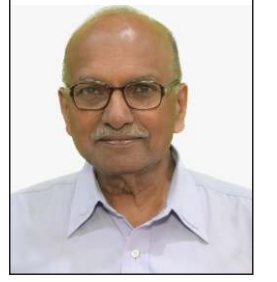
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President's Message

Dear Members, Donors and Welwishers,
Pranams

I wish all our Members, Donors and Well-wishers, a happy and prosperous calendar New Year 2025. May the Almighty bestow upon all of us, His choicest blessings to live with good health, peace and tranquility.



Meditation is an inward movement. Science moves outwards. We have to observe that this is our body and its acts, walking, chopping wood, writing a letter, drawing water from the well etc., remain a witness, do not do it like a robot. When we become capable of watching and witness our body and its activities, then we can continue - watch the activities in our mind - thoughts, dreams, imagination, just remain a witness as if we are standing by the side of the road and one standing by the road and a procession of thoughts, are passing on the road. We are not part of it, we are just a mirror reflecting, without any judgment - because the mirror has no judgment. A beautiful face, the mirror does not say 'Great'. An ugly face,....the mirror does not say "My God"! The mirror simply reflects whatever comes before it. Exactly one has to become a pure witness, without any judgment, evaluation, good, bad. Then a strange experience happens as our witnessing grows, thoughts start listening. In the same proportion if we take ten present witnessing, there are ninety percent thoughts! If we have ninety percent consciousness, awareness, then there are only ten percent thoughts. A hundred percent witness, then there is just pure nothingness. This is called state of no-mind. This is what everyone has to achieve and it will definitely lead us to a happy and peaceful living.

ನಾಸ್ತಿ ವಿದ್ಯಾಸಮಂ ಚಕ್ಷುಃ ನಾಸ್ತಿ ಸತ್ಯಸಮಂ ತಪಃ |

ನಾಸ್ತಿ ರಾಗಸಮಂ ದುಃಖಂ ನಾಸ್ತಿ ತ್ಯಾಗಸಮಂ ಸುಖಮ್ ||

ವಿದ್ಯೆಗೆ ಸಮನಾದ ಕಣ್ಣಿಲ್ಲ, ಸತ್ಯಕ್ಕೆ ಸಮನಾದ ತಪಸ್ಸಿಲ್ಲ, ಅನುರಾಗಕ್ಕೆ ಸಮನಾದ ದುಃಖವಿಲ್ಲ, ತ್ಯಾಗಕ್ಕೆ ಸಮನಾದ ಸುಖವೂ ಇಲ್ಲ.

ಸತ್ಯವಚನವೊಂದಿದ್ದರೆ ಅವನಲ್ಲ ಎಲ್ಲಾ ತಪಸ್ಸುಗಳೂ ಇದ್ದಂತೆಯೇ. ಸತ್ಯಸಂಧನಾಗಿದ್ದರೆ ಅಂಥವನು ಲೋಕದಲ್ಲಿ ಜನಪ್ರಿಯನಾಗುತ್ತಾನೆ. ಸತ್ಯವಂತನಾಗಿದ್ದರೆ ಅಂಥವನಿಗೆ ಅವನ ಜೀವಮಾನದಲ್ಲಿ ಅನೇಕ ಕಷ್ಟನಷ್ಟಗಳು ಬರುತ್ತವೆ, ದಿಟ, ಆದರೆ ಸತ್ಯನಿಷ್ಠೆಯಿಂದ ಸತ್ಯವಂತನು ಅಭ್ಯುದಯಗಳನ್ನೂ ನಿಃಶ್ರೇಯಸ ಫಲವನ್ನೂ ಹೊಂದುತ್ತಾನೆ.

With best regards and greetings,

T.K. THIMMARAJA SETTY

President

Ph : 2657 1709 8762292566 Timings : 10.30 a.m. to 1 p.m. & 5.00 p.m. to 7.00 p.m.

www.avopabengaluru.org

Smt. Lingala Girijamma And Sri Chembakur Lingala Krishnaiah Setty Endowment Program

Report on the inaugural Endowment Program in the name of Smt. Lingala Girijamma and Sri Chembakur Lingala Krishnaiah Setty instituted by Sri L. Kasiviswanadham and L. Mani held on 26/11/2024 at the Indian Institute of World Culture.

The programme commenced with offering flowers to the portraits of Smt. Lingala Girijamma and Sri Krishnaiah Setty and lighting the lamp. Sri. D. Naresh Babu, Gen. Secy. welcomed the guests and members. Sri L. Kasiviswanadham briefed the saga of his parents and how they grew with an ambitious goal of education along with the family business. Sri T.N. Ashoka, Vice President, AVOPA introduced the guest Dr. K.S. Naveen, Consultant Manipulative Physiotherapist (Neuro & Ortho).

Dr. K.S Naveen explained methods of physio and therapy cares. He also demonstrated simple physio

therapy techniques, to avoid any surgery. The speech was very educative, informative and implement worthy. Sri T.K.Thimmaraja Setty, our President in his Presidential remarks detailed the activities of AVOPA and requested the members to join hands with the activities of AVOPA. He also spoke on the subject 'Gita the divine song of all times', the essence of Gita covering all the 18 chapters. He exhorted, that in our homes, the elders, apart from reading the Gita should also encourage and inculcate the habit of reading Gita by their children to get solutions for day to day problems. The donors of the endowment Sri L. Kasiviswanadham and Sri L. Mani were felicitated and handed over the certificate. Dr. K.S. Naveen was also felicitated on the occasion. Programme concluded with vote of thanks by the General Secretary.



SMT. PREMAKALA AND SRI RAMESH GELLI ENDOWMENT

As a part of the Smt. Premakala and Sri Ramesh Gelli Endowment, Miss. Tejaswini has been adopted for her studies. A Cheque was given to her by Sri J.A. Mohan Kumar, former DGM of Vysya Bank Ltd. Miss Tejaswini will be assisted financially, till completion of her graduation.



Report on the B. Chandragupta Memorial endowment program held on 15/12/2024

The program began with offering flowers to the portrait of Sri. B. Chandragupta and lighting the lamp by all the family members of Late Sri B. Chandragupta, office bearers and speaker. Sri M V Subba Rao, Organising Secretary welcomed the gathering and speakers of the day. Our President Sri T K Thimmaraja Setty in his Presidential remarks recalled his association with B Chandragupta and paid rich tributes to him, besides informing the details of activities of AVOPA. Sri B N Ramesh Kumar, Retd. Chief

Engineer of Karnataka, Pollution Control Board, was the Guest speaker. He spoke on "Green Energy" with a power point presentation, which was very educative and informative. Smt. Navya Ajay and Smt. Gayathri Deepak made a presentation on "Go Green - why it is important" which was very educative and need of the day. The program was well attended by our members, family members of Late Sri B Chandragupta. Sri Geetha Prasad, proposed vote of thanks.



Doctors' Consultation @ a Concession

1. **Dr. Saraswathi & Dr Ramesh**
Obstetrics & Gynecology and Multispeciality Hospital
AV Hospital, No.9, Pattallamma Road, Basavanagudi, Bengaluru-04
Mobile No: 99806 79393/98450 06123, 7259039815
Landline : 8065391111. E-mail address : sarassavi@yahoo.co.in
2. **Dr. Gaurang Ramesh**
Surgical Gastroenterologist Functional and Integrative Medicine
Practitioner
Arka Anugraha Hospital, No.2, 15th Cross, 6th Phase,
JP Nagar, Bengaluru - 560 078.
Mobile No: 6362371526 Landline: 080 4546 0000
3. **Dr. Sagar K V, MBBS, MS (Ortho)**
Orthopaedics, Spl. Joint Replacement
Dr. Nikhita
South End Speciality Clinic, South End Road, Basavanagudi
Mobile No:81973 44754 E-mail address: drkvsagar@gmail.com
4. **Dr. Ramesh N S, Diabetologist**
Diaplus Diabetes Centre, # 43, 3rd Cross,
2nd Main, Opp. APS College N.R.Colony, Bengaluru - 560 019,
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For appointment: 9620439860 e-mail : dr.nsr1954@gmail.com
5. **Dr. Venkatesh K.L., MS, Mch**
(Paediatric Surgery) Paediatrics, Gynecology & Balaji Hospital,
General Hospital, No.40/1, Jagajeevanaram Nagar, Main Road,
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Mobile No: 9611844404 Landline: 080 2891 6038/2675 2255
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6. **Dr. Venkatesh Babu N S, Pediatrics & Preventive, Dentistry**
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e-mail: drnsvbabu@gmail.com
7. **Dr. Dinesh P N, MS (Ophthalmology)**
Anterior Segment, Squint, Contact Lenses
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Jayanagar 1st Block Bengaluru 560 011 Mobile No: 9448360200.
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8. **Dr. S A Narayana Prasad, MBBS, MD, DCH**
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10. **Dr. Gautham Kiran T.**
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Continues ...



Many doctors from the AVOPA Doctors Forum are generously offering their
valuable services to AVOPA members at concessional charges.
Scan the QR code to access the list of doctors.

AVOPA FOUNDATION DAY CELEBRATIONS

On 22/11/2024, AVOPA foundation day was celebrated. Our members, donor and Welwishers attended the celebrations in large numbers. The meeting began by offering floral tributes to the founder's portraits and also lighting of lamp by the President, General Secretary and Treasurer along with Sri Vijaya Kumar son of M.R. Arya, our first President and Sri Geetha Prasad Gupta son of our third President and one of the founder's of AVOPA movement. Our President Sri T K Thimmaraja Setty explained in detail the saga of AVOPA movement and the journey of

AVOPA Bangalore in the last 54 years, and the activities carried out. He has requested the members to join hands and come forward to institute endowments and donate liberally for the new hostel building. He paid rich tributes to all those who instituted scholarships and endowments. Some of the members present, expressed their opinions and extended their complements. The celebration was a fine example of fellowship which is the primary objective of AVOPA.



MATRIMONY

Name: **M. RAGHAVENDRA PRASAD**

DOB: 04-05-1984 @ 12.00 AM,

POB: Bengaluru

Birth Star: Hastha

Padam: 1st

Rasi: Kanya, Gothram: Innakula

Mathulam: Padagashila

Complexion: Fair

Height: 5'.11"

Qualification: B. Com., MBA

Occupation: Working in MNC, Bengaluru,

Annual Income: Rs.15 lakhs.



For further details contact:

Sri. Maruthesh Babu

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Chikkalasandra, Bengaluru - 560 061,

Mobile No.99454 06805

Pioneer Awardee



Chi. Janvi Y.P D/o Smt. Gowthami Y P, member of AVOPA, has secured 19th rank in the Asian Math circuit, **Pioneer Awardee in Mathematics Hall of Fame Asia Top 20.** On this occasion AVOPA whole heartedly congratulates **Chi. Janvi Y.P** and wishes her success in all her endeavours.