



# AVOPA NEWS & VIEWS

## KANNADA & ENGLISH MONTHLY NEWS LETTER

Volume 22

Issue No. 01

January 2025

Pages - 4

Price : Rs. 5-00

Arya Vysya Officials' & Professionals' Association

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Inside Page (Full)	₹	8,000-00
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HAPPY  
Makar Sankranti & Pongal

## President's Message

Dear Members, Donors and Welwishers,  
Namaskara



I am sure that by the time, this letter reaches you, you would have happily celebrated Makara Sankranti, the day the SUN moves towards the northern direction. The day is also called as Uttarayana Punyakala. Our ancient Santana Dharmis were not only religious but also scientists, experts in astronomical timings. This year, the people of Bharath are fortunate to witness Mahakumbha which occurs once in every 144 years, expecting 40 Crores + devotees will be taking holy bath in Prayag at triveni sangam, confluence of Ganga, Yamuna and Saraswathi (guptagamini). I am told that many of our Members are visiting Mahakumbha and I wish them all the best in travel, stay and sacred bath.

Our suffering comes basically from our minds and how we look at the world. It is told that there are ten fetters that bind and deprive us of our freedom. These fetters are Craving; Anger; Ignorance; (Agnana) Complexes; Doubt; This body is me; Pairs of opposites; (Dwandva) Attachment to views; Perverted view; and Attachment to rituals. Due to paucity of space, I only write about craving which is an important fetter that binds us lot and also This body is Me. Craving when we believe that object of our craving is what we want, that it can bring us happiness and that without it, we can't be happy. To give a simple example, when a fish sees the bait, it looks appealing, but the fish does not know there is a hook attached to it. The object of our craving is like that, the danger is hidden. We must look deeply to see the true nature of our craving. It will then lose its' appeal, and we will be free. This body is Me: I simply believe that I am this body and this body is a separate self. That before the formation of this body, I was not here, and with its disintegration, I will cease to exist. If we understand this concept, all our egos vanish and love others without anger, doubt. The superiority, inferiority will vanish and we see only equality. All these fetters are liberated with our continual commitment to mindfulness, concentration and insight. We all can practice and know our true 'SELF'.

Continued...

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](http://www.avopabengaluru.org)



@avopabengaluru  
#avopabengaluru



avopa.bengaluru



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avopa.bengaluru@gmail.com

Many time, we limit to a single identity – engineer, doctor scientist etc., which may hinder growth known as “upadhi diseases” (the disease of titles), this mindset restricts broader learning. This growth comes from transcending labels and embracing a multidisciplinary open minded approach. The famous mantra from Rig-Veda “Aa No BHADRAAH KRATAVO YANTU VISHVATAH” Let noble thoughts come to us from every side.

ಉದ್ಧರೇದಾತ್ಮನಾತ್ಮಾನಂ ನಾತ್ಮಾನಮವಸಾದಯೇತ್ |

ಆತ್ಮೈವ ಹ್ಯಾತ್ಮನೋ ಬಂಧುಃ ಆತ್ಮೈವ ರಿಪುರಾತ್ಮನಃ || 5 ||

ತನ್ನನ್ನು ತನ್ನಿಂದಲೇ ತಾನೇ ಉದ್ಧಾರಮಾಡಿಕೊಳ್ಳಬೇಕು. ತನ್ನ ಅವನತಿಯನ್ನು ತಾನೇ ಎಂದಿಗೂ ಮಾಡಿಕೊಳ್ಳಬಾರದು. ಏಕೆಂದರೆ ತಾನೇ ತನಗೆ ಬಂಧುವೂ ತಾನೇ ತನಗೆ ಶತ್ರುವೂ ಆಗಿರುತ್ತಾನೆ. ಮಾನವ ಜನ್ಮವನ್ನು ಆತ್ಮಜ್ಞಾನದಿಂದ ಸಾರ್ಥಕಗೊಳಿಸಿಕೊಳ್ಳಬೇಕು.

With Pranams,  
**T.K. THIMMARAJA SETTY**  
President

## CONGRATULATIONS

Our President Sri T.K. Thimmaraja Setty and our Vice President Reganti Venkatesh Babu, General Secretary of Kotak Mahindra Bank Pensioners Association were felicitated by M R Arya foundation on 5th January, 2025 at Maruthi Sabhangana, Vasavi Vidayanikethana, Basavanagudi, Bengaluru in their annual function. On the occasion prizes were presented to the winners in the quiz conducted by them. CA. I S Prasad was the Chief Guest. It was very pleasant for the President and the Vice-President to be honored by M.R Arya foundation which is formed in the name of Sri M R Arya our first President. Sri. P.C.Balaraj, President of M R Arya foundation, Sri D. Naresh Babu, General Secretary of M.R Arya Foundation and AVOPA and Sri V.R Sridhar who is our Joint Secretary were in the forefront of M R Arya foundation. Our President recalled and hailed the services of M.R.Arya to society at large and AVOPA in particular.



## ಅಭಿನಂದನೆಗಳು

ಇತ್ತೀಚೆಗೆ ಮಂಡ್ಯದಲ್ಲಿ ನಡೆದ ಕನ್ನಡ ಸಾಹಿತ್ಯ ಸಮ್ಮೇಳನದಲ್ಲಿ ನಮ್ಮ ಸಂಸ್ಥೆಯ ಪೂರ್ವ ಅಧ್ಯಕ್ಷರು ಹಾಗೂ ಹಾಲಿ ಟ್ರಸ್ಟಿಗಳೂ ಆದ ಶ್ರೀ ಅಂಜನಶೆಟ್ಟಿಯವರಿಗೆ ಮತ್ತು ನಮ್ಮ ಸಂಸ್ಥೆಯ ಪೂರ್ವ ಸಂಘಟನಾ ಕಾರ್ಯದರ್ಶಿಗಳು ಮತ್ತು ಕರ್ನಾಟಕ ಆರ್ಯ ವೈಶ್ಯ ಮಹಾಸಭೆಯ ಅಧ್ಯಕ್ಷರಾದ ಶ್ರೀ ಆರ್.ಪಿ. ರವಿಶಂಕರ್ ಅವರಿಗೆ ಗೌರವ ಸನ್ಮಾನ ಪ್ರಾಪ್ತವಾಗಿದ್ದು ವೈಶ್ಯ ಜನಾಂಗದ ನಮ್ಮೆಲ್ಲರಿಗೂ ಹೆಮ್ಮೆಯ ವಿಷಯ. ಅದೇನು, ಅಂಜನಶೆಟ್ಟಿ ಅವರಿಗೂ, ಆರ್.ಪಿ. ರವಿಶಂಕರ್ ಅವರಿಗೂ ಹೃದಯಪೂರ್ವಕ ಅಭಿನಂದನೆಗಳನ್ನು ಸಲ್ಲಿಸುತ್ತದೆ.



**ARYA VYSYA OFFICIALS' AND PROFESSIONALS' ASSOCIATION  
&  
AVOPA CHARITABLE TRUST, BENGALURU**

Cordially invite you for the  
**ENDOWMENT PROGRAM INSTITUTED BY  
TRUSTEES OF AVOPA CHARITABLE TRUST - 2022-25**

**Sriyuths:** K. Srinivas Babu, Badarinarayana Babu, M. Amba Prasad, Brig.  
Dr. K. Ravishankar VSM, D.V. Bharath, M. Manjunath, MSR Anjaneyulu, R.V. Bhaskar,  
K. Narayana Chetty, Dr. Sathyaprakash, Dr. M. Sivanandam, Vijaya Kumar Arya,  
R.Venkataramana, Anjan Setty

**On Sunday the 9th February, 2025 at 10.00 A.M**

Talk on

**1st Session: 'Urinary leakage in ladies'**

By **Dr. Dilip C Dhanpal**, MBBS, MS, MCH Urology,  
Lifeline Hospital J C Road, Bengaluru

**2nd Session: 'Orthopedic problems in geriatric population'**

By **Dr. Sathyaprakash**, MBBS, D. ortho  
Dy. Chief of Medical Services (ORTHO), HAL HOSPITAL

**3rd Session: - 'Stroke is preventable, stroke is treatable; act FAST'**

By **Dr. Santosh N.U**, MBBS, MS, DNB, Gen.Surgery, MCh Neurosurgeon,  
Aster CMI Hospital Sahakaranagar, Bengaluru

**Medical Camp for Senior Citizens - Bone mineral density (BMD) test**

Presided by **Sri T K Thimmaraja Setty**,  
President, AVOPA & AVOPA Charitable Trust

Venue : **AVOPA OFFICE**, No.61, Amogh Gokul Plaza  
R V Road, Basavanagudi, Bengaluru-560004

Breakfast : 9.30 AM to 10.00 A M

NOTE: Please register your name in advance, with AVOPA office due to limited seats available.

**Phone No: Mobile: 87622 92566, Landline: 080-2657 1709**

**D. Naresh Babu**  
General Secretary

**CA Gopalakrishna Gupta E. S.**  
Treasurer

**Dr. Venkatesh K.L.**  
Chairman, AVOPA Doctors Committee



**APPRECIATION**

Ballari residents named link road after former D.C Sri S.S. Nakul. Residents of Ballari City have shown their appreciation to Sri S S Nakul who is a Vysya ICON, worked as a Deputy Commissioner Ballari District, who is now working for the Union Government. Nakul's kind and friendly interaction with the Public, response to the people when they appraised him of their problems, and especially his work during the Covid-19 Pandemic had made him a local hero. A local couple even named their baby after him. People remembered that Sri Nakul got his wife admitted for delivery at the Government Hospital, which was a big motivation for others. Naming the major link road to the city as S S Nakul Marg is a measure of their appreciation and respect for him. AVOPA congratulates Sri S.S. Nakul who is an inspiration to all our young Vysya students.



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.





SINCE 1967

# Sri Sathyanarayana Travels

Luxury, Safety & Economical

## Mount Kailash Manasa Sarovara Sathsanga Yathra - 2025

Contact : 7411335024 / 7411411178 / 9164604942

- |        |  |
|--------|--|
| Day 01 | Arrival Kathmandu  |
| Day 02 | Drive, Kathmandu - Shyabrubeshi                            |
| Day 03 | Cross the Border then Drive to Kyirong Town                |
| Day 04 | Drive from Kyirong Town to Saga                            |
| Day 05 | Drive from Saga to Lake Manasasarovar (Chiu Gompa)         |
| Day 06 | Drive from Manasasarovar to Darchen                        |
| Day 07 | Drive to Yama Dwar then start Trekking to Dhirapuk         |
| Day 08 | Trek to Shivasthal, Gaurikunda (5620 m) then Zuytulphuk    |
| Day 09 | Trek, Zutulphuk to Trek Ending point, & Drive Back to Saga |
| Day 10 | Cross the Border & Drive to Shyabrubeshi                   |
| Day 11 | Return back to Kathmandu                                   |
| Day 12 | Sightseeing tour within Kathmandu                          |
| Day 13 | Departure from Kathmandu to Bangalore                      |

Departure Date :

May - 29/05/2025

June - 12/06/2025

July - 07/07/2025

August - 14/08/2025

₹ 1,99,000/-  
+ 05% GST

3 Nights Star  
Hotel Accomodation  
in Kathmandu

Indian Vegetarian  
Food &  
Mineral Water

Normal China &  
Tibet Visa Charges  
& Yathra Certificate

Rudra Homa & Pooja  
Facilities at Manasa  
Sarovar from  
Karnataka Purohith  
(Rudrakshimala & Theertha  
Prasad will be issued)

Tour Guidance and  
Information by  
Kannada  
Tour Manager

Avail Rs.30,000/-  
subsidy from  
Karnataka Govt.  
(Karnataka Govt Norms)

### Other Informations

1. Be fit & Healthy
2. You are requested to provide your Passport, Voter I.D.  
& 3 pp size photo along with initial registration fee Rs.20,000/- + Flight Charge
3. Full and final balance amount should be paid before 50 days from  
the commencement of the trip.
4. During Trip freshly prepared pure vegetarian Indian foods will be served.
5. Age Limit 18 to 70 years.

Initial Booking Rs.20,000/- + Flight Charge  
Per Person

### MUKTHINATH EXT. - 4 DAYS

Rs.42,000/- per person (Kathmandu to Mukthinath to Kathmandu)  
Kathmandu / Pokhara / Kathmandu by coach, Manokamana Devi,  
Cable car ticket, Airport Tax, Annapurna Conservation fee,  
Pokhara - Jomsom - Pokhara by Mini Flight, Jomsom to Mukthinath  
and Jomsom by Jeep. 2 Nights stay at Pokhara, Pokhara sight seeing,  
covering fewa lakes, Devi's falls and Bindyavasani temple, Pokhara  
to Kathmandu by Flight



### CHARDHAM YATRA

13 N / 14 D

BADRINATH, KEDARNATH  
GANGOTRI, YAMUNOTRI

Delhi

Haridwar - Rishikesh  
Yamunotri - Gangotri  
Guptkashi - Kedarnath  
Uttarkashi - Badrinath

Cost : 45,999/-  
+ Flight / Train

DEPARTURE DATE

May 2025  
22

June 2025  
05



### AMARNATH YATRA

10 N / 11 D

AMARNATH,  
VAISHNO DEVI,  
INDO-PAK BORDER,  
GOLDEN TEMPLE

Srinagar - Gulmarg  
Sharadha Peeta (LOC)  
Shankaracharya Temple  
Baltal - Katra - Amritsar  
Shiv Khori - Attari

Cost : 41,999/-  
+ Flight / Train

DEPARTURE DATE

June 2025  
30

July 2025  
05

No. 320/4, Opp. Bangalore Medical College A.V. Road, Kalasipalyam, Bangalore - 560 002