



# AVOPA NEWS & VIEWS

## KANNADA & ENGLISH MONTHLY NEWS LETTER

Volume 22

Issue No. 02

February 2025

Pages - 4

Price : Rs. 5-00

Arya Vysya Officials' & Professionals' Association

ಆರ್ಯವೈಶ್ಯ ಅಧಿಕಾರಿಗಳ ಮತ್ತು ವೃತ್ತಿನಿರತರ ಸಂಘ

No. 61, Amogh Gokul Plaza First Floor R V Road Basavanagudi Bengaluru - 560 004



E COPY

AVOPA & AVOPA Charitable Trust

**President**

T.K. Thimmaraja Setty

Mob: 9036788567

tsm\_blr@yahoo.co.in

**General secretary**

Naresh Babu D.

Mob: 99456 66456

babudynamic@gmail.com

**Treasurer**

CA. E.S. Gopalakrishna Gupta

Mob: 94486 96064

guptaes@gmail.com

**Vice Presidents, AVOPA**

T.N. Ashok

Mob: 94496 53053

ashokatn24@gmail.com

K. S. Prasanna Kumar

Mob: 93412 49331

kotaprasanna\_2000@yahoo.co.in

Venkatesh Babu Reganti

Mob: 9980073868

regantibabu@gmail.com

**Organising Secretary, AVOPA**

Murthy Venkata Subba Rao

Mob: 96637 33776

mvsraoatp@gmail.com

**Joint Secretary, AVOPA**

Sridhar V. R.

Mob: 99713 91523

vrshdhar@gmail.com

**Vice President**

**AVOPA Charitable Trust**

Badarinarayana Babu

Mob: 94483 92628

bnbabu58@gmail.com

**Bulletin Co-ordinator**

Venkatesh R. C.

Mob: 99728 16244

venkquality@gmail.com

**Co-ordinator :**

B.B. Shashi Kumar

Mob: 99450 76232

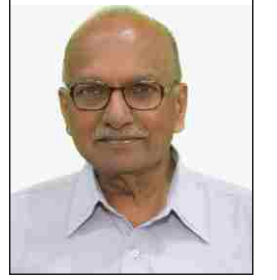
### ADVERTISEMENT TARIFF

Inside Page (Full)	₹ 8,000-00
(Half)	₹ 5,000-00
(Quarter)	₹ 3,000-00
Matrimonial	₹ 500-00
Last Page	₹ 10,000-00



## President's Message

Dear Members, Donors and Welwishers,  
Saprema Namaste



I wish you all a happy and spiritual Mahashivaratri. May Lord Shankara bless us with peace and tranquility. One who does the welfare of all, does good for all is called Shankara, so Lord Mahadeva the auspicious Merciful God Shiva, who is ever ready and, ever effortful for the Welfare of the creation or Jagat Kalyana is called Shankara, one who bestows happiness.

Swami Vivekananda said 'whatever in society is good, great and sublime is working out of that love; whatever is bad may diabolical, is also the ill-directed working out of the same emotions of love'. Love is an eternal bridge between time and timelessness, an ever-present force that pervade human existence yet remains independent of it shaping our relationships and aspirations. We can distinguish between love of physical form, and love of the formless Being. The former is confined to desires of the corporeal self, the latter is unbound and unconditional - it is self-denying but fulfilling. The former gives pleasure the latter bliss. Human love may fail or fade out, but Devine love is unaffected by extraneous factors. Falling in love is human; rising in love is Divine.

Higher love is limitless like space, it entails recognition of the cosmic spirit in all, and respect of life in its myriad forms – plants, birds, animals and humans. It is rooted in virtue and faith, and has its own beauty, wisdom and fragrance. It develops the non-physical dimension of human personality essential for divinising relationships in society.

Love is an attribute of the soul illuminates psycho, energetic centers of the subtle body, from Muladhara, base chakra to Sahasrara, crown chakra, in a luminous state of self-awareness, one sings and dances to the tune of infinity and becomes God.

In a meta-physical sense, satvic love denotes beneficent affection of God for Humanity, or the reverent attitude of devotees towards Him

ಬ್ರಹ್ಮವೇದಮಮೃತಂ ಪುರಸ್ಕಾತ್ | ಬ್ರಹ್ಮಪಶ್ಚಾತ್ ಬ್ರಹ್ಮ ದಕ್ಷಿಣತಶ್ಚೋತ್ತರೇಣ |

ಅಧಶ್ಚೋರ್ಧ್ವಂ ಚ ಪ್ರಸೃತಂ ಬ್ರಹ್ಮವೇದಂ ವಿಶ್ವಮಿದಂ ವರಿಷ್ಠಮ್ ||

ಮುಂಡಕೋಪನಿಷತ್ (2-2-12)

ಅಮೃತವಾದ ಬ್ರಹ್ಮವೇ ಮುಂದೆಯೂ ಇದೆ. ಹಿಂದೆ ಇರುವುದು ಬ್ರಹ್ಮವೇ; ಬಲಗಡೆಯೂ ಬ್ರಹ್ಮವೇ, ಎಡಗಡೆಯೂ ಬ್ರಹ್ಮವೇ; ಕೆಳಗಡೆಯೂ ಬ್ರಹ್ಮವೇ, ಮೇಲಗಡೆಯಲ್ಲಿಯೂ ಬ್ರಹ್ಮವೇ ಇದೆ, ಈ ಪ್ರಪಂಚವೆಲ್ಲವೂ ಶ್ರೇಷ್ಠವಾದ ಬ್ರಹ್ಮವೇ ಆಗಿರುತ್ತದೆ.

With hearty regards,  
**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](http://www.avopabengaluru.org)

## REPORT ON ENDOWMENT PROGRAM INSTITUTED BY TRUSTEES OF AVOPA CHARTIBALE TRUST 2022-25 ON 9TH FEBRUARY, 2025

The AVOPA Trust endowment program instituted by the trustees viz., 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. N. Sivanandam, Vijaya Kumar Arya, R. Venkataramana, Anjan Setty was held on 9th February, 2025 at the AVOPA Office.

Dr. Dilip C Dhanpal, MBBS, MS, MCH Urology spoke on "Urinary leakage in ladies". He explained in detail the causes of the urinary leakage, prevention and treatment. The talk was informative and useful. He had also answered all the queries.

Dr. Sathyaprakash, MBBS, D. Ortho spoke on 'Orthopedic problems in geriatric population'. It was useful to all the members present most of them were senior citizens. He explained in detail the causes of the problem, its prevention, treatment and surgical intervention. He had answered all the queries raised by the participants.

Dr. N.U. Santhosh, MBBS, MS, DNB, Gen.Surgery, MCh Neurosurgeon, spoke on 'Stroke is preventable, stroke is treatable; act FAST'. The talk was very impressive, and useful to all the participants. He also explained in detail, the causes, prevention and treatment including surgical intervention. He answered all the queries. All the

three doctors presented their talks through power point presentation. All the three doctors are proud Vysyas. Bone Mineral Density (BMD) test was conducted to senior citizens. Nearly 70 participants utilized the facility.

The Program started with Sri. Badarinarayana Babu welcoming the guests and the gathering. Dr. K.L Venkatesh conducted the meeting proceedings. Dr. Dilip C Dhanpal was introduced by Dr. Venkatesh Babu N.S, Dr. Sathyaprakash was introduced by Brig. Dr. K. Ravishankar VSM and Dr. Santhosh was introduced by Sri.D V Bharath. Sri T.K.Thimmaraja Setty in his presidential remarks expressed thanks to all the trustees who donated towards the endowment fund and invited the members to join the endowment scheme by donating a minimum amount of Rs.10,000/-. He also detailed the activities of AVOPA and requested the Members to avail the concessional facilities extended by the doctors to our members and also to participate in the activities of AVOPA actively. On the occasion, the Trustees named above were felicitated and a certificate of appreciation was extended. All the three doctors and the supporting staff were honored. Sri M.V. Subbarao, Organising Secretary proposed vote of thanks. The hall was full and the program was worthy initiation of AVOPA. The members participated expressed their appreciation and thanks.





## VASAVI UNION CHARITABLE TRUST

No.3, Vasavi Vidya Nikethan Complex, Vanivilasa Road, V V Puram, Bengaluru – 560 004  
No.080-26500104/22415571/26676042, E-mail: vasaviunion 1966@gmail.com | website : www.vasaviunionct.org

**INVITES APPLICATIONS FROM THE KARNATAKA ARYA VYSYA GRADUATES/POST GRADUATES/DOCTORATES/CHARTERED ACCOUNTANTS/  
COMPANY SECRETARIES/COST ACCOUNTANTS/PUBLIC SERVICE EXAMINATIONS LIKE KPSC/UPSC**

For

### AWARDING GOLD MEDALS AND SPECIAL PRIZES

For those whose results are declared in the calendar year 2024 (from 01-01-2024 to 31-12-2024)

#### By the following Universities / Institutes

- ❖ Any University of Karnataka State
- ❖ Indian Institute of Science, IIM, IIT, ICAI, ICWAI, ICS & Ph.D – From any University in India.
- ❖ KPSC/UPSC in Group A/B  
(Candidates must be residents of Karnataka only)

#### ONLINE APPLICATION

- ❖ All eligible graduates as mentioned above passed in the year 2024 are requested to login to our website [www.vasaviunionct.org](http://www.vasaviunionct.org) and submit their application.
- ❖ To send all documents through online and also forward hard copies of applications to our office on or before **29th April 2025.**

#### ELIGIBILITY CRITERIA

- ❖ Candidates should have passed all examinations in First Attempt
- ❖ Post Graduates and MBBS : Aggregate 60% of Marks and above (MBBS Graduates who have completed Internship in 2024 only are eligible)
- ❖ Graduates other than MBBS : Aggregate 80% of Marks and above
- ❖ ICAI, ICWAI, ICS, IIM, IIT & KPSC/UPSC in Group A/B  
- Candidates should have passed all semesters in First Attempt
- ❖ Special Prize: Candidates should have passed all semesters in First attempt and scored high distinction in aggregate.

President  
**B.S Arunkumar**

Gen. Secretary  
**P.C.Balaraj**

Vice President & Chairman Award Committee  
**R. Nanda Kumar**  
99809 81730

Convenor Award Committee  
**Dr. M.S.Venkatesh**  
99001 07073

## ARYA VYSYA OFFICIALS' & PROFESSIONALS' ASSOCIATION BENGALURU

Cordially invite you for the  
**Monthly Lecture programme**

**Subject :**

**UNION BUDGET ANALYSIS – 2025-26**

**Speaker : CA Vivek D.S**

Managing Partner, Suresh & Co.,  
Chartered Accountant,  
Business Catalyst & Growth Strategist



**Sri T.K. Thimmaraja Setty**

President, AVOPA  
Will preside

**On Sunday the 16<sup>th</sup> March, 2025**

**Breakfast and Fellowship:**

**9.45 to 10.15 A.M**

**Session Starts: 10.30 A.M**

**Venue: Indian Institute of World Culture**

No.6, 1<sup>st</sup> Floor, B P Wadia Road, Basavanagudi, Bengaluru-04

**D. Naresh Babu**  
General Secretary

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

## BEST INSURANCE SERVICE PROVIDERS

Serving Since 1975...

IRDAI Certified Insurance Advisers

**One Stop Solution for all your insurance needs**

#### GENERAL INSURANCE

- ▶ Motor Insurance
- ▶ Travel Insurance
- ▶ Marine Insurance
- ▶ Cyber Insurance
- ▶ Liability Insurance
- ▶ Fire Insurance
- ▶ Home & Property Insurance
- ▶ Professional Indemnity
- ▶ Burglary Insurance
- ▶ D&O Insurance
- ▶ CAR & EAR Policy

#### HEALTH INSURANCE

- ▶ Retail Health Insurance
- ▶ Critical Health Insurance
- ▶ Personal Accident Insurance
- ▶ OPD Insurance

#### LIFE INSURANCE

- ▶ Term Plans
- ▶ Endowment Plans
- ▶ Money back Plans
- ▶ Retirement Plans
- ▶ ULIPS
- ▶ Children Education and Marriage Plans
- ▶ Tax Savings Plans

#### BUSINESS INSURANCE

- ▶ Key man Insurance
- ▶ Partnership Insurance
- ▶ Employer - Employee Insurance
- ▶ MWPA Policy

**Nagesh Krishnamurthy**

**Mob: 9036805404/9141325777**



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.





# Sri Sathyanarayana Travels

SINCE 1967

**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**