



AVOPA NEWS & VIEWS

KANNADA & ENGLISH MONTHLY NEWS LETTER

Volume 22

Issue No. 07

July 2025

Pages - 4

Price : Rs. 5-00

Arya Vysya Officials' & Professionals' Association

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President's Message

Dear Members, Donors and Well-wishers,

Namaste

I am happy to share with you all that my dream of having endowments for all the 12 months has been fulfilled; the intent, commitment and determination has resulted in this great achievement. I convey my sincere thanks to all the donors for having instituted the endowments.

Peace is the fairest form of happiness. This peace is what each of us longs for through fulfillment at work, hobbies, relationships and acquisitions. The more we combine prudence with devotion in any situation, the better our chances of attaining peace and tranquility.

Knowingly or unknowingly, we are constantly striving for lasting fulfillment in all areas of our lives, including home, work, leisure and more. When we are fulfilled, we experience a sense of sustained contentment, which translates to peace. That is called *sukha*, *shanthi* and *santhusti*.

Pleasure, on the other hand is a short-term experience, which brings its share of pain soon after our desires met. A more sustained sense of fulfillment leads to peace and contentment.

We have to build our 'inner scorecard' rather than the 'outer scorecard'. This implies that we identify and choose a meaningful purpose, and a vocation suited to our temperament and aptitude. This propels us to engage in what we love. Devotion combined with prudence in choices we make aids us in pursuing our passions; the 'why' of life takes precedence over 'how', comparison with other ceases, replaced with a healthy competition with oneself in pursuing and perfecting what we enjoy and love. Bhagawan Ramana Maharishi emphasizes the importance of understanding our true nature in our evolutionary journey. As we know ourselves better, a shift occurs in how we perceive and respond to events and happenings around us. What appeared significant becomes less critical as our focus shifts to the larger canvas of life.

ಆತ್ಮನ ವಿಚಾರವನ್ನು ಕೇಳಿಯೂ ಅದನ್ನು ಅರಿಯುವವರು ವಿರಳ. ಅನೇಕರಲ್ಲಿ ಅಪರೂಪವಾಗಿ ಒಬ್ಬನು ಮಾತ್ರ ಗುರುವು ಹೇಳಿದ್ದನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳಬಲ್ಲ. ಅವನೇ ಕುಶಲನು ಹಾಗೂ ಜಾಣನು. ಗುರುವಿನಿಂದ ಉಪದೇಶ ಪಡೆದವರೆಲ್ಲಾ ಆತ್ಮ ಜ್ಞಾನಿಗಳಾಗುವುದಿಲ್ಲ. ಬಹುಮಂದಿ ಶ್ರುತರಲ್ಲಿ ಒಬ್ಬಿಬ್ಬರು ಮಾತ್ರ ಗುರೂಪದೇಶದ ಅಂತರಾರ್ಥವನ್ನು ಅರಿತು ಜ್ಞಾನವನ್ನು ಪಡೆಯಬಲ್ಲರು. ಅದ್ದರಿಂದಲೇ ಅರಿತುಕೊಳ್ಳುವವನು ಆ ಶ್ವರ್ಯಕರನು. (ಕಠೋಪನಿಷತ್ತು)

With Pranams & 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.

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REPORTS ON MONTHLY PROGRAM AND ENDOWMENT PROGRAM OF

DR. SARASWATHI RAMESH & DR. M. RAMESH, in the name of Dr. Arundhathi & Dr. R.S.K. Murthy

Doctors' day celebration was held on 6/7/2025 at Indian Institute of World Culture, Bengaluru. Medical checkups, (arranged by Sri. Sreedhara Donti) were done between 9.30 am to 11 am for all AVOPA members in attendance.

All the AVOPA doctors, their families and AVOPA members assembled in the Wadia hall after fellowship. The auditorium was full, from the beginning.

Program began with prayer by Dr. Smrithi & Dr. Madhu.

Dr. Venkatesh K L welcomed all dignitaries and members with brief introduction of Doctors' Day in the name of Dr. B C Roy on his birth and death anniversary. Importance of doctors' day preventive, curative and rehabilitative aspects were also informed.

President Sri T K Thimmaraja Setty spoke about the activities of AVOPA, endowment program and appreciated the important role of doctors in the community

Dr. Ramesh and Dr. Rajesh spoke about the endowment in their parent's name and also spoke about sacrifices made by their parents to the family and community.

Radiologist Dr. B.S. Ramamurthy spoke about 'secrets of fetus-uncovered' with his mesmerizing images and antenatal videos and diagnosis of fetal anomalies with very

good interactive learning tools involving the entire medical crowd. Dr. Murthy was introduced by Dr. Gourang.

Dr. Venkatesh K L, Chairman, spoke about artificial intelligence for doctors in their day-to-day practice, where AI helps them in their medical records department, diagnosis in radiology departments, histopathology analysis, genomics, apps, patient portal, virtual assistant, chat boxes etc.

Dr. Giridhar spoke about doctors neglecting their own health while taking care of patients. He spoke about disciplinary diet, scheduling work and stress management, relaxation, regular exercises, fitness management and gave a take home message for doctors' 'Your health in your hands'. Dr. Giridhar was introduced by Dr. Jyothish.

All the speakers were honored on the occasion.

General Secretary Sri Naresh Babu D, proposed vote of thanks.

It was an overwhelming response by all our community doctors and members of AVOPA, participating in record numbers.

Function was followed by sumptuous lunch.



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



No.61, Amogh Gokul Plaza, 1st Floor, R V Road, Basavanagudi, Bengaluru-04



Cordially invite you on the occasion of
Awarding Prizes to Meritorious Students
Distribution of Anil Kumar Awards & Surya Sathya Awards
AND

SMT. SHARADAMMA and SRI RAMACHANDRA VADAVADGI ENDOWMENT PROGRAMME
(Instituted by Sri V R Sridhar & Sri V.R Bhimsen)

Felicitations to :

Sri Nagaraj Setty P - Endowment Donor

Dr. B.S. Ramamurthy - Endowment Donor

(Srinivasa Ultra Sound Scanning Center, Bengaluru)

Sri Manandi N. Ramesh - Endowment Donor

Smt. Kurudi Srilakshmi - Scholarship Donor

Followed By

An interesting Interactive Skill Development Session by Youngsters

Presided by: **Sri T.K.Thimmaraja Setty**

President, AVOPA

AWAITING TO MEET YOU WITH YOUR CHILD

Reganti Venkatesh Babu
Vice President

Naresh Babu D
General Secretary

CA Gopalakrishna Gupta E S
Treasurer

Shakuntala VS
Chairperson-Award

Date : 24-08-2025, Sunday @ 10.30 AM
Fellowship: 10.15 AM, Lunch: 2 PM

Venue: Vijaya College, R.V. Road, Basavanagudi,
Near South End Metro, Bangalore-04

APPRECIATION

CA K. Raghu, Former President of The Institute of Chartered Accountants of India has been appointed by the Government of India, Ministry of Corporate Affairs, as a Member of The Appellate Authority constituted under Section 22A of The Chartered Accountants Act, 1949, the Cost and Works Accountants Act, 1959, and The Company Secretaries Act, 1980.



This authority serves as the appellate forum for professionals—Chartered Accountants, Company Secretaries, and Cost Accountants — aggrieved by disciplinary orders of their respective Institutes.

CA K. Raghu is a Life Member of AVOPA and has won the Merit Awards from AVOPA continuously for 10 years during his schooling. AVOPA feels proud of the member and congratulates him.

ENDOWMENT



Sri Nagaraj Setty. P has given a cheque for Rs.2 lakhs on 14-7-25 towards Endowment Fund. AVOPA appreciates his kind gesture.



Dr. B S Ramamurthy has donated a sum of Rs. Two lakhs on 21-7-25 towards endowment in the name of **Smt Soundaryavalli and Padmasri BLS Murthy.** We express our gratitude for his kind gesture.



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.

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

No.61, Amogh Gokul Plaza, 1st Floor, R V Road, Basavanagudi, Bengaluru-560 004

Cordially invite you on the occasion of Endowment Programme of

CHINTALAPALLI VENKATAMUNIAH SETTY

(Instituted by Sri SVS Gupta)

ಉಪನ್ಯಾಸ ಕಾರ್ಯಕ್ರಮ

ಉಪನ್ಯಾಸಕರು : ಶ್ರೀಯುತ ಡಿ.ವಿ.ಎಸ್. ಗುಪ್ತ

ರಂಗಕರ್ಮಿ ಹಾಗೂ ಸಾಮಾಜಿಕ ಕಾರ್ಯಕರ್ತರು, ಕರ್ನಾಟಕ ನಾಟಕ ಅಕಾಡೆಮಿ, ರಾಜ್ಯ ಪ್ರಶಸ್ತಿ ಪುರಸ್ಕೃತರು

ವಿಷಯ : ಕಲೆ, ಸಾಹಿತ್ಯ, ಸಂಸ್ಕೃತಿ ಮತ್ತು ಶಿಕ್ಷಣ ಕ್ಷೇತ್ರದಲ್ಲಿ ಆಯವೈಶ್ಯರ ಪಾತ್ರ

ಗೀತ-ಗಾಯನ

ಶ್ರೀಮತಿ ಗಿರಿಜಾ ನವೀನ್ ದೊಂತಿ

ಅಕ್ಕಮಹಾದೇವಿ ಪ್ರಶಸ್ತಿ ಪುರಸ್ಕೃತರು, ಬೆಂಗಳೂರು (ಗಂಗಾವತಿ) ಇವರಿಂದ

ಉಪಸ್ಥಿತಿ : ಶ್ರೀ ಟಿ.ಕೆ. ತಿಮ್ಮರಾಜ ಶೆಟ್ಟಿ, ಅಧ್ಯಕ್ಷರು, ಅವೋಪ

Naresh Babu D
General Secretary

CA Gopalakrishna Gupta E S
Treasurer

Date & Time: 31st August, 2025
Sunday @ 10.30 AM
Fellowship & Breakfast: 09.45 to 10.15 AM

Venue: The Indian Institute of World Culture
No.6, 1st Floor, B P Wadia Road,
Basavanagudi, Bengaluru – 560 004

FELICITATION TO Sri NAGARAJA SETTY.P

Sri Nagaraj Setty P, senior and distinguished member of AVOPA was felicitated at his residence by EC Members and Trustees on 12-7-2025 for his outstanding contribution to the community.

Sri P. Nagaraja Setty was born in 1940 in a small village in AP., near Karnataka border, wherein there was only an Elementary School up to V Standard. After a gap of two years, went to a nearby town and studied up to SSLC. Again, with a gap of one year, was permitted to go to Sri Venkateshwara University College of Engineering TIRUPATI (1st Batch) and started his college education. He got his bachelor's Degree in engineering (Mechanical) in 1st Class in 1963. Later he joined the most famous institute IISc Bangalore, and took his master's degree ME (Automobile) in 1st Class in 1966. Joined (DRDO) with a coveted post of Senior Scientific Officer. Finally, he was called back to join the family business M/s SRKT Company, Fleet Owners and Transport Contractors.



In 1970, he came to Bangalore and came across AVOPA, and became a member of our association. His Life Membership number is 27. Subsequently a new Rotary Club started in Jayanagar and he joined as a Charter Member. Later, he also became its President for one year. He has also served in many organizations such as Melukalayika, Bangalore City Institute, Cosmopolitan Club, Jayanagar Civic Cultural Association, Geetha Education Society, Jayanagar. He is happily married to Smt. P. Prabhavathamma. They are blessed with one son Mr. Balaji and one daughter Ms. Sangeetha.

R K CHETTY SCHOLARSHIP



A Cheque of Rs.10,000/- was issued towards R K Chetty Scholarship to the student of Olety Hostel Darshan Shiva M M on 2-7-2025.

OBITUARY

We regret to inform that Sri K.G. Gopal who has served AVOPA as one of the Trustee and also worked as Office Manager, reached the lotus feet of the Lord on 2-6-2025. We convey our heartfelt condolences to the bereaved family members.

