



AVOPA NEWS & VIEWS

KANNADA & ENGLISH MONTHLY NEWS LETTER

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Arya Vysya Officials' & Professionals' Association

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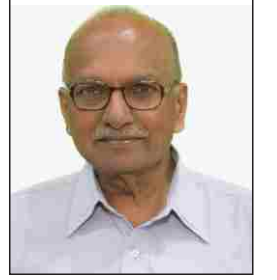
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Last Page	₹ 10,000-00

President's Message



Dear Members, Donors and Welwishers,
Namaste



I wish you all a happy and prosperous New Year Viswavasva Nama samvatsara Chandramana Ugadi. The greatness of Sanatana Samskruti is that our New Year falls in Vasantharuthu wherein the Sun shines brightly, greenery and glow of flowers everywhere. The nature pave way for the living beings to enjoy the gaiety nature and live with harmony. May the New Year Viswavasva bring us all, peace, tranquility, health and wealth.

Human nature often gravitates towards negativity. When wronged, it is easy to fall into cycles of blame and self-pity. These thoughts, repeated over time, create chemical responses in the brain, forming habits that can be hard to break. This addicts to playing the victim, constantly replaying scenarios of being wronged, perpetuates negativity. To break this cycle, the Gita teaches the recognition of true identity as eternal souls connected to the Supreme. When anchored in this understanding, thoughts shift. The same situation that once evoked despair now becomes manageable, even meaningful. Faith in this higher Truth rewires thinking, breaking the addiction of negativity.

There is a saying that we can never step into the same river twice, as the flowing river is constantly changing, is doubly true. It is not just the river that has changed; the we who steps into it the second time is different that we of the time before. The adult human is made up of over 37 trillion cells. That's more than the number of seconds in a million years. Each day some 350 billion cells, or about one percent, are replaced in our body in a process of continual renewal of our body cells, like all matter, are made up of atoms of which we have seven octillion that is 7 followed by 27 zeros. We change 98 per cent of our atoms every year.

This ever-changing, ever changeable you, composed of the integral calculus of the choices you make, is the 'Unself' beyond the 'Self'. The you that is you today has the freedom to choose to be different you tomorrow.

Choosing faith and integrity over conflict is not about passivity. It is an act of quite strength, a declaration that external circumstances will not dictate inner peace. This path is not without effort but leads to freedom rooted in knowledge of support from something more significant.

ಅನುಭವದ ಪಾಲೊಳು ವಿಚಾರ ಮಂಥನವಾಗೆ |
ಜನಿಯಿಕುಂ ಜ್ಞಾನ ನವನೀತವದೆ ಸುಖದಂ ||
ಗೀಯೋದು ಪುಸ್ತಕ ಜ್ಞಾನ; ನಿನ್ನನುಭವವೆ |
ನಿನಗೆ ಧರುಮದ ದೀಪ - ಮಂಕುತಿಮ್ಮ ||

With Pranams,
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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REPORT ON THE MONTHLY LECTURE PROGRAMME HELD ON 16-03-2025

The monthly lecture programme was held on 16/03/2025 at the Indian Institute of World Culture. CA Vivek D.S. Managing Partner, Suresh & Co., Chartered Accountant, Business Catalyst and Growth Strategist, analysed the union budget 2025-26. The meeting commenced with chanting Omkara three times. D.Naresh Babu, General Secretary welcomed the guest and the gathering. T.K.Thimmaraja Setty, President outlined the necessity of the endowment and hostel building. He appealed the gathering to join hands with all the programs initiated by AVOPA and participate in the activities positively. He also listed activities of AVOPA. CA D.S. Vivek was introduced by CA E.S. Gopalakrishna Gupta, Treasurer. CAD.S. Vivek gave the gist of budget proposals, outlay, ratio to GDP in respect of fiscal deficit, revenue deficit. He also spoke about the investment proposed for the various sectors and capital expenditure. He gave a brief explanation of direct tax proposals and its impact on individuals and burden for the country. He has also replied to all questions raised by the members with utmost satisfaction of all. The session

was lively and informative. M.V. Subbarao, Organising Secretary proposed vote of thanks.

The details of the analysis is uploaded in AVOPA website. Members may please visit the website.

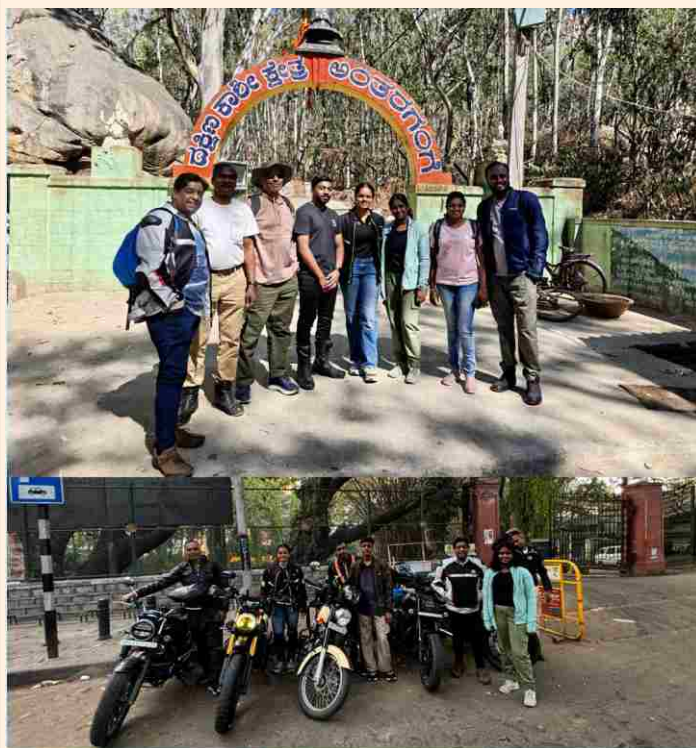


Felicitations to **SRI D.L. SURESH BABU** Chartered Accountant



As a part of felicitations to the AVOPA members, who have not only contributed their mite to AVOPA and its activities but also recognising their services to the society, CAD.L. Suresh Babu was felicitated. President recalled his services as statutory auditor to AVOPA for many years. President also recalled his services to the society at large and appealed all the members present to emulate him for cause of the society.

AVOPA Bike Riders Forum AVOPA Bangalore Organised its 16th Ride to Dakshina Kashi Kshetra, Antaragange on Sunday the 16th March 2025. Had a wonderful fellowship



ARYA VYSYA OFFICIALS' AND PROFESSIONALS' ASSOCIATION, BENGALURU
In association with Karnataka Arya Vysya Sahitya Parishath

Cordially invite you for the

**ENDOWMENT PROGRAMME INSTITUTED BY
EXECUTIVE COMMITTEE MEMBERS OF AVOPA 2022-25**

Sriyuths: T.K. Thimmaraja Setty, D. Naresh Babu, CA Gopalakrishnan Gupta E.S, T.N. Ashoka, Kota S Prasanna Kumar, Venkatesh Babu Reganti, Murthy Venkata Subbarao, R. Babu, N. P. Nagendra Babu, B. N. Ramesh Kumar, D.V. Sreedhara, T.A. Ravindra Babu, H. R. Subbaraju, C.K. Manjunath, B.S. Srinivasa Murthy, Murthy Venkata Satyanarayana, D P. Tejas, D.S. Ajay and M. Subramanyam.

CONVERSATION WITH



Prof. M. VENKATESHWARLU

M.Sc, Ph.D., Vice Chancellor, Tumkur University
Proud Vysya Icon

MODERATOR



T.V. SURESHAGUPTA

Retd. Joint Director, Directorate of Collegiate Education
Sahithi, Vimarshaka, Poet

Presence: Sri K.L. NATARAJ

President, Karnataka Arya Vysya Sahitya Parishath

Sri T.K. Thimmaraja Setty

President, AVOPA

Will preside

**Date : 20th April, 2025, Sunday
at 10.30 A.M.**

Lunch: After the programme

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

D. Naresh Babu
General Secretary
AVOPA

CA Gopalakrishna Gupta E.S
Treasurer
AVOPA

T.N. Ashoka
Gen. Secy.
Karnataka Arya Vysya Sahitya Parishath

Deepak Kanchi
Treasurer
Karnataka Arya Vysya Sahitya Parishath



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.

STATEMENT ABOUT OWNERSHIP AND OTHER PARTICULARS OF AVOPA NEWS & VIEWS, BENGALURU AS REQUIRED UNDER RULES OF THE REGISTRATION OF NEWSPAPERS (GENERAL) RULES 1956 FORM NO. IV (See Rule 8)

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I, Venkatesh Babu Reganti, hereby declare that the particulars given above are true to the best of my knowledge and belief.

sd/-

Date: 01-03-2025

Venkatesh Babu Reganti
Signature of the Publisher


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- Transportation
- Guide
- Tour Manager
- South Indian Food

EXCLUSIONS

- Air Fare
- Entry Fee
- Auto - Rickshaw & Boating Charge
- Anything not specified in the inclusions

DEPARTURE DATE

July 2025
05

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Guptkashi - Kedarnath
Uttarkashi - Badrinath

Cost : 45,999/-
+ Airfare



INCLUSIONS

- Accommodation on Twin Sharing
- Transportation
- Guide
- Tour Manager
- South Indian Food

EXCLUSIONS

- Air Fare
- Entry Fee
- Auto - Rickshaw & Boating Charge
- Anything not specified in the inclusions

DEPARTURE DATE

May 2025	June 2025	Sept 2025	Oct 2025
22	05	03	05



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