



*“Serving those in need should not make one excessively proud; it is an honour and a privilege.*

*Serving unconditionally is a noble deed that helps create a better world.”*

*Yogi Srinivas Arka*

## Arka UK Awards of Excellence 2022

October 29, 2022 Shangri-La Bengaluru, India

### What are the Arka UK Awards of Excellence?

Each year, the Awards of Excellence in Human Development and Social Impact are given to a select group of persons and organisations by the Centre for Conscious Awareness (CCA), a registered charity worldwide. CCA recognises outstanding accomplishments on a local, national, or international level and aims to encourage them and others to strive for greatness by providing true service to both people and the environment. The award ceremony strives to bring people together to strengthen their commitment and service to humanity.

Individuals and organisations are recognised for selfless contributions to positive human growth, societal wellness, and raising consciousness in the cause of peaceful planetary evolution. Recipients will have excelled in their industry, working with passion and dedication as well as kindness and empathy. They will be positive and profound, with a spiritual perspective, and their work will be in harmony with others and the natural world. CCA members from all around the world can suggest any deserving individual or organisation for an award. Our founder Yogi Arka guides the CCA leadership committees in determining who should earn an award.

This year, ten people were honoured for their lifetime achievements in these respective fields.

**Social Service:** A H Vishwanath, Dr. G N Sreekantaiah, Pothanna Setty, D Roopa Moudgil, Jayachand Jain.

**Medicine:** Dr. Suresh Hanagavadi, Dr. Giridhara Kaje.

**Science:** Dr. G Hemantha Kumar.

**Media:** T N Seetharam.

**Literature:** Dr. Na Someshwara.

**Arka UK Awards of Excellence 2022**  
**Distinguished Awardees**

<div style="margin-bottom: 10px;"> <p><b>A H Vishwanath</b> Member of Karnataka Legislative Council, held State and Cabinet minister posts in Government of Karnataka.</p> </div> <div style="margin-bottom: 10px;"> <p><b>Dr G N Sreekantaiah</b> IFS, Director, Department of AYUSH (govt), developed &amp; propagated Ayurveda, Yoga, Unani &amp; Homeopathy systems of Medicine in Karnataka.</p> </div> <div style="margin-bottom: 10px;"> <p><b>Dr Suresh Hanagavadi</b> Pathology Professor at JIM Medical College in Davanagere, has dedicated his life to the treatment of Haemophilia disorder in patients.</p> </div> <div style="margin-bottom: 10px;"> <p><b>T N Seetharam</b> A prominent Kannada film and TV serial director, an actor &amp; screenwriter, and a cultural icon in Karnataka.</p> </div> <div style="margin-bottom: 10px;"> <p><b>Pothanna Setty</b> President of Vasavi Charitable Trust, doing social service since 50 years. Conducted mega health camps. Created Medical cum Death Relief Trust and Welfare Trust.</p> </div>	<div style="margin-bottom: 10px;"> <p><b>Dr G Hemantha Kumar</b> Vice Chancellor of the University of Mysore, an academic in Computer Science, published many research papers in journals and national / international conferences.</p> </div> <div style="margin-bottom: 10px;"> <p><b>Dr Giridhara Kaje</b> Renowned MD/Chief Ayurveda Physician, Prashanthi Ayurvedic Centre, Bangalore, developed &amp; distributed Ayurveda immunity boosting herbal remedies.</p> </div> <div style="margin-bottom: 10px;"> <p><b>D Roopa Moudgil</b> IPS, Indian Police Service officer, Inspector General of Police, Bengaluru, served in senior positions in Karnataka state police department.</p> </div> <div style="margin-bottom: 10px;"> <p><b>Dr Na Someshwara</b> A quiz master, television presenter and writer, known for popularising science and medicine in print / electronic media in Kannada language.</p> </div> <div style="margin-bottom: 10px;"> <p><b>Jayachand Jain</b> He is in the field of Water Conservation, Consumption &amp; Management. He has explored and designed a unique way of Ground Water recharging.</p> </div>
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## Cultural Program

The awards function began with the chanting of sacred vedic hymns, followed by Mrs. Raghu playing Arka Geetha on the veena. Arka Geetha songs were also performed by a Bharatanatyam (India's oldest dance tradition) dance group.



## Centre for Conscious Awareness presentations



Billu Magdani,  
CCA UK



Dharmesh Kotecha,  
CCA UK



Rakhee Kotecha,  
CCA UK



Meera Raghu,  
CCA NZ



Cindy S. Mankasingh,  
CCA Canada

CCA members from around the world including the United Kingdom, New Zealand, and Canada gave presentations. Mr. Magdani demonstrated the CCA gesture and spoke about the meaning behind the Arka UK Awards. Mrs. Kotecha shared congratulatory video greetings from around the world (Mexico, Spain, Canada, USA and UK). Mr. Kotecha spoke about Srinivas Arka, Arka Foundation India, the CCA UK activities and the new websites Atharvavani and Yajurvani. He did a practical search on Yajurvani to show the audience the importance of using alternative search engines that provide a more balanced perspective rather than a biased one. He also unveiled Atharvavani.com, a brand new social media video sharing website where users may connect and kindly impart their insights and experiences to others.

Mrs. Raghu provided an introduction into the theory of Arka Dhyana while Ms. Mankasingh demonstrated the jnana mudra and sound Sarogovaum used in Arka Dhyana. Venkatesh described Arka Dhama located in Mysore. Prashanth introduced various segments of the function and Kiran and Shyam announced the recipients of the Arka UK Awards in both Kannada and English languages.



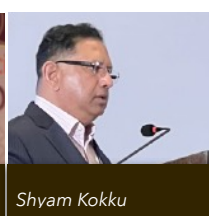
Audience practising Arka Dhyana



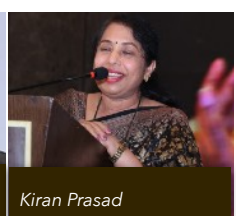
Venkatesh



Prashanth K



Shyam Kokku



Kiran Prasad



Link to the congratulatory video greetings: <https://www.srinivasarka.org/videos>

## Srinivas Arka's Talk

Srinivas Arka complimented the distinguished Awardees and thanked them for their dedication, enthusiasm, and consistency in striving for perfection and service in their many fields. He asserted that everyone possesses vast inner resources and potential, which must be discovered and recognised via profound meditation or Dhyana.

He went on to say that "we are pure consciousness at birth, but we have drifted away to the surface at the mind level over time, but we can return to our heart level through Dhyana. It helps in the development of our intuition and higher consciousness, allowing us to recognise our own potential and just be ourselves. When we do this, higher nature joins us in anything we do and want to achieve." Srinivas Arka thanked all of the recipients and everyone in the audience for their time and presence on the festive occasion with these beautiful inspirational words.



*Yogi Srinivas Arka speaking to the audience*

# Award Recipients

The awardees were presented with a garland, traditional shawl, trophy, engraved silver plate and a framed lifetime achievement certificate.



**A. H. Vishwanath**



**Dr. G. Hemantha Kumar**



**Dr. G. N. Sreekantaiah**



**Dr. Giridhara Kaje**



**Dr. Suresh Hanagavadi**





**D. Roopa Moudgil**



**T. N. Seetharam**



**Dr. Na. Someshwara**



**Pothanna Setty**

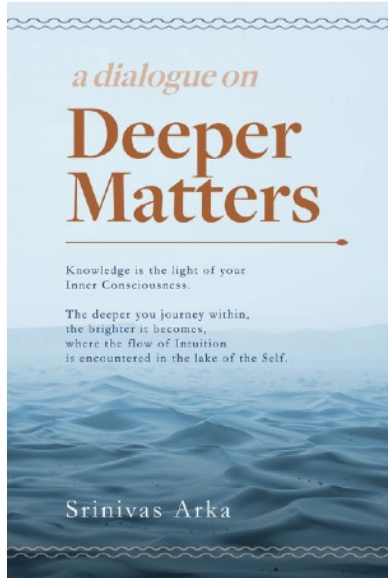


**Jayachand Jain**

## Book Release

### A Dialogue on Deeper Matters launched in Bengaluru, India

Yogi Arka's book "A Dialogue on Deeper Matters" was released on October 29, 2022 to a large receptive audience, as part of the Arka UK Awards of Excellence function at the Shangri-La in Bengaluru, India.



A Dialogue on Deeper Matters follows Srinivas Arka's earlier outstanding works that include Becoming Inspired, Arka Dhyana Intuitive Meditation books, and the sci-fi novel Bright Moon. Srinivas Arka is an experienced philosopher and a master proponent of Vedic wisdom.

The book 'Deeper Matters' captures his enlightened wisdom that can help simplify daily life in many cultures and societies. This crucial book provides the essence of Srinivas Arka's intuitive experiences and teachings over the past forty years, in which he addresses the most important topic of all: consciousness.

#### What is the key to living a happy life?

From the beginning of time, philosophers have pondered upon this million-dollar question. Many pearls of wisdom have been written over the centuries. Yet, the hidden formula still escapes most of us. It is a fundamental resource to this eternal question for any reader who has ever pondered it. It is an Encyclopedia of hidden treasured life secrets,



an offering for the reader to learn and understand the paths towards achieving a happier and more successful and fulfilling life.

*“Knowledge is the light of your Inner Consciousness. The deeper you journey within, the brighter it becomes, where the flow of Intuition is encountered in the lake of the Self.”*

*Yogi Srinivas Arka*

## Our Values

Develop awareness of how we live and impact our planet and the world by:

- Giving preference to alternative technologies that are pro-nature & for the wellbeing of humanity.
- Reducing non-eco friendly materials like plastics.
- Sensible consumption of resources.
- Understanding our responsibility for plant & animal care.
- Reviewing our growing needs considering the health of planet earth.
- Raising overall awareness of the purity of air, water and food as they play a major role in creating a healthy mind and body which produces qualitative work and service.
- Learning Sanskrit to structure our thoughts. Our speech vibrations influence our bodies, minds and other people more positively.
- Developing spiritual consciousness by tuning our minds to our inner realms through meditative means.

*Centre for Conscious Awareness is a worldwide charitable organisation founded by Yogi Srinivas Arka in the United Kingdom, Canada, Spain, New Zealand, Australia & USA, dedicated to helping raise conscious awareness of the inner self and all that is connected with it.*

**[centreforconsciousawareness.org/uk-awards-of-excellence/](http://centreforconsciousawareness.org/uk-awards-of-excellence/)**  
**[www.srinivasarka.org](http://www.srinivasarka.org)**



**[www.yajurvani.com](http://www.yajurvani.com)**



**[www.atharvavani.com](http://www.atharvavani.com)**

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*“Look after yourself the best you can, to bring out the best in you.  
That is your contribution to the development of human existence.”*

Yogi Srinivas Arka



SrinivasArkaOfficial



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