



Volume Number: 3-06

For Private Circulation Only

Date: 15-06-2016

Thought for Today <http://www.thoughtfortoday.org.uk/todays-thought/>

➤ **From the MD's Desk:**

Dear Friends,

Preparations are underway for the AGM; we plan to hold it in late August or early September. It is important that we get good participation from all shareholders. If you cannot attend the AGM, please make sure that you give a proxy so that your voice is heard.

Unfortunately, 'democracy' has very little real meaning in Suvidha. There is general apathy. Participation in surveys, open house and other fora is very poor. A few people write their views. Many times these are not factual. Unless there is greater participation in discussions, people with vested interests will have their way.

I am also amazed that when acerbic, sarcastic and sometimes, unparliamentary language is used and when the 'democratic' processes are condemned, there are very few letters 'protesting' this. It is difficult for any board to motivate itself to continue the hard work in the face of such apathy. If this trend continues, the character of the board will change. Forces that have little respect for democratic principles or the rule of law will rule the roost.

I do hope that suvidhites take this cautionary note seriously and do the needful.

Regards,

Dr K Lakshman



➤ Know your COO:

Attending to day-to-day administrative issues is difficult for part timers and non-residents. It is clear that a resident is best suited to supervise the day-to-day running of Suvidha. With this in mind, Mr Veeranna Chigateri, a resident of Suvidha, has been invited to take up the position of **Chief Operating Officer (COO)**. He will be in charge of the day-to-day running of Suvidha. We thank him for readily volunteering to take up this task to help Suvidha in its onward march. We are sure that all the Suvidhites and employees will extend their hearty support to him in his endeavour. We wish him all the very best and good luck in his new assignment.



Now let us get to know our COO in some detail. Mr Veeranna Chigateri is a successful entrepreneur and businessman with an outstanding career stretching over 50 years. After his schooling in Lawrence School, Lovedale, he was trained in Cotton Technological Laboratory in Matunga (Bombay) and Toyoda Automatic Loomworks in Kariya (near Nagoya), Japan. He also did an intensive course with City and Guilds on Cotton Spinning.

He took over the family business of trading in cotton and running cotton-ginning and pressing factories at a young age brimming with enthusiasm. As a managing partner in Chigateri Bros, he started a spinning textile mill with 400 workers and 100 staff members in 1964. Encouraged by the success in his maiden venture, he quickly moved on to promote and manage several other businesses including the manufacture and sale of woolen blankets, dhurries and geotextiles. In January 1972, he was awarded the Gold Medal by the Mysore State Export Promotion Advisory Board, Government of Mysore for highest export of cotton yarn from the state.

He recently retired as the proprietor of Armadyn, a private firm which innovated the life-saving bullet-proof jackets conforming to the stringent specifications of the police and the security forces in India. For the first time, light and soft bulletproof jackets were introduced into the Indian market. He used Dyneema (a light weight bulletproof material) employing technology from DSM (Dutch State Mines), Netherlands.

Mr. Veeranna has also been the President of the Davangere Junior Chamber, representing India at the 22nd Junior Chamber International World Congress in Toronto in 1960s.

His family is well known for their philanthropic contributions in Davangere for many decades, Following his family tradition, he took up the management of nine schools which provide education to over 2000 low-income students in Davangere. He took up this onerous task as the President of Sri Jagadguru Jayavibhava Education Society from his father 26 years ago. He is also a member of the Development Committee of Basaveshwara Degree College, Vijayanagar, Bangalore.

Mr. Veeranna was married to Smt. Surekha Chigateri for over 43 years. She was equally involved in educational activities of the family at both Davangere and Bangalore, as Vice-President of Sri Jagadjyoti Basaveshwara Sahakara Sangha, Rajajinagar for some years. She was instrumental in the decision to buy shares in Suvidha, having visited the place in 2010. Mr. Veeranna has four children who are well settled in the UK, US and Bangalore.

➤ Event Highlights:

🚩 14-05-2016: Strong winds and heavy showers @ Suvidha

Due to strong winds and heavy down pour on Saturday (14 May 2016) evening, a Singapore Cherry Tree on our lake bund was uprooted. Due to the concerted efforts of our garden staff, including the ladies, and help from our Security staff and workers from the construction company, the cherry tree was resurrected. It is a commendable work from all around. Thanks to each one of them. Here is a link to the photos of the struggle. <https://goo.gl/photos/nJHNpxpiXAsZ7AVZ7>



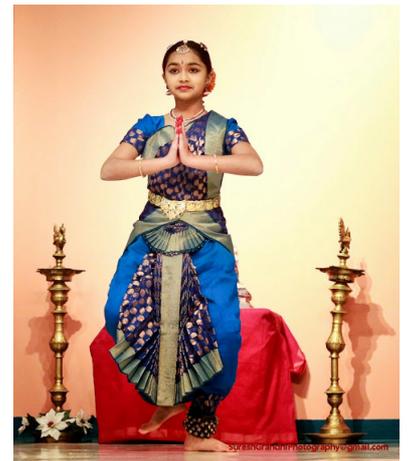
Again due to heavy down pour on **31st of May**, our lake got filled up to the brim and started overflowing. One of the Viewing Decks that stretched into the lake was submerged. The rain also brought out various insects and creepy animals which included a Rat Snake which is about 9 feet long. Here is the link to the photos taken on that day. <https://goo.gl/photos/uqaryaZXwu8MdZYZ8>



11-06-2016: Bharathanatyam by Maya Guru

Suvidha Ladies Club organised an evening of dance by Ms. Maya Guru. She is the grand daughter of Mrs. Usha Kurpad and Gp. Capt. S.S. Kurpad of Cottage # 50. The programme and dinner were sponsored by Mrs. Usha Kurpad and Gp. Capt. S.S. Kurpad. We thank them for their kind gesture.

Ms. Maya Guru, a fifteen year old, is the daughter of Dr. S. P. Guru and Mrs. Chandrika. She is a tenth grader of Altamont High School of Birmingham, Alabama, USA. She has been learning Bharathanatyam for the past nine years. Her first dancing steps were under the tutelage of Guru Yamuna Srinidhi in Houston, Texas. She then enrolled in Anjali School of Fine Arts in Houston, run by Dr. Ratna Kumar. Here she was coached by Guru Venu Josyula and Dr. Ratna Kumar herself. For the past three years she has been the disciple of Guru Suma Vitta of Birmingham Alabama. Her Rangapravesam is on 13 August 2016. She has been performing on various occasions like Kannada Rajyotsava, Sankranti etc in USA.



The dance program was well attended and appreciated by one and all. The audience mostly consisted of Suvidha residents and week-enders. Dr. Manjula Shekar presented a token gift to the young artist Ms. Maya Guru and wished her good luck.

➤ **Suvidha On The Move :**

- **TV programs on the big screen:**
With the active participation of Dr. Rangaraj, Mr.Prabhakar, Cottage # 119 and Mr. Nagaraj, Head of Maintenance, it is now possible to view TV programs on the big screen which is normally used for our Movie Shows. This has helped viewing by a large audience. The IPL Cricket semi finals on 27th and the finals on 29th May were viewed on the big screen at the conference hall. Thanks to Dr. Rangaraj, Mr. Prabhakar and the technical staff who were responsible for giving the residents an opportunity to enjoy the live events over a great hospitality arrangements.
- **Water Resources @ Suvidha:** On Sunday the 8th May, the renowned Lake Expert Mr. Subramanya, ME, PhD, visited our Village and examined the geological variances of the lake bed. He suggested to contact Mr Lingaraju yale of Vyakthi Vikas Kendra – who can guide the process. Accordingly Mr. Lingaraju Yale visited the village on two occasions along with his team. He is bringing in specialists in water recharging, reforestation, bio-remedy and landscaping. He will be visiting the village in due course and advice us accordingly.
- **Landscaping :** Few experts in the field of Green House Design and Drip Irrigation have been invited to visit Suvidha and examine the site and submit their quotes for the following projects.
 - i. **Green house project** envisages to convert the large unused “Shed” at phase 1A into a green house instead of completely dismantling it. It is also envisaged to clean up the surrounding bushes / wild over growth and have a nice landscaping along with reforestation. The experts are very enthusiastic about the project of conversion and they envisage that 50% of the building can be converted into a green house with controlled lighting, humidity and temperature. The rest of the building will be retained as it is and will be used as nursery with facilities to store the items that go into potting. Dismantled sheets could be used to build a shed to house the generator.
 - ii. **Drip irrigation system** is planned for the first three rows of cottages starting from the pump house area. To save treated-water, the scheme envisages a separate tank to mix and store the wash water from the pump house with the bore well water before entering the main pump house tank. The water from the tank will be used to irrigate the plants through drip irrigation system.

➤ **Suvidha Family News:**

- **Additions:** Mr. Chandrakant Bhat, a permanent resident of Australia has been lured by our ever-beautiful Suvidha and he moved in as permanent resident of cottage # 85. We welcome him aboard and wish him all the best in Suvidha. He has multiple interests covering a wide range – Snooker to Meditation. You will find some more interesting details in his article on “Meditation by the Lake” published in this news letter.



- o **Suvidha Talent Corner:** Under this banner, we introduce to our readers, the contributions of our Suvidha family members who have developed substantial special skill-sets as hobbies. Hope you will all enjoy such presentations. We welcome all such talented members to participate in this endeavor.
- o **Paintings:** Dr. Narayanan R, is a popular gynecologist and a resident of Cottage No. 107 at SUVIDHA. Dear readers, you have enjoyed some of his paintings over the past two years. They were captioned under the heading, "Flora of Suvidha". To bring in a change, he now intends to capture the beauty of Suvidha by sketching a few familiar scenes. Here is the first of his series.



MANJULA GAANA MANDAPA



"Manjula Gana Mantapa", a living tribute to Dr. Manjula Shekar, on their 50th wedding anniversary, for her unconditional love and affection and unstinted support and loyalty in all the endeavours of Dr K.S. Shekar, Founder Chairman of Suvidha. Inaugurated by Sri M.N. Venkatachallayya, Honorable Chief Justice of India on the 17th August 2014.

- **Birds of SUVIDHA:** This is a series of beautiful and at times stunning pictures of birds that are either resident of or visitors to our Village. Mr. Ashok Dey, a permanent resident of SUVIDHA since November 2010, has been able to photograph as many as 101 different species of birds in the Village.



COMMON HOOPOE

Even after five years of living here, our Village never fails to surprise me. Not long ago, while walking out of the Club House after breakfast one Sunday morning, I saw some movement in one of the Gulmohur (*Delonix regia*) trees. Very soon what flew out of the foliage was a **Common Hoopoe aka Eurasian Hoopoe (*Upupa epops*)**. It kept moving from tree to tree and after following it for a little while I was able to 'shoot' a few pictures, one of which is this.



The Common Hoopoe is a resident of the sub-continent and can be found in places as high as 2000m. It is around 30cm beak to tail and is quite easy to spot because of its quite striking colours and profile : rufous-orange to orange buff body; zebra-like black and white stripes on wings and tail; conspicuous black-tipped, fan-shaped crest which is usually held flat; and a long, slender gently curved bill. Its broad, rounded wings make it resemble a giant butterfly in flight. Fond of grassy areas, gardens and groves, it walks and runs with a waddling gait and probes into the soil for food (generally insects, grubs and pupae) with its long bill partially open like forceps. When foraging, its crest is folded back and projects like a point behind the head and is flicked open fan-like from time to time. While I have never heard the bird call, Salim Ali describes it as "a soft, musical penetrating, *hoo-po* or *hoo-po-po* repeated in runs often intermittently for 10 minutes at a stretch".

This species' nesting season is mainly February to May and the nest is a natural tree hollow or hole in the wall, very untidy, lined with straw, rags and rubbish. It lays 5-6 white eggs and when hatched, both mates share feeding their young.

- **Butterflies of SUVIDHA:** India has over 1,500 species of butterflies. Mr. Ashok Dey, permanent resident of SUVIDHA since 2010, has been able to photograph and identify 47 species of butterflies inside our Village until now. Our Newsletter will carry this new series comprising pictures and descriptions of butterflies of SUVIDHA.

COMMON EVENING BROWN



Common Evening Brown

Most butterflies are diurnal; that is they are out in daylight. One of the very few exceptions is the **Common Evening Brown (*Melanitis leda*)**. With a wing span between 60-80 mm, this butterfly is crepuscular : it is active at dawn and dusk, avoids direct light and unlike most other butterflies never basks. During the day it stays almost motionless in shaded undergrowth on leafy ground. The colouring and pattern on its wings camouflage this butterfly extremely well as it rests on the forest floor surrounded by litters of leaves. In the wet season forms (that is when this picture was taken) its dull yellowish-brown wings are marked with small eye-spots. Both sexes are similar in appearance.

This is one of the few butterflies that are distributed all over the subcontinent. It is found in widely varied habitats, viz. scrub and grasslands, dense evergreen forests, deciduous forests, as well as in neglected, shaded places of gardens like some parts of our Village. It keeps close to the ground and almost never flies up except when it visits a wound in the bark of a tree to feed on the oozing sap.

As this butterfly shows marked differences in its wet and dry season forms, how, when and where these variations in colouration and form occur is currently being investigated by students of lepidopterology -- the scientific study of butterflies and moths.

➤ **Readers' Corner :**

Compassion and Forgiveness in the Hindu Tradition

Courtesy: Dr. T. S. Rukmani, PhD, Dlitt.

Resident of Suvidha Village, Cottage # 73-74

(Presently, the author is a Distinguished Professor Emeritus, Concordia University, Montreal, Canada.)

While participating in a discussion amongst some academics at a foreign University I realized that there was a perception amongst some western scholars that Hinduism lacks in the qualities of compassion and forgiveness. Since Hinduism has so many sacred texts and not all of them deal with all ethical qualities, it is possible to get this feeling from reading just one or two texts. Compared to the Abrahamic religions which have everything packed in single texts like the Quran or the Bible, the values in Hinduism are spread out in texts which cover a vast historical period. Scholars in Hinduism also have not taken the trouble to address some of these common misperceptions and nip them in the bud. We take so many things for granted and it strikes us strange that people can even doubt the existence of these ethical qualities in Hinduism and so err by default. Every age approaches religions and values on its own terms and scholars of religion need to explain the values of their respective religions in the light of prevailing values. Thus in today's world there are many questions being asked of scholars of religion as to the stand their respective religion takes regarding homosexuality, euthanasia, abortion, tolerance, compassion, forgiveness etc. Keeping all these factors in mind when the Echo Spiritual Publications approached me to write on the topic of Compassion and Forgiveness from the perspective of Hinduism I welcomed the chance to set the record straight regarding at least these two important ethical values. I am presenting some of the points I addressed in that article here in the hope that it would interest our Suvidhites as well.



My approach has always been textual as evidence available in a text is hard evidence and is not easy to refute. In this article also I present evidence available from some of our texts to illustrate how these values were represented in them. Let us go back to the period of the classical Upaniṣads which are generally considered to be the ones that Śaṅkarācārya commented on. In the Bṛhadāraṇyaka Upaniṣad (Br. Up) which belongs to about the ninth century BCE there is a story where Prajāpati the father of the devas, manuṣyas and asuras instructed his threefold progeny with just one letter 'da' (in Sanskrit). On being asked what it stands for he said that they should understand it in their own way and follow it in their lives. The devas it is said understood the letter to mean 'dāmyata' (practice self restraint), the men took it to mean 'datta' (give in charity) and the asuras understood it to mean 'dayadhvam' (to be compassionate). Thus the three qualities of 'self restraint, charity and compassion' were extolled right from those early times.

Going even further than the Upaniṣads to a period almost 5000 years ago (c. 2500 BCE) we find many hymns (sūktas, mantras) praising the same virtues in the Rgveda (R̥V). The R̥V compares an ideal home to a lotus lake and to a divine mansion (R̥V.10.107.10) It further goes on to describe it as no home if it is not a hospitable one (10. 117.4). Sharing what one has with another and with one who is needy is a virtue and one who eats alone is condemned as a sinner (10.117.6). Compassion for one who is in distress is behind the very notion of charity and the same theme is carried over into the story of king Śibi in the Mahābhārata which is considered to have been composed between 400 BCE and 400 CE.

Śibi the Righteous Ruler

King Śibi was renowned as a just ruler and anyone who sought his protection was bound to get it. One day when the king was seated in his garden, a pigeon pursued by a hawk came and fell on his lap, demanding protection from the hawk. Śibi pledged to protect the pigeon but was confronted immediately by the hawk demanding its prey. Caught between his pledge to protect the pigeon and the hawk's legitimate demand Śibi agreed to give an equal amount of his flesh to that of the pigeon as compensation to the hawk, rather than surrender the bird. The story goes that Śibi had to cut up his entire body and yet the pigeon weighed more than his entire body flesh, till eventually Śibi himself stood on the weights to give himself up completely in order to save the pigeon. The story has a happy ending as the hawk turns out to be Indra himself who then praises Śibi for his compassion and justice.

The story is clearly allegorical as one cannot equate the pigeon's weight with that of a man's. The story is narrated to test the extent to which Śibi's compassion will go and has a moral lesson built in. Compassion cannot be doled out in bits and pieces to suit one's own convenience. It has to go all out and be practised for its own sake. It is its own reward and that is what the appearance of Indra in the narrative implies.

The above story of the pigeon and king Śibi draws our attention to another aspect of Hindu thought i.e. its ecological outlook. Thus in Hinduism the whole universe is pictured as One Unit and Hinduism extends its moral and ethical behaviour to all that inhabits the universe. The entire world is looked upon as one family and birds, animals, rivers, plants etc., are accorded equal respect and consideration. The story of Śibi draws our attention to that aspect of Hinduism as well.

Mahatma Gandhi and Vinoba Bhave: Models of Forgiveness and Compassion.

The above examples from ancient texts may still need corroboration from practice in modern times. It is in that context that one is reminded of Mahatma Gandhi and Vinoba Bhave who practised these virtues in modern times.

Compassion and forgiveness can be described as two sides of the same coin. Compassion entails sympathy and tolerance and in turn allows one to forgive any wrongdoing in another. We see these exemplified in the lives of Mahatma Gandhi (1869-1948) and his disciple Vinoba Bhave (1895-1980). Gandhi was attacked and wounded many times both in S. Africa and in India and on every occasion he forgave his attackers without exhibiting any sign of anger and resentment. Did he feel anger and resentment or had he cultivated the qualities of compassion and forgiveness to such an extent that anger ceased to exist in him? These are questions we cannot answer. Yet Gandhi's actions rooted in the Hindu tradition indicate that he took these virtues including that of non-violence preached by Hinduism seriously and practised them sincerely and earnestly in his own life.

Vinoba Bhave on his part applied the principle of forgiveness to bring back into society some hardened criminals called 'dacoits'. Working on his philosophy of 'sarvodaya'(welfare for all) which goes back to the period of the Rgveda wherein we find the mantra -

**'sarve bavantu sukhinah sarve santu nirāmayāḥ,
sarve bhadraṇi paśyantu mā kaścit duḥkhino bhavet'**

which wishes for a society where everyone is happy, prosperous and healthy, Vinoba Bhave saw God in both the good and the bad. There was no bad or wicked person per se according to Bhave and so he could not believe that the dacoits were intrinsically bad. The dacoits functioned from the mid-regions of India. They would enter cities and villages rob, plunder and kill before escaping into the safe ravines where it was extremely difficult to trace them.

Bhave boldly went into the dacoits' territory and spoke to them about the love of God and succeeded in persuading about twenty of the notorious, hardened criminals to surrender their weapons and change their life style. He was able to do this single handedly as he appealed to them in the name of God and won them over with his overflowing compassion. The dacoits not only agreed to give up their way of plunder and robbery but also agreed to voluntarily undergo any punishment they deserved according to the law of the land. This is perhaps an experiment tried only in India by one who believed in the basic goodness of all human beings.

Conclusion

The twin qualities of compassion and forgiveness have been described in different contexts in the Bhagavadgītā and I quote below a couple of verses which extol these qualities. Śrī Kṛṣṇa on one occasion addressing Arjuna says:

Non-violence, truth, freedom from anger, renunciation, tranquility, aversion to fault finding, **compassion to living beings**, freedom from covetousness, gentleness, modesty and steadiness; vigour, **forgiveness**, fortitude, freedom from malice and excessive pride - these, O Pāṇḍava are the endowments of him who is born with a divine nature (Gītā 16. 2-3).

The fear for the safety of oneself and what that entails prevents the practice of compassion and forgiveness in its intrinsic sense. It is easy to be compassionate and forgive as long as they do not impinge on one's own selfish interests. So the above Gītā verses point to the need to develop 'selflessness' which can be translated as non-attachment to the 'ego'. Once the emphasis on the 'ego' and the world circumscribed by the 'ego' is replaced by love of humanity at large, it can transcend narrow selfish concerns. Once selfishness vanishes it will be possible to view the entire world with an attitude of compassion and a willingness to forgive the lapses in human behaviour.

Let me end by quoting that famous sūtra from Patañjali's Yogasūtras where he says that by cultivating the virtues of friendliness towards those who are happy, **compassion** towards those who are in pain, joy towards those who are virtuous and indifference towards those who are vice one can achieve tranquility.

**maitrī karuṇā muditopekṣāṇām sukhaduḥkhapuṇyāpuṇyaviṣayāṇām
bhāvanātaścittaprasādanam (YS. I.33).**

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SUVIDHA - Meditation by the Lake

Courtesy: Mr. Chandrakanth Bhat, Cottage # 85



Let me introduce myself and my method of meditation practice. I hail from Bombay; my mother's father having come to the city in 1896 from Mangalore. I am by profession a Textile Technologist like my father before me. I lived in Australia for 32 years and retired after a 25 year career with Australian Customs and Border Protection Service where I was a Senior Inspector in Import Clearance at Customs House then Supervisor Primary Line in Passengers branch at Sydney Airport and finally in Air Cargo Control, Contraband and Narcotics. I bid **alvidha** to my old life in Sydney to say **hello** to my new life in Suvridha. I recently purchased Cottage # 85.

I blundered into Advaita thanks to Jiddu Krishnamurti, whom I accidentally heard while passing by that grand old edifice - Sir Jamshedjee Jeejaboy school of Arts and Architecture. Then a year before I left for Australia I was handed a book by a school friend Rags Raghavan. The book was called "A Search in Secret India" by Dr Paul Brunton written in the twenties, where I was introduced to Sri Ramana Maharshi. Little did I know at the time that the Maharshi would turn out to be my Guru. The Guru to end all Gurus.

In Australia I meandered through life till 1999 when I saw an advertisement for a Vipassana meditation to be held at Blackheath in the Blue Mountains near Sydney. It was a silent meditation held over 10 days with no distractions such as television, newspapers or the bane of our present time, the ubiquitous mobile phone. I ended up doing 11 of those. Apart from Anapana and Vipassana, I learnt other meditation techniques at the Satyananda Yoga Ashram situated at an idyllic spot near Mangrove Mountain north of Sydney.

If I do not mention my two wives, I will not be doing justice to their memory. My first wife Swati passed away in 2000 leaving me with a seven year old daughter whom I brought up alone and my second wife Anita passed away last year. It was largely due to these unfortunate trials in my life that I pulled up stumps and the decision to settle down in India was taken for me. As a strict Advaitin I cannot commit the blasphemy of saying "I decided".

The meditation that I conduct at the Manjula Gaana Mantapa near our lake, is specially tailored to incorporate aspects of Anapana and Vipassana as taught at the Vipassana meditation centre and the Satyananda yoga ashram and Advaita as taught by Ramana Maharshi, Nisargadatta Maharaj, Ramesh Balsekar and Tony Parsons. Only the latter is still alive and teaches or rather shares together in London, Amsterdam, Hamburg and Munich.

The meditation at Suvridha began a day or two after Ugadhi around 15 or 16 April with about 5 participants. Vidya, Vasanthi, Indira, Suresh Babu and Mr. Prabhu. After a few days, the numbers swelled when Bharti and Indu joined, however Indu dropped out after a few days. Then in May, Aruna and Mr. Rajendran and his wife, Mrs. Prema, joined us and have become amongst our most enthusiastic meditators.



Mr. Rajendran is brimming with ideas and suggested evening sessions in the library and beginning a Facebook group for our Meditation members. He also organized a trip to the Rishi valley school nearby on Sunday, and is to organize a video lecture by J. Krishnamurti on meditation with Mr. Murli one of the organizers at the selfsame school.

The evening sessions could pose a problem unless the sessions are held either before or after my regular snooker game with Bapu Somashekar, Mr. Lakshmi pathy, Mr. Shenoy and Mr. Subbarao. But the details can be ironed out in due course.

The proof of the pudding is in the eating as the old adage goes. Therefore it will be futile for me to give you a menu card and expect you to get a grasp of what happens in the 45 minute to one hour sessions, therefore please feel free to partake the nectar blended and distilled by yours truly at 6.30 am every morning.

Thank you for taking the time to read all this. Above are a few photos of meditation session in progress. More photos are present at the following link.

https://www.dropbox.com/sh/r22c3xjkeudig81/AAC7W35i-gc1duajP90Sh_66a?oref=e&n=470141584

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Compiled by Dr. P M Chandrasekhara, Cottage # 75

**Turn all the expectations
You have of the world onto yourself
That's the only way to peaceful progress in life.
After all, it is not the question of whose mistake,
But question of whose life!
It is your life. It is about your peace.
Take control. Take charge. Take u turn.**

Life is what life is. Neither will all your expectations be fulfilled, nor will all expectations remain unfulfilled. Nobody gets everything in life and no body is denied everything in life. Your peace is directly proportional to the way you manage your expectations.

In employer-employee relationships, in customer vendor relationships, in parent-child relationships, in man-women relationships, man struggles in every role due to mismanaged expectations. The predicament of mankind is mismanaged expectations.

The west envies the spiritual roots of the East, and the East desires the materialism of the West. "If only I had your experience." Uttered the youth. "If only I had your age." Retorted the one with experience. Satisfied needs don't motivate people. So the craving is always for the other. There is no rationale behind the impulses of the heart. What satisfies the heart, what leaves it dissatisfied, why it gets transfixed, why it moves on, why it chooses to drop, what it chooses to drop – there is no reasoning behind all these issues. After all, man is not a creature of logic, but a creature of emotions. Therein exists the uniqueness of human creation and the beauty of life. Every man knows not himself what is coming from himself. It's ironic that men who can't even control themselves hope to control the world. Resultantly, except losing your peace, nothing else happens.



You cannot stand under the mango tree and expect oranges. What is even more foolish is to blame the mango tree for not fulfilling your expectations. So, either change your expectations according to the tree or find a tree according to your expectations. Don't continue to stand under a mango tree feeling frustrated that you are not getting oranges and keep accusing the mango tree for it. That's plain stupidity because nothing changes but your peace is lost.

People are what they are. But you expect people to be other than what they are and you get frustrated with them. An organisation is what it is. But you expect an organisation or an establishment to be other than what it is and get frustrated

with it and even attempt to fight it out. The thinking “ if the other becomes right, my life will become right” has never solved any of the issues in the world. We feel if all that’s wrong with the world can be corrected, then my life will become right.

But “wrong” is always a matter of self-realisation. Leave alone your close relative or your boss or even own self, even Osama Bin nor any other terrorist in the world did not think he was wrong. “Wrong” is purely a matter of self –realisation. That is why most of the times they snap back saying “ You are wrong saying I am wrong”. No matter how much you point it out to them, if it doesn’t trigger a self-realisation in them that they were “wrong”, it will always backfire on you. Your attempt to point out at others” mistakes will only disturb you. You cannot get your life right by convincing others that they are wrong.

All the feedbacks you give to the world will only improve the world, but not you. You need to turn those feedbacks unto yourself. Your primary responsibility is not to transform the world, but to transform yourself. If you can’t even transform yourself, then how are you going to transform the world? Don’t be frustrated that you are not able to make others become what you wish them to be, when you are not able to make yourself into what you wish to be.

Turn all the expectations you have of the world onto yourself. When expectations are directed towards the world, your peace and progress is at the mercy of the world. Turn them onto yourself, and you will be in control of your life. Are you asking, “Why should I always turn it on myself?” For the simple reason that you can control yourself, but not the world.

If your success depends on the improvement in the market, if the harmony of your marriage depends on the changes in your friends... then you are a beggar at the mercy of the world, for you are letting the world determine the quality of your life. On the contrary, if I can ask myself, given that these are the market conditions, what can I now do; given that this is the way my friends have always been, what can I now do, then I am willing to take control of my life.

Ironically, you are accepting yourself as you are and expecting the world to change. Instead, you should be accepting the world as it is And Change yourself. Total acceptance of the world is in accepting the world as it is, including its inability to accept you as you are. Freedom is not in the world changing, but in you changing yourself. Any good sailor knows that for him to reach his destination, he does not have to change the direction of the wind [which he cannot] but has always adjust his sails to reach the destination [which he can].

People say, if you point your finger at others, three fingers point towards you. Even that drill is a waste of effort; fold that one finger too. Just ask yourself, “Where should I change?. How should I change my approach?”. Either find a way or make one. Notice that the stiffest tree is most easily cracked, whereas the bamboo survives by bending with the wind.

The quality of your life is determined by the quality of your experiences. So, if you need to improve the quality of your life, then you need to improve the quality of your experiences. What is an experience?. Experience is the meeting point of YOU and YOUR WORLD. So, if you need to improve the quality of your experiences, then you need to improve the quality of the meeting point between ‘you’ and ‘your world’. While your world may not always be in your control, you are. It only takes one person to change your life and that is ‘you’.

Read the road sign as “U-turn” as YOU Turn”. It keeps telling you, it doesn’t matter who is right or who is wrong, but “YOU TURN”. After all, it is not the question of whose mistake but the question of whose life!. It is your life. It is about your peace. Take control. Take charge. You turn.

Design your Destiny

A dairy of an old man was discovered after his death. One of the pages in it read”

When I was young and free and my imagination had no limits, I dreamt of changing the world. As I grew older and wiser, I discovered the world would not change. So I shortened my sight somewhat and decided to change only my country but that too seemed immovable. As I grew into my twilight years, in one last desperate attempt, I settled for changing only my family, those closet to me but alas, they would have none of it.

And now as I lie on my deathbed, I suddenly realise, “If only I changed myself”?

Acknowledgement : Largely copied from : “ You Turn” Infinithoughts

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➤ Door-Delivery Service Providers for Suvidha :

- **Religare Medicals:** Register with Religare to buy **your medicines**. Senior citizens get 10% discount. Contact : 080-22956228 / 29
- **Shantha Pharma:** For supply of your medicines to your door-step contact 8867781822 / 9986003614. The shop is located on Kanakapura Road about 5 Km from Suvidha. Senior citizens get 10% discount.
- **Healthy Farm Fresh:** For **vegetables and fruits:** Contact: Mobile: 9632488467 / 9632389467. You can order your requirements on their website also. Website <http://www.healthyfarmfresh.com>
- **BigBasket:** For your **groceries, Vegetables, fruits,** House Cleaning products etc., order online at www.bigbasket.com . All details are available on the website.
- **Home Medical Care Services:** They provide dependable service of a Doctor, Physiotherapy, Nursing or Trained Attendant. Please visit for details - www.portea.com or contact - Tel No: 080-33554554
- **Nightingale Home Health Services:** Nightingales, renowned for providing personalised medical care for old since 1996, is well acknowledged and acclaimed for its facilities and services. Guided by veterans, this institution has been recognized nationally for its meritorious services. Medewell's recent acquisition of Nightingales has enabled the company to retain its heritage of compassionate care and professional integrity. Nightingales is now geared up to offer a Pan India Healthcare delivery platform with a focus on specialized home care for chronic disease management that adheres to standard protocol and best medicine practice. Specialized home health care service provides 24/7 expert dementia care; stroke recovery care, pulmonology, wound care and physiotherapy at home services. Their general services include Doctor on call, Nurse on call, Bedside attendants, Dental services at home, Lab. Investigations, Home infusion therapy, pharmacy service and post-operative rehabilitation, Remote health monitoring, Colostomy and Tracheostomy and Tube feeding. In addition, the company provides essential life saving equipment on hire. Get in touch: Toll free No. 1800-103-4530; Tel. 080 453003300: Website: www.nightingales.in
- **Agencies providing the attendants / home help:**
 - **Apna Care :** Tel: 080-30752584 ---- <http://apnacare.in>
 - **Health Heal and Home Nursing :** Contact Mr. Rohan: 9620416503 ; 080- 23203333
- **Special-Needs Taxi Services:** It is only to be seen to believe it. Please visit website for complete details: www.kickstartcabs.com – or contact Tel: 8105600445
- **Balaji Taxi Services** – Reliable taxi services are being provided by this agency. For booking and other details contact – Mr. Srinivas – Land line 080 50771881, Mobile – 9845365245
- **Auto Riksha Services** – Reliable Auto services are being provided by Mr. Narasimha Raju. For booking and other details contact – Mobile: 9900327822 / 9980627163
- **M/s. Maker Pest Control:** They can provide pest control services at your cottage. For details contact at Ph.No. 080 26608519, 9886743177 ; Email - makerpestcontrol@gmail.com

➤ Picture Gallery:

A picture says a thousand words. So goes the common saying. Hereunder, we have presented the recent major events in pictures to transport you to that very event with just one click. So relax and enjoy!!!

Recent Picture Archives:

- Ugadi Celebrations @ Suvidha - 08-04-2016 : <https://picasaweb.google.com/110142373058695926282/UgadiAtSuvidha8Apr2016?authuser=0&feat=directlink>
- Cancer Awareness For Women - 12-03-2016: <https://picasaweb.google.com/110142373058695926282/MedicalCampSuvidha?authuser=0&authkey=Gv1sRgCPa5gNb2nY7UOq&feat=directlink>
- Handing Over of Cottages in Phase-1a - 14-01-2016: <https://drive.google.com/folderview?id=0BzTGYY9kvPaEWC1xeIM3YzEta2M&usp=sharing>
- Visit to Lepakshi - 13-01-2016: <https://drive.google.com/folderview?id=0BzTGYY9kvPaEV0q1WHVHNkJPJRW&usp=sharing>
- New Year Celebrations - 31-12-2015: <https://goo.gl/photos/zMwKULuQKcWvyseA>
- Veena Recital programme - 19-12-2015: <https://goo.gl/photos/wgay2AzNnAsrMcrn8>
- Suvidha Staff Sports Meet - 05-11-2015: <https://goo.gl/photos/Y9Fuq5aj5KkL.v4mD9>
- Kannada Rajyotsava Celebrations - 01-11-2015: <https://plus.google.com/photos/117291397490350207875/albums/6206267834016872353?authkey=CLDa94IC2oixmqE>
- Sugama Sangeetha - 01-11-2015: <https://goo.gl/photos/csUshmrBcc99EmH8>
- Odissi Dance by Dr. Parvathi Rajamani - 26-09-2015: <https://goo.gl/photos/YtNvHidZMWUz4AA9>
- Felicitation of Dr KS Shekar – Chairman, Suvidha - 26-09-2015: <https://goo.gl/photos/JaooNLp1rsbz3Uv86>
- Ganga Puja - 25-09-2015: <https://goo.gl/photos/ZFq8QoGiipruq7W27>
- Vinayaka Chouthi [Chathurthi] - 17-09-2015: <https://goo.gl/photos/6G2T8Z1hSPJfoUw5>
- Onam Celebrations - 30-08-2015 - <https://goo.gl/photos/sKUt3guyN8ntPT218>
- Carnatic Musical Concert - 29-08-2015 - <https://goo.gl/photos/DywWmWSMk28SD6d98>

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- O Heritage Tourism - 28-06-2015 - <https://plus.google.com/photos/117291397490350207875/albums/6165675296988262817?authkey=CKf5tZbEgOOY8wE>
- O Talk by Dr. T. S. Rukmani – Session 4 - 07-06-2015 - <https://drive.google.com/file/d/0BzTGY9kvPaEb2RDLXlpa08wekk/view?usp=sharing>
- O The Glory of the Upanishads- Dr. T Hegde - 31-05-2015 https://plus.google.com/photos/117291397490350207875/albums/6156908851599629313?authkey=CKicwc_hk7vIQQ
- O Talk by Dr. T. S. Rukmani – Session 3 - 10-05-2015 - <https://drive.google.com/file/d/0BzTGY9kvPaEbWdNYU9Sd3RBZ1E/view?usp=sharing>
- O Talk by Dr. T. S. Rukmani – Session 2 - 26-04-2015 <https://drive.google.com/file/d/0BzTGY9kvPaEMFhBV1JFWDhjdA/view?usp=sharing>
- O Talk on Patanjali's Yogasutras – Session 1 - 12-04-2015 <https://drive.google.com/file/d/0BzTGY9kvPaEZkNNNTRUMkdsczg/view?usp=sharing>
- O Open House : 5-04-215 <https://dl.dropboxusercontent.com/u/54985496/Suvidha%20Open%20House-150405.pptx>

➤ **SNL Archives:** All back issues of Suvidha News Letter are at: <http://suvidha.co.in/news-letters.html>