

THE SUVIDHA REVIEW

SUMMER, April 2024



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EDITOR'S NOTE

M myriad trees in Suvridha have burst into colourful blooms - the sight brings us so much joy that we forget the heat of the relentless Summer engulfing us.

I would like to thank each one of you who have contributed to this issue of TSR. You make TSR the much awaited newsletter it has now become. I urge you and other readers to continue to contribute your creations to us.

This time we have a variety of contributions ranging from humour and travel to experiences in prose and poetry. We have covered the few events that happened in the last quarter with detailed reports on a few of them. Dr Krishnan has provided some wonderful photos of some of the birds of Suvridha. And we have all the usual infotainment for your use whenever you need.

A big thank you to all those who have written to us about our last issue including an Ode to TSR! Do remember to let us know how you like this issue.
Happy reading!

Warm regards,

Latha Krishnan

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COVER: Birds of Suvridha. The Indian paradise flycatcher (*Terpsiphone paradisi*). Male paradise flycatchers have elongated central tail feathers, and a black and rufous plumage in some populations, while others have white plumage. Females are short-tailed with rufous wings and a black head. Indian paradise flycatchers feed on insects, which they capture in the air often below densely canopied trees. This bird is the state bird of Madhya Pradesh and is referred to as *Doodhraj* locally. Please see page 14 for more pictures of birds of Suvridha

PHOTO: S KRISHNAN

Greetings to all readers of The Suvridha Review. The last quarter was a busy one as usual. As per the agreement signed with Airtel with retrospective effect of rent from 2022, work has been completed by installing a new 5G tower replacing the old 4G tower, in a different location and higher height. This is expected to provide better coverage and signal strength. Airtel has started paying Suvridha monthly rental of Rs.22,000 from February 2024, in addition to the rent for the last two years from 2022. So far, they have paid Rs.475,200.

Work on setting up drip and sprinkler irrigation for the garden using recycled water from STP is nearing completion. This is expected to yield substantial savings on water consumption and labour as well as electricity cost on pumping water.

A Task Force Committee has been formed with wider participation of the shareholders to complete the issue of new equity shares to allocate the three cottages in the erstwhile Health Care Centre. Efforts are on to get the highest value, so that we can add to the corpus fund.



PHOTO: J GOPALAKRISHNAN

New 5G AirTel tower

There has been progress in the following initiatives taken up by the Suvridha management team:

1. Discussion with a GST consultant has been completed and their opinion is awaited on saving GST payments on certain expenses.
2. Our management team's discussion with the BBMP officials is in the final stage. Hopefully we will be able to settle the payment of property tax soon.
3. Open Air Theater (OAT) sponsored by our Founder Dr. K S Shekar has been completed. Work is in progress to provide water and electricity connection to the OAT.
4. Assessment of damages on certain places in the lake has been completed and the repair work will start soon.
5. Closing of gaps all around the periphery to avoid entry of stray dogs is nearly complete. With the combined efforts of Mr C.B Prabhakar and Mrs Rama Subbarao we were able to relocate the dogs to a safer environment away from Suvridha. You can read about it in this TSR.
6. Special lights have been installed in probable entry locations along our periphery walls to prevent elephant intrusion into our property.

Suvidha - Trees and Avenues

Shivani Avenue

This avenue starting from #127 down to #154 has the Shivani tree or Gmelina arborea or the beechwood tree, in front of 132 and is named after this amazingly

cardiotonic, it promotes heart functions.

The stem/bark is useful in the case of low milk supply, low appetite, burning sensations, fevers, piles, abdominal pains, and urinary discharge.



PHOTO: J GOPALAKRISHNAN

useful tree. Around Suvidha we have just five other such trees. It is a deciduous tree with simple leaves, yellow flowers turning brownish with age in elongated inflorescence and the small green fruit turns yellow when ripe.

Shivani or Gambhari as it is called in Maharashtra, is a well-known bitter tonic that is chiefly used for treating Vata and Pitta abnormalities. It is a fast-growing tree that has immense medicinal qualities and commercial uses. Prized for being one of the ten Dashamoolas (group of ten medicinal herbs), it is bestowed with extensive pain-relieving and anti-inflammatory properties. Apart from remedying arthritis, the digestive quality of the herb makes it useful in case of gastrointestinal anomalies and being a powerful

Roots are used for the treatment of constipation, dyspepsia, hyperdipsia, haemorrhoids, cough, rheumatism, fever, heart diseases, nervous disorders, piles, burning sensation, and hallucination. The pain-relieving properties of the leaves help in treating stomach problems and headaches. Having an acrid, astringent, bitter, taste, flowers of Gambhari help in leprosy, blood and skin diseases. The fruits of Gambhari have aphrodisiac, astringent, diuretic, and tonic qualities and are used for promoting hair growth, quenching excessive thirst, treating fever, ulcers, and anaemia.

Arjuna Bridge

The Arjuna Bridge connecting the Eastern and Western sides of Suvidha, is named after the Arjuna tree growing below it with its canopy providing shade on the bridge. The Arjuna tree or Terminalia Arjuna is a highly beneficial tree and we can see these trees near the lake too.

Approximately 80 ft tall bearing tender green leaves, Arjuna is a large-sized deciduous tree. It bears yellow flowers and conical leaves. The tree

inner bark, which is respected as a tonic for the heart. The thick, white-to-pinkish-grey outer bark moults naturally once a year and is harvested when the trees are mature. Giving the tree time to recover and regrow its bark is a key component to sustainable harvesting.

The powder of the bark of Arjuna can boost heart function, prevent damage, and even aid in healing heart muscle trauma. Its antioxidant content helps protect the heart from oxidative

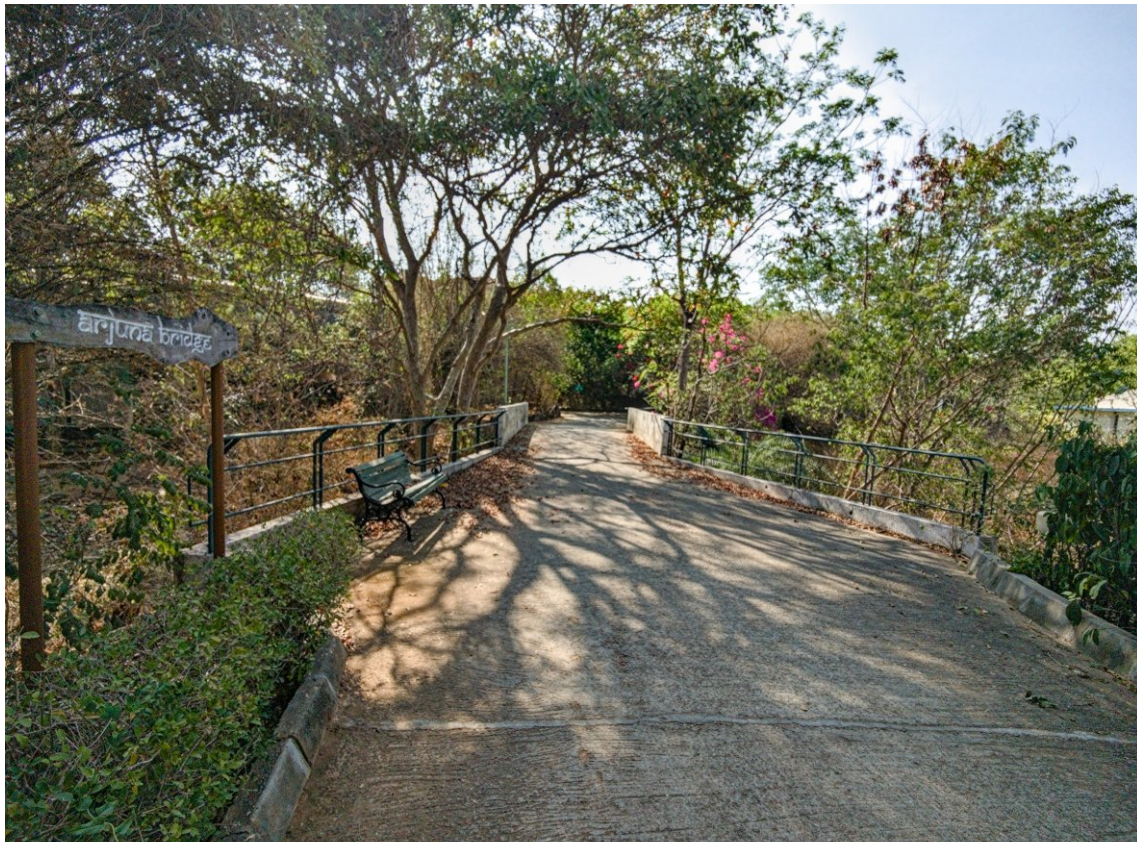


PHOTO: | GOPALAKRISHNAN

has a smooth and grey bark which resembles those of mango trees. It also bears seedless fruits which are 2.5 -3.5 cm long, elongated oval shaped, segmented with stripes, fibrous woody, tough with 5 hard wings, striated with numerous curved veins.

The name "arjuna" is well-known and is most associated with the central character of Mahabharata. Three centuries ago, the arjuna tree was given a name befitting its traditional role of protecting the heart, much like its mythological namesake brought fortitude, strength, and protection to his family in battle. In a more literal sense, the term "arjuna" means "bright," "white," or "shining" in Sanskrit, much like the light-reflective bark of the arjuna tree.

The most sought-after part of the tree is its red

stress, and it contains flavonoids that prevent damage. It is used to treat boils in the mouth and is helpful in getting rid of blemishes on the face. When taken as a tea, arjuna has been used to support healthy digestion. It helps to clear the lung and aid in breathing and supports the liver to function well. It also brings down bleeding of the gums.

Amazing Plants of Suvidha

Continuing our series informing our readers about the uses of the plants we see around us in Suvidha. Herbal extracts are rich in phytochemicals and are not necessarily safe especially at a higher dose range or when an extract is taken for prolonged periods of time.

Cathedral Bells *Kalanchoe Pinnata*

Kalanchoe Pinnata, commonly known as Cathedral Bells, Air Plant, and Miracle Leaf, is a succulent plant native to Madagascar. It is a popular houseplant and has become naturalised in tropical and subtropical areas including India. This plant is seen in many places around Suvidha including in the garden of #44, Behind #81 and in the herb garden on Orchard Road. When the flowers come out they look like little clusters of bells hanging. They are rich in iron and have medicinal properties.

Uses

This Air plant has been found to contain bufadienolide cardiac glycosides, which can cause cardiac poisoning, particularly in grazing animals.



PHOTO: RAJESWARI SUBRAMANYA

Since we don't have animals here, we need not fear for them.

Health Benefits

In traditional medicine, the juice of the leaves is used for kidney stones, although there is ongoing research and some scientific evidence for this use, further research is required. In the French Antilles, this plant is known as zeb maltet and is used in local application against headaches. For the people of the Amazon, the Air Plant has multiple uses: the Creoles use it roasted against inflammations and cancer and as an infusion, and as a popular remedy for fevers. The Palikur people of Brazil and French Guiana apply a preparation of the juice of Kalanchoe leaves mixed with coconut oil to their foreheads to treat headache.

Turkey Berry/Sundakkai - *Solanum Torvum*

Turkey berry/Sundakkai or Wild Eggplant, the green, rounded fruit of the *Solanum Torvum* plant, is quite tiny in size but offers immense merits for overall well being. Besides being a proven cure for a host of gut problems ranging from indigestion to abdominal cramps, these little berries also resolve iron deficiency conditions, keep blood sugar levels in check and prevent the onset of cardiac ailments. In Suvidha we find this plant behind our Suvidha Kitchen and along the Orchard Road..

Uses

In Tamil Nadu, the verdant sundakkai is soaked in buttermilk, sun-dried and prepared as dried sundakkai vathal. It is even commercially packaged and sold in this shrivelled



PHOTO: J GOPALAKRISHNAN

form and consumed as such, as a digestive aid, or cooked with an intense tamarind base as sundakkai vathakuzhambu.

Health Benefits

Rich in vitamin A and carotenoids, turkey berry improves eyesight, skin texture and averts chronic disorders. It holds ample quantities of vitamin C, for bolstering immunity and flushing out harmful free radicals from the system. Turkey berry comprises vast reserves of vital trace mineral iron, for improving red blood cell synthesis, in addition to calcium for strong bones.

Dried sundakkayi contains equally amazing advantages for overall health and can be easily incorporated into traditional

dishes and recipes of soups, dals, curries and sambars.

Rajalakshmi and Kumar of Cottage 125

Raji and Kumar are in the process of moving to Suvidha sometime later this year. Both of them were born and raised in Tamilnadu, but lived in Bengaluru for more than a decade and then moved to the USA. They started their careers as scientist/engineer from the prestigious ISRO, before moving to the USA in the same capacity. Kumar is



presently working at Nokia in the R & D Technology domain.

Raji, a University medalist, has Masters from BITS Pilani, and Kumar has Masters in Telecom from SMU, USA.

“Both of us are excited to begin our active life in Suvidha. We love the environment and the friendly atmosphere here. We are looking forward to knowing you all better,” they said.

Dr Vandana and Sridhar Kumar of Cottage 161

Sridhar Kumar is a mechanical engineer with MBA and specialised in plastics field. He is currently working as Marketing Head India Pacific region for an Austrian Company BARTA.

Dr Vandana Sridhar is a consultant freelance Anaesthetist working in Cloud nine, Khushi Fertility, Indira IVF centre and other hospitals in Jayanagar.

The hobbies of Sridhar include listening to music, reading books, travelling and and tasting different cuisines. Making wine at home is Sridhar's passion.

The hobbies of Vandana are writing poetry, reading, dance, singing, baking, painting, and video editing. “Our intention to buy Suvidha was solely Sridhar's idea and according to him it's better to live in a community where we have social interaction rather than living in isolation and burdening our children. My sister Divya and brother Niranjana have also invested here so that we have the comfort and support of each other in old age,” says Vandana. All three siblings are



featured in this issue.

Divya and Vinod Sulanke of Cottage 142

Vinod is a Mechanical Engineer with a Masters degree in Engineering Management. He has over 30 years of experience, working with Industry leaders like Ashok Leyland, Volvo, General Electric, BEML etc. He is currently working as a consultant for an American Aftermarket company.

“I came across Suvidha last year and liked the concept and its objective of supporting retired YOUNG people to lead independent lives in a beautiful atmosphere.



Though I already have an independent house, I just thought it's the place for me and my wife for the future. I enjoy gardening and playing badminton,” says Vinod.

Divya Sulanke is a Commerce graduate and hails from Mangalore. She was working for a bank, and has now taken VRS She also has interests in learning Sitar and singing.

“We are happy to be part of the Suvidha family and look forward to a great time ahead with you all,” say Vinod and Divya.

Rashmi and Niranjana of Cottage 38

Niranjana works in the General Insurance field heading the team.

Both Niranjana and Rashmi are artists by nature. Niranjana is a self-taught artist and art is his hobby too. He also sings and listens to music, and makes murals as hobbies.

Rashmi is a professional artist having completed her MFA from Chitrakala Parishat with PHD in the same field. She is working as an associate professor in MS Ramaiah architecture department.



"Our paintings were exhibited in Chitrakala Parishat and the paintings were selected and displayed in XIII Florence Biennale Mega International Art event at the historical place Fortezza da Basso, in the city of Florence, Italy," informs Niranjana.

"We love to live in this Suvidha for the love of nature and in our retirement would love to spend our time relaxing and continuing our painting in the midst of nature," say Niranjana and Rashmi.

READERS' CONTRIBUTIONS

Am I Crazy?

Text and Images by Satish Rao

If you've met me, you wouldn't be surprised to know that people often tell me I'm crazy. I've often been asked, "Did you ever get a bad knock on your head?"

Now, maybe I did, but how about this - I'll tell you about some singular incidents in my life, and let you decide whether - and how - I got that knock on my head.

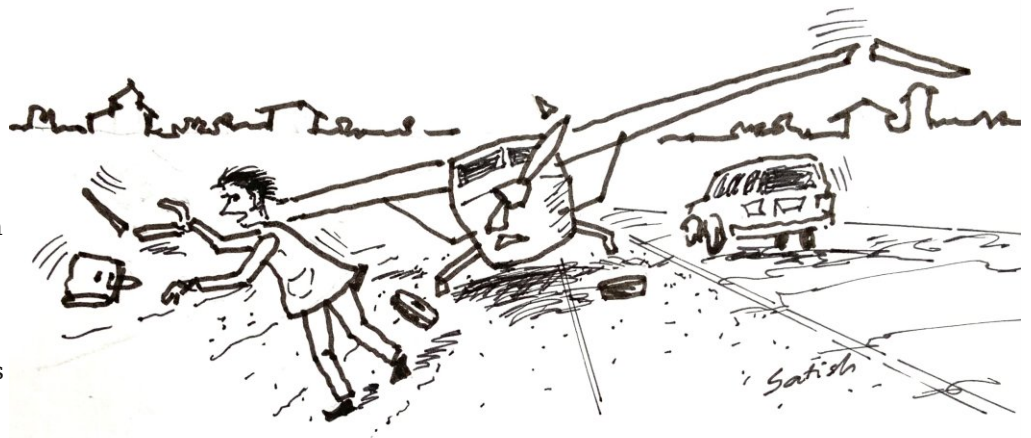
You've heard about the famous mathematical prodigy, Shakuntala Devi. In Lahore in 1946 when I was 7, a young girl of 16 lived with us for a while - playing with me, putting me to sleep, and so on. We had a lot of fun together. She was Shakuntala Devi, already making world headlines with her lightning-quick mental

calculations, although we kids didn't know it then. Now, this early association with a mathematical genius probably led to the mathematical prowess I exhibited later, but was it a knock on my head?

After the Partition in 1947 in Delhi, we kids in school were each given a ball of wool and a pair of knitting needles - and taught how to knit mufflers for the refugees pouring in from Pakistan! Soon, I could knit faster than most women, and I even graduated to doing

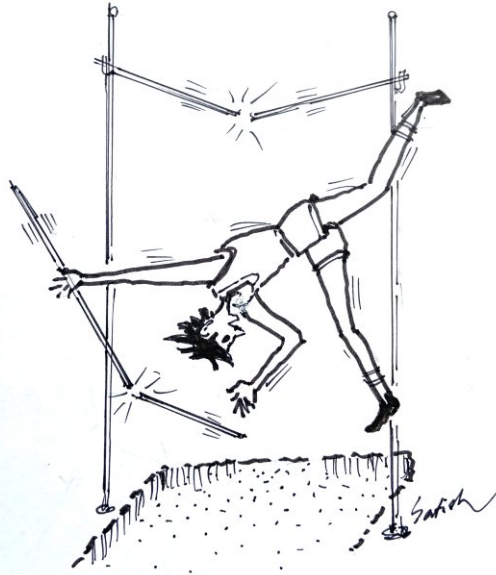
artistic embroidery on pillow cases and so on. Now, an eight-year-old boy skilled at knitting and embroidery! Unusual, certainly! But a knock on the head?

Years later as an architect in Canada, I was flying home from an assignment in a little single-engined aircraft, sitting beside the pilot. We flew unexpectedly into ice clouds, and our windshield, propellers, and wingtips were soon covered with an



inch-thick layer of ice. The plane rapidly lost altitude. Fortunately, we managed to crash-land on a highway, with cars speeding by in both directions. The plane was badly damaged, but I and the pilot managed to emerge unhurt. After all these, my head was still stubbornly untouched!

So, when and where did I get that elusive knock on the head? I think I have the answer! Back in high school I represented my school in the sport called pole vault. On the day of the inter-school event I was in New Delhi's National Stadium. On D-Day, clad impressively in my school colours, I gripped the long



pole and raced down the runway toward the sandpit. I reached the pit, dug the pole in, and with one mighty push, was soaring toward the high bar.

But then, alas! I lost my grip on the pole, knocked the bar off, and hurtled down toward the sand. With a resounding thump, I landed in the sand - on my head!

Ah, finally, the knock on my head! There you go; now I think we know why people think I'm crazy. So am I crazy? You be the judge.

Satish Rao (Cottage 67)
lives in Canada

My Nights in a Mosque

Ashok Dey

The sun had begun to set on that late autumn evening in 1959, when the Northern Railways' Pilibhit-Tanakpur Passenger, a steam-engine drawn local train, reached Tanakpur after halting at every whistle-stop station on its 8-hour long journey.

I was a management trainee in Hindustan Lever and was in the last week of my 4-week journey-cycle as salesman in charge of the Bareilly sales territory of the company's Foods Division. The little town of Tanakpur was going to be my last stop.

As I got off the train, I was hoping that our local distributor would have sent someone to meet me and tell me in which hotel a room had been reserved for me to spend the few nights I was going to use Tanakpur as my base.

Soon, after all the alighting passengers had left, I was the only one standing outside the little station. Little did I know then that the postcard I had sent to our local distributor from Bareilly had not yet reached him and he knew nothing of my plans.

It had become dark and I, who had never been this far up north, was beginning to feel the cold of the Terai [a belt of marshy jungle lying between the lower foothills of the Himalayas and the plains]

I heard someone say "Saab, where do you want to go?"

I turned around to find a very handsome, tall young man in the driver's seat of a cycle-rickshaw that had drawn up quite close to me. (For the purpose of this tale I shall call him Ishmael.)

I explained that I needed a place to spend the night and Ishmael asked me if I was a Hindu. A

little surprised by his question, I told him I was. That was a white lie because even though I had been brought up as one by my Hindu parents I had become an agnostic as a university student. I got on to the passenger seat of the rickshaw with my luggage and he took me to what he said was the only Hindu dharamshala in town. While I waited outside, he walked up to the outer gate and called out to someone.

Soon a person clad in saffron dhoti, kurta, and shawl emerged and after a brief conversation with Ishmael walked up to me and asked if I was a Hindu. I nodded. He looked me up and down. It was perhaps my dark complexion, my short stature and my Tamil-accented Hindustani that made him say,

"You don't look like a Hindu. You look more like an Isai [Christian] to me. This dharamshala is for Hindus only".

Ishmael and I got back on to the rickshaw and he turned around, looked at my heavy salesman's bag and asked me if I was a "company saab" and which company I worked for. When I told him that I worked for the "Dalda Company", he said that he would take me to the home of our distributor, whom he and as I later discovered almost everyone else in Tanakpur, addressed as "Khan-saab". I agreed to go along to our distributor's home only because I believed that being a prominent businessman of the town he would be able to get me a room for the night at least in a government agency-owned rest house.

After a while we reached the gates of what seemed like a very large haveli. Ishmael went in and emerged soon with a very tall, dignified

gentleman with a flowing white beard, dressed in white kurta-pyjamas and with a Muslim prayer cap on his head. Speaking very softly, he said that before he made any arrangements for my stay, I would have to join him while he broke his fast. I then remembered that it was the month of Ramzan and he, as also young Ishmael, who I had discovered by then was also a devout Muslim, had fasted the whole day.

What followed then was a memorable meal of delicious Rohilla-Afghani dishes laid out on a table, lit by kerosene-fueled hurricane lanterns, in the central courtyard of the haveli under a moonless starry night. Khan-saab entertained me with stories of how his Rohilla ancestors had migrated from Afghanistan in the 18th century and settled in the Terai region.

By the time we finished our dinner, Ishmael had also been fed by the retainers. Khan-saab then asked me if as a Hindu I would have any reservations about spending a few nights in a nearby Mosque. When I told him that I had no such reservations, he instructed Ishmael to take me to the Mosque.

At the Mosque I was warmly greeted by the Mullah who turned out to be a young man not much older than me. He led me to a very sparsely furnished, clean room. It had a chair, a table with a kerosene-fuelled hurricane lantern on it, a charpai with a clean mattress, sheets, pillows and a thick razai [quilt]. The room had a fireplace, which would

be used only when winter would fully set in. It also had a bath and a toilet attached. There was no running water, but while I stayed there the young Mullah hauled in buckets of fresh water from a well on the premises and filled a drum in the bathroom every day.

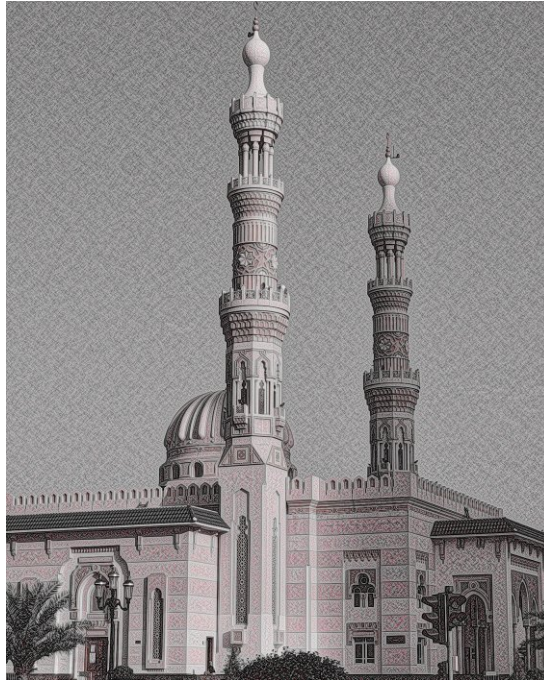
For the four days I stayed in Tanakpur, I was served meals of dal, roti, lamb curry and vegetable curry every morning and night. The food would be brought up to the outside of my room by the Mullah's wife whom I never did see but knew it was she by the soft tinkling of her bangles and the fine jingle of her anklets and her whispered voice asking her young son, who could not have been more than 10 years old, to take the brass plates from her hands and place them on the table in my room.

On the morning of my departure from Tanakpur, I asked the Mullah what I owed him for having been looked after so well. His reply was, "You are our mehmaan

[guest]. I cannot ask you for any money. But if you want to, you could leave whatever you wish in the collection box outside the Mosque. The collections go to a nearby Madrassa"

And that is what I did.

Ashok Dey (Cottage 44)
lives in Suvridha



Last Day in the Lake District

Devaki Krishnamoni

It was in 2015 that my friend Christl based in Oxford and I decided to explore the Lake District in England. And we had a marvellous time together. On the last day there, Christl was busy and I decided to venture out on my own.

I left Brooklands Bed and Breakfast place at 10.30 and took a cab to the station. No storage there. So I placed it into a locker at the Tourist Info place. Began exploring Lake Windermere around 11 and was finished by 11.45! Back to the T I to find out what more was possible to kill time. The young lady there said I could walk up to Orrest Head. It was a walking path - there would be rough patches, but I could try.

I had enough time, so I thought why not - a

climb of 783 ft!! Well! I managed half way up - paved, all uphill, of course, passing some very nice homes and absolutely fabulous flowers and trees, birds chirping away. Benches to sit down and rest, one in particular with a great view of the lake. Met lots of people all going up of course. Finally came to a spot where the pavement stopped and it became broken up with rocks, tree roots and so on. When Alfred Wainwright, author and guide, reached the top of Orrest Head in 1930, he famously said, "These few hours on Orrest Head cast a spell that changed my life." The view from the top was supposed to be indeed incredible, making it a must-do walk. A couple I met at the end of the pavement said it was really steep going, and with such rough

terrain, discretion became the better part of valour!
I returned to the bench with the view and sat there
and read a
book for a
while.

Going
downhill wasn't
too bad, and in
all I had spent
only an hour
and a half.

Time to get
lunch, retrieve
the luggage
and head to the
station. The
train from
Windermere to
Oxenholm was
a shuttle. I got
on an earlier
train, and just
as well since I
had plenty of
time to find out
where to catch the next one,
negotiate a tunnel, down and up, to get to the other
side. Got off at Preston and another tunnel down
and up, found the right train and on to

Wolverhampton. At all the stops, when it was
announced, I would pick up the luggage and head
for the door -
anxious not to
miss the
connection!
Fortunately at
Wolverhampton
I saw the next
train coming
and the railway
person told me
to get on it -
and back to
Oxford. Happy
to say I arrived
okay. It was
raining, but no
thunderstorms
as forecasted.
Told Christl that
I would cab it
from the
railway station
and I arrived okay. Advantage - still plenty of
daylight.



Lake Windermere is the largest lake in England

image by Pete from Pixabay

Devaki Krishnamoni
Resident of Cottage 15-AB

ಕರುನಾಡ ಬೀಡು ಮನದುಂಬಿ ಹಾಡು

Karunada Beedu Manadhumbi Haadu

Rajeswari Subramanyam

ಬೆಂ ಗಳೂರಿನ ರವೀಂದ್ರ ಕಲಾಕ್ಷೇತ್ರದಲ್ಲಿ 2024ರ
ಜನವರಿ 27ರ ದಿನಾಂಕದಂದು “ಕರುನಾಡ
ಬೀಡು ಮನದುಂಬಿ ಹಾಡು” ಎಂಬ

ಶೀರ್ಷಿಕೆಯ ಅಡಿಯಲ್ಲಿ ಕನ್ನಡ ಭಾಷೆ, ಕನ್ನಡ
ಸಾಹಿತ್ಯ ಇವುಗಳಿಗೆ ಒತ್ತೊತ್ತೊಟ್ಟು ವಿವಿಧ
ಕಾರ್ಯಕ್ರಮಗಳೊಂದಿಗೆ ಗೀತೆ ಗಾಯನ
ಕಾರ್ಯಕ್ರಮವು ಆಯೋಜನೆಗೊಂಡಿತ್ತು.

ಶ್ರೀಮತಿ ರವ್ಯ ಭರದಾಜ್ ಮೇಡಂ ರವರು ಜೀ
ಕನ್ನಡ ದೂರದರ್ಶನ ವಾಹಿನಿಯ ಸುಪ್ರಸಿದ್ಧ
ಕಾರ್ಯಕ್ರಮ “ಸರಿಗಮಪ”ದಲ್ಲಿ ಭಾಗವಹಿಸಿ
ಹಲವಾರು ಪ್ರಶಸ್ತಿಗಳನ್ನು ಸಂಗೀತದಲ್ಲಿ ಪಡೆದವರು,
ಈ ಮೇಲಿನ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಹಾಡಲು ನನಗೆ
ಹಾಗೂ ಲತಾ ರವರಿಗೆ ಸೂಕ್ತ ತರಬೇತಿ ನೀಡಿದ್ದರು.

ರವೀಂದ್ರ ಕಲಾಕ್ಷೇತ್ರದಲ್ಲಿ ಅಂದು ಸಂಜೆ 5.30ಕ್ಕೆ
ಪ್ರಾರಂಭಗೊಳ್ಳಬೇಕೆಂದು , ಅದಕ್ಕಾಗಿ ಮಧ್ಯಾಹ್ನ

3.30ಕ್ಕೆ ಹಾಜರಿದ್ದು ಮೊದಲು ವಾದ್ಯಗೋಷ್ಠಿಯೊಂದಿಗೆ ಹಾಡಲು
ತಾಲೀಮು ನಡೆಸಬೇಕಿತ್ತು. ವೇದಿಕೆಯಲ್ಲಿ ಮೊದಲೇ ನಿಗದಿಗೊಂಡ
ಕಾರ್ಯಕ್ರಮ ನಡೆಯುತ್ತಿದ್ದು ,ವೇದಿಕೆಯನ್ನು ಸ್ವಚ್ಛಗೊಳಿಸಿ, 5.30ಕ್ಕೆ





ಸರಿಯಾಗಿ ಅತಿಥಿಗಳೂ ಆಗಮಿಸಿದ್ದರಿಂದ, ತಾಲೀಮಿಗೆ ಅವಕಾಶ ಸಿಗದೇ, ನೇರವಾಗಿ ಗೀತೆ ಗಾಯನ ಕಾರ್ಯಕ್ರಮವನ್ನು ಪ್ರಾರಂಭಿಸಲಾಯಿತು.

“ಉದಯವಾಗಲಿ ನಮ್ಮ ಚೆಲುವ ಕನ್ನಡ ನಾಡು” ರಾಷ್ಟ್ರಕವಿ ಕುವೆಂಪುರವರಿಂದ ರಚಿತವಾದ ಈ ಗೀತೆಯನ್ನು ಸಾಮೂಹಿಕವಾಗಿ, ಇತರೆ ಭಾವಗೀತೆ ವಿದ್ಯಾರ್ಥಿಗಳೊಂದಿಗೆ, ಒಕ್ಕೊಲಿನಿಂದ, ವಾಡ್ಯಗೋಷ್ಠಿಯವರೊಂದಿಗೆ ಜನಪ್ರಿಯವಾದ ಈ ಗೀತೆಯನ್ನು ಸುಶ್ರಾವ್ಯವಾಗಿ ಹಾಡಲಾಯಿತು.

ಪ್ರೇಕ್ಷಕರಲ್ಲಿ ಅತಿ ಗಣ್ಯ ವ್ಯಕ್ತಿಗಳು, ಸುಪ್ರಸಿದ್ಧ ನಟರು ಹಾಜರಿದ್ದು, ಕಿಂಚಿತ್ತೂ ಆಭಾಸಕ್ಕೆ ಎಡೆಗೊಡದೆ, ರಮ್ಯಾ ಮೇಡಂ ರವರ ಸಲಹೆ,

Two Suvidhaites, Rajeshwari Subramanya and Latha Gopal Krishnan, were part of the singing group led by renowned Bhavageethe singer Ramya Bharadwaj at a musical concert called *Karunada Beedu Man Thumbi Haadu* organised by Taranga Creators. It took place at the old and prestigious concert hall Ravindra Kalakshetra in Bangalore. They sang five group songs about Karnataka and Kannada, all of which were heartily enjoyed by a discerning audience. Certificates of appreciation were given to all participants.

Ramya Bharadwaj entertained Suvidhaites on the Sugama Sangeetha evening of Karnataka Rajyotsava November 1, 2022. Raji, who was full of praise and

ನಮಗೆ ಮಧ್ಯೆ ವಿಶ್ರಾಂತಿ ಸಿಗುತ್ತಿತ್ತು.

ನನ್ನ ಅಂದಾಜಿನಲ್ಲಿ, ಅಲ್ಲಿ ಸುಮಾರು 300 ಜನಕ್ಕೂ ಹೆಚ್ಚು ಪ್ರೇಕ್ಷಕರಿದ್ದಿರಬಹುದು. ನಮ್ಮ ಹಾಡುಗಳು ಅವರೆಲ್ಲರ ಹೆಗ್ಗಳಿಕೆಗೆ ಪಾತ್ರವಾಗಿದ್ದು, ಮೆಚ್ಚುಗೆ ಗಳಿಸಿತು. ಇಷ್ಟಲ್ಲದೇ, ನಮಗೆ “ಅಭಿನಂದನಾ ಪತ್ರ”ವೂ ಲಭಿಸಿತು. ಈ ಕಾರ್ಯಕ್ರಮ ನಮಗೆ ಬಹಳ ಆನಂದ ಮತ್ತು ರೋಮಾಂಚನ ಉಂಟು ಮಾಡಿತು. ನಮಗೆ ತರಬೇತಿ ಕೊಟ್ಟು, ಹಾಡಲು ಅವಕಾಶ ಕೊಟ್ಟ ರಮ್ಯಾ ಮೇಡಂಗೆ ಧನ್ಯವಾದಗಳನ್ನು ಅರ್ಪಿಸಿ, ಮನೆ ತಲುಪುವ ವೇಳೆಗೆ ರಾತ್ರಿ 9.30 ಆಗಿತ್ತು.

Rajeshwari Subramanya, (Cottage 52-53) lives in Suvidha

admiration for Ramya's performance, requested her to teach Bhavageethe to some of us Suvidha residents. She agreed. Consequently in January 2023, five of us began online singing lessons with Ramyaji. During this past year we have learnt songs written by leading poets like Kuvempu, Channaveera Kanavi, D R Bendre, Gopalakrishna Adiga, Purandaradasa and many others. Ramyaji is the Music teacher in a local school and is also constantly singing for programs and recordings. She shares her experiences with us, making our lessons immensely valuable and interesting. She has also recently started a YouTube Music channel Brahmi along with a group of performers.

Latha Gopal Krishnan (Cottage 181B) lives in Suvidha



Raji, Latha and other students with Ramya Bharadwaj (Centre)

POETRY PAGE

Women's Inclusion

Vandana Sridhar

A mighty ovum, just one...
And sperms in a million...
Embryo genesis happen
When only one worthy sperm is let in...

A single queen honey bee...
Rules thousands of bees you see...
Demise of the empress foresee...
The end of colonial efficacy...

When Nature itself has bestowed upon...
The crown for all the women...
Dear people, allow women's inclusion
For they nurture the future generation

If valour, dedication, perseverance,
Determination and selflessness,
Multitasking and kindness had a face,
It would undoubtedly be a woman's!

Dr Vandana Sridhar (Cottage 161)
lives in Bangalore.

Vandana paints and writes poetry regularly although she is a busy anaesthetist. Conservation of forests and natural resources as well as women's issues are very dear to Vandana. She tries in various ways to help promote these issues in various forums. She wrote this poem on the occasion of International Women's Day in March.

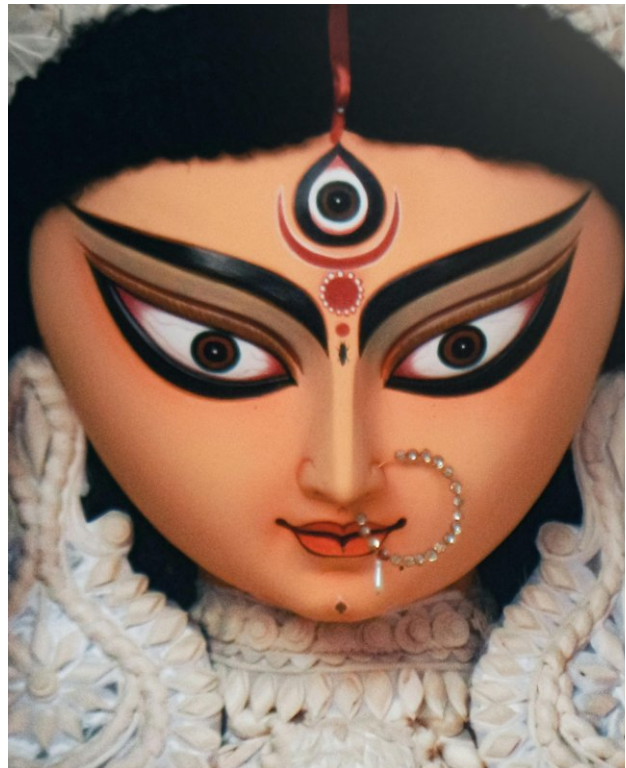


Photo Courtesy PEXELS

TWILIGHT

Lakshmi Dey

Close on the heels of ghostly grey twilight
Once more with stealthy steps did creep
dark night,
A jet black curtain held he in his hand
And this he threw all o'er the darkening land.

Then up and up he flew so very high
And hung a faint star in the summer sky.

The little birds lay in their nests so deep
Night called the winds to rock them all to sleep.

As through the woods in silence night sped by
His pet the owl did from his shoulder cry
A wondrous fragrance did the jasmine shed
As with her nectar sweet the moths she fed.

But 'lo the east had turned a bashful pink
As the maiden day did rise with yawn and wink.

With brush and paints she tinged the sky with blue
And fainter shades of mauve and every hue.

So blowing one sweet kiss to sister day,
Night in his bat-drawn chariot sped away.

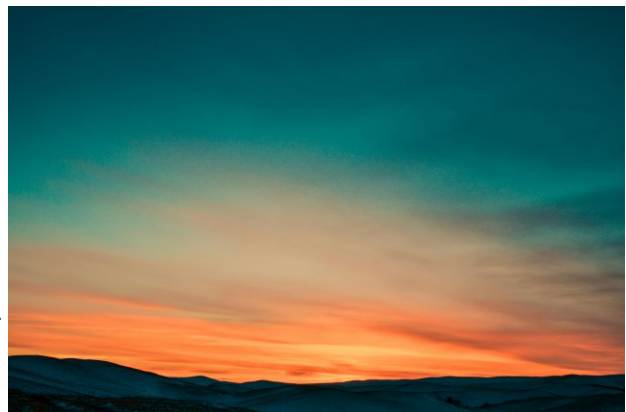


Photo Courtesy PEXELS

Dr Lakshmi Day (Cottage 44) lives in Suvidha.
She wrote this poem as a child in the 1940s
and found it for us to publish here

PHOTO ALBUM

Birds of Suvidha

Photos by S Krishnan

Dr S Krishnan of #103 has been interested in Optics under physics since he can remember. He saw a camera for the first time about 80 years ago and was fascinated by it. He wanted to learn more about how light and lenses created magic and images on film but could not afford to buy one for himself at that young age. "When my brother Kasi got married, I was 17 and borrowed a camera from T R Mahalingam, the famous Carnatic flautist, through a family friend. I was nervous handling the camera but managed to click some good photos of the marriage ceremony and attendees," said Dr Krishnan. His interest in Optics continued throughout his college days where he studied Physics Honours and later research in the same field at the Indian Institute of

Science.

"In the late 60s and 70s I had a camera of my own and clicked several pictures of flowering trees, which resulted in me being invited for lectures at Lalbagh," reminisced Dr Krishnan. A few years ago, he received a Canon EOS 80D camera from his daughter Rupa, who is based in the West Coast of the USA. He clicked the photos of the birds of Suvidha below on this camera using a telephoto lens of 250mm. "I hope I will be able to click some more photos in Suvidha for a few more years before age catches up and my hand becomes unsteady," Dr Krishnan said with a smile.



Sunbirds and spiderhunters make up the family Nectariniidae of passerine birds. They are small, slender passerines from the Old World, usually with downward-curved bills.



A Green Parrot perched on a branch of exotic palash flowers (flame of the forest or *Butea Monosperma*)



Large Purple Heron with rusty head and streaky neck. It is an evasive bird, favouring densely vegetated habitats near water, particularly reed beds. It hunts for a range of prey including fish, rodents, frogs and insects, either stalking them or standing waiting in ambush.



The cattle egret (*Bubulcus*) is a white bird adorned with buff plumes in the breeding season. They nest in colonies, usually near bodies of water and often with other wading birds. The nest is a platform of sticks in trees or shrubs. Cattle egrets exploit drier and open habitats more than other heron species.

Stray dogs taken away to sanctuary

January 12, 2024

For several months, a female dog had been spotted all over Suvudha by many, particularly the gardening staff and security guards. She had become very scared of human beings because of their multiple attempts to stone and beat her with sticks to drive her out. I decided to bite the bullet.

My intention was to lure her with food, and lead her gradually to a confined space from where she could be taken. But she littered in the meantime!

Enter Prabhakar! He could hear and see the pups below cottage 98.

My daughter Nandita, who has made attending to such cases her 24-hour voluntary job, came on December 24. I lured the mother away from the pups with food. Nandita went crawling on her tummy and brought the pups out of the 'cave'. We proceeded to the main gate with the pups in a bucket. Predictably, the mother followed, but only up to a point. When she spotted the guards, she refused to cross the main gate, even though the pups had been carried out. Even a second attempt proved futile. She went

back to her 'lair' and started crying. It was dark by then, and we gave up the operation.

On January 11, we tried and were vanquished again. I had spent many sleepless nights by then.

The next day, Nandita and I made another attempt. This time



we implemented Prabhakar's excellent idea of using the steel cage fabricated ages ago to house ducks. We placed the pups and the food in the cage. We moved far away. Prabhakar held the long rope tied to the open door and operated it smartly. Lo and behold, the poor desperate soul got trapped in finally!

The pet ambulance was summoned by Nandita, and we followed in her car. We got the

mother vaccinated on the way. She and her pups are living happily at the sanctuary now.

Both Sathya and Prabhakar were very helpful and supportive all the while.

Takeaways from this 3-week ordeal:

- If we can keep dogs out, the leopards will hopefully find Suvudha an unattractive destination.
- It is a big relief for everyone. With small children who are more vulnerable than we are, our staff living in the quarters should be particularly relieved.
- Since there is a Supreme Court judgement against relocating/abandoning dogs, Suvudha is not guilty of action which could be termed Contempt of Court.
- We in Suvudha have been responsible citizens in limiting the street dog population. The sanctuary accepts responsibility for sterilising all of them. Needless to say, they are given good food and care.
- This experience has taught us the importance of proper garbage disposal and sealing leaks from where the dogs hitherto entered.

Ramaa Subba Rao (Cottage 139)

Ram Mandir Inaguration

January 22, 2024

Arrangements were made for live screening of the telecast of the Ram Mandir Inauguration in the Suvudha Banquet hall, so that people could enjoy it on the big screen, in the company of other Suvudhites. There was a short bhajan session consisting of songs in praise of Lord Rama before everyone witnessed the Prana Pratishtha ceremony live from Ayodhya.



The Ram Lalla idol made by Karnataka's renowned sculptor Arun Yogiraj had been installed at the Ram Mandir in Ayodhya for the consecration ceremony on Monday, January 22, 2024.

Republic Day Celebrations

January 26, 2024

The 75th Republic Day was celebrated in Suvidha in a concise and colourful event with attendees seated in our shady porch. Papanna Gowda, our Chief Guest of the Day, arrived sartorially elegant in a Kurta and Khadi vest coat. The ceremony with the theme 'Unity in Diversity' began with Nalini Shenoy, our Director, welcoming the gathering. Then two of our security guards dressed in ceremonial regalia escorted Gowda to the flag pole where he unfurled our national flag from which petals showered down. The national anthem was sung with patriotic vigour while many saluted our beloved tricolour. After that the Chief Guest was escorted to his seat and everyone turned their chairs to face the entrance to Suvidha. Gowda then addressed the gathering in a short speech where he reminded



PHOTOS: J GOPALAKRISHNAN

us why we celebrate Republic Day. Then while six of us sang the Hindi song, "Hind desh ke nivasi", the audience joined in the chorus. This was followed by a Kannada patriotic song with the same theme and sung by Bhavageethe singers Raji,



Shanta and Latha. The Vote of thanks was then proposed by Latha who also led the audience in wishing Dr Narayan, a happy birthday. This was followed by sweets and badam milk for all.

Wedding of Gowri and Akash

February 1, 2024

Gowri Kannan, younger daughter of M N Kannan and K Mahalakshmi (Cottage 22-23) married Akash Dhyaneswar Rindhe at Royalton Leisure on Bannerghatta Main Road in Bangalore. A few Suvidhaites visited the venue for the Sangeet ceremony held on the evening of January 31 at the same venue.

Photo provided by M N Kannan



The wedding ceremony on the morning of February 1 was conducted by Purohits at a natural mandapa crafted under a tree with garlands of flowers hung all around the site. The radiant bride and handsome groom, their parents and their siblings seemed to be in a dream venue. Guests sat in the open breezy shade of the trees sipping coconut water, tea and coffee. The breakfast spread and the

PHOTO: A VAIDYANATHAN



lunch spreads were stupendous in variety and taste.

At least 40 people from Suvidha attended the wedding and enjoyed their time with the Kannan family. This was a wedding everyone who attended will remember for a long time to come. TSR Congratulates Gowri and Akash and wishes them a long and happy wedded life together.

Open House

February 10 and 11, 2024

Open Houses for shareholders, both physical and virtual were held on February 10 and 11. Both events saw good attendance and participation from shareholders.

The Open house was conducted to explain information relevant to the upcoming EGM



PHOTO: LATHA KRISHNAN

2024 Resolution.

Extra-ordinary General Meeting

February 18, 2024

An Extraordinary General Meeting was conducted by the

Company on February 18, 2024 to seek the mandate of the shareholders on the issue of shares by way of Private Placement. The EGM had good

attendance and participation by the shareholders.

60th Anniversary of SJJES

March 3, 2024

A Veeranna Chigateri (Cottage 112) Director of Suvidha Board and Chairman of Shree Jagadguru Jayavibhava Educational Society (SJJES), celebrated its 60th Founder's Day on 1, 2 and 3 December 2023, at Davangere with a Jatra by the students, book release of the Founder's book, talks on the value and future of Education and a scintillating cultural programmes by the students.

In 1962, Sri Veerabhadrappa M Chigateri established



Mr Veeranna Chigateri flagging off the inaugural procession (Jatra) of school children in Davanagere

Akkamahadevi Girls High School with 12 girl students. Later, the

same year Sri Jagadguru Jayadeva Murugharajendra High School for boys was also established. Today 9 schools are running under the auspices of SJJES with about 1500 students and 75 staff members serving in these schools.

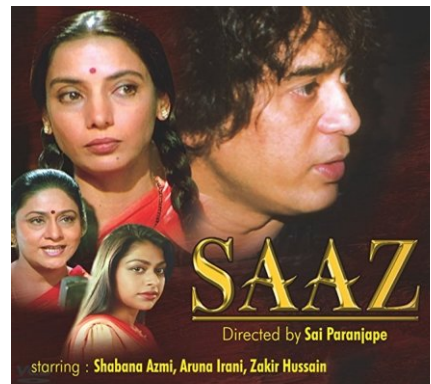
On March 3, Veeranna Chigateri shared his happiness at the school reaching 60 years by hosting a fabulous luncheon consisting of vegetarian and non-vegetarian delicacies for all Suvidha residents and staff members.

Movie Night - Saaz

February 18, 2024

Thirty residents attended the movie night and dinner watching and enjoying the movie Saaz and a delicious dinner of Neerdosa, stew, curd rice and laddoo. During the interval the Suvidha Serenaders sang the song, Mein Chali Mein Chali and a later English version of it, adding to the entertainment quotient of the movie night.

Saaz is a 1998 Hindi movie produced and directed by Sai Paranjpye, starring Aruna Irani and Shabana Azmi in lead roles. The plot is allegedly based on the life of legendary singing sisters of Bollywood, Lata Mangeshkar and Asha Bhosle. The music score is provided by Zakir Hussain, Bhupen Hazarika, Raj Kamal and Yashwant Dev. Javed Akhtar won the National Film Award for best lyrics.



Kanaka, one of our longest serving house-keeping staff retires

January 31, 2024

Kanaka S arrived in Bangalore from Mel Malayannur near Tiruvannamalai in Tamil Nadu 41 years ago with her newly wed husband Srinivas. They stayed with relatives for the first 6 months and then rented a small house in Yedyur. Kanaka started working in some homes as a domestic help. Two years later they saved enough to buy a small house in Banashankari and came away to live by themselves. By that time she was mother to the first of her daughters Shilpa, soon to be followed by two more daughters Gayatri and Vimala.

Here in Banashankari, Kanaka found employment as a domestic help in the house of Mr Mohan Rao, who was an uncle of Dr Sukumar Shetty of Bangalore Hospital and Suvidha #115. She worked there for more than a decade. While working there, she came into contact with Dr Shekar and Dr Manjula Shekar of Suvidha #121, who asked her to work in their house, which was in Banashankari 2nd stage. Her third daughter Vimala was just 3 months old at that time and since she found it difficult to juggle motherhood and work, Kanaka brought another woman to work for Dr Shekar. But Manjula Amma preferred Kanaka and was ready to be flexible with

Kanaka's working hours in the evening. "Vimala is 36 years old now. So I have been working for Manjula Amma for that long. She helped me get the job of janitor at Bangalore Hospital too where I worked for about 20 years in the second shift," says Kanaka.

In 2011, when Dr Shekar moved to Suvidha Retirement Village, Kanaka came with them.



They had wanted her to be Supervisor of Housekeeping services since she had the experience to train the younger ladies, the first five of whom she herself interviewed and brought to Suvidha. Kanaka agreed to be supervisor and continued to work for them and a few other residents of Suvidha exclusively till she retired this January 31. Currently she works for the same people as a private domestic

help.

"Since I do not know how to read and write, there was a man called Reddy who could do that and for my help in the office. We were a good team to work in tandem to do the office work and cleaning there. Also in the beginning I was treated in the same way that Bangalore Hospital had treated me, but with changing management everything in Suvidha also changed," reminisces Kanaka.

Kanaka had worked for Dr Sukumar Shetty too since her Bangalore Hospital days especially during occasions like the weddings of both his sons. She remembers Mrs Indira Sukumar Shetty with a lot of affection and respect saying that Indira Amma had firmly declared that they would sell their cottage if Kanaka did not work for them. Although Mrs Indira is no more in this world, Kanaka continues to work for Dr Sukumar Shetty.

In her personal life Kanaka is happy that she could get all her three daughters married off to good men in Bangalore and they have intelligent children. Two granddaughters are engineering students. Kanaka is proud that all her hard work for 41 years has resulted in a good life for herself and her family. "I do not regret anything and I am happy at this stage of my life," says Kanaka.

Bharamappa - Our New Electrician

Bharamappa BK is our electrician, who has joined the Suvidha Maintenance Team again after a 6-year interval. Since he had worked in Suvidha in 2017, he has become a welcome addition to the team and is a cheerful and conscientious worker.

Bharamappa hails from Bagalkot district where his mother and his brother and



family live. Umasri, Bharamappa's wife hails from Belgaum. She has passed PU Commerce and after much effort, has found a job in a school in Bangalore.

Bharamappa, himself has completed ITI Electrician Certificate Course. In 2012, he unsuccessfully tried to complete DM Lab Studies in Dharwad and managed to get a job in Apollo

Pharmacy. He decided to come to Bangalore in 2017. He worked for a year in Suvidha and went to work in Apollo Pharmacy for the next 5 years. Last August Bharamappa came back to

Suvidha. Both Umasri and he like living in the staff quarters in Suvidha. In their leisure time, they visit places nearby and far on their motorbike.

"I like working here. The

beautiful natural setting, good office atmosphere and the kind people of Suvidha make me happy," says Bharamappa.

READERS' RESPONSE

Wonderful issue !! Loved each and every article ! Suvidha stories, reader's contributions and Book talk really makes the issue really something to look forward to ! Thank you for this.!

Dr Sandhya Ravi, Cottage 187B
Bangalore

Thanks a million for yet another wonderful Issue! So informative! Reading it I felt as if I had been there in an invisible state!

I have and will always appreciate your untiring and sustaining efforts to produce a magazine of EXCELLENCE!

Iris Rajiva, Cottage 76
Suvidha

Just read the TSR..it's come out well..thanks a ton. Thanks to Gopal for the layout and presentation.

Meena Badami, Cottage 90-91
Suvidha

You have outdone yourselves this time. It's so full of beautiful reads, colourful pictures, a good roundup of events, and full of

information. Love how you have embraced the employees into your family fold. Well done

Nandini Raj
London

I loved every bit of the last TSR. Gopal's review of the book was wonderful to read.

Congratulations to Team TSR.

Nalini Nanjundiah, Cottage 143
Suvidha

Very good presentation of all the events in Suvidha. Well done.

Papanna Gowda, Cottage 41
Suvidha

Wow!! Lots to read.. Very nice.. Kumarans school children also visited!! My children are alumni of that school.

Divya Vinod, Cottage 142
Bangalore

Comprehensive coverage of all events in Suvidha. Good production.

TS Rukmani, Cottage 73
Suvidha

In Suvidha's realm, shareholders unite,
Strewn 'round the globe, a vast and varied lot.

Intent of management, with fervent might,
To foster bonds, a camaraderie sought

Through Suvidha's Newsletter, shared with glee,
Happenings recounted, plans foreseen.

For a few years strong, it's served commendably,
A beacon bright, in realms unforeseen

Now, as we pause, to reminisce and muse,
On times gone by, and memories sweet

Archives stand ready, no time to lose,
A treasure trove, where past and present meet

So, let's embark, on this voyage grand,
In Suvidha's world, hand in hand.

Hari Sundaresh, Cottage 46
Suvidha

We solicit your contribution to THE SUVIDHA REVIEW

Please share short articles (about 400 words) along with photographs
You may write about your childhood memoirs, places you visited,
interesting books you have read, short stories, poems, achievements of
your grand children or any other interesting events.

Please write to suvidha.review@gmail.com




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