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## Suvidha News Letter

Volume Number: 1-2	For Private Circulation Only	Date: 15-02-2014
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### ➤ **From the MD's Desk:**

Dear Friends,

It has been a month since the first newsletter and the second one is in your hands. The first issue of the newsletter was very well received. Congratulations again to Dr. Chandrashekara and Mr. Vijayakumar.



### **What have we done in Suvidha in the past month?**

- We have had two useful 'open house' sessions. Suggestions from the residents and SH have been seriously examined. Several issues have been settled. Many others are being looked into.
- The new menu in the canteen has been a success. In consultation with the residents, the costing was put in place; we are breaking even.
- Initially the 'open house' suggested a coupon system to streamline billing in the canteen; later the residents were uncomfortable with the thought of coupons. On their suggestion, we have now tweaked the system a bit and have introduced a system of signing the register. The endeavor is to minimize cash transactions and speed up the billing process.
- The 'open house' discussed several aspects of landscaping. We have communicated the changes in policy earlier. In short, interested residents will be allowed to grow 'select' herbs and vegetables between cottages (not in front or behind the cottage) if the terrain permits it. You may contact the office for the list of recommended plants. They will also be provided large tracts elsewhere in the village to pursue their gardening hobby. Suvidha itself will develop a vegetable garden.
- There is a misconception that trees are being cut in Suvidha. The present policy is not to cut trees. If a tree is causing some danger to the foundation or electrical cables or sanitary pipes, such trees are being 'relocated' and not cut off. As a new measure, we will communicate such relocations to the concerned residents before we do it.
- Negotiations for developing the Club House are at an advanced stage. We should know the final outcome in about 3-4 weeks. We have purchased an amplifier and have started 'movie nights' at Suvidha. The first one was held last Saturday. It will be a fortnightly affair.



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## Suvidha News Letter

- The shareholders agreement is taking shape; the Board is getting the final legal version into a proper shape. It will be presented to all of you for signing soon. Please note that it is an important document that empowers all of us.
- We have had many inquiries and some success in the sale of shares. We have had subscriptions for 7 cottages so far in the last 2 months.
- Phase 1a, where we build 20 more cottages, is well on its way. The architect has been selected. The drawings will be finalised and contractors selected soon. This is done, following a process, under the guidance of the Technical Committee.
- The report of the Technical Committee about retrofitting issues is awaited. This should be ready in a week. The part assigned to Kalpavruksha and Civil Aid is completed. You will get a detailed account of retrofitting activities soon.

All this is not possible without the hard work and cooperation of my fellow directors and the enthusiastic involvement of the residents. There is a positive mood in Suvidha. We should all work as a family and harness this positive energy to get ourselves out of the financial difficulties.

Regards

**Dr. Lakshman.**

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### ➤ Know your Directors:

With a view to get to know our Directors better, we present here a graphic description of their background, tasks on hand and their vision for Suvidha. In the alphabetical order, Ms. Ahalya Shetty is here to share with us her vision and aspirations.

#### Professional Experience

- Over 12 years of experience as a Clinical Hypnotherapist, NLP & Hypnosis Trainer, Soft Skills & Behavioral Trainer and Relationship & Life Coach
- Ahalya Shetty handles Clients for Therapy for Anxiety, Fears & Phobias, Health & Sleep issues, Habit Control & Depression, Life Coaching for Corporate Professionals, Relationship Coaching to manage Marital, Family & Work relationships, Students & Family Counseling & Peak Performance Mind training for Sport persons.
- She has facilitated corporate training on NLP (Neuro Linguistic





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## Suvidha News Letter

Programming) for Personal Excellence, Leadership & Team Management, Behavior based Interviewing Skills, Communication Skills, Time and Stress Management, Accelerated Learning Skills, Persuasion Skills etc. for employees of companies such as Accenture, AOL, Siemens, Dell, Hewlett Packard, Robert Bosch, Toyota, Arvind Group, Galvanon, Phillips, Infosys, Taj Hotel Group, Usha Armour Ltd, Project Management Institute (PMI) etc. She has trained across levels including senior and top management.

- Since 2009 has been an Associate practitioner in NLP\ Hypnotherapy of Sampurnah's integrated model of Holistic Health & Personal Growth to enable physical, emotional, mental, systemic and spiritual wellbeing. Worked with clients with Cancer and their related depression, stress and anxiety using NLP\ Hypnotherapy\ TA\ EFT\ Chakra Healing\Mantras & Meditation.
- Her creation of the subliminal CD,'GUIDED EMPOWERING MEDITATION' is a combination of Meditation, NLP & Self-Hypnosis to achieve relaxation, energy & focus throughout the day. It was released in 2007 in CD and MP3 format and is available at [www.cdbaby.com](http://www.cdbaby.com), i-tunes etc.

### Community Work Summary

- President of Vithola Apartment Owners Association from 2007 - 2011. Has been involved with a 140 apartment community off Bannerghatta Road, since 2005, in monitoring the maintenance & expenses of the Apartment during the builders maintenance period, forming the Apartment Owners Association, and as President of Association ensuring the smooth transition from the builder to the Association including transfer of Corpus funds and completion of the DOD by the builder. Handled the staff & Landscaping.
- Member of the Kalena Agrahara Lake Beautification Association: Has also been involved in rejuvenating and maintaining the Kalena Agrahara Lake opposite Vithola apartments since 2005 to date.

**Hobbies** – Designing Interiors for Family & friends & Gardening Reading & Travelling, Experimenting with Creative Training & Coaching Methods & Music for Therapy.

### Contribution In Suvidha

- Chairperson of Suvidha Landscaping Committee since July 2011 to date. Initially worked with Mr Deepak Rai our Landscape Architect in greening the major areas of Suvidha and also managed our own Gardening team. Since July 2011 have done new Landscaping work with our own gardeners along with regular garden maintenance work.
- Have set up a Nursery of almost all the plants in Suvidha for future replacement of plants & for new Landscaping.
- Organised a couple of tree planting programmes in Suvidha with the help of some of our shareholders who managed to procure the trees.
- Have facilitated the setting up of an eco friendly Waste Management System at Suvidha involving some of the residents in Suvidha (Vatsala Krishnaswamy, Satya Prabhakar & Mrs Pappana Gowda), with the help of the housekeeping team and gardeners.
- Since March 2013 have been involved in current Project related matters with regards to co ordinating the completion of cottages Have facilitated the completion of about 30 cottages with the help of the Suvidha team., comprising of contractors, Pavan - Civil engineer & Ms Girija – Manager Administration & Finance.

3



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## **Suvidha News Letter**

- As part of the Revenue generation Task force have been working with Dr Vivek Kadami for bringing in the Expat group to run the Suvidha Clubhouse. Right now 3 more directors have joined the team and we are working towards closing an amicable deal with them very soon.
- As part of the New Projects Task force will be working with Dr Lakshman & Dr Ashok Gurudas to right now complete 20 cottages in Phase 1a
- I am the Lead for the Clubhouse Task Force, have brought in Ms Parvati to streamline Canteen activities and Housekeeping staff and maintaining the empty cottages . I am quite excited about making this clubhouse usable for all residents & shareholders when we are able to get a professional organization to complete & manage the clubhouse. For the present would like to work around facilitating activities for the residents\ weekend shareholders to engage themselves with others on a daily \weekly basis.
- I am also working on streamlining the HR policies for Suvidha as per hospitality industry standards and working on creating some discipline for the staff by putting necessary processes in place.

### **My Utopian Dream for Suvidha**

- I believe it will be a reality very soon with the combined efforts of the management, staff and shareholders.
- I hope there will be Peace & Harmony in Suvidha with huge doses of Gratitude & Appreciation for the people who are working to make it possible, especially our staff and the management too. I wish there will be a lot of Joy & Fun & Happiness in the Air so that we together could create a Tranquil & Wonderful atmosphere of Caring & Sharing for Senior Citizens to spend their sunset years in the serene space called Suvidha.
- And these dear friends will be a Mission Accomplished for what was envisioned by the Founders of Suvidha.

### **➤ Event Highlights:**

- **Open House:** On Sunday the 19<sup>th</sup>. Jan 2014: MD conducted “Open House” with the residents and other Shareholders to share views in respect of financial situation and plans to make it viable. The following are the observations :
  - Opening of a small store in the kitchen area to make available basic needs of the Weekenders and Residents.
  - Prevention of misuse of buggies by the delivery boys.
  - Notification of available voluntary Drivers / Vehicle for emergency needs.
  - Various ways and means to advertise and sell the Cottages.
  - Establishment of additional security outposts at strategic points in the Village.
  - Reduction of financial loss that is accruing by introduction of coupon system and enhancing the cost of Sunday lunch.
  - Intercom facility to all the cottages.
  - Collection of monthly payment at TV Room.
  - Uniform and insurance to employees.



## Suvidha News Letter

- Streamlining of Buggy and House keeping services. In fact the movement of buggies has come down considerably since the opening of shortcut from the car park.
- **Republic Day celebrations:** On 26<sup>th</sup>. Jan 2014, Republic Day was celebrated at Suvidha. Our National Flag was hoisted at 11 a.m. by Prof. Sankar Rama Iyer, a very senior resident of Suvidha Village. Many residents participated in the function.
- **Axis Bank Visit to Suvidha** – With a view to explore the banking needs of senior citizens at Suvidha, a team of Officers visited Suvidha on 26<sup>th</sup> Jan 2014. The Visiting team addressed the residents and other shareholders/visitors on possibilities of extending their services. As a goodwill gesture, the Axis Bank hosted the lunch for the gathering.
- **EGM on 31<sup>st</sup> January 2014** was called mainly to stress the need for shareholders to contribute Rs. 2 Lakhs each as fixed deposits which are urgently required for funding the partially built cottages and handing them over to the concerned shareholders who have been waiting since a long time. He reminded the shareholders that this was already approved in the last AGM. He requested all the share holders to respond to this appeal and help the management to tide over the current crisis. There was a very positive response to this appeal.
- **Movie Show** “Oh! My God” was organised on 8 Feb 2014, in line with our plans to organize movie nights. The show was thoroughly enjoyed by the residents and the weekenders. This is expected to a regular fortnightly feature hereafter.

### ➤ **Suvidha On The Move :**

Several changes have taken place at Suvidha in the recent past.

- Indeed it is heartening to confirm that in principle, SUVIDHA has finalised the outsourcing of Club House facility to EXPAT, a reputed professional management group which runs several health-entertainment clubs across the globe. Details of the contract are being worked out.
- Suvidha has recently acquired a brand new Home Theatre System. Dr. K. Lakshman has gifted the LED projector and Dr. P M Chandrasekhara contributed the Projection screen. Thanks to Dr. Vivek Kadambi's efforts who has selected suitable audio system.
- **Panic Buttons** - On 03-02-2014, M/s. Process care systems (India) Pvt. Ltd. gave a demonstration of their Emergency call system and have promised to submit the quotation shortly.
- **Committee for addressing issues relating to Sexual Harassment:** As required under the statute, it is proposed to constitute a committee comprising of three women residents to receive, examine and resolve issues relating to Sexual Harassment at work place. Dr. Laxmi Dey will head the newly constituted committee.



## **Suvidha News Letter**

### **➤ Health Care Services :**

- MD conducted an informal meeting on 16th. Jan 2014 and the following is the gist of the meeting deliberations. It is decided that the Healthcare Centre should concentrate on :
  - **Preventative Health Care schedule:** For those residents who have been stabilized on drugs and are reasonably active and attending to the daily activities on their own, it is proposed to prepare a schedule for checking critical parameters. This group of residents will have monthly review and updating of their health records.
  - **Surveillance Services:** Residents who are not stable and have fluctuating parameters will be under surveillance and the biochemical and vital parameters will be monitored on a daily basis and their primary physician will be updated.
  - **Health Care Assistance:** In concurrence with the patient or relative(s), home care assistance of their choice will be facilitated and a close watch will be kept on daily visit basis.
  - **Hospital Visits:** Emergency or Scheduled hospital visits for follow up will be assisted as per their request.
- Other decisions that were taken during the said meeting are:
  - Blood glucose estimation [GRBS] will be charged at Rs. 20/- per estimation and the charges will be added to their monthly billing schedule.
  - Whenever possible one day prescription will be distributed on the reporting day only.
  - Drugs will be procured from private sources under generic name. The same party will also arrange to collect lab samples; Eg. Religare : 080-22956228 /29
  - **Medical Records (MR)** are to be maintained using EMR system. In addition, the vitals will be entered in a health card kept with the patient. A copy of MR will be with the Clinic and the data sheets will be replaced with fresh ones as and when required.
  - To arrange health related lectures on monthly basis.
  - **Drinking Water testing:** ARO water testing will be done at regular intervals. Last drinking water test was done on 13th. May 2013 and each test costs about Rs. 1,000/= + Rs. 200/= transportation charges. Decision is taken to repeat the test on six monthly schedules.
  - **Specialty clinics:** To explore possibility of having a regular: Geriatric clinic, Diabetic clinic etc..
  - To explore alternative medicine clinics : Yoga classes etc.



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- To communicate and keep in touch with the residents by frequent home visits. To have news column on initiatives taken with respect to Health Care of the residents in the Monthly news Letter.
- During the month, the new equipment added to the Suvidha Health Center is an Automatic B P Recording unit. This unit can be kept with the residents on week ends if it is so required.

### ➤ **On the Drawing Board:**

- **Car Park II:** Adjacent to the main gate a new car park has been envisaged and conceptual drawings have been received from our architect. In addition one more suitable site is being explored.
- **Additional four staff quarters** have been sanctioned and the drawings have been received and the Technical committee is examining the drawings.

### ➤ **Suvidha Family News :**

- We welcome Group Captain (Retd.) S.S. Kurpad and Mrs. Usha Kurpad who performed the House Warming function of their cottage-50 on 5<sup>th</sup> Feb 2014. A grand lunch was arranged by them at our Cafeteria Dining Hall for all the residents and other invitees. We wish them a happy and peaceful stay in Suvidha.
- We welcome Mr. Nagaraj M. B, who has joined us on 12 Feb 2014 as Maintenance Engineer. He is a Diploma holder in Electrical & Electronics with over five years experience in reputed industries. We believe that he would be a valuable addition to our maintenance team. We wish him all the best in Suvidha.



### ➤ **Door-Delivery Service Providers for Suvidha :**

- **Religare Medicals:** Register with Religare to buy your medicines. Senior citizens get 10% discount. Contact : 080-22956228 / 29
- **Aadakilo.com:** For your groceries, breakfast cereals, house cleaning products etc., etc. Contact person: Mr. Shyam Prakash; Mobile No: 9448287787.
- **Healthy Farm Fresh:** For vegetable and fruits: Contact: Mr. Lokesh ; Mobile:9008119404. 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](http://www.bigbasket.com) . All details are available on the website.



## **Suvidha News Letter**

- **Ladies Beauty Parlour** – Now **Beauty Cafe** offers these services at your door-step. Special for Suvidha – free home service for billing more than Rs. 300/- and 10% discount on all parlour services. Home Services Menu (ask for Suvidha rates) details can be had from their office – call +91 90080 29242 ;
- **All in the lighter vein: .....Jokes you will love to share! from ajokeaday.com .....**
- A lawyer was cross-examining the doctor about whether or not he had checked the pulse of the deceased before he signed the death certificate.  
"No," the doctor said. "I did not check his pulse."  
"And did you listen for a heartbeat?" asked the lawyer.  
"No I did not," the doctor said.  
"So," said the lawyer, "when you signed the death certificate, you had not taken steps to make sure he was dead."  
The doctor said, "Well, let me put it this way. The man's brain was in a jar on my desk but, for all I know, he could be out practicing law somewhere."
- A young woman went to her doctor complaining of pain.  
"Where are you hurting?" asked the doctor.  
"You have to help me, I hurt all over", said the woman.  
"What do you mean, all over?" asked the doctor, "be a little more specific."  
The woman touched her right knee with her index finger and yelled, "Ow that hurts."  
Then she touched her left cheek and again yelled, "Ouch! That hurts, too."  
Then she touched her right earlobe, "Ow even THAT hurts", she cried.  
The doctor checked her thoughtfully for a moment and told her his diagnosis,  
"You have a broken finger."
- Jay went to a psychiatrist. "Doc, he said, "I've got trouble.  
Every time I get into bed I think there is somebody under it.  
I get under the bed; I think there's somebody on top of it.  
Top, under, under top. I'm going crazy!"  
"Just put yourself in my hands for two years," said the shrink.  
"Come to me three times a week and I'll cure you."  
"How much do you charge?"  
"A hundred dollars per visit."  
"I'll think about it."  
Jay never went back. Some time later he met the doctor on the street.  
"Why didn't you ever come to see me again? Asked the psychiatrist.  
"For a hundred buck a visit? A bartender cured me for 10 dollars."  
"Is that so! How?"  
"He told me to cut the legs off the bed."



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**Suvidha News Letter**

### Our Winged Visitor - The Grey Heron

Courtesy – Mr. Ashok Dey, Suvidha



A lanky stork-like bird, the Grey Heron (*Ardea cinerea*) is a bird that stands between 90-98 cm in length (bill to tail) and is a habitant of water bodies. It wades very warily in shallow water or stands hunched up waiting for a frog or fish. Very graceful in flight, it flies with steady wing beats, neck folded back and head drawn between its shoulders. It is a winter visitor to our lake and this picture was taken in February 2004.



## Suvidha News Letter

### ➤ Easy Readings

#### Why Walking Should Be Your New Habit

Author Unknown

With resolutions of weight loss, common for many people of my age, I thought I would share with you my light bulb moment on the weight loss subject.

I have always kept myself in shape but I have noticed, as I got older, it's harder to keep my weight in check as well as motivate myself when joints get sore to actually get out and do something. There are times that I really can't be bothered going for a run or a bike ride, so I can use walking as a "filler" exercise that will get me moving, albeit at a slower pace, **because walking is better than doing nothing at all.**

In 1 hour, I can speed walk 6km's, so I am not hanging about but not fast enough to join the speed walking championships for 2014. I walk fast enough to be comfortable whilst elevating my heart rate to do some good at the same time. You'll find your own comfortable pace.

It's not just about burning extra calories though; I have "discovered" walking has other benefits too:

- It sets my mind up for the day
- The sun feels welcoming
- The rain feels exhilarating
- Getting sweaty is motivating
- The vitamin D is benefiting
- The surroundings can be inspiring
- It keeps my emotions in check
- It's a complete tonic



Unless you have a medical or physical disability, I think it's fair to say that the rest of us can walk during the day at some time; it's just a matter of allocating time and committing to doing it. I find early is best, before breakfast than the rest of the day; But if I do miss a morning for some reason, I go for a shorter one after dinner. Great for the digestion too!

We all have 24 hours in the day, we just choose to spend them the way we see fit, so I urge you to make walking a new habit for 2014 starting today. Once you have done something over and over for a period of time, it naturally becomes a habit. So by walking for 1 hour every day for a week, you are well on your way to your new norm. Devote just 6 hours of your week to yourself, (allow yourself a day off if you wish). When you will go for *your* walk, sort through *your* thoughts and emotions, get *your* blood flowing a bit quicker and take in *your* surroundings. Now I don't think of it as an exercise filler, but as my walk time, part of being me.

So try it, I know you will love it.



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## Suvidha News Letter

### Good Health Adds Life to Years

Helmut Wirz, Retired Pharmacist

Continued from Jan 2014 issue .....

**Financial Impact :** Majority of older people are from middle income. Less developed Countries are witnessing fastest change. It's impact on the economic growth, useful employment, financial burden, pension provision; increased health care budget plays a role in slowing the growth as it reflects on the Country's economy immensely. Countries like France, Germany, Finland, Japan, Norway, UK etc. have a publicly funded insurance system in place which takes care of the healthcare needs for the elderly. In some countries this funding is shared by the government as in Singapore and Australia, whereas China and India do not have a structured programme for geriatric care. The overall geriatric disease burden in India is massive. In the US, geriatric patients utilize close to 28% of health resources, while their utilization through similar estimates would be close to 15 to 17% in India. The Central government has provided a befitting budget for Elderly in the current five year plan. In addition ten Medical colleges will have Department of Geriatrics with Post Graduate Courses. According to the "national policy on older persons" to be unveiled soon, the Centre may mandate 10% of corporate social responsibility funds spent on the welfare of elderly persons and effect a ten -fold increase in old-age pension. In a major policy leap, the Centre may hike the old age pension from the current Rs. 200 to Rs. 1000 per month for persons up to 80 years while it would be increased from Rs.500 to Rs. 2,500 for those above 80 years and are considered as "Oldest Old". The Rs. 1,000 and Rs. 2,000 pensions would be just be the Central share which would stand doubled if the state agree to provide a matching share.. In addition, several Central-State-Private sponsored programs for the elders are in place. The list of such an effort includes : the new efforts by the state government to set up better healthcare facilities for the elderly at five district hospitals in the current year. National Policy for Older Persons [ Eg. Annapurna Programme]; National Old Age Pension programme; Several Senior citizen concession provisions; Help Age India; Dignity Foundation; Harmony Nightingale medical trust for the senior citizens; apart several senior citizen care projects like our Sushruta Vishranthi Dhama Pvt. Ltd.; Cavai senior care constructions Pvt. Limited at several cities like Chennai, Hyderabad, Pune, Pondy, Coimbatore etc.. The geriatric services market is estimated to be worth about \$ 250 million in India and is expected to grow to over \$ two billion by 2017.

**Terminology :** Ageing or Aging is a multidisciplinary field; Gerontology is studying of Ageing process; Geriatrics is a scientific study of Health and Disease in later life." Elderly" or "Geriatrics" deals with the problems of those who are 65 years and above who maintain adequate normal daily functioning; "Aged" are those who are 75 to 84 years and live with limitations; " Very Old" are 85 and above who are dependent or may need some assistance. Those who are interested in a detailed information can open several Web pages or sites on Geriatrics or Gerontology and get the required information under several sub-headings which includes jokes or cartoons etc.





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## **Suvidha News Letter**

### **Save Our Planet From Manmade Calamities**

Mechanism of climate control could be discussed under the following headings :

[1].Role of Antarctic ice sheet; [2]. The ozone layer; [3]. Green House gas effect; [4]. Global warming and its effects; [5]. Alternative approaches to reduce the environmental effect.

Items [1] and [2] were covered in Jan 2014 News Letter.

### **GREEN HOUSE EFFECT**

We learnt that the depletion of green house gases with green house effect warm the climate. Depletion of Green House gases and its effect is caused by man made ozone depletion substances {ODS} like Carbon Dioxide [60%]; Methane [20%]; Chlorofluorocarbons [14%] and Anesthetic gases [[5%]. However, there are some ODS which are 14,000 times stronger than Carbon Dioxide. Global warming will melt polar ice and thereby cause the sea level to raise. In turn it may initiate and propagate severe and unexpected "never seen before" calamities in presence of 2.7 to 4.3°C increase in temperature and an increase in rain fall by 6 to 8 percent by next century. Recent research data suggest that most of earth's land area might experience an extreme summer heat wave / cold climate than they did in the middle of 20<sup>th</sup>. century.. This kind of trend may become more henceforth due to continued Global Warming. Further the fluctuating water levels in Dams and Reservoirs emit large amount of Methane which is 25 times more effective than carbon dioxide at trapping the heat in the atmosphere. According to a recent study : Vehicular [Cars and Trucks] exhausts and emissions from planes and power plants kill 13,000 people prematurely in the UK every year. In addition the emissions emigrated into UK from elsewhere in Europe cause additional 6000 deaths per year. Thus, pollution kills more people than accidents. Likewise, laughing gas {Nitrous oxide} that is used during for pain relief during general anesthesia is not a laughing matter. Scientists have found that large quantities of laughing gas which appeared in the atmosphere 14,000 years ago caused the temperatures in Europe to rise by as much as 5 degrees. The research showed that elevated levels of the gas, which has gained notoriety as a party drug, are stored in the ice core. This nitrous oxide came from plants that blossomed as climate began to warm. For example, sea buckthorn uses nitrogen from the air to produce nutrients and thereby releases nitrous oxide. This anesthetic gas with a small molecular weight of 44; and thus much more likely to reach the stratosphere than other volatile anesthetic agents that are used during the administration of general anesthesia. Nitrous oxide is extremely stable in with an atmospheric lifetime of 100 to 150 years or may remain there for ever.

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