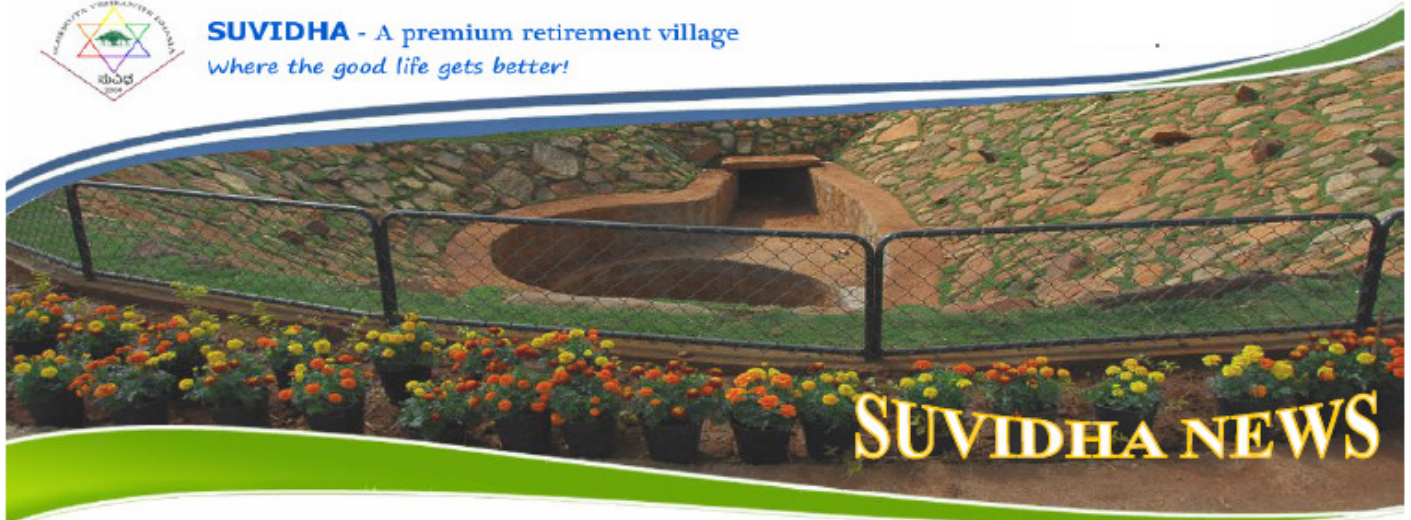




**SUVIDHA - A premium retirement village**  
Where the good life gets better!



Volume Number: 1-3

For Private Circulation Only

Date: 15-03-2014

➤ **From the MD's Desk:**

Thought for Today

<http://www.thoughtfortoday.org.uk/today-thought/>

Dear Friends,

The new board is into its third month of functioning. It's good to take stock of what has been done.

- We have put forward the recovery plan; the crux of the plan is to sell shares at a given pace; as of now we have exceeded the projection. While this is satisfying, to continue to meet the requirement by cranking up the selling in the coming months will be a challenge.
- I request every one of you to help us sell shares. We are contacting professional agencies to help us have a structured marketing plan. M/s C B Richard Ellis, a reputed marketing firm, has shown interest in doing this. We will be contacting other firms also.
- Some share holders have expressed concern about recommending Suvidha to their friends in view of the retrofitting issues. By circulating the Technical Committee report and putting a specific plan of action for retrofitting, we do hope that our members are reassured.
- We have given importance to documentation. We have taken on board, a company secretary and a lawyer as our consultants. Our communication with various agencies and contracts are being vetted by them.
- The letter of confirmation with Expat is about to be signed. The MOU will be signed soon. You will recall that Expat is an organization specialising in managing health clubs. When this deal goes through, we can hope to have a good club facility at Suvidha. To make this viable, we have to accept members of the general public as members of the club. The 'traffic' in the clubhouse area will increase considerably. But the privacy of the residential part of the village will be maintained.
- We have had three 'open house' meetings with the residents. A lot of email communication is going on. This bodes well for the future. We would like to have a vibrant, democratic community ready to debate issues in a healthy manner.



Website: <http://www.suvidha.co.in> Phone: 91-080-26951000 / 212 Email : pmc05\_cardiac@yahoo.co.in

- While it takes time to change established mindsets, we are making every effort to make the administration 'SH friendly'. At the same time, I request you to understand that the Board and the Staff are doing what they can to improve the functioning of Suvidha. Your suggestions are most welcome. Use of moderate language in the critiques will be appreciated!!

Regards

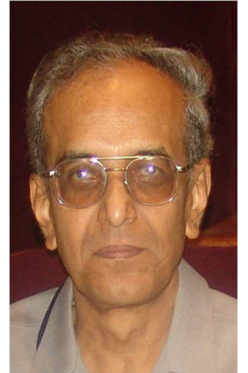
**Dr. Lakshman.**

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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.

Dr. P M Chandrasekhara MD., FICC, FIACTA is here to share with us his vision and aspirations.



#### ○ **Academic & Professional Achievements :**

- After completing MBBS in Dec 1965, I started working at the Department of Anaesthesiology at Victoria hospital, Bangalore. By then I had decided to specialize in that subject.
- Around 1968, a new young and vibrant plastic surgeon Dr. K S Shekhar reported to the newly formed Department of Plastic Surgery at the Victoria Hospital and I have been associated with him since then. In those days, as there was no post graduate studies in the State, I had to go to Kanpur, UP under DGHS scholarship to do Post graduation in anaesthesiology.
- In the year 1972, I was posted as Assistant Professor at Karnataka Medical College Hospital, Hubli, where I met Dr. R Subba Rao and I have been associated with him since then.
- Having served as Professor and Head of the Department at the Medical College, Bellary, in the year 1979, I was deputed to Sheffield U K to undergo one year intense training in Cardiac Anaesthesia under the Commonwealth Medical Fellowship. My days at Sheffield University Hospital and at Pediatric Hospital were memorable and I could get excellent hands-on training in the field of Cardiac Anaesthesia.
- At the end of the training, I was posted to the newly inaugurated Sri Jayadeva Insitute of Cardiology [SJIC], Bangalore, where I had to establish the department of cardiac anaesthesia from scratch and start conducting open heart surgeries on a daily basis. At SJIC, I came in contact with Dr. T R Raghu, cardiologist and the member of SUVIDHA Board of Directors.
- In the year 1994, I took voluntary retirement from the post of Medical Superintendent and Prof. HOD. I was lucky to get associated with several upcoming multi-specialty hospitals like Bangalore

Hospital, Kempegouda Institute of Medical Sciences, Bangalore Heart Hospital, Mallya Hospital, Yellamma Dasappa Hospital etc.

- I became a regular anaesthesiologist at Dr. B G Rudrappa's ENT centre, where tiny kids used to under go various surgeries routinely in the morning hours.
- During 1999, I became interested in the newly introduced minimally invasive surgery or Laparoscopic surgery and established the facility for the first time at Anugraha Vittal Hospital. At this stage, I met Dr. K. Lakshman, who has been a pioneer in the field of minimally invasive surgery and have been associated with him at Sagar Hospital.
- I am also deeply involved in establishing and running the Retina Institute of Karnataka, an exclusive super-specialty retinal surgery centre providing services to the diabetics from going blind due to Diabetic Retinopathy.
- Now I have settled at Sagar Hospital with a busy teaching and research schedule as a professor emeritus. Of course, my cardiac anaesthesia practice is going good at Trinity Heart Foundation under the aegis of Dr. R Subba Rao.
- Needless to add that during the above cited academic career, I could contribute immensely to the specialty in the form of several studies and publications. These academic achievements were recognised when I was awarded Dr. B C Roy's **Doctor Days Lifetime Achievement Award**, from Indian Association of Cardiac Anaesthesia and also from Indian Institute of Cardiology.
- I believe that with my experience as a Medical Superintendent of a super-specialty cardiac centre for more than 10 years, I will be able to give a helping hand to our MD on various administrative issues that are related to the well being of the residents. Further, having lived at SUVIDHA as a permanent resident for the last three years, I am confident that I will be able to serve my fellow residents as a friend, philosopher and guide. I would like to summarise my beliefs by quoting my visionary Swami Vivekananda who described how he got his inner strength as follows..

*When I asked god for strength  
He gave me difficult situations to face.*

*When I asked god for brain and brawn  
He gave me puzzles in life to solve.*

*When asked god for happiness  
He showed me some unhappy people.*

*When I asked god for wealth  
He showed me how to work hard.*

*When I asked god for favours  
He showed me opportunities to work hard.*

*When I asked god for peace  
He showed me how to help others*

***God gave me nothing I wanted  
He gave me everything I needed.***

### ➤ Event Highlights:

- **Ladies Club:** On the occasion of the International Women's Day (8<sup>th</sup> March), Ladies of Suvidha gathered at Club House and formally inaugurated the Suvidha Ladies Club, the first of its kind in Suvidha.



1. The function was initiated with a melodious invocation prayer by Ms. Sucheta Rao,
2. There after the Club was declared open by Dr Manjula Shekar by lighting the traditional lamp.
3. Ms. Vani Lakshman briefed the gathering regarding the proposed activities of the club.
4. Mrs. Satya Prabhakar was commended by the gathering for her outstanding efforts in acquiring her Masters Degree in Counseling and Psychology, after her retirement.
5. In the meeting that followed the members present unanimously agreed to meet on every Wednesday afternoon at 4.30 pm.



6. Here below is the link for Photos shared by Mr. CB Prabhakar on this landmark occasion.

<https://plus.google.com/photos/117291397490350207875/albums/5988361819971361393>

### ➤ Suvidha On The Move :

Several constructional activities have taken place at Suvidha in the recent past.

- Recently, two twin cottages viz; 15AA and 15BB have been completed and made ready for handing-over to the concerned shareholders. These cottages are located in close proximity to the Club House. The landscaping around these cottages is in progress and is expected to be completed soon.



- It is very interesting to watch a cottage under construction. Here are a couple of snaps of a twin cottage taking birth under the watchful eyes of the Suvidha Technical Committee. Take a note of the RCC pillars and how meticulously the shuttering work is being done for the floor beams and slab.



- **Security:** So as to prevent entry of unauthorized persons into the village and disturb the peace of the residents, strict instruction have been issued to allow any visitor only after obtaining confirmed clearance from the respective resident or official.
- **Buggy Usage:** Under the new initiative, any use of the buggy instead of bicycle will attract an incident reporting, which will be followed by punitive action by the concerned authority. This new measure has curtailed the misuse of buggy to a great extent.

➤ **Health Care Services :**

- **Emergency nurse call system :**
  - Much progress has been made in identifying the respective cable connections, all the way from the Cottage to the Club House. Under the sample survey five randomly selected cottages have been identified and are ready for conducting further tests with the company gadgets.
  - Spectrum Wireless Nurse Call System, Chennai has been in touch with us to conduct a feasibility study of their system at an earliest. Spectrum Electra Technologies is seeking some time before conducting the field test of their gadget since the present system works within a range of 200 feet only and it needs additional modifications.
- **Drugs at concessional rates:** An official from M/S. Religare Wellness visited the village on 25th of February 2014 to extend their services to SUVIDHA at concessional rates on certain generic drugs depending on the quantity of the prescription. Further, M/S. Religare Wellness has agreed to collect the blood samples on Saturdays as a special service.

➤ **Suvidha Family News :**

- Ms. C S Parvathi, Facility Supervisor is on long leave of absence on health grounds. SUVIDHA is looking for a suitable person in this position to sustain good services to the residents.

➤ **We wish them well;**

- For personal reasons, Mr. Ekanath resigned from the post of Assistant Maintenance Engineer. Hereafter Mr. MB Nagaraj, our Maintenance Engineer will look after this area of work also.

➤ **Events Galleria:**

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

- **Independence Day at Suvidha 15-08-2013**  
<https://plus.google.com/photos/117291397490350207875/albums/5912532340407574321>
- **New Year Bash at Suvidha 31-12-2013**  
<https://plus.google.com/photos/117291397490350207875/albums/5966379167825094545>
- **Republic Day at Suvidha 26-01-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/5987501747808024849>
- **Suvidha Ladies Club Inauguration 08-03-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/5988361819971361393>

➤ **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.
- **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 .....**

- Through the pitch-black night, the captain sees a light dead ahead in a collision course with his ship.

He sends a signal: "Change your course 10 degree east."

The light signals back: "Change yours, 10 degrees west."

Angry, the captain sends: "I'm a navy captain! Change your course, sir!"

"I'm a seaman, second class," comes the reply. "Change your course, sir."

Now the captain is furious. "I'm a battleship! I'm not changing course!"

There is one last reply. "I'm a lighthouse. Your call Sir."

- Mr. Johnson was overweight, so his doctor put him on a diet. He said; "I want you to eat regularly for two days, then skip a day, and repeat this procedure for two weeks. The next time I see you, you should have lost at least five pounds."

When Mr. Johnson returned, he shocked the doctor by having dropped almost twenty pounds.

"Why, that's amazing!" the doctor told him.

"You did this just by following my instructions?"

The slimmed down Mr. Johnson nodded.

"I'll tell you, though, I thought I was going to drop dead that third day."

"From hunger, you mean."

"No," replied Mr. Johnson, "from skipping."

- A white-haired old man walked into a jewelry store on a Friday, with a beautiful young lady at his side.

"I'm looking for a special ring for my girlfriend," he said.

Our jeweler looked through his stock and took out an outstanding ring priced at \$5,000. "I don't think you understand-

I want something very unique," the man said.  
 At that, our now very excited jeweler went and fetched out special stock from the safe. "Here's one stunning ring at \$40,000." The girl's eyes sparkled, and the man said that he would take it. "How are you paying?" asked our jeweler. "I'll pay by check; but of course the bank will want to make sure that everything is in order, so I'll write a check and you can phone the bank tomorrow, and then I'll fetch the ring on Monday."

Monday morning, our very disappointed jeweler phoned the man. "You lied, there's no money in that account." "I know, sorry, but can you imagine what a FANTASTIC weekend I had?"

### Our Winged Visitor - The Grey Heron

Courtesy – Mr. Ashok Dey, Suvridha



The Grey Heron, which was featured in our February Newsletter, was sighted this week in "conversation" with a Painted Stork (*Mycteria leucocephala*) -- one of a flock of five. In this picture they seem to be "exchanging notes" about the depleting food source in our lake and all other water bodies in and around our neighbourhood that are very rapidly drying up!

This is the first time in the 3+ years that Lakshmi and I have been permanent residents of SUVIDHA that we have sighted Painted Storks in our lake. These beautiful birds are between 93 to 100 cm in height, forage for food by wading slowly in shallow water and are found singly, in small parties and sometimes in large flocks.

➤ **Easy Readings**

### **Safely Beginning Exercises for Senior Citizens**

Exercises for senior citizens have been recommended by NIH, the National Institutes of Health. Here are the recommendations for how to begin a senior fitness program safely.

Listen to your body. Is the activity making you feel unwell or too tired? Endurance activities should not make you breathe so hard that you can't talk. They should not cause dizziness, chest pain or pressure, or a feeling like heartburn.

Do a little light activity, such as easy walking, before and after your endurance activities to warm up and cool down. As you get older, you may not feel thirsty even though your body needs fluids. Be sure to drink liquids when doing any activity that makes you sweat. By the time you notice you are thirsty, you probably are already low on fluid. This guideline is important year round but it's especially important in hot weather. If your doctor has told you to limit your fluids, be sure to check before increasing the amount of fluid you drink while exercising. For example, people with congestive heart failure or kidney disease may need to limit fluids. Older adults can be affected by heat and cold more than others. In extreme cases, too much heat can cause heat stroke, and very cold temperatures can lead to a dangerous drop in body temperature. If you are going to be outdoors, dress in layers so you can add or remove clothes as needed. When it's not possible to be outdoors, you may want to try indoor activities:

- If you have stairs at home, go up and down the steps a few times in a row.
- Walk at the mall or grocery store.
- Go for a swim at your local fitness or recreation center.

Whatever activity you choose, stay safe. To prevent injuries, be sure to use safety equipment. For example, wear a helmet when bicycling. When you're walking watch out for low-hanging branches and uneven sidewalks. Walk during the day or in well-lit areas at night and be aware of your surroundings. Ask someone to go with you. Wear the proper shoes.

Listen to your body. Is the activity making you feel unwell or too tired? Endurance activities should not make you breathe so hard that you can't talk. They should not cause dizziness, chest pain or pressure, or a feeling like heartburn. Do a little light activity, such as easy walking, before and after your endurance activities to warm up and cool down.

The Arthritis Foundation has developed a plan to help senior citizens start a walking program and build up gradually.

**Benefits of Exercises for Senior Citizens:** According to the *British Medical Journal*,

"Research shows that relatively high intensity aerobic exercise over a relatively long period boosted maximal aerobic power by 25%, equivalent to a gain of 6 ml/ [kg.min], or 10 to 12 biological years.

"There seems good evidence that the conservation of maximal oxygen intake increases the likelihood that the healthy elderly person will retain functional independence," says the author.

The other positive spin-offs of aerobic exercise are reduced risks of serious disease, faster recovery after injury or illness, and reduced risks of falls because of the maintenance of muscle power, balance, and coordination."

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## Good Health Adds Life to Years

Helmut Wirz, Retired Pharmacist  
(Third installment)

**So far....** The year 2012's World Health Day was dedicated to the problems of Aged [65 Years and above] with a slogan "Good health adds life to Year" : focusing on the theme "how good health throughout life can help aged to lead a full and productive lives; and be a resource for their families and communities, and they should feel valued. While addressing the problems of old age, one should cover important areas like:: Gravity of the situation; Latest scientific information on Ageing and Good Health; Ideas for planning and implementation and some of the measures that one can use to better their lives like available help line, information about the organizations that engage in social well being of the aged etc.

**Gravity of the situation:** India is in a phase of *Demographic Transition* and India is an *Ageing Nation* with an elderly population of 90 million. And this number is expected to increase to 315 million constituting 20% of the total population by 2050. At this rate, the elderly will make 30% of their population in 60 Countries. By 2050:

**Financial Impact:** 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. 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 substantial increase in old age pension with a matching portion from the state government. In addition, several Central-State-Private sponsored programs for the elders are in place.

**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 of may need some assistance.

### What is ageing? :

Normal process of ageing is a progressive universally prevalent physiological process. It produces a measurable change in the structure; Decremental alteration of the function of tissues or organs. These changes are NOT universal or related to chronological Age: Rather symptoms of an Age related Disease. As one ages; he or she will exhibit an increasingly complex array of physical responses to environmental and socio-economic conditions and the disease state. Ageing is a progressive, universally prevalent physiological process that produces measurable changes in the structure and decremental alteration of the function of tissue and organs. Although the mechanism is not yet entirely understood at a cellular or biochemical level, decreased cellular energy production due to deterioration of the mitochondrial genome, especially in cardiac and neural tissues, may play a fundamental role in the age-related decline or organ system capacity. In simple terms the age related decline in organ and tissue function maybe the inevitable accumulation of non-specific, degenerative phenomena such as ionizing radiation. These changes may just have become more obvious and more prevalent as a greater proportion of patients survive disease and injuries that only a few decades were lethal. From this prospective, the unique life span demonstrated by each species could be explained solely as a complex interaction between environment and genetically determined biochemical and anatomical attributes. Is ageing a carefully programmed physiological process, or simply the reflection of the wear and tear we experience during a lifetime? The answer has yet to be resolved.

Some have tried to explain the process of ageing as a Biological Clock ie the body, in general, is genetically programmed at its biochemical and anatomical attributes that dictates the age related decline in organ and tissue function. At cellular level; there will be a decreased cellular energy production due to deterioration of mitochondrial genome. This affects functioning tissue of all the vital organs of the body. The brain we see the shrinkage of brain mass after 6<sup>th</sup> decade of life. Tissue shrinkage is related to loss of nerve cells or neurons. Further, this loss of neurons is highly selective by region and by functional role. What changes are evident in the individual cells or how the cellular age is reflected? Telomeres are the protective caps on the end of chromosomes. The length of telomeres acts as a biomarker for cellular and general body ageing. Telomeres typically shorten with age of repeated division and in response to psychological and physiological stress. As people get older, their telomeres get shorter until the cell is unable to divide and rejuvenate. Thus, longer telomeres are seen in individuals who are engaged in concentrated activities and current tasks. Likewise, shorter telomeres are observed in aged person with wandering mind with an inclination to have thoughts about things other than the present or being 'elsewhere' according to study conducted at University of California, San Francisco (UCFC). Based on this information a new "Life Span Test" has been introduced to find how long a person will live or predict survival rates among patients with heart disease by determining the rate of living that is derived by measuring the length of telomeres. Further, recently a genetic "Switch" that can reverse the ageing process has been discovered. This breakthrough could lead to drugs that halt or slow

ageing. According to the researchers at UCFC this new information represents a major advance in understanding of the molecular mechanism behind ageing. Thus providing a new hope to the development of targeted treatment for age related degenerative diseases. Further, researchers are able to turn back the molecular clock by infusing the blood stem cells of old mice with longevity gene and rejuvenating the aged stem cell's regenerative potential. They have also confirmed that, a class protein known as sirtuins, plays an important role in helping aged blood stem cells cope with stress. Professor David Sinclair, from the University of New South Wales (UNSW) Medicine and also Dr. Rafel de Cabo of the National Institute on Ageing, declares that various drugs that could combat ageing and help people to live up to 150 years may be available within next five years. The study proves that in a single anti-ageing enzyme in the body can be targeted, with the potential to prevent age-related disease and extend lifespan. This means that a whole new class of anti-ageing drugs is now viable, which could ultimately prevent cancer, Alzheimer's disease and type 2 Diabetes. "Ultimately, these drugs would treat one disease, but unlike drugs of to-day, they would prevent 20 others and in effect they would slow ageing extends life span, delays age related metabolic diseases and improves general health" according to Prof. David Sinclair. Like the previous studies, The target enzyme; Sirtuin or SIRT1 1720 is switched on naturally by caloric restriction and exercise, but can also be enhanced through activators. The most common naturally occurring activator is resveratrol, which is found in small quantities in red wine, but synthetic activators are already being developed. In animal models, overweight mice given synthetic resveratrol were able to run twice as far as slim mice and they lived 15% longer. According to Sinclair: "Now we are looking at whether there are benefits for those who are already healthy. Things there are also looking promising".. "We are finding that ageing isn't the irreversible affliction that we thought it was. Some of us could live to 150, but we won't get there without more research." In the history of pharmaceuticals, there has never been a drug that tweaks an enzyme to make it run faster". The technology was sold to pharmaceutical giant Glaxo-SmithKline in 2008. Four thousand synthetic activators, which are 100 times as potent as a single glass of red wine have been developed – the best three are in human trial. However, the first therapeutic to be marketed will be to decrease total cholesterol levels, which might help to protect against heart disease, and improvement in insulin sensitivity, which could prevent diabetes, and also for its anti-inflammatory effects in various tissue's low grade inflammation that is thought to contribute to ageing and age-related diseases.

In general, the functional capacity of an individual's biological system declines as the age advances. The rate of decline is determined by our Behaviors and Exposure across the whole course. This includes our diet, physical activity, our exposures to health risks such as Smoking, Alcohol and Toxic substances. Among the prolonged systemic diseases Diabetes stand-out along with its accelerated rate of ageing process. India is the Diabetic Capital of the World with 40 million Diabetics who are destined to become crippled with end-organ diseases involving heart, kidney, eyes (Retina) and peripheral vascular system along with an early ageing process.

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### Save Our Planet from Manmade Calamities (Third installment)

**So far.....**The temperature of the Earth is determined by the balance between the input from energy from the Sun and the reflection of some of this energy back into space from the vast ice sheet covering entire Antarctica. Certain atmospheric gases are critical to this temperature balance and are known as greenhouse gases. The energy received from the Sun is in the form of short-wave radiation, that is in the visible spectrum and ultraviolet radiation. The Earth's surface becomes warm and as a result emits long-wave 'infrared' radiation. The greenhouse gases trap and re-emit some of this long-wave radiation, and warm the atmosphere. Naturally occurring greenhouse gases include water vapour, carbon dioxide, ozone, methane, and nitrous oxide, and together they create a natural greenhouse or blanket effect. Ozone depletion is caused by chemical reactions in the atmosphere by man made ozone depleting substances [ODS] "chlorofluorocarbons [CFC's] and other relatives which are in our air-conditioners. Over exposure to ultraviolet lead to serious health hazards in humans with light skin causing skin burns, cancer and cataract. 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 4.30C increase in temperature and an increase in rain fall by 6 to 8 percent by next century. 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 anaesthesia 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....

### **International Efforts:**

In the year 1987 all the world leaders gathered to draw the Montreal Protocol to decrease ODS to zero level by 2020. To ban the use of toxic methyl bromide in the industry, fumigation, firefighting at airport and large ships, and in CFC metered inhalers. They recommended climate friendly alternatives, use of energy friendly equipment which depends on renewable source like wind or solar energy; building of green campus and houses; use of carbon capturing and storage technologies. In the year 2005, Kyoto agreement was signed; where 175 industrialized Countries pledged to reduce their collective emissions of greenhouse gases at 55.2% of 1990 relative level. The goal was to lower overall emission of six green house gases including carbon dioxide, sulphur hexafluoride, Methane, Nitrous Oxide, Hydro fluorocarbons and Perfluorocarbons. The present protocol call is to eliminate these compounds by 2030. In addition, there is an ongoing movement in Japan and the European Union to reduce and eventually eliminate nitrous oxide from the anesthesia practice by the year 2030.

### **What is the current scenario?**

Unfortunately, developed nations have not kept their promise. In September 2013, The annual U N climate change conference which was held at Warsaw, Poland in the month of November 2013 started with an emotional appeal from Philippine, who declared that he would be fasting “until a meaningful outcome is in sight” in the wake of the “staggering” devastation from Typhoon Haiyan in his country. Describing the climate change crisis as madness, He said, “We stop this madness right here in Warsaw”. But we have made little progress on key problems of reducing green house gases even after pledging funds for the \$ 100 billion Green Climate Fund. The recent talks took a big blow when Japan announced a steep lowering of its emissions, which in effect is a 3.1% increase in emissions from its 1990 level. Unfortunately the amount of greenhouse gases in Earth’s atmosphere hit a new record high in 2012, continuing an ever – faster rise that is driving climate change according to UN weather agency. Carbon dioxide accounts for 80% of increase emitted through fossil fuel burning, deforestation and will remain in air for hundreds of years. Black carbon, the major component of industrial soot, is the second most important contributor to global warming after carbon dioxide. Black carbon is already a central target of one of the few international climate initiatives. The programme seeks to reduce the production of black carbon to combat both climate change and air pollution and respiratory disease on the ground.

Suvidha escaped dreaded form of pollution from the two towering boilers next to its compound. Fortunately, relentless effort from the SUVIDHA authorities was successful in bringing a stay on the project which was about to commission supplying bitumen (Tar) slurry day and night in huge trucks to the on going Metro Work.

India has a voluntary commitment of reducing its emission intensity by 20 – 25% by 2020 Our Bureau of Energy Efficiency is coming out with efficiency standards (Bharat 4 / 5). In addition we have new schemes called P A T (Perform Achieve and Trade), which is becoming operational even at State level. In September Prime Minister Manmohan Singh and President Barack Obama agreed to discuss how hydrofluorocarbons (HFCs), which are hundred to thousand time more potent global warming compounds than carbon dioxide, could be phased down. They agreed bilaterally and at G20 summit, to use the expertise and institutions of the Montreal Protocol and report emissions under the UN Framework Convention on Climate Change (UNFCCC).

Karnataka State Pollution Control Board with the motto “Abstain from pollution to sustain the planet” celebrates World Earth Day every year on 24<sup>th</sup> April. At Bangalore we see several low pollution vehicles and transport vehicles. In addition CNG based as well as electric buses will be on the roads soon.

SUVIDHA celebrated “Environment Day” on 20<sup>th</sup> July 2013 along with “Environment Protection Force”. Sri Mukunda Rao, working president environment protection force addressed the gathering on the importance of reforesting the village. At the end of the function he distributed seeds and the residents planted saplings near the Club House.

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