



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



Volume Number: 1-4

For Private Circulation Only

Date: 15-04-2014

➤ **From the MD's Desk:**

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

Dear Friends,

We have made considerable progress in the last month.

Messers Viswanath and Associates have been engaged as architects for Phase 1a - they will be supervising the building of around 20 cottages on the east side of the property. We hope to have the drawings ready in 2 weeks; once this is scrutinized and passed by the Technical Committee, the board will consider the TC's recommendations and take a final call to go ahead with the proposed design.



Only one cottage - Cottage 166 - remains to be sold in Phase 1. There is going to be an upward revision of the share price and hence this is the last opportunity for your friends to buy shares at the current price of Rs. 60 lakhs for 15000 shares. Please spread the word round about this.

The lake is unfortunately dry. We have nearly completed the rebuilding of the weir wall - this will hopefully help hold more water when the rains fill the lake. We are also using the services of our knowledgeable residents to take ancillary measures to improve the lake.

We are building a small pond on the northern bank of the lake to make available water for the ducks and other birds that visit the lake area.

We are in the final phase of negotiations with Expat to revamp the clubhouse. A detailed MOU is being drawn up; this will be scrutinized by a well known legal firm to ensure proper safeguards. We will have the MOU ready in the next 3-4 weeks, barring unforeseen hitches.

The EGM slated for 26th April will discuss the important aspect of helping the board to prudently use share capital for certain expenditure that are not directly related to providing services to the unit holders. You have received a communication from one of the directors, who has placed before you a contrary view. We are

Website: <http://www.suvidha.co.in> Phone: 91-080-26951000 / 212 Email : pmc05_cardiac@yahoo.co.in

confident that the board will not do anything illegal or imprudent, if given the authority it is requesting through passing the amendments at the EGM. This will only help the board to move forward, reduce the financial strain on share holders and at the same time sell more shares to get the company on to a healthy financial state. The recovery document circulated earlier clearly spells out the plan of action. We are happy to report that in the last 4 months, we have done better than what the projections asked of us. We are looking forward to a large participation and a healthy debate on the topic at the EGM.

Regards

Dr. K. Lakshman.

➤ **Know your Directors:**

Mr. Prabhakar CB: Born on 23rd November 1952. Graduated from Bangalore University and did Post Graduation in the subject of Sociology from Mysore University. Joined Canara Bank in the year 1976 and after serving 36 years retired in November 2012. Took active part in the Trade Union Movement in the Bank, representing the Officers' community under various capacities. Enthusiastic Sportsman, Captained the College Cricket and Table Tennis Teams. Also represented University Sports Council Cricket team. Represented Bank in the State Senior Division Cricket League. Started coaching the young talent from past 15 years.



Presently, I am elected as Director on the Board of Suvidha from September 2013 onwards. I also keenly take part in the welfare of the Retired Bank Officers' and Pensioners representing them in various forums.

My hobbies are reading, listening music and games.

➤ **Event Highlights:**

- **Suhana Safar:** At Suvidha Club House on 23rd March 2014, between 10 am to 1 pm, a lively Song & Dance musical entertainer was presented by "Muzik Mantra" - Sangeeth for a Cause, based on Bollywood oldies from the 50s, 60s and 70s.

All credit goes to Dr. Vivek Kadambi, Dr Neelima and others who as a team made it a very enjoyable event. Thanks are due to Maiya's Food pvt Ltd. who sponsored refreshments and made it a very tasty occasion too!

The Event Organizing Committee (Mr. Prabhakar, Ahalya Shetty, Dr. Mohan Rao) did a fine job and ensured all went well on time.

For more pictures click on the following link.

<https://plus.google.com/photos/117291397490350207875/albums/5996433669207714097>



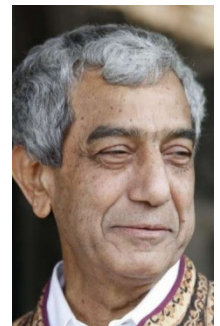
- **Movie Time Again @ 29th March, 6.30 pm:** It is a hindi movie by Shyam Benegal - **Welcome To Sajjanpur**. It is a story about the life of a letter writer. Very nicely narrated. The movie was well attended and appreciated.
- **Pre-Ugadhi celebrations @ Suvidha:** This year the Ugadhi festival was on 31st March 2014. However for convenience of working members, it was decided to celebrate it on Sunday, the 30th March 2014. On the same day the Suvidha Ladies Club also planned a program for celebrating the occasion with customary prayers to Lord Ganesh followed by Ugadhi Songs. A slide show on **Birds – our winged visitors** was presented by Mr. Ashok Dey. It was a stupendous success! To top it all, the customary Ugadhi Lunch served on banana leaves was reminiscent of good old days. Many of the members attended the function clad in traditional style. All in all, the event was a grand success! Dr. Mohan Rao and Ladies Club Coordinators & their team contributed in a great way to make it a memorable event. All of them deserve warm appreciation ☺



Mr. Prabhakar CB, our Resident Director, spared no efforts to cover the event with his camera. Click on the link below to treat yourself with the details.

<https://plus.google.com/photos/117291397490350207875/albums/5996914717033107585>

- **Lifetime Achievement Award:** We are happy to share the news that Mr. Jaisim, the architect of Suvidha and a member of Suvidha family, has been awarded "The Lifetime Achievement Award" by NDTV at their first ever Design & Architecture awards at the Hyatt Regency, New Delhi on Friday, 21st March, 2014.
- **Open House:** Open House was held at 11 am on Sunday 13th April 2014 at Suvidha. MD and other Directors were present. About 50 shareholders attended the meeting. Issues relating to MOU with Expat and amendments before EGM were explained to shareholders in detail. Other points like Kitchen garden and transport facility from Suvidha to Thalaghattapura were also discussed.



➤ **Suvidha On The Move :**

- **Directors' address to the Employees:** On 27th March 2014, M D addressed the employees of SUVIDHA and declared the new salary structure that will come into effect from 1st April 2014. During the meeting MD expressed the view that there should be a system to give incentives to the good workers of SUVIDHA on a monthly basis. He also emphasized the need for cleanliness drive which includes making SUVIDHA a plastic free village.

- On Friday the 28th, after the Board of Directors meeting, the member directors conducted a spot appraisal of Project 1A site.
- The location of personal **kitchen garden** in between certain cottages have been identified and notified as follows :
List of cottages: 9-10, 11-12. 44-45, 46-47, 50-51, 52-53, 54-55, 56, 76-77, 78-79, 110-111, 132-133, 152-153, 156-157, 172-173, 176-177.

➤ **Health Care Services :**

- **Emergency nurse call system:** M/S. Data Care System gave a demonstration of their Nurse Call System and appraised the MD about the features of the system.
- **Digital Medical Records** of the permanent residents of SUVIDHA: Every year, the annual updating of the medical records of the individual residents has to be completed in the month of April. In this context, a new and simple format has been introduced. The new format will be mailed to the individual residents with a request to fill in with current information and return the filled form by e-mail for record keeping. Under the said programme all the residents are requested to furnish their email ID to take further action in the matter. A separate email ID has been created to maintain Digital M R of the residents of SUVIDHA. The residents are requested to contact suvidhahealth@gmail.com for further communication.

➤ **Picture Gallery:**

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!!!

Recent Events:

- **Pre-Ugadi celebrations @ Suvidha 30-03-2014**
<https://plus.google.com/photos/117291397490350207875/albums/5996914717033107585>
- **Suhana Safar – 23-03-2014**
<https://plus.google.com/photos/117291397490350207875/albums/5996433669207714097>

Archives:

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

➤ **All in the lighter vein:Jokes you will love to share from ajokeaday.com**

✚ A cannibal entered the meat market to buy something nice for dinner. The owner greeted him and told him to look around. The cannibal began to inspect the meat case and noticed the market specialized in brain.

Upon further inspection he noticed a marked disparity between the costs of brain meats. A carpenter's brain sells for \$1.50 per pound. A plumber's brain sells for \$2.25 per pound. He noticed with alarm that a politician's brain sells for \$375.00 a pound. With not a little curiosity he asked the owner why the huge difference in price between the similar meats.

The owner responded with a deadpan look on his face, "Do you realize how many politicians it takes to get a pound of brains?"

✚ A mechanic was removing a cylinder head from the motor of a Harley motorcycle when he spotted a well-known heart surgeon in his shop. The surgeon was there, waiting for the service manager to come and take a look at his bike.

The mechanic shouted across the garage, "Hey, Doc, can I ask you a question?"

The surgeon a bit surprised, walked over to the mechanic working on the motorcycle. The mechanic straightened up, wiped his hands on a rag and asked, "So Doc, look at this engine. I open its heart, take valves out, fix 'em, put 'em back in, and when I finish, it works just like new. So how come I get such a small salary and you get the really big bucks, when you and I are doing basically the same work?"

The surgeon paused, smiled and leaned over, and whispered to the mechanic...
"Try doing it with the engine running."

✚ This guy goes into a doctor's office.

The doctor says, "Oh, Mr. Jones! We have the results of your test. Do you want the bad news first or the very bad news?"

The guy shrugs and says, "Well I guess I'll have the bad news first."

"Well the bad news is, you have 24 hours to live," the doctor replies.

The man is distraught, "24 hours to live? That's horrible! What could be worse than that? What's the VERY bad news?"

The doctor folds his hands and sighs, "The very bad news is...I've been trying to contact you since yesterday."

- **Talent Corner:** Under this banner we plan to introduce to our readers, the contributions of our Suvidha family members who have developed substantial special skill sets as hobbies. Hope you will all enjoy such presentation. We welcome all such talented members to participate in this endeavour.

- **Paintings:** Dr. Nrarayanan N, a popular gynecologist and a resident of Cottage No. 107 at SUVIDHA, will be introducing us to the fantasies of flora around the Village through his intricate miniature paintings. To start with, this month he presents a miniature painting of the yellow Plumeria Flowers, which are in abundance along our lake bank. This series is his tribute to the flowers in SUVIDHA. According to him - 'Earth laughs in flowers' ~ Ralph Waldo Emerson -



Botanical name: Plumeria. There are more than 300 varieties of Plumeria. Each species bears differently shaped leaves, the common ones being Palba, which has narrow corrugated leaves and Ppudica, with glossy dark-green leaves. The stem possesses an irritant which irritates eyes and skin. They have no nectar but by their fragrance at night, attract sphinx moths which are duped into pollinating them. Enjoy its fragrance along the bank of Lake SUVIDHA.

- **Photography: Our Winged Visitors** is a sequel of beautiful and at times stunning pictures of the birds that visit our Suvidha Lake. Mr. Ashok Dey a senior resident of SUVIDHA has taken keen interest in photographing birds. We believe that as many as 54 different species of birds visit the lake during the season. In this sequel we present the birds as caught by his camera. Enjoy!

Black-crowned Night Heron



Our lake has just now been reduced to a very small puddle of water, less than an inch deep, in a large crater of baked brown earth. With nothing to feed on, its regular visitors have gone elsewhere seeking sustenance. We are all hoping and praying that the summer rains will restore our lake to its original, pristine beauty and bring back the water birds.

But three days ago, we did have an unusual daytime visitor. It is likely that extreme shortage of food had forced this **Black-crowned Night Heron (*Nycticorax nycticorax*)**, which is usually nocturnal and often seen only at dusk, out into bright sunlight.

➤ **Health Corner :**

Getting Fit for Life
Courtesy - National Institute on Aging

Four Ways to be Active

To get all of the benefits of physical activity, try all four types of exercise –

1) endurance 2) strength 3) balance and 4) flexibility

1. Try to build up to at least 30 minutes of activity that makes you breathe hard on most or all days of the week. Every day is best. That's called an endurance activity because it builds your energy or "staying power." You don't have to be active for 30 minutes all at once. Ten minutes at a time is fine. How hard do you need to push yourself? If you can walk without any trouble at all, you are not working hard enough. If you can't walk at all, it's too hard.
2. Keep using your muscles. Strength exercises build muscles. When you have strong muscles, you can get up from a chair by yourself, you can lift your grand children, and you can walk through the park. Keeping your muscles in shape helps prevent falls that cause problems like broken hips. You are less likely to fall when your leg and hip muscles are strong.
3. Do things to help your balance. Try standing on one foot then the other. If you can, don't hold on to anything for support. Get up from a chair without using your hands or arms. Every now and then walk heel-to-toe. As you walk, put the heel of one foot just in front of the toes of your other foot. Your heel and toes should touch or almost touch.
4. Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back the car out of your driveway. Stretch when your muscles are warmed up. Don't stretch so far that it hurts.

Who Should Exercise?

Almost anyone, at any age can do some type of physical activity. You can still exercise even if you have a health condition like heart disease or diabetes. In fact, physical activity may help. For older adults, brisk walking, riding a bike, swimming, weight lifting, and gardening are safe, especially if you build up slowly. But, check with your doctor if you are over 50 and you aren't used to energetic activity. Other reasons to check with your doctor before you exercise include:

- Any new symptom you haven't discussed with your doctor
- Dizziness or shortness of breath
- Chest pain or pressure or the feeling that your heart is skipping, racing, or fluttering

- Blood clots
- An infection or fever with muscle aches
- Unplanned weight loss
- Foot or ankle sores that won't heal
- Joint swelling
- A bleeding or detached retina, eye surgery, or laser treatment
- A hernia
- Recent hip or back surgery

Safety Tips

Here are some things you can do to make sure you are exercising safely:

- Start slowly, especially if you haven't been active for a long time. Little by little build up your activities and how hard you work at them.
- Don't hold your breath during strength exercises. That could cause changes in your blood pressure. It may seem strange at first, but you should breathe out as you lift something and breathe in as you relax.
- Use safety equipment. For example, wear a helmet for bike riding or the right shoes for walking or jogging.
- Unless your doctor has asked you to limit fluids, be sure to drink plenty when you are doing activities. Many older adults don't feel thirsty even if their body needs fluids.
- Always bend forward from the hips, not the waist. If you keep your back straight, you're probably bending the right way. If your back "humps," that's probably wrong.
- Warm up your muscles before you stretch. Try walking and light arm pumping first.
- Exercise should not hurt or make you feel really tired. You might feel some soreness, a little discomfort, or a bit weary, but you should not feel pain. In fact, in many ways, being active will probably make you feel better.

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."

Good Health Adds Life to Years

Helmut Wirz, Retired Pharmacist
(Fourth installment)

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.

Physiology of Ageing: Ageing or aging is a progressive, universally prevalent physiological process. It produces measurable changes in structure or decremental alteration of the function of tissues or organs. These changes are NOT universal or related to the chronological age; rather symptoms of age related disease. It is well observed that, as they age, they exhibit an increasingly complex array of physical responses to environmental and socio-economic conditions and their disease state. Although the mechanism is not yet entirely understood, the change may set in at either a cellular or biochemical level. There will be an observed decreased cellular energy production due to deterioration of the mitochondrial genome. Specially so in cardiac and neural tissue which in turn may play a fundamental role in the age-related decline of organ capacity. Analysis of data from the Baltimore Longitudinal study of Aging and other similar studies suggest that the differences between maximal and basal organ function inevitably declines, slowly at first during middle adulthood and then more rapidly during the geriatric era [Fig]. However, one observes marked differences between individuals with regard to their maximal capacities at somatic maturity near the end of the 3rd decade of life, as well as in the rate at which those capacities decline. This explains the well known phenomenon in which some elderly individuals appear to be "physiologically young" whereas others of the same age seem much less robust because of lesser organ capacity. Thus, despite considerable efforts, the mechanisms that control ageing process remain unknown. Age related decline in organ and tissue function may simply be the inevitable accumulation of non-specific, degenerative phenomena such as ionizing radiation. Is ageing a carefully programmed physiological process or simply the reflection of the wear and tear we experience during a lifetime has yet to be resolved?

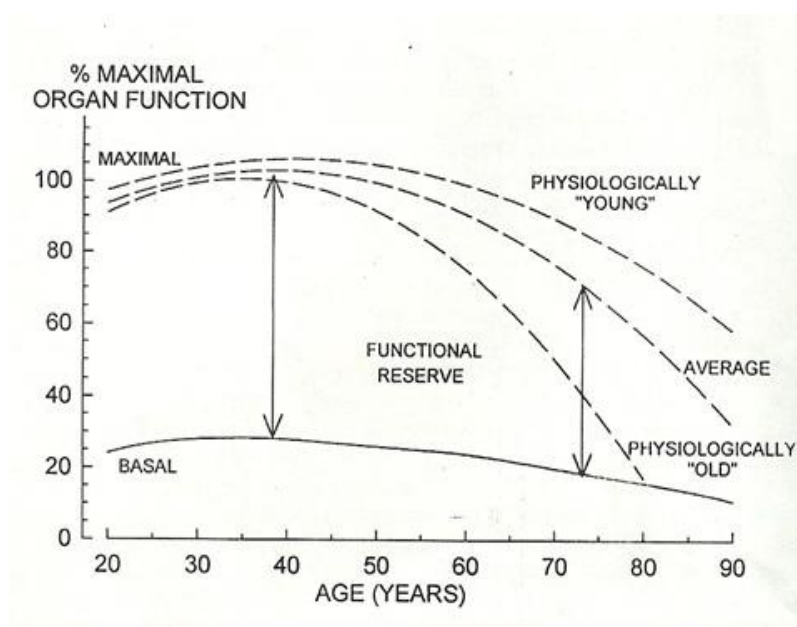


Fig.: Organ system functional reserve is defined as the difference between Maximal (broken lines) and Basal (Solid Line) Function. Variability in the rate at which increasing age explains the presentation of patients as physiologically "young" or "old".

Clinically one is worried about the memory and physical power loss that occurs as we age. The ageing process and its results are not uniform. For example, mind-wondering and failure to “live in the moment” is associated with ageing faster. The researchers who have focused on telomeres that cap on the ends of DNA to protect chromosomes, have found that the telomeres length acts as a biomarker for cellular age and general bodily ageing. Telomeres typically shorten with age and in response to psychological and physiological stress.

Accordingly, Dementia is a variety of brain illness that is associated with ageing process. It affects memory, thinking and behavior of even routine performance. Alzheimer’s disease is the most common cause of Dementia in up to 70% of cases. The incidence of occurrence of Dementia increases as we advance in our age. Thus, at 65 years one can detect Dementia in 1 in 8 aged individuals, whereas at the age of 85 years the incidence will be around 1 : 2,5. According to a recent WHO report, the number of people suffering from Dementia in world is expected to double to 65.5 million by 2030 and may triple by the year 2050. In US alone, the current cost of treating and caring these patients is about 604 Billion dollars. With these alarming figures in hand, WHO recommends to have a national programme at each Country to increase the facilities to detect early and provide the necessary support and social care and reduce the stigma associated with Dementia. One cannot depend on the government agency to approach to such an important social problem. Instead every individual should learn more about the disease and try to help the elderly to live a near normal life at home or at the working place. This is very much evident from a study conducted at the Rush University Medical Center in Chicago. The study included 716 dementia- free men and women in their 70s and 80s who had to wear a device to monitor their daily activities. They were also given cognitive tests to measure memory and thinking ability. After around three years, 71 of them developed Alzheimer’s disease, and it was found that **the least active were more than twice likely to develop the disease as those who were most active.** The result of the study indicated that all physical activities including exercise as well as other activities such as cooking, washing the dishes, and cleaning are associated with a reduced risk of Alzheimer’s disease. These results provide support for efforts to encourage all types of physical activity even in very old adults who might not be able to participate in formal exercise, but can still benefit from more active lifestyle. The study also tells us that regular physical exercise and conducting daily mundane house-hold chores will reduce the risk up to 45%. One should remember that one in three people over 65 will die with dementia, but as this show, there are things you can do to help reduce the risk. However, it is important to maintain weight and stop smoking. Further eating Mediterranean diet high in antioxidants and oily fish and even the odd glass of red wine can also help.

In a break through, the Australian scientists for the first time claim to have diagnosed Alzheimer’s 15 years before its symptoms appear in patients. The researchers were able to track the build up of waste protein called amyloid, discovering levels that can be detected accumulating in the brain of those who go on to suffer Dementia, 15 years before they suffer the memory loss. The breakthrough meant doctors now knew who to target with emerging anti-dementia drugs. Lead researcher Prof. Christopher Rowe at an International conference on Alzheimer’s disease in Florence, said that “if somebody was going to get Alzheimer’s disease at 70 years old, our study shows that the process would actually start when they were 40, and by the age of 55 we would be able to pick it up on our amyloidal PET scans, which show it building up in the brain”. Further Rowe said that “The hope is that, if we get in early and get people on these drugs it will stop building up and stop them experiencing dementia. New discoveries continue to allow us to understand and intervene in the ageing process. For example, the scientists have created fruit flies that live an extra 250% of their normal life span. Likewise, the Spanish scientists claim to have extended the life span of aging mice by up to 24% using single gene therapy. The scientists induced cells to express telomerase – the enzyme which metaphorically slows down the biological clock. The therapy, furthermore, produced an appreciable improvement in the animal’s health, delaying the onset of age related diseases like osteoporosis and insulin resistance, and decreased neuromuscular co-ordination. Gene therapy with a DNA modified virus may hold a key in tackling the ageing process.

They have also discovered a molecule which stimulates the Brain to generate new neurons. And old cells behave like youthful once again. This could pave the way for news treatment options to slow down the effects of Dementia and aim at understanding the molecular mechanism that may impair learning in the ageing population. The philosophy dictates that though you cannot prevent time from passing, you can take advantage of these recent findings to help you to live fit for longer years.

--oOo--

Save Our Planet from Manmade Calamities

Initiatives @ Suvidha

It was thought that there should be a detailed discussion and also an attempt to educate ourselves on the impact of construction of cottages under phase 1A. Thus, a short break will be taken from the regular write up on "Save our planet from Man made Calamities". The following write up will highlight the possible issues that may come up at our own SUVIDHA consequence to construction of about 20 cottages under Phase 1 A. In this context; the first question comes to one's mind is, how these new dwellings could be designed and built without much ecological interference? What are the current concepts and guidelines that could be incorporated in the new project and enhance the natural beauty of the village in spite of new constructions?



Sustainable Architecture: Green Buildings - Green Chemistry.

The concept of Green Buildings envisions a new approach to save water, energy, material resources in the construction and maintenance of the buildings and these measures can reduce or eliminate the adverse impact of buildings on the environment and its occupants.

Further, the Green Buildings provide meaningful measurable positive benefits to lower the emissions, usage of energy, material, water, labour, positive health and enhanced safety over the life cycle of the structure as well as those elderly occupants who live in these dwellings. At the same time, these improved structures should meet or exceed the building performance on the whole.

The Indian Green Building Council [IGBC], which is a part of Confederation of Indian Industry [CII] defines a Green Building as one which uses less Water, optimizes Energy resources, generates less Waste and provides Healthier and stress free spaces for its occupants, as compared to a conventional building. The object involves balancing the Ecological, Economic and Social aspects during design, execution, operation and disposal of building and surroundings.

The suggested newer construction materials and insulations include use of Peripore, Elastopore, Thermocrete based construction materials, Use of natural resources with an efficient recycling system like the use of granite, clay bricks etc. Minimize the use of wood in interiors by using Bamboo or Composite wood instead.

Paint the house with low toxic interior paints with low volatile organic compounds [VOC]. Adapt an efficient rain harvesting system, wind turbines and solar panels.

Green Buildings consume less energy and increase productivity. Green buildings optimize water and solar usage as compared to the conventional buildings. Buyers are willing to pay a premium for the green projects. Biodiversity Conservation India Limited [BCIL] which has a CII training centre situated on Magadi Road, Bangalore has developed several innovative green buildings and its surroundings. In these buildings traditional burnt brick, sand and the cement has been replaced by other natural materials. Importance has also been given to provide natural light and natural air with large windows. Rain water harvesting and recycling is a green feature part of the LEED certification process. This has been made mandatory by the Bangalore city corporation for all new constructions. Efficient storm water conservation and management goes a long way in re-charging the ground water.

Green wall, Living wall, Bio-wall, Vertical garden - are new concepts that are very popular in Singapore. Green wall is a living plant based exterior or interior wall of a building, on which a growth media like soil in various combination with husk or other biological material is stuck to grow and climb. It is a natural insulation and helps to regulate temperature and the humidity automatically as it insulates the building. This will also reduce the interior temperature by 10° which will in turn reduce the electricity bills to a large extent*. This is one method towards efficient energy conservation and energy management.



The government of India is set to ask banks to carve out a special window for lending to renewable-energy projects. According to the latest data i.e. Jan 2013, the Banks have loaned over 4 lakh crore rupees to the power sector. There will be further step-up lending directly to the individuals to install solar and other renewable energy solutions for the household use.

SUVIDHA project 1

Project is not well behind the green building concept where the use of natural resource has been utilized to maximum advantage. Thanks to these green enthusiasts, who have capitalized on the green building concept to present a unique and nature friendly village for the elders! Thus, one sees many features that are unique where the terrain was groomed to ensure that it offered easy walking from place to place. The cottages are built on the stilts and two slabs (floor and roof) with in fills and walls with hollow concrete blocks. The final roof structure of the cottage is a folded hexagonal slab with horizontal projections over the verandas which act as stiffeners. The floor is an RCC filler slab supported on pillars. The stilts serve the fundamental purpose of lifting the cottage away from the ground thereby achieving the basic contour and grading issues and also allow free circulation of air below the building. Gravel is spread below the cottage to prevent movement of snakes as also to prevent growth of weeds The stilts also help one with respect to the pest control. The external walls are

designed with grooved or textured hollow blocks. These eliminate the necessity for external plaster, as also allow the surface temperature to even out. The buildings use a lot of day light through glass blocks in the roof and walls. The large floor-to-lintel sliding glass doors play with light and brighten the spaces in the house**.

SUVIDHA Project 1A

This new project comprises of a cluster of about 20 cottages on a difficult but picturesque terrain. The project will be designed and supervised by a new Architectural concern. One can envisage that the new project poses a lot of challenges since it should suit the difficult terrain and also should match the existing cottages and the surroundings. One would expect that the new project should be an improved version of the existing cottages which are well suited to the given task. A common resident's view or expectations about the new dwellings would be on the following lines though he has no knowledge about the intricacies involved in designing such a challenging project!

- a. The general out-look of the new cottages should somewhat match with the surrounding existing cottages.
- b. These building should be in compatibility with the ground rules of "Green Building" in all the respects and one should be in a position to label them as "green buildings" and convince the would be buyer why they are sold at a premium.
- c. Use of day light: The present cottages are very well lit with the natural light and even in the night we do not use night lights while moving around. Provision of glass blocks both in the walls as well as in the roof in addition to floor to wall sliding windows goes a long way.
- d. Hot air vent: In the original few model cottages at SUVIDHA there is a provision for a vent and a turbine. This was not installed in the other cottages. The new drawings show windows between the pyramid roof and the sloping roof. One has to confirm whether there is a provision for air vent as well. Same idea applies to the provision of exhaust fans from the kitchen and bathrooms.
- e. The residents are upset with the presence of sanitary chambers located in front of the house without an air vent. This contentious issue should be addressed in the new project.
- f. Green wall: Provision could be made to have at least one wall or wall below the window as a green wall.
- g. Rain water harvesting from the roof top of the cottages: At SUVIDHA there is no special design or drainage pipes from the roof of the cottages to harvest or divert the rain water to a suitable site. Under the existing design, the rain water that is originated from the roof top of the cottages is left to drip down towards the cottage and its foundation / pillars! Ideally the rain water should flow out of the cottage area to a common rain water path. . Proper diversion with an intelligent rain water harvesting system should be established to divert the rain water from the cottage area towards the lake.
- h. Surrounding green patch and flower bed: They should be situated at least five feet away from the foundation / the pillars and with a provision to prevent water seeping towards the main building. These flower beds, green patch, kitchen garden between the cottages and the surrounding landscaping should have built in efficient and well planned drip irrigation system established before the completion of the project itself.
- i. Solar panels: It is proposed to evaluate the possibility of having an extra solar panels system on these cottages to generate electrical energy exclusively for the new project with its own generator system.
- j. The buyer should have at least three alternative interior plans to choose from.

- k.** All the Elderly friendly design and provision as prescribed in the manual should be earnestly incorporated. According to AARP: The housing features important to seniors include lever handled door knobs; easy maneuverable lockers and latches. Provision for grab bars at appropriate places and lever style faucet control is desirable.

The above views have been communicated to the architects who would consider them on merits and feasibility of implementation.

*Please visit and meet Mrs. Nadia Gupta of Cottage No. 111: SUVIDHA and you will find the simple and an efficient green wall concept in action.

** Also visit: <http://Buildtechindia.Com> A Village to retire in Peace with Nature/ : Buildtech Magazine 14-08-2013.:

@

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

- **Religare Medicals:** Register with Religare to buy your medicines. Senior citizens get 10% discount. Contact : 080-22956228 / 29
- **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 . 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 ;
- **Computer Servicing :** One stop solutions for your requirements of Desktop, Notebook Computers, Smart phones, Tabs, Tatasky and everything in electronics. Sales n Services. Just a phone call on 9886349496 ; 9845788778 – Mr.Madhusudan - Navanit Infotech