



**SUVIDHA** – A premium retirement village  
*where the good life gets better*



Volume Number: 1-6

For Private Circulation Only

Date: 15-06-2014

➤ **From the MD's Desk:**

Thought for Today

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

Dear Friends,

The Open House on 8th June discussed several issues. What I would like to convey to you is essentially what was discussed and decided in the 'open house'.



1. **Phase 1a** - The plans for the cottages are finalised; the technical committee review is complete. The architect will be drawing up a BOQ and the next step is to short list and finalise a contractor. Hopefully this will happen in the next 2 weeks. The share value for the first 10 cottages of Phase 1a has been revised to 100+400 i.e., Rs.500 per share. The total value for 15000 shares will be Rs. 75/- Lakhs.
2. **Recovery plan** - The plan had projected the reduction of MF to 5000=00 - this has been done. It had also projected the sale of the shares for the 1st cottage in Phase 1a by June end; this is unlikely to happen because the process of revising the share value is complicated and is taking time; hopefully this will happen by end June and our sale of shares will happen in mid July.
3. **The RVM** is finalised by the MC taking into consideration the feed back we received after the draft RVM was circulated; the final version was released on 7<sup>th</sup> June 2014; While we all have to follow the RVM, it is understood that it will be open to revision from time to time depending on the circumstances and issues that we as a community face.
4. **The Share holder's agreement** is being dispatched for the SH to sign. This document will be the basis on which banks and financial institutions will determine the 'ownership' of the cottage. The company is working with some banks, urging them to 'recognise' this document for purposes of 'reverse mortgage' and for providing loans. Some of the members expressed a wish to continue with the old agreement. It was clarified that the present SH agreement is for the benefit of the SH; if some members want to keep the older version, they may do so. It was pointed out that one clause in the older agreement was not legally tenable. MD promised to look into this and find a suitable solution.
5. **Marketing of Cottages:** The Company has not been able to find marketing agencies to help with marketing Phase 1a; Multinational marketing agencies and local prominent realtors were contacted. After site visits and discussions, all of them expressed their inability to help. All of us, individually and

Website: <http://www.suvidha.co.in> Phone: 91-080-26951000 / 212 Email : [pmc05\\_cardiac@yahoo.co.in](mailto:pmc05_cardiac@yahoo.co.in)

collectively, have to work on marketing. Members had several suggestions in this regard. These included:

- a. Forming a core group of directors and residents who would take turns (particularly on Sundays) to appraise the potential buyers of the concept of Suvidha and the way the sale of shares / 'ownership' of the cottage works.
  - b. Form a group to optimise website advertisement.
  - c. Reconnect with potential buyers who have shown interest in Suvidha earlier.
  - d. Prepare a Presentation / Flip chart to make the communication process easier.
6. **Renting cottages** was discussed; while one view was to encourage rentals and increase the foot falls and occupancy in the village, a contrary view was that this would put up the costs to the company. It was concluded that some standards must be specified before allowing SH to rent out cottages; also, there was a suggestion that the MF for lessees should be higher.
  7. **Unisex Beauty Salon:** The board has authorised the Suvidha Ladies Club to set up a unisex beauty salon in the club house. The room adjacent to the gym is being readied for the purpose; we are examining the quotes for the civil work and the equipment for the salon.
  8. **A library** is being set up in the club house. We are looking at the quotes for the shelves / tables etc. We may get a sponsor for this activity. The library will also have a selection of DVDs.
  9. **Banquet Hall:** The acoustics in the dining hall is going to be improved. Mr Jaisim has given proposals for the same. The board will examine the quotes for this work and do the needful. Further, the furniture in the dining hall and the banquet equipment are being revamped; the vendors for this will be finalised in about 2 weeks.
  10. **Electricity Bills:** The issue of electricity bills being high and methods of reducing costs were discussed. One suggestion was to switch off the common area / road lights between 12 MN and 4 am; another was to look at possible solar powered pumps.
  11. **Safety:** The safety of security guards - particularly vis a vis reptiles was discussed; the suggestion was that all the guards must have sturdy sticks and wear gum boots at night.
  12. **Water Quality:** The hardness of the water was reported to be high. It was decided to check and document the hardness formally; if found high, the process of softening has to be altered to make the water conform to standards.

Regards

**Dr. K. Lakshman.**

### ➤ **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. R. Sreedhara** is here to share with us his vision and aspirations.

**Dr. R. Sreedhara, MD, FACP** is a highly qualified and experienced professional as detailed below.

- American Board Certified In Internal Medicine & Nephrology
- Consultant Nephrologist, Fortis Hospitals, Bangalore
- Formerly Associate Professor of Clinical Medicine at State University of New York Health Sciences Center at Brooklyn, New York, USA



- Formerly Associate Professor of Nephrology, Institute of Nephro-Urology, Bangalore

### Publications & Presentations:

- Book Chapter titled "Morbidity and Mortality in Hemodialysis" in Massry & Glasscock's Textbook of Nephrology published in 2000.
- Author of more than 75 peer-reviewed journal articles and abstracts in Kidney International, American Journal of Kidney Diseases, Journal of the American Society of Nephrology and other journals.
- Presented at meetings of the American Society of Nephrology, National Kidney Foundation, USA, World Congress of Nephrology, European Dialysis & Transplant Association, and others.
- Professional meetings in USA, Canada, Europe and India. Presented at Geneva (Switzerland), Amsterdam (Netherlands), and Oxford (UK) in addition to several North American cities. Medical Grand Rounds, teaching seminars, and lectures at various locations.  
Various CMEs organized by API Karnataka, MERT, Bangalore and other organizations.

### Other Professional Activities:

- Manuscript reviewer for major Nephrology journals including American Journal of Kidney Diseases, Kidney International, Journal of the American Society of Nephrology, Nephrology, Dialysis & Transplantation and other journals.
- Vice-Chairman of the Institutional Review Board at the Long Island College Hospital, New York, USA (1997-2000).
- Member, Independent Ethics Consultants, Bangalore, India.

### ➤ Event Highlights:

- **Photography Workshop at Suvidha:** On Sunday the 25<sup>th</sup> May 2014, Mr. Ashok Dey arranged a one-day Photography Workshop. The objective of the photography workshop was to acquaint the photography enthusiasts in Suvidha with the basics of photography. The Workshop was conducted by Mr. Prakash Subanna, a well known professional in the field. Over 35 participated in this workshop. The session was very lively and educative.
- **Nutrition for Senior Citizens:** At the request of Dr. Lakshman, Ms. Veena Bhatt, Nutritionist at Sagar Hospitals made a presentation on - "**Nutrition for Senior Citizens**" on Sunday, 1<sup>st</sup> June 2014 at 11,30 a.m.. We are thankful to Ms. Veena Bhatt who accepted the invitation in spite of her other pressing preoccupations. Over 40 participants who attended the session felt that the session was very informative and helpful. On the same day, Suvidha Ladies Club celebrated the birthday of all May-born Suvidhites who were present at the club house.

Ms. Veena Bhatt has taken pains to reformat her presentation into an article and handed over the same to Suvidha for the benefit of Suvidhites.





You are invited to revisit those moments by clicking on this link. Thanks to Mr. CB Prabhakar, Resident Director, for providing the photos.  
<https://plus.google.com/photos/117291397490350207875/albums/6019891682683628625>

○ **Welcome Showers @ Suvidha:**

- ◆ A thunderstorm for nearly two hours late evening followed by a steady drizzle until past midnight ... and our lake now needs another meter / meter and a half of water to be full..!! Here are a few "then ... and ...now" photographs that should gladden our hearts. ---- Courtesy Mr. Ashok Dey



- ◆ Heavy Rains lashed Suvidha 20<sup>th</sup> May evening. Oh! what a sight it was. Beautiful Suvidha !. Water was gushing into our lake. Enjoy some of the photos. Starting with a construction worker trying to save from the down pour. ---- Courtesy Mr. CB Prabhakar

<https://plus.google.com/photos/117291397490350207875/albums/6015464984434131889>

- ◆ Heavy rains have brought out a number of snakes in to the open. Here is a very interesting pair photographed by Dr, Narayanan of cottage # 107. He chanced upon this amorous pair in front of cottage #176.



- ◆ Interestingly, Mr. CB Prabhakar chanced upon a mongoose fighting a snake. For old time sake have a look at it at the following link.

<https://plus.google.com/photos/117291397490350207875/albums/6016855238592943329/6016863874638966994?pid=6016863874638966994&oid=117291397490350207875>

- **Movie Time again:** 'Hungama', a hilarious Hindi was screened on Saturday, the 7th June @ 6.30 PM. Venue was Club House of Suvidha. Mostly residents attended the program. We were treated to Pani poori and Curd bath by Mrs. Bharathi Sastry and Mrs. Satya Prabhakar. Thanks to both for the lovely treats !



### ➤ Suvidha On The Move :

- During the month a numbers of events of interest to our shareholders have taken place. The following are some follow up actions taken.
  1. **Open Event Area:** The open area adjacent to Suvidha Lake is expected to be leveled and minimal infrastructure arranged so that it could be rented out for holding open-air functions by interested parties. Modalities of renting and estimates of expenditure involved are being worked out.
  2. **Review of Rentals:** The rentals on letting out of Banquet Hall and the hall in the ground floor have been reduced to encourage the usage of these halls to conduct various functions. Open air event place adjacent to the Suvidha Lake area (after leveling) is also under consideration for such purposes.
  3. **Water Quality:** Further to the discussion in the open house held on 8<sup>th</sup> June, a sample of our RO drinking water was recently sent for lab testing to confirm the quality of the sample. The Lab report has confirmed that the quality of water is excellent.
  4. **Fire fighting equipment** has been installed along with necessary sign boards at various strategic locations of the campus. Demonstration and training in the use of this equipment is scheduled to be taken up by the equipment supplier in the near future.
  5. **Holiday Duty Roaster** – With a view to ensure uninterrupted service to the residents /SH on office holidays, Suvidha office will circulate the holiday duty roster which gives the details of the officers in-charge on a holiday / Sunday.

### ➤ Suvidha Family News :

- **Sri Jethlal R Shah**, residing in Cottage #160, expired on Saturday, the 14th June 2014 at 5.50 a.m. He was 85 years old. Both his sons and the daughter were with him during his terminal hours. The entire Suvidha Family deeply mourns his demise.

Sri Shah succumbed to advanced cancer. His death came as he wished and without any terminal suffering.



Sri Shah has been a valuable member of Suvidha community and never hesitated to share his thoughts for the betterment of Suvidha. All Suvidhites will miss this versatile gentleman. May his soul rest in peace.

### ➤ Health Care Services :

- **Updating Medical Records:** As already mentioned in the previous News Letters, the digital version of computerized Medical record system of all the residents is now fully functional. As of now, the system provides for periodic updating of the medical information of the individual residents. The frequency of cottage-visits has been increased to get recent data on critical parameters of the residents / tenants to keep a close watch. This data is immediately updated into the master records on the computer. The

residents are encouraged to make the programme more successful by interacting through a designated e-mail address: [suvidhahealth@gmail.com](mailto:suvidhahealth@gmail.com) . This facility is extended to the tenants also.

- **Medical Team Response:** Contractor worker Mr. Ranganathan, a mason, fell down while plastering and sustained fractures. He was immediately shifted to our Health Care Centre where all the equipments were in ready-to-use condition. Following resuscitation and stabilisation, he was shifted to Bangalore Hospital in 108-Ambulance for further treatment. Our medical staff have responded in an exemplary and professional manner and managed this case of emergency to the satisfaction of the patient.

### ➤ **Picture Gallery:**

A picture says a thousand words. So goes the common saying. 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:**

- **Nutrition for Senior Citizens**  
<https://plus.google.com/photos/117291397490350207875/albums/6019891682683628625>

#### **Archives:**

- **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>
- **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** tour bus driver drives with a bus full of seniors down a highway, when a little old lady taps him on his shoulder. She offers him a handful of almonds, which he gratefully munches up.

After approximately 15 minutes, she taps him on his shoulder again and she hands him another handful of almonds. She repeats this gesture about eight times.

At the ninth time he asks the little old lady why they don't eat the almonds themselves, whereupon she replies that it is not possible because of their old teeth, they are not able to chew them.



"Why do you buy them then?" he asks puzzled.

Whereupon the old lady Answers - We just love the chocolate around them !

- **M**o and Jo are sitting in a boat fishing, drinking beer and chewing tobacco when out of the blue Mo says, "I think I'm gonna divorce my wife ..... she ain't spoke to me in over a month."

Jo sips his beer and says, "Better think over, women like that are hard to find."

- **A** husband asks: Why do you weep and snuffle over a TV program and the imaginary sadness of people you have never met?



Wife: For the same reason you scream and yell when a man you don't know makes a touchdown.

- **D**ue to inherit a fortune when his sickly widower father dies, Charles decided he needed a woman to enjoy it with. Going to a singles' bar, he spotted a woman whose beauty took his breath away.

"I'm just an ordinary man," he said, walking up to her, "but in just a week or two, my father will die and I'll inherit 20 million dollars."

The woman went home with Charles and the next day she became his stepmother !



- **T**he nurse burst into the doctor's office. "Doctor! She yelled, "you just gave a clean bill of health to Mr. Smith and ... and he dropped dead right outside the door!"

The doctor jumped into action. "Quick," he said, "We've got to turn him around so it looks like he was just coming in!"

- **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. Narayanan N, a popular gynecologist and a resident of Cottage No. 107 at SUVIDHA, will be introducing us to the fantasies of flora / fauna around the Village through his intricate miniature paintings.



### GULMOHUR

Delonix Regia came originally from Madagascar. It is called Gulmohur in India and it is known for its striking red & orange flowers and fern-like leaves. In many tropical parts of the world, it is grown as an ornamental tree. In English, it is given the name, Royal Poinciana or more aptly, Flamboyant. It is also one of several trees known as Flame tree. The trees light up like flames in April & May. Dwell in their magnificence opposite #146. In Kannada, it is called Kathi Kayi mara after its sickle-shaped pods.





- **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!



### Coppersmith Barbet



I had sighted my very first **Coppersmith Barbet** (*Megalaïma haemacephala*) on a high branch of a tree in the northwestern corner of our lake. That was in the summer of 2012. After repeatedly entertaining Lakshmi and me from the same perch over a few days, our small friend disappeared from our sight. But while we were not able to see it again, both Lakshmi and I have, quite regularly over the last two years, heard its loud, metallic, monotonous repetitive call. (It sounds like a coppersmith striking metal with a hammer, hence its name.) I got lucky on May 28, when hearing some faint rustling in the large ficus tree north of the bridge over the stream that flows into our lake, I found a small flock of juvenile and adult Coppersmiths feasting on a large clump of ripe figs.

➤ **News Makers :**

**Moon Occultation:** There was an important celestial event on 26th February this year. I (Prof. Sankar, Cottage # 101) had the good fortune of being able to photograph that event.

**Venus Moon Occultation**

Courtesy - Prof. Sankar, Cottage # 101



Venus is the brightest planet as seen from Earth and third brightest natural object in the night sky after the Sun and the Moon. Venus reached one of its greatest brilliancy on February 11th 2014.

One of the best celestial events for 2014 occurred on February 26th of this year, when the waning crescent moon met up with a brilliant Venus in the dawn sky. This was a showcase event.

This is one of the two occultations of Venus by Moon this year 2014. The moon occults Venus 21 times this decade. The last occultation occurred on September 8th 2013, and the next occurs on October 23rd 2014.

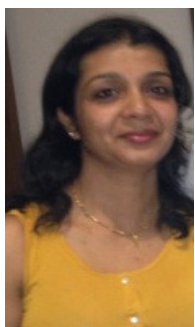
An occultation occurs when one celestial body passes in front of another, obscuring it from our line of sight. The event (meaning the central conjunction) on Wednesday 26th February 2014 occurred at 9:30 AM Indian Standard Time).

Obviously photograph at the time of conjunction will show only the Moon as it would obscure Venus. So photographs have to be taken either just before or just after the event. Also it cannot be taken in day light as then the sunlight will obscure the entire event. The attached photograph was taken before sun rise at 6:04 a.m. (IST) a little before the event. Actually at that time Venus was brighter than the moon as measured per square arc surface area.

➤ **Health Corner :**

## **NUTRITION IN HEALTHY AGEING**

*“Eat well and Age well”*



**Ms. Veena Bhatta:** M.sc in Nutrition and Dietics, presently Senior Nutritionist and Consultant Dietician at Sagar Hospitals and Shanthi Hospital and Research Centre. She could be contacted on 984535861 to fix the appointment schedule for consultation.



Good Health is "A state of complete Physical, Mental, Social and Spiritual well being and not only absence of disease or disability" as defined by the World Health Organization. [WHO]. Nutrition is a combination of processes involved in taking nutrients, assimilating and using them to maintain body tissue and provide energy.

The above two definitions are the cornerstones of good health and nutrition. When we talk about a good diet it is important to keep certain things in mind like variety, balance, different nutrients, time and the food that we eat. It is a total of all these that provide us with the micro and macro nutrients to maintain a healthy life.

A healthy diet helps protect us against chronic diseases. They help in preservation of immune function, digestive health, functional ability, bone health, oral health and vision. A healthy diet helps minimize risk of weight gain, under-nutrition, low nutrient status and deficiency diseases.

There are different objectives for each micro and macro nutrient that we eat. Let's go through them.

**Carbohydrates** – are the main source of energy which can be obtained from – cereals, millets, bread, sugars etc. It makes up for 60 – 65 percent of our recommended dietary allowance [RDA].

**Proteins** – are essential for growth, development and in reconstruction of tissues. Proteins also help in the production of enzymes, hormones and antibodies in our immune system. Sources of protein rich foods include non vegetarian foods, pulses, lentils, all dairy products. Proteins make up for 20 - 25 percent of the RDA.

**Fats** – are considered to be a concentrated source of energy which helps in protecting the internal organs and in the absorption of fat soluble vitamins. There are two types of fat – visible and non visible. Oil, ghee, butter, cheese, cream etc are main sources of fat. Fats make up for the remaining 15 percent of RDA.

**Vitamins and minerals** – help regulate important body functions and reconstruction of the body. They are also rich in anti-oxidants and fiber. Mainly fruits, vegetables are good sources of all vitamins and minerals.

### **Nutrition related problems and how to overcome them**

**Bone health:** As we age, we see onset of osteopenia and osteoporosis. The best way to overcome this is through intake of calcium and vitamin D. Vitamin D can be produced by the skin in response to the sun. Low vitamin D status is widespread in the population, particularly among elderly people – 37% of elderly people in 'homes'. Older adults (65 years or over) should take a vitamin D supplement. High vitamin A intake, alcohol,

smoking, inactivity are all harmful for bone health. One's health is optimized and maintained by exercise and a healthy diet. Weight bearing activity improves bone mass, as well as coordination, flexibility, muscle strength and balance. Calcium and vitamin D are both essential for healthy bones. Vitamin K is also important.

**Eye Health:** 50% of visual impairment in older people is due to treatable conditions. Risk factors include smoking, also high exposure to sunlight, and obesity. Dietary antioxidants vitamin C, and vitamin A present in bright colored fruits and vegetables help in maintaining eye health.

**Brain Health:** Incidence of Stroke, Dementia, Parkinson's disease and depression increases exponentially with increasing age. Dietary factors like reducing alcohol, reducing salt, increasing fruit and veg intake, reducing saturated fat and *trans* fat, increasing intake of unsaturated fatty acids (oily fish, vegetable oils) help in reducing the incidence.

**Digestive Health:** Obesity, smoking and high alcohol intake, consumption of large amounts of red meat (particularly processed meat) attenuated by high fibre intake, modestly increases risk of diseases of the colon. High fruit /veg especially those rich in vitamin C or beta-carotene and allium (eg garlic) offer some protection. Calcium supplementation/milk consumption is moderately important in relation to protection against colon cancer. Probiotics present in curd, buttermilk, fermented foods and in products like yakult help protect the flora of the GI tract.

**Water therapy:** Dehydration, by as little as 2% loss of body weight, results in impaired physiological and performance responses. In extreme cases, mental confusion that has been interpreted as the onset of senility, has been reversed by adequate hydration. It is important for all to consume 2-2.5L fluid /day (~ third from food).

**Exercise:** Exercise benefits overall health. It feels good and gets the adrenaline pumping and increases a sense of fitness and well being. Cardio-vascular exercises help reduce risk of heart disease by raising good cholesterol and lowering bad cholesterol and increases blood flow through the circulatory system. It helps with weight loss. Controlling blood sugar and blood pressure, boosts mental acuity.

Nutrition and lifestyle have a profound impact on health. A healthy diet & regular physical activity will aid in recovery from illness and help protect against health problems such as anaemia, diabetes, osteoporosis, heart disease, stroke, under / overweight, constipation & other digestive disorders.

## FAQ's

### Should we substitute wheat for rice in rice eating population?

The amount of calories in rice and wheat are the same, however the quality of protein is high in rice whereas the quantity of protein is high in wheat. Wheat has more fiber and tends to delay increase in blood sugar levels as compared to rice. A mixed diet containing both rice and wheat is suggested.

### Can a diabetic undertake fasts?

Fasting must be avoided as it alters the metabolism of the body and it can be dangerous when taking medications for diabetes.

### Should non vegetarian foods be completely avoided?

Non vegetarian foods can be taken weekly/occasionally. These food items require regulated consumption such that it does not contain more calories. They must be consumed along with vegetables, dhal and cereals in a moderated amount of between 50-75 grams preferably during lunch.

### How many meals are allowed per day?



Three meals consisting of breakfast, lunch and dinner with a nutritious teatime snack is prescribed with an early morning and a bed time beverage. Mid morning and evening snack can be either a low calorie drink like buttermilk/soup/green tea/tender coconut water/tea/coffee or a low calorie snack like a fruit/sprouts/high fiber biscuits/salad. It is best to have a 3-4 hour gap between each meal.

### **Can alcohol be consumed?**

Alcohol provides empty calories [no nutritive value] and should generally be taken in minimal amounts. Hard liquor 60 ml [small peg] or 350 ml beer or wine 2-3 days a week is allowed with salads and sprouts as accompaniments.

### **Should salt be restricted in the diet?**

Salt restriction is necessary when hypertension is present. Highly salted foods like – pickles, papads, salted chips, salted nuts, processed foods, tinned foods, sauces, preserved meats etc should be avoided. Invisible salt are also present in foods like – baking powder, baking salt, ajinomoto, club soda, these too should be avoided.

### **Is it necessary to avoid foods rich in fat?**

It is better to follow a low fat diet. Foods containing hydrogenated fat [dalda], butter, ghee, coconut oil or palm oil should be completely avoided. Non vegetarian foods like pork, mutton, lamb, beef, seafood [crab, shrimp, prawn] to be taken once a month only. Milk products like full cream milk, khoa to be avoided and skimmed milk, curd, paneer can be taken instead.

### **Does exercise help?**

Regular exercise helps maintain desirable body weight and also controls blood sugar and blood pressure. Exercise helps improve glucose utilization by the muscles. It tones up the body and improves cardio-vascular fitness. A minimum of 45 minutes of exercise is essential per day.

\_\_\_@@@\_\_\_

## **Food : A Review and thought By Shobs**



**Foundation of our being :** I appreciate the scientific, logical and nutritional aspects of food as much as I believe that our spiritual connection with food is very essential. After investing much time in studying the science of nutrition, I realized that truth is not always packaged in the form of controlled research study. Even science has still not caught up to applying fields to understand the frequency of food and how that impacts us on the path of merging science and spirituality.

Understand the basics of the food – carbohydrates, proteins and fat, know what makes up a balanced meal, enjoy healthy recipes. Sit down to a plate of food, feel it and admire the interconnection of plants and people

that made this moment of eating a reality. Please realise that food is more than just the nutrients. Eating food is not just a mundane activity; it is very sacred.

Food has to be practical. We have to know how to navigate through the supermarket, read the nutritional labels, understand the good and the bad fats to know what heals and what harms us. Thus, we can balance all the heady information with the feelings we derive from eating.

To-day food and health industry, each is a million dollar business. Information on health is available aplenty, yet health is missing. It is the time we look at the scientific ways to health, but not miss out on listening to our own body. In every culture, food binds us to our family tree and for generations we see this bonding through food. The food you were born with, something that provided a way to be fully present in the body. Many elders in the family or grandparents have a grounding relationship with food.

**Food is Emotion:** Food mixes with emotions and we have a strong feelings about food – what we eat, when to eat and how to eat. Our eating becomes who you are and as a result it can stimulate a wide range of feelings. Sometimes our feelings are trapped within and when we turn to our favorite foods for comfort. Are there ways that you invite a healthy dance between emotions and eating that satisfies you, not your cravings. Is there a better way to eat with all the senses and not indulge in emotional eating?

**Food is Celebration:** We need to revive our relationship[ with food. We need to celebrate food. We need to worship food. We need to see food with the right emotions. We need to take the road that would take us back to joyful, nourishing, and the healing avatar of food, which is India's heritage. That is when food will become your medicine; else, your medicine would become your food!.

**Food is spiritual connection:** It is written in our scriptures that food is the chief formative force. How muddy lake reflects clearly?. The divine cannot be reflected in the wicked or vicious mind. Food makes man strong in body; the body is intimately connected with the mind. Moral conduct, good health, and spiritual effort – all depend upon the quality of food; disease, mental weakness, spiritual slackness- all are produced by faulty food. That's why, in Ayurveda the process of preparation, cooking, and eating of food is considered a spiritual *sadhana*.

Food is connection, every bite of food we take represents the web of nature, from the field to the farmer to all the interactions that food had with the natural elements and to all of the hands it passed through o makes way onto the fork. If you can stay in the mindset of every meal being a miracle, you are on your way to filling yourself with the divine nourishment of connection. You live in this world as a body. This vehicle is called body is as precious as your life. Food is meant to enhance your life, not diminish it. Let us learn the science of food and also listen to our body.

\_\_\_@@@\_\_\_

## Controversies:



David L. Katz, MD, MPH



The prevailing sentiment in pop culture nutrition - propagated in books, blogs, and blather; documentaries, and diatribes - is that everything we thought we knew about diet and health until yesterday is wrong. Actually, [we have a much bigger problem](#) than that. To one degree or another, everything we thought we knew about nutrition is right- and we are obligated to do something about it, or stay fat and sick. That's a bigger problem for all concerned. For most of us, it means it's time to stop rolling our eyes at non-existent conspiracies, and actually attempt to [eat well](#) and be active. It means there is no [scapegoat](#) to blame for all our ills, and no [silver bullet](#) to save us. Clearly, that just sucks.

Some portion of you doubtless agree with me that in fact, [we are not confused](#); that we already do indeed know enough about the [basic care and feeding of Homo sapiens](#) for truly stunning public and personal health advances. So now, I am reaching out to the rest of you. I am reaching out to those who think I'm deluded, benighted, arrogant, misguided, or simply wrong. Try this experiment. If you believe that, for instance, eating more meat is good for us- pretend you wanted to refute that, and search the Internet accordingly. Or, conversely, if you believe that evidence clearly establishes a vegan diet as the "best" for human health, search the Internet diligently pretending to be someone wanting to disprove that. Do your best to read what you find as you would read the material that best conforms to your established worldview. Be sure to look [here](#), by the way, where the peer-reviewed evidence resides. This same experiment can be applied to any dietary contention you like. If you think saturated fat is harmful, search the literature for evidence it isn't. If you think it's beneficial, search the literature for its harms. If you think all of our ills are the fault of omega-6 fat, search the literature for evidence to the contrary.

If we ate [better food](#), we would need fewer drugs. If we knew what to eat, there wouldn't be a new diet book and diet story to peddle every day. Are you actually naïve enough to believe that our collective confusion isn't aided and abetted by those banking on it? Well then, maybe you'd like to buy a bridge along with your [diet soda](#) and fries.

And [we barely need any help](#) to play the part of dolts anyway, because it's a wonderful way to procrastinate. We would rather renounce yesterday's diet and try today's, then deal with the [time-tested fundamentals of losing weight and finding health](#). That doesn't involve a scapegoat or silver bullet, so it can't possibly be a good idea.

But I can't accept that. If nothing else, I came upon a study this week indicating that [cynicism increases the risk of dementia](#). So along with your health, I've got my own brain to worry about. I am attempting to avoid cynicism.

But I am just not willing to accept a personal doom of cynicism compounded by dementia. So I am doomed to keep trying.

---@ @ @---

### ➤ **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](http://www.bigbasket.com) . All details are available on the website.
- **Ladies Beauty Parlour** – Now **Beauty Café** 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
- **Home Medical Care Services:** They provide dependable service of a Doctor, Physiotherapy, Nursing or Trained Attendant. Please visit for details - [www.portea.com](http://www.portea.com) or contact - Tel No: 080-33554554
- **Special Needs Taxi Services:** It is only to be seen to believe it. Please visit for complete details - : [www.kickstartcabs.com](http://www.kickstartcabs.com) – or contact Tel: 8105600445