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➤ **From the MD's Desk:**

**Check – Thought for Today**

<http://www.thoughtfortoday.com/2014/11/15/today-thought/>

Dear Friends,

Another month has passed; the progress of Phase-1a is satisfactory. The TC and our engineer are monitoring the process. The contractors are adhering to the conditions laid down in the contract.

I am glad to report that with the subscription to shares of the remaining cottages of Phase 1 and 8 of 20 cottages of Phase 1a, the company is in a position to pay back the deposits that we had taken from some of you. The contractors who built Phase1 are completely paid for. Funds have been kept aside to ensure completion of cottages sold in Phase-1a. The process of repayment of deposits has started and hopefully all deposits will be returned by March 2015.



The company is at crossroads; our maintenance bill exceeds the amount we collect from the SHs as maintenance fee. We have to subsidize the MF and if we continue to do this, the process of building a corpus will be delayed.

With this in view, we have written to the MC to consider raising the MF so that the process of building the corpus will not be hampered. Further the money so saved can be used to improve facilities in the club house.

Each one of you is welcome to express your views in this matter to MC and the Board.

Regards

**Dr. K. Lakshman.**

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

## ➤ Event Highlights:

Month of October 15 to November 14 saw a series of significant functions and events.

- ✚ **23-10-2014** : Deepavali was celebrated with pomp and gaiety at Suvidha on all the three days i.e., 22<sup>nd</sup> to 24<sup>th</sup>. Display of firecrackers was carried out near the Bandstand - West side of the Lake – Courtesy 'The Sunset Club.' Few snaps taken on this occasion can be seen at the following link.

<https://plus.google.com/photos/117291397490350207875/albums/6076363233510266001>



- ✚ **25-10-2014**: On the occasion of Deepavali festivities, Ladies Club organised Sports for all office staff members and security staff on Saturday 25th October, starting at 2.30pm, in front of the Clubhouse (Parking space). All staff participated with enthusiasm. The photos will show that!

<https://plus.google.com/photos/117291397490350207875/albums/6076179498871069585>



- ✚ **26-10-2014**: Dr. Gomathy & Dr. Narayanan (#107) hosted a grand lunch at Suvidha Banquet Hall. This was organised to celebrate their son's wedding which took place in US. The Dining Hall was tastefully decorated and a number of marriage photographs were artistically displayed for information of the guests.



- ✚ **01-11-2014**: Kannada Rajyotsava was celebrated at Suvidha on 01/11/2014. Sri B S Aradhya, Former Jt Director, Karanataka Tourism, Dept, Govt of Karnataka and resident of Cottage # 21, briefed the importance of Rajyotsava Celebration and how Karanataka was formed. Smt Kanaka, Senior Most Staff of Suvidha unfurled the Kannada Flag. Kannada Rajya Geethe was sung by the staff. Here is the link to Pics:

<https://plus.google.com/photos/117291397490350207875/albums/6078045167637707377>



✚ **08-11-2014:** It is movie time again! It is an English movie. "**The Sting**". Timing of the Movie was 6.30 PM. Venue - Club House Auditorium / Banquet Hall of Suvidha. The movie was well attended and the gathering enjoyed the enhanced quality of video and audio systems.

✚ **Mr. Len Shephard's Birthday Celebration:** 30<sup>th</sup> October 2014 was a remarkable day for Suvidha village! That was the 90<sup>th</sup> birthday of the "Youngman of Suvidha Village" – Mr. Len Shephard who is a longtime tenant of Cottage # 39. The best part of it is that Mr. Shephard's son kept it as a closely guarded secret till the last minute. All Suvidhites too played along. You must see to believe the expression of joy on Mr. Shephard's face at the party! All the Suvidhites join me to wish him a long, healthy and happy life !



### ➤ **Suvidha On The Move :**

During the month the following developments have taken place.

- **Open House:** This month 'Open House' at Suvidha was held on Sunday, the 26th October 2014. The agenda was as follows:
  - ◆ **Payment of BSNL Bills** – MD explained that the payment of BSNL bills is costing several man hours to the company; it takes up the precious time of the staff that could be used elsewhere. He urged the residents to put ECS in place for payment of these bills. Mrs Rama Subba Rao volunteered to help residents if they need assistance in effecting ECS. The residents agreed that if the company is asked to pay the bills, a nominal charge of Rs. 50=00 per bill will be levied.
  - ◆ **Wage Bill** – MD explained that the present wage policy has pegged the wages at a level lower than the market rate; hence, it has been difficult to retain employees and to recruit new ones. We anticipate a 20-25% wage hike in the near future. This may increase the monthly wage bill by nearly Rs. 1 lakh. If this expenditure is subsidized from capital funds as it is being done, the capacity of the company to build the corpus fund will be eroded. The alternative would be to increase the Maintenance Fee to at least partially offset this subsidy. The views of the SH on this topic are welcome.
  - ◆ **Phase 1a** – The progress of Phase-1a has been satisfactory; construction has begun and is progressing well; we have sold subscriptions 8 units. MOU with the marketing agency is being signed this week.
  - ◆ **Canteen Surcharge** – MD discussed the extra work involved in supplying food to individual cottages; the price of food items is pegged at a level enough to meet the costs of raw materials and fuel only; we have just about managed to stop cash loss from the canteen activities. The house agreed that it is reasonable to charge a nominal Rs. 10=00 per meal/breakfast item as a charge for delivery of food to individual cottages.





- **Parlor Services for Men:** The Suvidha Ladies Club is happy to inform you that M/s SLV Gents Beauty Saloon, Konankunte, have been appointed to provide services for men in Suvidha parlour. To start with, we have confirmed that these services for men will be provided on every Thursday starting from 30th October 2014, between 10AM and 1PM. The response and feedback from residents have been very encouraging.
- **Pest Control in Kitchen:** M/s. Marker Pest Control systems has been selected out of four contenders. The company has drawn up Monthly Pest Control schedule starting from the Thursday, 13<sup>th</sup> November 2014 since on that there will be no direct exposure to idly / dosa batter etc. The pest control exercise covers :
  - ◆ Crawling insects like Cockroaches and
  - ◆ Rodents under two different tariffs.

The contract is valid for the next three months to start with. Thereafter based on the effectiveness further course of action will be decided.

**Receipt Book for Cash Transactions:** A receipt book has been introduced in the kitchen to acknowledge the cash payments by the residents. The residents are requested to insist on obtaining a receipt whenever a cash payment is made for the food served at the kitchen.

- **Phase 1A Construction:** It is immensely satisfying to observe brisk construction activity in this area. Thanks to E I Technologies Pvt. Ltd and our resident Mr. Papanna Gowda, for planning out the activities in a smooth manner, ensuring that the seniors in the village are not disturbed. Layman's view is that the project is progressing at a fast pace and all the protective and safety measures are being observed. A few photos are presented below for information. For photos click on the link below.

<https://plus.google.com/photos/117291397490350207875/albums/6080808609010028129?authkey=CNrQ28PjpJyoLw>



- **Suvidha Landscaping Committee (SLC):** The Suvidha Landscaping Committee has been re-constituted as per the circular dated 28<sup>th</sup> October 2014 sent to all Share holders from the office by Dr Lakshman. The office bearers of the newly formed committee are as follows:
  - ◆
  - ◆ Dr. K. Lakshman, Convenor (Email: [klakshman58@gmail.com](mailto:klakshman58@gmail.com))
  - ◆ Mr. S. V. S. Sastry, Joint Convenor (Email: [svs.sastry@gmail.com](mailto:svs.sastry@gmail.com))
  - ◆ Dr. P. M. Chandrasekhara, Member (Email: [pmc05\\_cardiac@yahoo.co.in](mailto:pmc05_cardiac@yahoo.co.in))
  - ◆ Mrs. Shobini Gurudas, Member (Email: [nikita\\_ag@hotmail.com](mailto:nikita_ag@hotmail.com))
  - ◆ Mr. Vijayakumar Aluri, Member (Email: [vkaluri@yahoo.com](mailto:vkaluri@yahoo.com))

The following are the new landscaping projects that are under review and the share holders are invited to give their ideas to beautify the Village:

- ◆ The triangular area near the club house. This area is envisaged to be developed as an important land mark of the Village.

- ◆ Main approach roads and the divider between the two roads
- ◆ Visitors' "View Point" at the top most area near the pump house.
- ◆ To clean up the pump house area and make it attractive.
- ◆ Development of Kitchen garden. The existing kitchen garden has been completely revamped and ready to receive plants whose yields could be used in the kitchen. The area adjacent to the present kitchen garden on the right hand side is also being developed for fruit bearing trees like lime, papaya, karibevu, pomegranate etc.
- ◆ Drip irrigation system is being considered for Suvidha to conserve water. A number of parties are being contacted and hope to formulate a plan of action very soon.

#### ➤ Suvidha Family News :

- You may recall that Mr. Nagaraj, our Maintenance Engineer underwent a major surgery due to some abdominal problem. After a few weeks rest he has fully recouped and recently reported back to his duties.
- During the month two families have moved in to Suvidha village as permanent residents.

- ◆ Mr. S. Rajamani and Mrs. T. S. Rukmani – Cottage # 73/74



◆

- ◆ Mr. K. Ramani and Mrs Uma Ramani -- Cottage # 93/94



◆

We extend a warm welcome to both the families and wish them all well in Suvidha !

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

- **Religare Medicals:** Register with Religare to buy **your medicines**. Senior citizens get 10% discount. Contact : 080-22956228 / 29
- **Healthy Farm Fresh:** For **vegetables and fruits**: Contact: Mobile: 9632488467 / 9632389467. 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.
- **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
- **Agencies providing the attendants / home help:**
  - **Apna Care :** Tel: 080-30752584 ---- <http://apnacare.in>

- **Health Heal and Home Nursing** : Contact Mr. Rohan: 9620416503 ; 080- 23203333

- **Special-Needs Taxi Services:** It is only to be seen to believe it. Please visit website for complete details: [www.kickstartcabs.com](http://www.kickstartcabs.com) – or contact Tel: 8105600445
- **M/s. Maker Pest Control:** They can provide pest control services at your cottage. For details contact at Ph.No. 080 26608519, 9886743177 ; Email - [makerpestcontrol@gmail.com](mailto:makerpestcontrol@gmail.com)

#### ➤ **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:**

- **Kannada Rajyotsava -- 1-11- 2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6078045167637707377>
- **Staff Sports – 25-10-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6076179498871069585>
- **Divali Celebrations - 23-10-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6076363233510266001>

#### **Archives:**

- **Ayudha pooja celebrations – 3-10-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6065922506997420081>
- **Gandhi Jayanthi – 2-10-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6065621288180490177>
- **International Day of Older Persons – 1-10-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6065621728240223265>
- **Beauty parlour, Library and Banquet Hall inauguration – 27-09-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6064320275129696065>
- **Ground Breaking Ceremony – 26-09-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6063396405392137953>
- **Rotarians from Rotary Cantonment - 25-09-2014**  
<https://plus.google.com/photos/108282941260356382969/albums/6063271329055857393>
- **Ganesh Puja – Library – Beauty Palor - 31-08-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6053920250576543425>
- **Bandstand Inauguration - 17-08-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6048464450147649377>
- **68<sup>th</sup> Independence Day 2014 – 15-08-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6047691657626994961>
- **Suvidha Vanamahotsava 2014 – 10-08-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6045854550653105985>
- **Musical program "Baar Baar Dekho" – 2-08-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6046887354098837889>
- **Marketing initiative for Suvidha's Phase-1A – 2-08-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6046889931783647761>
- **Living Will and Organ Donation – 29-06-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6034403211395729665>
- **Veena Recital & Art Appreciation Program – 15-06-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6025077471979169665>
- **Nutrition for Senior Citizens – 01-06-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6019891682683628625>

- **Photography Workshop at Suvidha - 25-05-2014**  
[https://plus.google.com/photos/117291397490350207875/albums/6018309312138203793?authkey=CMmP-eWG7\\_adoAE](https://plus.google.com/photos/117291397490350207875/albums/6018309312138203793?authkey=CMmP-eWG7_adoAE)
- **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!**

"Do you believe in life after death?" the boss asked one of his employees.

"Yes, sir," the clerk replied.

"That's good," the boss said. "After you left early yesterday to go to your grandmother's funeral, she stopped in to see you."



The manager of a large office asked a new employee to come into his office. "What is your name?," was the first thing the manager asked. "John," the new guy replied. The manager scowled. "Look, I don't know what kind of a namby-pamby place you worked at before, but I don't call anyone by their first name! It breeds familiarity and that leads to a breakdown in authority," he said. "I refer to my employees by their last name only - Smith, Jones, Baker - that's all. Now that we got that straight, what is your last name?" The new guy sighed and said, "Darling. My name is John Darling." The manager said, "Okay, John, the next thing I want to tell you..."



So Bill Gates and the chairman of GM are arguing over which company is better. Bill Gates boasted, "If cars grew in technology as fast as computers did, we would be driving v-32 instead of v-8, our cars would get 5000 miles to the gallon, the top speed would be mach seven. Anyway the sticker price for a car would be 50 dollars."



and to which the GM replies, "Sure, but would you really want a car that crashes 4 times a day!"

One day in New York City, a banker was driving his new Jaguar down the streets. He parked it and opened the door to get out. Suddenly a taxi went by and ripped the door off. The driver reported this to a nearby police officer. The officer saw the whole thing and said "You bankers are so involved in your possessions. You didn't even notice that your arm was ripped off as well" The banker stared at where his arm used to be and said "OH NO! My new Rolex is gone too!"





➤ **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 R, 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.



### PARIJAT



*Nyctanthes arbor-tristis* is a species, native to South Asia & Southeast Asia. In India, it is called Parijat or Pavizhamalli (Night Jasmine, Coral Jasmine)

It is a shrub or a small tree, with flaky grey bark. The flowers are fragrant, with a five-to-eight lobed white corolla with an orange-red centre; they are produced in clusters of two to seven together, with individual flowers opening at dusk and finishing at dawn.

Parijat, appears in several Hindu mythologies and is often related to the kalpavriksha. In one mythology, which appears in Bhagavatapurana, the Mahabharata and the Vishnu Purana, Parijat appeared as the result of the Samudra mathan (Churning of the Milky Ocean). Lord Krishna battled with Indra to win Parijat. Furtheron, his wife Satyabhama demanded the tree to be planted in the backyard of her palace. It so happened that in spite of having the tree in her backyard, the flowers used to fall in the adjacent backyard of the other queen Rukmini who was the favourite of Lord Krishna. Satyabhama used to resent this. Near my cottage (#107), they fall by the roadside!

Extracts of the seeds, flowers and leaves possess immunostimulant, hepatoprotective, antileishmanial, antiviral and antifungal activities in vitro. The leaves have been used in Ayurvedic medicines & Homoeopathic medicines for sciatica, arthritis, fevers, and various painful conditions and as laxative.



- **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!



### Oriental White-Eye



With the winter monsoon having receded, smaller birds and butterflies are now beginning to come out in larger numbers. Early every morning there is a great deal of activity in all shrubs, bushes and around flowering plants. In fact, one has only to sit in the verandah of one's cottage to see wide varieties of birds and butterflies. This morning, among the many other species that visited our front yard were a pair of **Oriental White-Eye (*Zosterops palpebrosus*)**. I was able to "shoot" one of them before it sensed my presence and flew away. This species is very small (between 10cm - 11cm in length), square-tailed, white-breasted with greenish-yellow back and wings and with a conspicuous white eye-ring.

- **Poetry:** Recently we have come to know that some of our Suvidhites are well versed in writing poetry and songs. Mr. Shivananda Aradhya is a permanent resident of Suvidha village. He served on the Suvidha Board as a Resident Director and contributed immensely for the growth of Suvidha. We present this poem in Kannada written by Mr. Shivananda Aradhya (#21) expressing his feelings on a Full moon night @ Suvidha. Read on and enjoy!



ಪುಣ್ಯಮೆ ಚಂದ್ರ

ಅನ್ಯನು ಮೃಗಮಾಡುವೆ ಪುಣ್ಯಮೆ ಚಂದ್ರನೆ  
 ನಿನ್ನ ಸ್ವಾಧ್ಯಾತಲೆ ಕೂತವರು ಮೈ-ಮನಮಗಿತವರು  
 ಮದುವೆ-ಮದುವೆಗಳ ಮೂರನೆಯ ನೆಯಿತವರು  
 ಪ್ರೇಮಿಗಳು ಮದುವೆಯೆಲ್ಲ ನೆಯಿತವರು  
 ಬಾಲಕ-ಬಾಲಕಿಯರು ನಿನ್ನಾಕಾಶದ ಕಿರುಗಾಳಿಗಳು  
 ಮಂತ್ರಗಳು ನಿನ್ನಂದವ ನಾನು ಭಾವನಾಬಿರುದನು ಎಡೆಯಿಡುವ  
 ನೃಪರು ಗತನ ನೆನಪಿಗಲ್ಲ ಕೆಡಕಿ ಕೈಕೊಡೆಯುತ್ತಾ ಕೂತವರು  
 ಗಿಡ-ಮರ ಬಳ್ಳಿಗಲ್ಲ ಮೂಕಿ ನನ್ನಿವಾಗಿ ಸ್ವಾಧ್ಯಾತಾನೆಯಿತವರು  
 ಕೆರೆಯ ನೀರು ನಿನ್ನ ಪ್ರಾಣವೆಲ್ಲ ಭೂಮಿಯೆಲ್ಲ ಎಡೆಯಿಡುವ  
 ನಿನ್ನ ಕೆಲವಿಗೆ ಮನಸ್ಸು ಮೂಡಗಳು ಅನ್ನಿಕೊಳ್ಳಲು ಬರುತ್ತವು  
 ಪುಣ್ಯಮೆ ಶ್ರಾಂತಿ ಸಂತಾಪ ಉಂಟು ಎಂದು ಇರುತ್ತಾ ಕೈಬಿಡುತ್ತವು  
 ನಾನೊಂದ ಕೈಬಿಡಲಿ?.... ನಿನ್ನ ಮೈಲಿ ಕೂತು ಎಡೆಯಿಡುವಾಣೆ-  
 - ಕೈಬಿಡಲಿವೆವೆಯಾ ಪುಣ್ಯಮೆ ಚಂದ್ರನೆ?

- ಬಿ. ಶಿವಾನಂದ ಶ್ರೀಧರ್  
 ಸುವಿಧಾ

ದಿ: 7.11.2014

➤ **Readers Corner :**

## **INNOVATIVE OLD AGE FACILITATORS AND GADGETS**

*Courtesy – Dr. P M Chandrasekhara, Cottage # 75*

### **Health related electronic gadgets:**

The recent desert storm like warfare in the far away desert of Iraq and or Afghanistan demanded to evolve a never before heard newer technological systems to safe guard or at least minimise the morbidity during the distant war. These newer areas of technological innovations concentrated on many aspects such as the following.

### **Identify and quantify the injured and the seriousness of the injury:**

In the war field, various types of barcoded sensors are embedded in the suit of the soldier for easy identification and also monitor the vital parameters. These signals are activated once the soldier is injured or the measured parameters go out of the range of pre-set values from the wounded. These alerts will be transmitted to the nearest base centre on a ship or land via remote sensing satellite. On the basis of the severity of cumulative signals, the action team will follow a set of protocol to treat and safe guard the injured in the battle field from a distant control unit. Under the said scenario, newer technology like telemedicine, GPO, virtual reality, and robotic surgery evolved to treat the injured at a remote territory. The aviation medicine has also contributed a lot towards the development of measuring gadgets and the monitoring systems. Some of these systems utilize nano technology to miniaturize the sensors. From a tiny wireless pressure sensor in each tyre of a jumbo jet, the pilot will be constantly monitoring tyre pressure on the screen at the time of landing or take off. Similar tiny transducer technology could be adapted to record one's blood pressure as well as the heart rate constantly through the wrist watch or a wrist band or even a cell phone. The back of the same wearable gadget like a wrist watch, one can also measure the blood glucose, oxygen / carbon dioxide level and the body temperature constantly. Further the device could appropriately warn the person or the control station if there is an alarming change in the measured vital parameters. In India DRDO has developed remote sensing system by incorporating the sensors on the suits of the soldiers.

### **Innovative Devices to monitor vital status of an elderly civilian:**

The recent advances in telemedicine and telefitness solutions heading up with new, promising and innovative technology oriented solutions for managing health easily at home for elderly. Most of the recent gadgets cover common diseases like diabetes and heart related diseases including hypertension. Under this project a large number of people suffering from these diseases can use preventive solution for remote monitoring of their health condition. Thus, the remote Health monitoring system is an effective solution for convenience of any aged person for whom "Good health being" really matters. The world is moving towards easy to use high tech and cost effective solution. Pune based Sanghavi Eurotech Pvt. Ltd. is one such smart health care solution providers for the aged. They offer portable medical devices for measuring blood pressure and blood glucose readings at home. These readings are then sent by normal telephone line or by mobile SMS for analysis to panel of doctors at a dedicated health care centre. The doctor can view these vital parameters or the readings of his patient on the internet or on his mobile phone at any given time – anywhere. The doctor can also set an alert range for blood pressure / readings for his patient, so that an automatic SMS alert is sent out when the patient's blood pressure / blood glucose readings crosses the set alert range. As the patient's vitals are readily available over Central Health Monitoring System on the web application, the patient's need to visit the doctor is reduced considerably. At the same time the doctor will be able to analyse the latest trend of the measured parameters over a time window and make appropriate changes in the medication or lifestyle and thus avoid future complications. In turn, the doctor's guidance will also be available over the internet as well as on the mobile which is nowadays the most commonly used medium of communication. Upgradation of these facilities could be applied for managing the fitness level of the aged person who is fit and wants to exercise. With the



help of highly advanced monitoring system one can accurately measure cardiopulmonary changes during the exercise. Now a days cardio-pulmonary [Lung} monitoring during ergonometric exercise is becoming very popular, since it accurately measures the exercise tolerance and able to warn the aged and his or her physician about the cardio-respiratory status. With the help of online data in profile and video conferencing, the individual can have live interactive session with the physician, cardiologist trainer and the dietician. The individual can also maintain daily diet or meal diary for weight management.

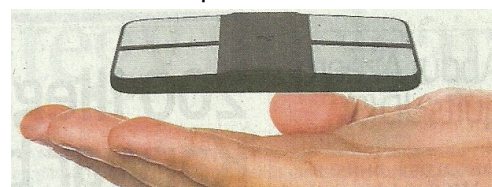
### **Wearable sensors and devices:**

**Smart Shirt:** Sensors embedded shirts or under cloths or belts will give the mobility to the aged and at the same time their vitals are constantly monitored via GPS at the medical centre. This kind of wearable are very useful for those aged with heart problems who are not in a position maintain a decent heart rhythm and the rate or those with an artificial implanted defibrillator or a pacemaker respectively.

**Smart Wrist Band:** The sensor embedded wrist band will enable to monitor the location of the aged and at the same time one can monitor their vitals by using GPS. These barcoded wrist bands will enable one to know all the details of the aged if he or she is found unconscious on the beach or the road. These wrist bands are also capable of lighting the street lights or other illuminators if the aged wishes to stroll in a park or on the ill lit areas. The recently introduced wrist band will have android technology based timer, clock, mobile phone, vital monitor, pedo meter to indicate the distance covered and the calories that are burnt during their routine workouts. Of course the aged could alert the medical facilitator or the centre in case of an emergency or if the hand is not moving or not sensing the vitals.

**Mobile Phones:** Like wearable wrist band, the recently introduced mobile phones will have all the above said monitors and the other connectivity facilities. In addition they also measure the oxygen saturation, blood glucose level and atmospheric pollution level like the concentration of carbon based industrial pollution as well as the exhaust from the vehicles.

**The INYU Wearable Device:** An Indian researcher at Lausanne has developed a wearable device that can help one track the status of heart. "The Inner You [INYU] is a wearable device that helps the user to track and manage his or her Electrocardiogram as well as the breathing and can get timely feedback from the doctor"" according to Srinivasan Murali, co-founder and CEO of the Switzerland-based Smart Cardia. The user can see the signals on the mobile phone. According to Murali, INYU obtains key physiological signals from the body like ECG, breathing, skin conductance and physiological activity by a simple touch that give a complete picture of the vitals. For example, the conductivity of the skin, reflecting the amount of sweat-induced moisture on the skin, while breathing is a good indicator of the activity of autonomic nervous system [D H : Nov-03-2014].



**Smart Commode:** When one sits on a smart commode, it will automatically measure and record your weight, temperature and other vital parameters. The voids are also analyzed to provide many other vital information about the individual.

**Robotics:** Artificial intelligence and remote sensing technology is enabling to conduct various maneuvers from a distant. We all know that various functions of a distant satellite can be controlled from a base control station. Likewise, by using robotic technology, the injured or disable can also be attended without being there at the site of the actual accident or the dwelling. Humanoid robotics are the futuristic concept of attending to all the needs of an paralyzed or bed-ridden or infirm. Like wise the research is on the way to provide much needed mobility of the paralyzed upper limb or the lower limb following age related cerebrovascular accidents by various approaches.

**Low Vision Aids:** During advanced age the sharpness or acuity of vision drops even without opacification of the lens or cataract formation. According to WHO the low vision is defined as persistent impaired vision in spite of treatment. These partially blind victims could be helped and rehabilitated to attend to their daily routine by using several low vision aids like reading stand, reading lamp, typoscope, approach magnifier, light and font control devices and a TV screen or magnifying optical devices.

**Smart Wheel chair:** Imagination has no end, when it comes to a smart wheel chair and its innovations. These wheel chairs will be able to measure all the vitals mentioned above, apart from giving much need mobility to an aged or disabled. As in case of Stephen Hawking, the wheel chair can also accommodate an artificial respirator and most advanced computer that could substitute for the any loss of sensory or motor function. One will be surprised to know that the navigational capabilities of these smart wheel chairs. They can negotiate any difficult terrain that one could imagine and can climb stairs.

After going through the above cited scientific advances that are on offer to facilitate a badly disabled and aged person, one may think that the author is presenting a scientific fiction rather than a real true picture. Convincing reality comes from the case history of living legend Stephen Hawking who is alive and globe trotting even after doctors wanted to switch off his ventilator and declare him dead since the prognosis of the case was grave. The patient also contemplated to approach for mercy killing when he himself could not commit suicide several times. Of course the press also declared his death long ago! The legendary 72 yrs old Stephen Hawking, theoretical physicist and cosmologist has helped to advance our understanding through science. We all know that this wheel chair bound authority on “black hole and radiation” theory suffers from motor neuron disease related to amyotrophic lateral sclerosis [ALS] a condition that has progressed over the years. He is almost entirely paralyzed and communicates through a speech generating device. Since 1980, he is on a full time artificial ventilator with a tube into his breathing tube and hence he is not able to speak. Hawking collaborated with the researchers on systems that could translate his brain’s patterns or facial expressions or his eye movements to select words on a computer screen that will be processed through a speech synthesizer to a speech. With his most advanced fully loaded wheel chair, lead close to a full active life and goes round the world delivering lectures on his favorite topics. To-day, he is the highest paid scientist in the world and has several books to his credit. He still hopes to make into space one day!



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