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Thought for Today

# I 'm One Year old !



## SUVIDHA NEWS

### Thank you for the encouragement !

➤ **From the MD's Desk:**



Dear Friends,

A Happy New Year and Sankranthi greetings to you and your family.

We had a great New Year's Eve party at Suvidha. The 'good vibes' and the 'comfort' one had at the party were remarkable. The Cultural Committee and the Ladies Club had put together a very interesting and engaging programme. The staff chipped in and the support we got in making the arrangements, including a top class bonfire, was commendable. The catering done by our kitchen was excellent. This augurs well for the year to come. I request all of you to host parties at Suvidha. It will keep the staff motivated; it will increase foot falls and hopefully, we will sell more shares.

We need all Suvidhites to pass the word round about Phase 1A; The construction is progressing well. Our priority has been to ensure quality in construction. Proper documentation is maintained. The pace is faster than expected! But the need to sell shares is foremost in our minds; this has become important as we have had to return the deposits by March - this is because of the new law - as against the original plan of returning the deposits by September 2015.

We have just introduced the standard service rules for our employees; I would like to put on record the help given by Mr Prabhakar and Mr Vijayakumar Aluri in this regard. One of the challenges we are facing is the lack of work ethic in some of our staff. Implementation of these service rules will help us to have better governance.

The Landscaping Committee is doing an excellent job. Residents are generally happy with some of the changes done to our landscaping. They are also having most of their individual needs met.

Solid Waste Management is another area we were lagging behind in; this is being addressed and very soon you will get a communication about this.

I will sign off with this quote from Gene Roddenberry, the American screen writer who wrote 'Star Trek':

*"If man is to survive, he will have learned to take a delight in the essential differences between men and between cultures. He will learn that differences in ideas and attitudes are a delight, part of life's exciting variety, not something to fear."*

Regards

**Dr. K. Lakshman.**

## ➤ Event Highlights:

January 2015 was very eventful and Suvidha saw remarkable changes. It would be very interesting to recapitulate these major happenings.



### **31-12-2014 : 2015 New Year Celebrations**

On 31<sup>st</sup> evening the new year celebration started with expected gaiety and fun filled programme organised by the enthusiastic members of the Cultural Committee members and the Ladies Club members. Dr. Vivek Kadambi, Dr. Nilima, Ms. Vani Lakshman and her team of coordinators took a very active part in planning and executing this event in a remarkable manner. Kudos to this team ! At the stroke of 12'0 midnight the crowd erupted into ecstasy by burning crackers and dancing around the bonfire.

The Badminton court was decorated for the occasion and even the trees around were decorated with colourful lights. Whole badminton court was redone with complete electrical wiring and installing several light fittings and the electrical outlets at the appropriate points. The hall itself had a fresh coat of paint after a long time. The new civil works included a wheel chair friendly ramp approach to the court from the car park area as well as a new ramp approach to the stage. In addition the rain water drainage system was repaired and a small hump has been put to prevent rain water entering the hall itself. Thanks to the gardeners who spruced up the whole area and converted it into a garden in a record time. You see a lot more at the link presented below

<https://plus.google.com/photos/117291397490350207875/albums/6099384845647941521>



### **04-01-2015: 'Open House' held at Suvidha at 4 pm.**

This open house in the new year which is of great significance was initiated by Dr. K. Lakshman, Managing Director, to address three major objectives.

#### **Appointment of Chairman**

The MD welcomed the gathering and informed the house that Mr Prabhakar had stepped down as a Director and that Dr Shekar was included in the Board as Additional Director and was subsequently unanimously elected as Chairman of the Board. The MD explained that this was done to facilitate peace and harmony in the village. He hoped that both parties that were involved in disagreement due to past events, would find this a win-win situation. He felt that this would pave the way for a peaceful, harmonious atmosphere at Suvidha – this being the very essence of Suvidha.

The MD then invited the Dr Shekar to Chair the meeting

One of the SH made the point that it was sad that Mr Prabhakar, a very active resident director, had resigned. He felt that one of the 'inactive' directors should have stepped down. The MD explained that these decisions are the prerogative of the Directors.

#### **Phase 1A Review:**

MD reported that the progress of Phase 1a was satisfactory; No of cottages sold to date is 8. There are several serious enquiries.

Some of the residents felt that the rock encountered at the site where unit no. 6 was to be built should be retained; this matter was discussed with the architect; it is now decided to retain the rock and shift subsequent units northwards.

#### **Solid waste management:**

Dr PMC and Ms Gayitri made detailed presentations on solid waste management in general and the planned processes in Suvidha in particular. The important issue is segregation at source. Also, the staff have to be trained in carrying out the SOP properly. SOPs will be communicated to the residents soon.

(An informative article on **Why we should introduce WASTE MANAGEMENT AT SUVIDHA?** is attached at the end of this news letter.)

The meeting ended with a motion of thanks to the chair.



### 11-01-2015: Discourse on Upanishad :

On Sunday the 11<sup>th</sup>. January 2015, our new resident, Professor TS Rukmini {# 73 and 74} enthralled the Sunday audience by a lucid presentation on an intricate subject like “ The Upanishads : An Overview”. Her detailed professorial presentation was very informative and easy to understand even by a common man. Following the presentation, she had immense patience to conduct an inter active session with the audience and answer all the queries. One hopes to hear her more frequently in the near future. You may see the audience listening to the discourse with rapt attention on this link.

[https://plus.google.com/photos/117291397490350207875/albums/6104225980469096433?authkey=CM7NieOc5Pmr\\_QE](https://plus.google.com/photos/117291397490350207875/albums/6104225980469096433?authkey=CM7NieOc5Pmr_QE)

### ➤ Suvidha On The Move :

During the month, the following developments have taken place.

- **Change of Pincode:** Recently the postal authorities have changed Thalaghattapura pincode to **560109**. Thalaghattapura Post Office is now under Karnataka Circle – Bangalore HQ, Bangalore South Division of the postal department. All are requested to note this change.
- **Progress report on Phase 1 A project:** The attached images indicate the progress made at the site in terms of completion of the basement slab. Where possible the pillars are being erected simultaneously to gain on project duration. The technical parameters of each batch of concrete are being tested before use. The base slab is completed for three twin units and the fourth is under process. All in all the construction work is progressing as per plan. A month has lapsed since we reported last time. You may see the current status below.



It is heartening to note the intense activity and flurry of concrete mix lorry movements at 5 am in the morning of Thursday the 8<sup>th</sup> January to lay the roof of the first cottage under Phase 1A. At present three roofs have been concreted in a record time. The above pictures stand testimony to the speedy progress made so far. You can see more pictures at the link below.

<https://plus.google.com/photos/117291397490350207875/albums/6104223491887001265?authkey=CPeTp5TA1NvPtQE>

- **Residential Fire Extinguisher:** During the previous open house meeting, there was a detailed discussion on providing a fire extinguisher at the residential areas of the village at the cost of the residents who wish have one. Accordingly Mrs. Nadia Gupta happens to initiate the programme by



acquiring one unit on 22<sup>nd</sup>. December 2014. It is hoped that many more residents will follow the suite soon.

### ➤ **Suvidha Family News :**

- **New Residents:** We extend a hearty welcome to the new residents – Prof. T.S. Rukmani and Shri Rajamani. They have moved into Cottage # 73 & 74. Prof. Rukmani is an outstanding scholar and did extensive research on Vedas and Upanishads. Shri Rajamani served in Indian Airforce at senior level with meritorious record. They are a valuable addition to the Suvidha family.
- **New additions to our staff:** We welcome the two new staff who have joined the Suvidha team for successful implementation of the on going construction projects. Let us extend our total cooperation to them in discharging their duties.



- ◆ Mr. Vinod K Dalawia , Civil Engineer, his Phone No is 95386623652. Email address is vinod@suvidha.co.in ( in Blue shirt)
- ◆ Mr. Lakshmi Prasad Yadav, Assist Civil Engineer, his Phone No is 9483492057 ( in Green shirt)



### ○ **We at Suvidha miss Sri. Ardi Jayaram Shetty :**

Tragic event of the month was untimely demise of Sri. Ardi Jayaram Shetty on Wednesday the 17<sup>th</sup>. December 2014. It is well known that Smt. Jayanthi and Sri Jayaram Shetty are the first residents of the Village and they occupied the corner cottage # 85. Sri Jayaram Shetty was an illustrious orator as an advocate at Bombay. In addition he was a practitioner of ayurvedic medicine. Whoever visits his dwelling would notice his huge collection of brass artifacts that are used during pooja performance etc. In fact in the year 2014 he hoisted the national flag on the Independence day and addressed the gathering by emphasising the virtues of life in an independent country. He also addressed on Gandhi Jayanthi Day and reminded us about Mahathma and his principles. He was an ardent practitioner of yoga and would spend a dedicated time daily on it. He also gave a lecture on the importance of yoga and its origin from the Buddha days [Pathanjali]. He was somewhat an anxious man, since he did not see any promised facilities coming up at the Club House even after 10 years of its existence. This opportunity is taken to express our deep condolences to the bereaved family and wish that his soul would rest in peace.



### ○ **We wish him well in his future career:** Mr. Salger Pavan - Civil Engineer.

Mr. Pavan was a friendly figure who worked hard since 2010 to please the residents whenever there was problem related to the civil works. Throughout his career at Suvidha he lived in the Village and was available round the clock. He will be remembered for his ardent love to complete the Band Stand i.e. "Manjula Ganaa Mantapa" on his own. He visited a similar structure at Jayanagar and based on the inputs he designed and executed the project at a minimum cost and also saved on the expert fee. He resigned on 15<sup>th</sup>. December on personal grounds. There is no doubt that the soft spoken gentleman will shine wherever he is employed.

### ➤ 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
- **Nightingale Home Health Services:** Nightingales, renowned for providing personalised medical care for old since 1996, is well acknowledged and acclaimed for its facilities and services. Guided by veterans, this institution has been recognized nationally for its meritorious services. Medewell's recent acquisition of Nightingales has enabled the company to retain its heritage of compassionate care and professional integrity. Nightingales is now geared up to offer a Pan India Healthcare delivery platform with a focus on specialized home care for chronic disease management that adheres to standard protocol and best medicine practice. Specialized home health care service provides 24/7 expert dementia care; stroke recovery care, pulmonology, wound care and physiotherapy at home services. Their general services include Doctor on call, Nurse on call, Bedside attendants, Dental services at home, Lab. Investigations, Home infusion therapy, pharmacy service and post-operative rehabilitation, Remote health monitoring, Colostomy and Tracheostomy and Tube feeding. In addition the company provides essential life saving equipment on hire. **Get in touch:** Toll free No. 1800-103-4530; Tel. 080 453003300: Website: [www.nightingales.in](http://www.nightingales.in)
- **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 pictures to transport you to that very event with just one click. So relax and enjoy!!!

#### Recent Events:

- **New Year Celebrations - 2015**  
<https://plus.google.com/photos/117291397490350207875/albums/6099384845647941521>
- **Discourse on Upanishad : 11-01-2015**  
[https://plus.google.com/photos/117291397490350207875/albums/6104225980469096433?authkey=CM7NieOc5Pmr\\_QE](https://plus.google.com/photos/117291397490350207875/albums/6104225980469096433?authkey=CM7NieOc5Pmr_QE)

#### Archives:

- **50th Wedding Anniversary of Dr Shekar Couple -- 17-11-2014**  
[https://plus.google.com/photos/117291397490350207875/albums/6082717539941833649?authkey=CNXLoJ\\_HnPvHMq](https://plus.google.com/photos/117291397490350207875/albums/6082717539941833649?authkey=CNXLoJ_HnPvHMq)
- **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>  
**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>

### ➤ Health Corner:

[Dr.M.Mohan Rao](#) , is a well known Plastic Surgeon and former CEO of Dr. U. Mohan Rau Memorial Hospital, Chennai. Presently, he is a prominent permanent resident of Suvidha Village. He shares valuable health related information through his company website <http://mohanraohospital.com> and the popular website <http://www.webmd.com> . You are invited to take help of these websites as ready references for common health related issues.

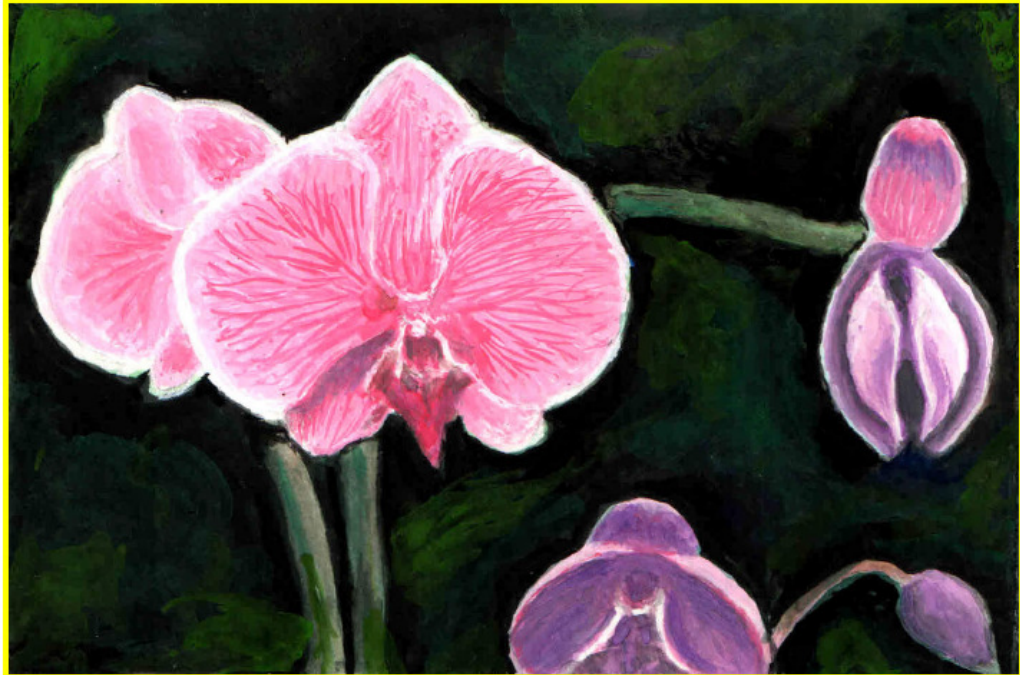


➤ **Talent Corner:** Under this banner we plan to introduce to our readers, the contributions of our Suvidha family members who have developed substantial special skill sets as hobbies. Hope you will all enjoy such presentation. We welcome all such talented members to participate in this endeavour.

- **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.



## ORCHIDS



The orchid flower is widely considered to be one of the most beautiful flowers in the world. Its graceful appearance draws immediate attention and its reputation as an exotic and unusual flower evokes a sense of refinement and innocence. The orchid flower is symbolic of a universal message of love, beauty, wisdom, and thoughtfulness.

Orchid belongs to the Orchidaceae family, the largest and most diverse of the flowering plant families. There are more than 30,000 species. The number of orchid species equals more than twice the number of bird species, and about four times the number of mammal species. It also encompasses about 6–11% of all seed plants. All orchids are perennial herbs and lack any permanent woody structure. The leaves of most orchids are perennial, that is, they live for several years. This genus is comprised of about 60 species and can be found in southeast Asia, the Philippines and northern Australia.

The flowers are known throughout the world, and varieties vary in size and shape. There are many hybrids produced by horticulturalists, created since the 19th century. The most common orchid flowers are the dendrobium orchids, cymbidium orchids, and vanilla orchids. The dried seed pods of some species are used as flavouring in baking, for perfume manufacture and aromatherapy (in traditional medicine). Orchids are usually cultivated simply for the enjoyment of the flower.



The name “orchid” is derived from the Greek word ‘orkhis’ that means ‘testicle’ with reference of its bulbous roots’ form. The Greek myth of Orchis explains the origin of the plants. Orchis, the son of a nymph (female demigod) and a satyr (male demigod associated with music and merriment), got drunk at a festival of Dionysius (Bacchus) in the forest and attempted to rape a priestess of Dionysius. For his insult, he was torn apart by the Bacchanalians. His father prayed for him to be restored, but the gods instead changed him into a flower (orchid), thereby exposing his “testicles” (nakedness and shame) forever.

Orchid flowers can be found growing in almost any climate or environment except Antarctica. Although orchid flowers can grow just about anywhere, each species has a particular environment that it will grow and thrive. That is why all orchid flowers are classified as per their preferred climatic conditions. There are cool-climate orchids, intermediate climate orchids and warm climate orchids. Orchid flowers can grow at different elevations. There are terrestrial orchids and epiphytes. Terrestrial orchids grow on the ground and epiphytes grow on the trunks, branches of trees and rocks. The orchid flower comes in different sizes and shapes. However, the basic orchid flower has three petals and three sepals, with the third petal modified, not very easily recognizable and differentiated from the other two.

The “moth orchid” (shown in pink here and seen in Mrs Nadya Gupta’s garden- #111) might be nicknamed for its supposed resemblance to a moth in flight, but it looks like a bird’s head to us. The “purple orchid” on the right was in bloom in Dr Lakshmi Dey’s front yard- #44

- **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!



### Purple-rumped Sunbird



One of the most beautiful trees in our Village is the Flame of the Forest (*Butea Monosperma*), known as *Muthuga* in Kannada and *Palas* in Hindi, which stands between the main driveway and the car park. It began to shed its thick green foliage from early December and has now turned fully into a tree of flame, a riot of orange flowers. The flowers are full of nectar and that is why the tree is a host every morning to large numbers of birds of various species -- from rose-ringed parakeet to jungle mynah to sunbirds and babblers all of whom keep hurrying from flower to flower twittering and chattering.

My half-hour vigil under this tree was rewarded by this female **Purple-rumped Sunbird** (*Leptocoma zeylonica*) sitting still long enough to allow me to take this picture. This 10 cm long very sprightly bird is a resident of our Village and can be seen hopping around almost all flowering shrubs and plants every morning.

Those of you who do not live in the Village but are in Bangalore would do well to drop by just to see this magnificent tree in full bloom and the various species of birds that are attracted by its flowers. It has already begun to shed its flowers and will become quite barren in another fortnight.

### ➤ Readers Corner :

#### Makara Sankranti

Courtesy: Dr. PM Chandrasekhara, Cottage # 75

Makar Sankranti is a harvest festival which is celebrated in almost all parts of India. This festival marks the transition of Sun into the Makara Rashi which is a zodiac sign. It is also believed that it marks the spring of India which is a traditional event. Makar Sankranti is celebrated on January 15, 2015.

The movement of Sun which changes from one zodiac sign to the other is known as Sankranti. And the sun moves into the Capricorn zodiac which is termed as Makara, hence the name 'Makar Sankranti' evolved. This festival is also regarded as the beginning of an auspicious phase for Indian culture. In Indian culture, people term it as a holy phase of transition. This festival marks the beginning of longer days as compared to nights.

On the festival of Makar Sankranti, people send SMSs and celebrate the most auspicious occasions with great zeal, enthusiasm and devotion. It is also said that on this festival, Sun God begins its ascendancy and enters into northern hemisphere. And thus the Sun God reminds us of 'Tamaso Ma Jyotir Gamaya' which means one might go higher to more light and never face any kind of darkness. Makara Sankranti signifies that one should turn away from darkness of delusion and should enjoy a new life with bright life.

The best time to reach out to your loved ones and begin a beautiful phase of life is on festival. It is the perfect time to celebrate and exchange gifts, greetings and messages. People celebrate their festival with family and friends. The celebration ends with colourful fireworks, dance, drinks, games and a lot more. And then comes the task of wishing everyone and sending out festival messages. With the new age technology of social media and WhatsApp, we can quickly send messages that are an easy way to greet your loved ones and show them your love and care in a unique way.

With the Makar Sankranti just round the corner, we bring to you some of the best WhatsApp messages that you can consider sending to your loved ones. Send the coolest messages power packed with warmth and compassion just to wish them a wonderful and prosperous Makar Sankranti.

- Welcome the Makar Sankranti festival with lots of Tilgul, celebrations and kites-- wish you all a very Happy Makar Sankranti 2015!
- It's time for all of us to begin a life which is full of purity, knowledge and wisdom. On this auspicious day, we wish you all a very Happy Makar Sankranti!

*Pongal* : Pongal = Harvest Festival : Festival of Spring : Delicacy eaten with Sambar : Sweet Pongal.

*Pongal*...what sweetens more than the sugar cane and the sweet feast is the household women's participation to make the festival a grand success!. If you are a man, *Pongal* holds different meanings in rural Tamil Nadu, Chennai City and world-wide non-Tamil speaking environments. In villages you are just happy helping women in shopping essentials and clothes and making arrangements for the house to be whitewashed. The harvest has a good influence on your attitude towards the festival.

In urban areas, a man is struck to the television as he waits for the cooking to get completed and dedicates the *pongal* to god in his own traditional way. In urban Tamil Nadu, a man wishes his friends and neighbours on this traditional and typical Tamil occasion. But for a women, in all the above three scenarios, the festival is best enjoyed by working to organise it. *Pongal* is a special dish served with *sambar* made with seven vegetables. *Pongal* preparation in village is bit different and the preparation starts one week ahead of the festival.

Preparation involves cleaning the house, the attic and the backyard, where the cows are sheltered. The *pongal festivity* starts with exciting and tedious work, where the elderly women will be giving orders to the younger generation to complete the tasks includes cleaning the premises, procuring and preparing the pooja material after clean shining the brass and silver vessels and the containers of various size and shape. New cloth is procured not only for the family members, but also for the household helps and for those helping in the form. Usually *pongal festivity* includes bulk purchase of various items including the new cloth.

*On the Day of Pongal* : Every one gets up early in the morning to have a quick bath and wear the new clothes and get start the work at the kitchen, cutting the vegetables or grinding the ingredients physically, using the traditional pestle and mortar. The prayers are done and the offerings are made before the auspicious time gets over and the entire family participates in the rituals. It is really interesting to cook *Pongal* in the *mutram* [the courtyard in the house]. *Mutram* is surrounded by four corridors, connected to rooms and the hall in the house. The fireplace is exclusively made for the occasion and mud pots are used to prepare *Pongal*. A dextrous housewife cooks the best *Pongal* without damaging the pot. It is auspicious to have a bigger pot every year, but the pot size should never decrease on any account. The previous day *Bhogi Pongal* is popular among teens who love to burn away old and obsolete in the name of cleaning the household. The day following *Pongal*, *Mattu Pongal* [dedicated to cows] is observed by those who possess cattle. They clean and decorate the cows and even participate in village cow procession to follow the set traditional rituals. On the third day, *Kannu Pongal*, is meant that the day is meant for family outings.



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## Why we should introduce WASTE MANAGEMENT AT SUVIDHA?

Courtesies: Dr. PM Chandrasekhara, Cottage # 75

### **Waste Management at Bengaluru City:**

Bengaluru's dream to turn into a spanking clean metropolis like Singapore has gone awry. It is more than a year since the City veritably drowned in its own waste with landfills overflowing and the people dumping garbage in every nook and cranny. In October 2012, the crisis forced an exasperated Karnataka High Court to take a dynamic stand on solid waste management and made segregation of wet and dry waste at the source mandatory. The order, first of its kind in the country, was inked into law after both Houses of the state legislature approved it. Accordingly the BBMP framed the solid waste management bylaws which says that all the citizens should segregate the garbage at the source and should not dump the waste in either plastic or non-degradable bags. A fine of Rs. 500/- will be levied on citizens who burn garbage and those who do not segregate meat waste. Citizens who throw garbage in public places or vacant sites will have to pay a fine of Rs. 200/-. A fine of rupees 100/- will be levied on those who do not segregate the solid waste at the source. Further the BBMP framed solid waste management (SWM) guidelines that could help other cities as well. But none of these made the 800 sq. Km information technology hub any better in solid waste management. Bengaluru generates 4,000 metric tonnes of garbage every day. The city spends an equally shocking rupees 450 crore per year on garbage management. Of this, rupees 150 crore goes just on transporting of waste to distant land-fills. Estimates, however, indicate that even to-day not more than 30% of the waste is segregated. Worse, waste segregated at the source is still being mixed on way to landfills!. At present, only 100 to 120 tonnes of segregated waste goes to the Karnataka Compost Development Corporation's (KCDC) Bommanahalli composting yard in a day. The reason for the City's slow crawl in implementing SWM guidelines and stopping toxic land-filling is the nexus between the elected representatives and the contractors. Even after the court order, vehicles and the infrastructure that belong to the mafia are still in use. BBMP has over a decade old history of outsourcing. Its officials have no experience in managing the waste. Contractors do not wish to allocate separate vehicles for wet waste because that would mean extra trip. They get away with it because the payment is made as per weight, not the content. On the part, BBMP it has not issued instructions to the contractors on how to handle waste on daily waste.

Landfilling at Mavallipura village has caused water contamination and serious health hazards. On 27<sup>th</sup>. August 2012, Bangalore City's landfill at Mandur stopped receiving the mixed waste due to Public Interest Litigation filed in the Honourable High Court of Karnataka. Waste spilled over every street corner of the City on to the roads and footpaths. The Bangalore garbage crisis made it to national and international headlines with the International Herald carrying a front page story on it. Bangalore is no longer being identified as Garden City, it is now being branded as Garbage City. The segregation areas have not been identified uniformly in all the wards. Peri-urban and extension have been completely ignored. In the recent initiative, the BBMP has identified 22 wards for a pilot effort in segregation. With time, this will be extended to all wards. To tackle the problem of segregated waste getting mixed during the transit, a demand has been placed for at least one truck per ward per day has to be dedicated to deal with the wet waste. In all the 190 wards, dry waste collection units, including sheds and weighing machines, are being set up at the cost of rupees 25 lakh each. A year ago BBMP procured 16 biomethanation units which can convert five tonnes of kitchen waste into biogas every day. It paid a whopping 1.2 crore rupees for each unit, which included a generator to convert biogas into electricity and three years of maintenance charge. The capacity of KCDC's Bommanahalli yard is being enhanced to 600 tonnes per day, twice its current capacity. An additional outlay of rupees 50 crore has been made for land and the infrastructure for decentralised processing units for wet waste. Of the 16 biomethanation units procured, only one has been commissioned. It receives not more than two tonnes of segregated wet waste. This can fuel a miniscule 25 bulbs!.

Likewise, the dry waste collection centres (DWCS), which were set up with much fanfare Over the last one year, are nearly defunct in the absence of segregated dry waste supply. Hasiru Dala, a non-profit organisation which works with waste pickers, runs 32 DWCS. These together get just about 13 tonnes of waste in a day.



Most of the segregated solid waste Comes from the field workers. It is impossible to make these centres viable without stringent enforcement of segregation rules. Even to-day a colossal 4 million tonnes of waste lies untreated despite court orders for a clean up. With all legal and financial provisions in place and people awareness and willingness to co-operate, BBMP has taken many initiatives to deal with this challenge. A very big step has been the mandating of solid waste segregation at the source into biodegradable and recyclable through a directive of the Hon'ble High Court of Karnataka. The directive to BBMP was further strengthened by a notification from the Commissioner BBMP, dated October 2012 defining the streams of segregation into wet waste and dry waste and also that the rules are applicable across the board to Households and the bulk generators of waste. The follow up process is in order and on Friday the 9<sup>th</sup>. January 2015, BBMP informed the court that it has set up dry waste collection centres in all the wards in the City. The civic agency submitted its report on garbage disposal to the court.

Further, BBMP special Commissioner for solid waste management informed the court that the Palike was yet to decide on paying incentives to those who collect dry waste. The bench suggested the Palike to give advertisement in the media inviting persons interested in purchasing dry waste. Bengaluru produces 4,000 metric tonnes of waste every day in the form of organic waste [40 to 60% depending on the season (Festival)]; paper [27%]; inert and textile [8% each]; plastic [4%] and glass and ceramics [5%]. Source of generation includes Household [40%]; Hotel and restaurants [25%]; Commercial [25%] and the Vegetable markets [10%]. Bengaluru sends these waste to Hebbal; Mandur; Mavalipura; Bommanahalli; Bingipura and Doddaballapura land fills. It is interesting to note that though an average Indian produces 0.32 kg household waste { USA 2.09 Kg.} it amounts to 120.85 Kg per Sq. Km/day {USA 66.27 Kg./sq unit land}.

### **What is a Waste?**

According to Basel Convention : Waste are the substances or objects which are disposed of or are intended to be disposed of or are arequired to be disposed of by the provisions of national law. The European Union defines waste as an object the holder discards, intends to discard or is required to discard. The Waste managment Liecensing Regulations 1994 defines waste as : any substances or object which the producer or the person in possession of it, discards or intends or is required to discard but with exception of anything excluded from the scope of the Waste Directive. In other words "filth" is foul smelling putrid rotting matter unlike wet solid waste which is easily degradble without foul smelling.

### **Segregation of Solid Waste :**

Segregation of the solid waste at its source is the first stepping stone in the management of the solid waste. Bengaluru Maha Palike in order to spread the awareness and showcase the benefits of segregation has envisaged many programmes with slogons like "Wake Up" "Clean your Bengaluru", "Banni, Nodi, Maadi". These programmes were concieved to bring all the generators of waste and solution and technology providers together under one roof.

### **The cornerstone of the expo were to :**

[1]. Showcase and focus on solutions for the different categories of waste generators like Hotels, Hospitals, Traders and business industry and corporate campuses and apartments and residential neighbourhoods. At Bengaluru several NGo have comforward to help out from the grim situation. Bengaluru has a tradition of home and community garbage management. In addition it has a vibrant terrace gardening culture. There are about 5,000 terrace gardens in the City, all of which are based on home composting. According "Daily Dumps" 15,000 home composting units and 100 community composters have been sold in the City in the year 2014 itself. It is estimated that eighty percent of garbage segregation problem can be solved at source, if all apartments in the City are retrofitted with community composeters. One of the recommendations of the expert committee set up by the Karnataka High Court was to exempt domestic biogas plants from VAT and provide soft loans etc. Classification of the typical household solid waste according to their properties are as follows :

(a). Biodegradable : Wet waste includes tea leaves, flowers, seasoning leaves, hair, kernals, left over food etc. Other miscllaneous biodegradable waste includes paper, fruits, wood etc.

(b). Non-Biodegradable solid waste includes the material that can not be degraded like plastics, bottles, old machines, cans, containers etc. In this catergy the the items that culd be recycled includes plastic, waste

paper, milk pockets, juice cartons, yogurt containers, biscuit wrappers, carry bags, metal cans and the thermocol material. It is advised to keep them clean and dry. The material like plastic is recycled into various types of cardboard or carton boxes other paper products; collected plastic items are converted into different types of plastic products such as chairs, raincoats, water holding containers, low grade plastic bags etc. The tetra pak cartons are recycled into various forms of recycled paper products as well as the roofing sheets. These items are dried and stored in a white netted bag supplied through ITC and RAIVK under "Wealth out of Waste" programme. If not one can procure these bags of different sizes from the local market. Once these bags are full, it should be properly closed so as to prevent spillage and hand it over to the collector.

(c). E waste {Re-cycle} includes batteries, tubelights, bulbs, chokes, CD or DVDs or cassettes, phones and other software based discards. Whereas the Bio Hazard (Dispose) includes Diapers; Shaving Blades; Syringes; Needles, Expiry dated medicines, used Tablet foils; Tooth brush; Tooth paste tubes; Dressings; Thermometers, Shaving cream tubes; Cleaning agents; Paints and the Brushes; Non-cooking oils; Aerosol cans, Cosmetics, Insecticides, solvents, and biomedical waste like syringes, razors, , expired medicines, cosmetics etc. These household hazardous wastes should be segregated and stored separately.

### **Why we should manage the Waste?**

The major impact of not managing the waste effectively results in environmental pollution which will in turn contribute to several health hazards apart from obnoxious smell. Further, it can aid outbreak of deadly diseases like Dengue, Plague and Malaria due to excessive breeding of mosquitoes and the rodents. Excessively polluted environment may precipitate severe breathing problems which includes severe form of bronchial asthma. On the economical front the bad environment and polluted ground and the ground water will result in economic disaster due to several causes where living itself becomes impossible. Under the said circumstances the approach to solve the problem of various forms of pollution is based on following four basic principles which include: (1). Waste hierarchy; (2). Integrated Solid Waste Management, (3). Sustainable Solid Waste Management and (4). Waste Audit. Where waste hierarchy deals with Reduce : Re-Use : Recycle : Compost and Recover energy and other benefits : and lastly the scientific Disposal of the solid waste. These waste management hierarchy or the waste cycle follows a well designed process which includes: Segregation Collection and Transportation : Storage : Recycling and Up-Cycling: Processing and lastly the Recovery . Under the current practices in India the solid waste that is generated from the households, business centres or industry are transferred to a transfer point by the individual conveyance of "Primary Collection" by the waste collectors. Though some of the large producers of the solid waste may have arrangements to directly transfer their bulk waste for final disposal thereby bypassing the common transfer point or the recyclable portion of the solid waste from the bulk waste producers may directly be brought by itinerant waste buyers and recyclers. From the transfer point, the collected waste is transported to the final destination for disposal by using heavy duty trucks which will compress the waste to its maximum. At the transfer point and at the final disposal point once again the disposed waste may be subjected to sorting by the waste or rag pickers for the items that have some recycling value.

The major flaws of the present waste management practices in India include (1) Lack of expertise and exposure to City's waste using modern techniques and best practices; (2). Lack of awareness creation mechanism; (3). Lack of Management Information Systems; (4). Absence of Segregation of waste at the source; (5). Lack of Technically Trained manpower and (6). Lack of community involvement which includes lack of awareness of the issues that are involved; (7). Lacking in proper mind set since it involves some sort of an extra work and effort; (8). Lack of infrastructure, and (9). Many of the involved agencies will be waiting for some sort of external agency to tackle the issue.

### **Solid Waste Processing – Objectives:**

Reduce : Re-use: and Re-cycle are the mantras of solid waste processing objectives. Basically it involves responsible and scientifically designed model of waste segregation and collection; and pro-active regeneration that may make the way for waste management revolution in India under Swachh Bharat programme. It is well said that "nothing is garbage, if we segregate at the source. This will be followed by volume reduction methods like bailing; shredding, incineration etc. Size reduction approach involves various technical shredding or grinding. The component separation could be carried out by hand sorting, screening, magnetic separation or the use of air classification approach. The resource recovery methods include composting, energy recovery

and material recovery. Obviously solid waste management involves technical and scientific approach, where the technical infrastructure is properly designed and established well before starting the programme for the first time. Then comes proper education and training by conducting well illustrated and structured seminars and practical demonstrations. Once the volunteers are identified to supervise the process, then comes programming the process of collection of waste, frequency and storage or disposal approaches which again involves reduction and recycling process by field workers or the house keeping staff. Recycling process and programme could be under the guidance of several friendly NGO who could give necessary guidance or even act as a mediator and organise a team of ragpickers or train a new team of interested party. They also impart safety guidance while handling certain toxic substances. With respect to collection and bailing process of tetra packs, a company called "zero waste" have arrangements to collect and bail the tetra packs at the area of its storage.

### **Hazardous Waste :**

List of hazardous waste includes fused out bulbs, tubelights, batteries, cleaning agents, paints, non-cooking oils, aerosol cans, cosmetics, insecticides, medicines, syringes, thermometers, CDs; DVD's, cassettes, used razors, painting brush and the paint cans etc., The E Waste includes computer and mobile components. These items are dumped into a common bin placed exclusively to collect the E waste at the lobby. The E waste should be stored and kept away from the moisture. However, the rejects like house sweeping, hair, pet droppings, sanitary pads and old diapers, are wrapped in newspaper and marked with red X and dropped into red bucket where the bin is lined with news paper and collected on daily bases.

Some of the frequently asked question with respect to the management of Dry Waste are as follows:

1. What do I do with my old taps / broken sanitary ware?

= Old taps = recyclable dry waste. Broken sanitary ware = debris or rubbish (inerts).

2. What do I do with my old brooms / floor cleaning mops / cloth / bathroom cleaning brushes ?

= If it is clean and dry, plastic portions can be recycled and the rest can be considered as sanitary waste.

3. What is the best method of storing dry waste?

= Store in a bag in the utility room after cleaning and drying till it is picked up.

4. Will Dry Waste smell if I store it for a week?

= Not if it is clean and dry. Make sure that plastic sachets of milk, curd, oil, idli batter, any food item, are cleaned of all their content and dried before being put in the dry waste bag. Then they will not stink.

5. If I order take away from a local darshani – Do I have to rinse the plastic bags or the containers?

= Oh Yes. Any plastic containing any food has to be rinsed, or washed with soap and water if required, and then dried before being put into the dry waste bag.

6. Should I rinse my juice containers / tetra packs?

= Yes, otherwise ants will be attracted to the sugar in the juice.

7. Will I have cockroaches, rats and flies problems?

= Only if any food residue or organic matter is present in the dry waste. Clean dry waste will not attract any vermin.

8. What do I do with my old linen / mattress / pillow case

= Old linen can be deposited in a dedicated basket or container labelled "Old linen".

9. What I do with my old furniture ; broken glass table?

= Old furniture can be recycled: If not, along with broken glass it can be disposed as debris or rubbish [inert].

10. What do I do with old crockery / non-stick pans etc?.

= If they are not broken, they are recyclable dry waste. If broken, debris or rubbish.

### **WET Waste :**

The guidelines to segregate and collect the wet waste describes that only kitchen waste like vegetables, fruit peels, seasoning leaves are to be collected under this category. Where as drain out the liquid portion from the left over sambar or curry through a filter before segregating into wet waste bin. It is advisable to use newspaper lining or use a degradable bags to line green or blue bucket or waste dispenser with a lid.

### **Garden Waste :**

Garden waste includes the fallen leaves, trimmed branches, hedge trimmed greens, lawn trimmings, dried out flowers, pods, seeds and the weeds etc. The garden waste is disposed off as landfill, which is also known as a dump site for the disposal of waste materials by burial under the waste management procedures. This method of landfill of waste is not recommended if the garden waste is dumped along with other solid waste since it will contaminate the ground and the ground water. The other issue is associated with the release of methane gas which is a potent green house gas.

**Composting :** Organic waste as well as the garden waste when it is mixed with the soil and water, the micro-organisms will breakdown the organic material in presence of oxygen to a point where it can be safely stored, handled and applied to the environment as compost which is a natural fertilizer for gardening and farming. This is an essential part of reducing and treating the household organic as well as the garden wastes. Composting can be done inexpensively by every household or as a community project. The process of biodegradation takes about 3 to 4 weeks for the vegetables and fruits. There are mechanised approach to shred the garden waste into small pieces using different capacity shredding units. The garden waste also could be used to produce methane gas to light up the bulbs under a process called Bio-methanation.

### **Cleanliness of the Village :**

It is well known that the community living project like SUVIDHA has to a clean to enhance the living conditions and the ambience as well as to impress the visitors and to enhance its market value. If the place is not clean, it is unlikely to impress anyone. Therefore, if we want our Village to realise its full potential in all the respects and in the competitive market, our village must look green, neat and clean throughout the year. A Village of filth, no matter how wonderful its natural resources, will never earn the respect it deserves. Though, a broom in the hand of a resident does make an impact. However, it will take a lot more to clean-up and present a beautiful ambience. We should first figure out why our village is dirty and who and what are responsible such a state?. Our direction should concentrate on minimising if not preventing the creation of the filth. All the residents should think "what is outside my cottage is also mine". It amounts to the fact that the mind set of the residents should change and accept the fact the reducing the formation of the filth and clearing the accumulated filth is the responsibility of every resident who lives in the Village. One should not be under the impression think that the filth that has accumulated at the neighbour's cottage is not my responsibility whether that cottage is occupied or not. In this respect the directive from the Central Government under Swachh Sundar Bharath Andolan indicates that there should be a checklist to verify the protocol to keep the village clean. The Directive emphasizes that a "Cleanliness Committee" should be formed to sustain the initiative. The neighbours should get together and draw "Neighbourhood Cleanliness Objective". The residents, staff and the visitors should be guided about the cleanliness; "Do's and Don'ts" like prohibition on littering. Cleanliness sign boards and the posters have to be displayed at the strategic areas. A day in a week could be fixed to take up the village cleanliness drive where the community will participate in its full strength.

### **SUVIDHA**

Suvidha generates following types of solid waste : [1]. 500 kg/day of Garden waste from nearly 30 acres of green garden . At present this garden waste is going to land fill along with all sort of solid waste that is collected from the various quarters of the Village. The plan is to have a compost pit and to have a shredding mechanism to reduce the garden waste and start composting it along with the wet waste. Smt. H. Gayathri



from Hasiru Dala is extending her guidance to establish the composting system at SUVIDHA; [2]. 5 to 10 kg. Of wet waste and about 5 kg of dry waste is generated from the kitchen. Two separate bins have been provided at the kitchen to segregate the wet and dry waste and training / supervision in this direction are being implemented; [3]. Next important issue comes from the cottages which generates about 5 to 10 kg of wet as well as the dry waste. The programming of segregation of the solid waste at the source, transportation and disposal are being worked out. Once the infrastructure is ready, the process of education, training, identification of the team leaders will start. [4] the E waste and hazardous dry waste will be appropriately segregated and collected near the kitchen area in dedicated receptacle. [5]. The dry waste is being collected by an outside agency as when the dry waste room is filled to its brim.[6] Waste collection baskets have been placed all over the village to collect the dry waste that may spill over on to the roads. Swachha Sunda Suvidha programme was initiated on October 2<sup>nd</sup>. 2014 when Suvidha was commemorating "Gadhi Jayanthi. Sri. Veeranna Chigateri and Sri Sathya Murthy Subbarao have come forward as resident volunteers to steer the committee. The journey of Swachha Sundara Suvidha has just started and with the active participation and the co-operation from the knowledgeable residents it should not take much time to establish and showcase to the outside world.

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