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Thought for Today

➤ **From the MD's Desk:**

Dear Friends,

It has been a month since we completed the first anniversary of the News Letter. In this issue, I would like to highlight the issues discussed in the Open House held on 8th February at our Club House.

Update on Phase 1a :

MD appraised the house about the progress of Phase 1a; Construction is progressing rapidly. Quality is being monitored and documented at every step. One more cottage has been subscribed to. There are 2-3 serious enquiries; we will be calling for a board meeting in the last week of Feb and an EGM a month later for the sanction of shares for the new subscriptions. The contract for the last 8 cottages of Phase 1a is also being given to EICM.



Land Matters:

The conversion of the 3 acres is being delayed due to the vagaries of the town planning department; officers have changed and we have been spending a lot of time and effort in trying to get them to understand the issues concerning this conversion. We felt, and the house agreed, that we should wait till the last quarter of 2015 for this conversion. If this does not come through, we should go to Plan B and build more cottages in the 27 acre area, so that we keep to our recovery plan as much as possible.

Neither BBMP nor the Gram panchayat are accepting taxes from us; this despite several applications and even a RTI; BBMP went back on what it stated in the RTI and refused to take tax from us. We are making a fresh approach to the commissioner to resolve this issue. We are also filing another RTI, just to make sure that all our efforts are documented.

Years ago, in an emergency, Suvidha bought land from our neighbouring farmers so that we could have the access road to our property. Because the situation was acute and section 109 permission had placed some hurdles, this land was purchased in the name of 2 shareholders. Registering this land in Suvidha's name is getting delayed because the government is not getting this area surveyed in spite of

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

our repeated requests. Hence, we have decided to get a legally valid document in the form of a MOU or affidavit (we are taking advice from a lawyer regarding this) signed by these SH, putting on record the fact that the land belongs to Suvidha.

Landscaping matters:

The SLC clarified months ago that the residents can deploy plants of their choice (from within an approved list) in a 2ft x10ft area in front of the cottage. The rest of the frontage is to be developed by SLC to maintain uniformity. Several transgressions of this agreed rules, have been noticed. MD requested residents to comply with the rules and follow the laid out process of giving written requests to SLC. He urged residents not to give verbal orders to the staff when they wanted something done. He also reiterated that the SLC would be firm in enforcing these rules.

Enhancement of Maintenance fee

The board had reviewed the revenue expenditure for the last few months and had taken into account the reduction in interest load, with the company returning the deposits, in working out the expenditure. It turned out that there would be a short fall of about 2-2.5 lakhs per month if we kept the MF at 5000=00 pm. There would also be the pressure of staff salary increase coming up in April. All these calculations and concerns were conveyed to the Member's Committee. The MC agreed with the board's request to increase the MF to Rs. 6000=00 per month applicable from April 2015.

Billing Cycle.

With the present 1-31st cycle, Service tax calculations and payment are getting delayed. Hence from the next month, the billing cycle will be from 25th of a given month to the 24th of the subsequent month.

Online payment solutions

Axis bank had come forward to offer our SH online payment facilities, a home banking facility and for the company, a facility to collect a card based fee from each resident at his house. The latter would attract a sizable transaction fee and hence the company would not find it beneficial. The majority of residents did not find these services to be of real benefit to them.


I request all the shareholders to extend their cooperation in implementing the decisions taken in the interest of Suvidha.

Regards

Dr. K. Lakshman.

➤ Event Highlights:

Last month was very eventful and Suvidha witnessed remarkable changes. It would be very interesting to recapitulate these major happenings.

 **17-01-2015 : Light Music Programme** : On 17 Jan, there was a music bonanza. A great evening to start the week end. A Light Music concert was organised by our Ladies Club on the occasion of Makara Sankranthi. This is the first music concert in the newly built Bandstand - "Manjula Gaana Mantapa." The programme was sponsored by The Sunset Club. The well known artist - Smt. SANGEETHA SRIKISHEN & her group presented both classical and light music. The open-air program was well attended. The photos taken on the occasion are at the following link:

https://plus.google.com/photos/117291397490350207875/albums/6105636160068792241?authkey=CPriyvP_0YP31gE



- 🌟 **26-01-2015 : Republicday Celebrations :** Republic Day was celebrated with pomp and gaiety at Suvidha on 26th of Jan 2015. National flag was unfurled by Dr S K Gupta of cottage # 111, assisted by Dr K S Shekar, Chairman, Suvidha. Dr Gupta gave a brief account of how Indian constitution was ably formed comparing it with the constitution of some of the western countries. Sweets were distributed at the end of the function. Here are the links to photos:

https://plus.google.com/photos/117291397490350207875/albums/6109272081926882609?authkey=CKz0v4Sw9Y-3_gE



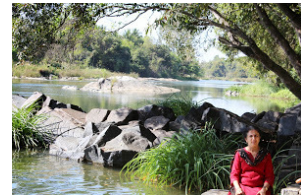
- 🌟 **26-01-2015 : Waste Management :** In line with the “Swaccha Suvidha” project, an interactive session regarding Waste Management in Suvidha was organised by Dr P M Chandrashekar and Sri Veeranna Chigateri after the flag hoisting ceremony. The program clearly brought out a scheme of waste classification, collection and disposal in Suvidha. The residents were called upon to join hands in this endeavour. Here are the links to photos of the program:

<https://plus.google.com/photos/117291397490350207875/albums/6109271834004216833?authkey=CLPi0MiW4lbrggE>



- 🌟 **27-01-2015: Ladies Picnic:** On 27th January 2015, a few Suvidha resident ladies joined together and organised a picnic to visit Ranganath Temple, Tippu sultan summer palace, Ranganna Titthu at Srirangapatnam and some more places nearby. It was a very enjoyable trip for the ladies. Here are some snaps taken on that occasion.

<https://picasaweb.google.com/110142373058695926282/LadiesClubSrirangapatna150127?authkey=Gv1sRgCL3-8mRpcGZwAE>



🌟 Luncheon Meets:

- 1]. Mr and Mrs Bettagouda gave a lavish lunch on 5th February 2015. During the lunch, Mr. Bettagouda was declared as the birth day boy and the birthday celebration included usual cake cutting ceremony. The assembled friends and the residents bid them bon voyage.
- 2] Mr. and Mrs. Shivananda Aradhya celebrated their grand child's birthday on Saturday, the 7th. February 2015 by spreading a grand lunch served by a renowned Caterer of Bengaluru.
- 3]. Mr. and Mrs. T D Prabhu, hosted a lunch to all the suvidha staff on 9th February 2015 on the occasion of his daughter, Mrs.Ujwala's birthday. All the staff were very touched with this warm gesture.

➤ Suvidha On The Move :

During the month, the following developments have taken place.

- **Suvidha Health Clinic:** Suvidha has acquired a portable pulse oximeter to measure the oxygen saturation at the finger tip. This is regularly used on the medical check-up trips in the village.
- **Suvidha Kitchen Garden:** It is heartening to note that the little garden near the club house has started yielding fresh vegetables like coriander leaves, brinjal, tomato, bitter melon and drumsticks.
- **Supply of Drinking Water:** In order to minimise the usage of Buggy, the drinking water will be supplied in two schedules ie. [1]. the morning schedule between 11.30 to 12 noon and [2]. the after noon schedule at 3.30 pm. Any booking after 4 pm will be scheduled for the next day. However, emergency request for drinking water will be received by the duty technician @ 9880247578. The residents are requested to co-operate and save the expenditure on the buggies. [office circular vide no. SVD/01/15 dated 05-02-2015].
- **Suvidha Office Extension:** Much awaited office extension is taking shape and expected to be completed soon. Accordingly, there will be a chamber for MD and the Manager in addition to a reception area and a spacious Board Room.

➤ Suvidha Family News :

- **New additions to our staff:** Mr. Manjesh (wearing Gray shirt) and Mr. Anand (wearing Purple shirt) have joined Suvidha as Technical Staff on 1st Feb 2015. We welcome the two new technical staff and wish them a very bright career in Suvidha.
- **Farewell:** Smt. Jayanthi Shetty, Cottage # 85, left SUVIDHA Village to stay with her children. Smt. Jayanthi happens to be the first resident of SUVIDHA. Suvidha residents wish her peace and happiness at Mumbai.



➤ 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 . 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 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
- **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 – 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

➤ **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:

- **Ladies Picnic - 27-01-2015:**
<https://picasaweb.google.com/110142373058695926282/LadiesClubSrirangapatna150127?authkey=Gv1sRgCL3-8mRpcGZwAE>
- **Waste Management - 26-01-2015**
<https://plus.google.com/photos/117291397490350207875/albums/6109271834004216833?authkey=CLPi0MiW4IbrqgE>
- **Republicday Celebrations - 26-01-2015**
https://plus.google.com/photos/117291397490350207875/albums/6109272081926882609?authkey=CKz0v4Sw9Y-3_gE
- **Light Music Programme - 17-01-2015**
https://plus.google.com/photos/117291397490350207875/albums/6105636160068792241?authkey=CPrijvP_0YP31gE

Archives:

- **Discourse on Upanishad : 11-01-2015**
https://plus.google.com/photos/117291397490350207875/albums/6104225980469096433?authkey=CM7NieOc5Pmr_QE
- **New Year Celebrations – 31-12 2014**
<https://plus.google.com/photos/117291397490350207875/albums/6099384845647941521>
- **50th Wedding Anniversary of Dr Shekar Couple -- 17-11-2014**
https://plus.google.com/photos/117291397490350207875/albums/6082717539941833649?authkey=CNXLoJ_HnPvHMg
- **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>
- **68th 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
- **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>

➤ **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.

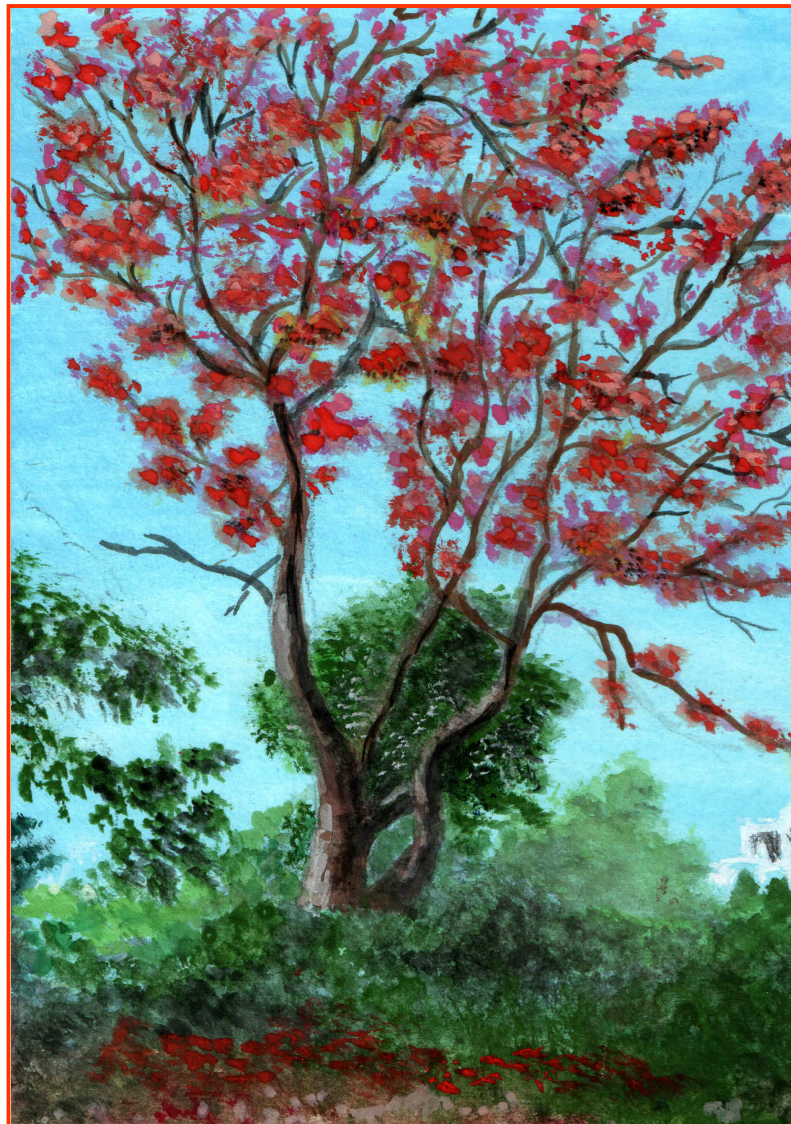


➤ **Talent Corner:** Under this banner we plan to introduce to our readers, the contributions of our Suvidha family members who have developed substantial special skill sets as hobbies. Hope you will all enjoy such presentation. We welcome all such talented members to participate in this endeavour.

- **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.



Butea Monosperma



Mr Ashok Dey's description in the January News Letter of the 'Flame of the Forest' tree, near the car park inspired me to paint it for the benefit of those who were not fortunate enough to appreciate its magnificence. The inset shows a single flower. When I visited Suvidha on 1st February, there were just a single bunch of lonely flowers left!

Butea monosperma (Family : Fabaceae) is a moderate sized deciduous tree which is widely distributed throughout India, Burma and Srilanka, popularly known as 'dhak' or 'palas'. The family Fabaceae comprises of 630 genera and 18,000 species. It finds use both medicinally and commercially with each part of the plant having utility.

In West Bengal, it is associated with spring, especially through the poems and songs of Rabindranath Tagore, who likened its bright orange flame-like flower to fire. In Santiniketan, where Tagore lived, this flower has become an indispensable part of the celebration of spring. The plant has lent its name to the town of Palashi, famous for the historic Battle of Plassey fought there.

In the state of Jharkhand, Palash is associated with the folk tradition, many folk literary expressions describe palash as the forest fire. The beauty of dry deciduous forests of Jharkhand reach their height when most trees have shed their leaves and Palash is in its full bloom. Palash is also the State Flower of Jharkhand.



It is said that the tree is a form of Agnidev, God of Fire. It was a punishment given to Him by Goddess Parvathi for disturbing Her and Lord Shiva's privacy.

In Telangana, these flowers are specially used in the worship of Lord Shiva on occasion of Shivratri. In Kerala, this is called 'plasu' and 'chamata'. Chamata is the vernacular version of Sanskrit word 'Samidha', small piece of wood that is used for 'agnihotra' or fire ritual.

In most of the old namboodiri (Kerala Brahmin) houses, one can find this tree because this is widely used for their fire ritual.

In Theravada Buddhism, *Butea monosperma* is used as the tree for achievement of enlightenment, or Bodhi by second Lord Buddha called "Medhankara.

In villages of many parts of India, for example in Maharashtra, this tree provides leaves that are used with many pieced together to make a leaf-plate for serving a meal, and a would-be son-in-law was in older times tested on his dexterity in making this plate and bowl before being declared acceptable by the would be father-in-law.

The plant is traditionally reported to possess astringent, bitter, aphrodisiac, anthelmintic, antibacterial and antiasthmatic properties. The bark yields a red juice known as 'Butea gum' or 'Bengalkino'. Its reported pharmacological properties include anthelmintic, contraceptive, anticonvulsive, antidiabetic, antidiarrhoeal, antiestrogenic, antimicrobial, antifungal, antistress, chemopreventive, haemagglutinating, hepatoprotective, radical scavenging, thyroid inhibitory, antiperoxidative and hypoglycemic effects and wound healing activities! The seeds have anthelmintic property especially for roundworms and tapeworms. Flowers yields a brilliant yellow coloring matter due to presence of chalcones which is used as a dye. This plant kills mosquitoes, which are attracted by the smell and color of the flower. Eggs that are laid into the liquid within the flower will never hatch. Any mosquito that touches the fluid can never escape from it.

- **Birds of SUVIDHA:** This is a series of beautiful and at times stunning pictures of birds that are either resident of or visitors to our Village. Mr. Ashok Dey, a permanent resident of SUVIDHA since November 2010, has been able to photograph as many as 69 different species of birds in the Village.



Indian Peafowl



During the pre-monsoon months many of us have seen **Indian Peafowl (*Pavo cristatus*)** perched on our southern boundary wall and on the rocks outside the eastern boundary of our Village. Two days ago while out searching for small birds were chirping loudly in the bushes along the southern side of our lake I, quite serendipitously, chanced upon this magnificent specimen. The big bird must have been as taken aback as I was. Then, after allowing me a minute or so to take this picture and a few others, the beautiful bird flew over the hedge and thereafter perched on our southern boundary wall for about a minute (for another photo-op) before disappearing into the thicket outside. Going by my experience in the last four years, it is still a little early for peacocks and peahens to be out in our neighbourhood. But now that one has been sighted, early morning walkers around the lake may very well be in for some surprises.

➤ Readers Corner :



A poem by Charlie Chaplin

Written on his 70th birthday - April 16, 1959.

*When I started loving myself
I understood that I'm always and at any given opportunity
in the right place at the right time.
And I understood that all that happens is right –
from then on I could be calm.
Today I know: It's called **TRUST**.*

When I started to love myself I understood how much it can offend somebody

*When I tried to force my desires on this person,
even though I knew the time is not right and the person was not ready for it,
and even though this person was me.
Today I know: It's called **LETTING GO***

*When I started loving myself
I could recognize that emotional pain and grief
are just warnings for me to not live against my own truth.
Today I know: It's called **AUTHENTICALLY BEING.***

*When I started loving myself
I stopped longing for another life
and could see that everything around me was a request to grow.
Today I know: It's called **MATURITY.***

*When I started loving myself
I stopped depriving myself of my free time
and stopped sketching further magnificent projects for the future.
Today I only do what's fun and joy for me,
what I love and what makes my heart laugh,
in my own way and in my tempo.
Today I know: it's called **HONESTY.***

*When I started loving myself
I escaped from all what wasn't healthy for me,
from dishes, people, things, situations
and from everything pulling me down and away from myself.
In the beginning I called it the "healthy egoism",
but today I know: it's called **SELF-LOVE.***

*When I started loving myself
I stopped wanting to be always right
thus I've been less wrong.
Today I've recognized: it's called **HUMBLENESS.***

*When I started loving myself
I refused to live further in the past
and worry about my future.
Now I live only at this moment where **EVERYTHING** takes place,
like this I live every day and I call it **CONSCIOUSNESS.***

*When I started loving myself
I recognized, that my thinking
can make me miserable and sick.
When I requested for my heart forces,
my mind got an important partner.
Today I call this connection **HEART WISDOM.***

*We do not need to fear further discussions,
conflicts and problems with ourselves and others
since even stars sometimes bang on each other
and create new worlds.
Today I know: **THIS IS LIFE!***

*****@---@*****