



Volume Number: 2-05

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Thought for Today

➤ **From the MD's Desk:**

Dear Friends,

We have initiated a discussion on two 'hot' topics in Suvidha today - Uniformity and Landscaping.

Most of us have not noticed the stability, the financial gains and the improvements in services that we have made in the last 16 months. I hear very vocal protests about not allowing 'transgressions' in the existing rules about maintaining uniformity in the exteriors of the cottages and about not allowing what some residents want done to 'their' gardens.

It is for all of you to decide what Suvidha should be. Please participate in these discussions. You can write to us and we will circulate the views among all shareholders. We can, collectively, have a rethink of these policies and change the RVM accordingly. But, this should be done through a majority vote in the AGM. Till then we will continue to follow the present rules.

Whatever we collectively decide, please make sure that we respect the majority decision; make sure that we avoid chaos; make sure we avoid confrontation; make sure that we put in fail-safe mechanisms to ensure that the promises given by individuals are adhered to; make sure that there are mechanisms to enforce the agreed rules. Let us enjoy the remaining short span of life left in us with peace and harmony; there should be no place in Suvidha for acrimony, confrontation, anger and fights.

We need volunteers to 'run' Suvidha. Employing people to maintain services - particularly supervisory staff - will be very expensive. I request residents to come forward and 'donate' some of their free time to supervise certain aspects of functioning of Suvidha.

We have sold subscriptions to 10 cottages in Phase 1a; People who had promised to subscribe to three more cottages failed to do so after we sent them the offer letters. We have 10 remaining cottages to be subscribed to. I again appeal to every one of you to spread the word and encourage your friends and relatives to subscribe to Suvidha Shares.

Warm regards

Dr K Lakshman



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## ➤ Event Highlights:

Last month witnessed the following events. It would be very interesting to recapitulate these happenings.

### 🌸 26-04-2015 : Talk by Dr. T. S. Rukmani – Session 2

Suvidha Ladies Club planned a series of five very interesting and informative talks by Dr. T. S. Rukmani, PhD, D Litt., on our cultural roots derived from Vedas and Upanishads. We thank her for graciously agreeing to give talks of one-hour duration each. In this session 2, broadly the talk covered the following.

What came after the Upanishads / further development of the Vedic Heritage? Vedic Heritage did not fade away after the age of the Upanishads. A whole set of literature known as the Kalpasutras and the Vedangas were composed to preserve the Vedic contents. It is this meticulous attention to detail that preserved the purity of the mantras in the oral tradition that was prevalent at the time. The talk highlighted the various classifications that were attempted and which subsequently helped in the preservation of this literature for posterity. This was also the period of the composition of the six Vedangas (limbs of the Veda) like studies in the metres, etymology, pronunciation, astronomy and grammar.



The audio recording of the talk is presented at the following link. Hope you will find it informative and interesting. Click on the link to download audio mp3 file or login to your Gmail account after google-drive website opens and play it on the web.

<https://drive.google.com/file/d/0BzTGY9kvPaEMFhBV1JFWDhjdjA/view?usp=sharing>

### 🌸 10-05-2015 : Talk by Dr. T. S. Rukmani – Session 3

The third session of talks by Dr. T. S. Rukmani, PhD, D Litt., dealt with foundational sutra compositions for Philosophical Schools such as Vedanta, Nyaya, Samkhya etc. A whole 'genre' of literature composed in the sutra style came up during the post-Vedic period. This again facilitated the memorization and condensation of philosophical ideas in short pithy statements called sutras. This was important for an oral tradition which still prevailed and does so to the present day. This is the beginning of philosophical schools such as Vedanta, Sankhya, Nyaya etc. As this is a vast field the talk will only highlight the main ideas in each philosophical school. It will restrict itself to the Vedic schools alone. The session was very interesting and threw light on many thought-provoking issues.

The audio recording of the talk is presented at the following link. Hope you will find it informative and interesting. Click on the link to download audio mp3 file or login to your Gmail account after google-drive website opens and play it on the web.

<https://drive.google.com/file/d/0BzTGY9kvPaEbWdNYU9Sd3RBZ1E/view?usp=sharing>

➤ **Suvidha On The Move :**

During the month, the following developments have taken place.

○ **Solar Power Generation Potential in Suvidha:**

We have pleasure in attaching a very well researched document sent by Prof Sankar (cottage#101) regarding use of solar energy in Suvidha.

There is no debate on the 'green' aspects, the maturation of technology and usefulness of solar energy. Suvidha had contacted two agencies to examine feasibility of instituting solar energy generation in Suvidha. The biggest deterrent was the high capital investment.

This document shows how we can use solar energy without any cash flow problems for the company.

The additional benefit of reducing heat in the cottages is a substantial one. We believe that we should take this up seriously.

Suvidha architect/civil engineers will work out to see how best to put these panels up on the roof. It looks as though the present wiring in the village is all that is needed without having to spend on any major cable laying - our electrical engineers will decide regarding this.

Your comments on this are invited and some of us might want to participate right away in a pilot project with, say, 10 installations to start with. Click on the link below to access the full report.

<https://drive.google.com/file/d/0BzTGY9kvPaEWIJ6SHJ5Q3o5OEk/view?usp=sharing>

- **Composting :** As already reported, Mr. SM Subbarao, permanent resident of Suvidha (cottage#139) has designed the weed shredding area to house the shredding unit in a 12' x 12' x 10' shed with mesh covering on three sides. In front of the shredding area, is located the area for recovery of shredded material and formulation of the compost. Three compost stacks of size 4 x 3 x 2.5 feet each with a wire mesh top have been planned. These structures will come up by the side of the present STP plant.

On 09-05-2015, Trapp 300 three HP shredding machine was commissioned at the temporary premises. The demonstration was very impressive and promising. The following photos give some more details.



- **Drip Irrigation:** On 13<sup>th</sup>. May 2015 Mr. Ganesh of Lifeline Irrigation Systems had arranged a site inspection to establish irrigation system at the cottages as well as the club house area. This preliminary survey is to establish various types of drip irrigation systems at a few cottages so as to showcase the systems to those who would like to have the drip irrigation system at their premises.

➤ **Suvidha Family News :**

○ **Send Off to Mrs. Annamma David, Nursing Supervisor / Matron:**

On 30th April 2015, Suvidha Office had arranged a brief farewell meet to bid send-off to Mrs. Annamma David. We all know that, during the last four years, she had sincerely served the elders at the village and nursed the patients who visited the Health Clinic from time to time. She had to leave us due to difficulties that she was facing for reaching the village from her new location. We take this opportunity to wish her a happy retired life and a sound health.



- **We welcome her to join the Suvidha family:** Welcome to Mrs. Sarvamangala, Nursing supervisor / Matron. Suvidha residents are lucky to maintain continuity in the nursing care in the absence of Mrs. Annamma David. Mrs. Sarvamangala, reported to the new assignment on 2nd May 2015. She has long years of experience in home care and nursing care of the seniors at their premises. Fortunately, she happens to live at a place nearby to Suvidha.



➤ **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!!!

**Archives:**

- **Talk on Patanjali's Yogasutras – 12-04-2015**  
<https://drive.google.com/file/d/0BzTGYY9kvPaEZkNNNTRUMkdsczq/view?usp=sharing>
- **Open House : 5-04-215**  
<https://dl.dropboxusercontent.com/u/54985496/Suvidha%20Open%20House-150405.pptx>
- **Light Music Programme - 5-03-2015**  
<https://plus.google.com/photos/117291397490350207875/albums/6122968366850694321?authkey=CO3ujLHsqvPTcA>
- **Spring Carnival - 15-02-2015 :**  
<https://plus.google.com/photos/117291397490350207875/albums/6116679344584298001?authkey=CLXw0LrBxdCcywE>
- **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=CLPi0MiW4lbrggE>
- **Republicday Celebrations - 26-01-2015**  
[https://plus.google.com/photos/117291397490350207875/albums/6109272081926882609?authkey=CKz0v4Sw9Y-3\\_gE](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](https://plus.google.com/photos/117291397490350207875/albums/6105636160068792241?authkey=CPrijvP_0YP31gE)
- **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)
- **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](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>
- **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)

➤ **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.



### ADENIUM OBESUM



Desert rose, mock azalea, impala lily, and Sabi star are amongst the common names of this plant. Long grown by succulent plant enthusiasts because of its bizarre shape, beautiful flowers in colors from deep red to pure white, and its tolerance of occasional neglect, adeniums are rapidly becoming popular horticultural subjects and houseplants worldwide.

For one thing, it has no thorns. But beyond that, it is totally unrelated to the rose family and doesn't really even look like one. So much for common names. The desert rose is scientifically known as [Adenium obesum](#), or the fat adenium, referring to its grossly thickened trunk. It is in the Asclepiadaceae, or milkweed family.

[Adenium](#) is a small group of plants known from dry climates in sub-Saharan Africa and the very southern part of the Arabian Peninsula. Scientists debate how many wild species there are of [Adenium](#). The most conservative view is that there is only one species and a handful of subspecies or varieties. But wild adeniums vary dramatically from location to location, from short fat trees that resemble a small baobab to quite small shrubs arising from huge tuberous roots. One thing that

they all have in common is that they live in relatively dry climates and therefore they have adopted the succulent way of life. That is, they store water in their soft, swollen roots and stems to allow them to survive through periods of drought.

There has been considerable work done in selecting horticultural cultivars, primarily for flowering characteristics. To speed the process, cuttings are often grafted onto the fat bases of [A. obesum](#) seedlings. Flower colors range through various shades of pink and red, to bicolor flowers with white, and, recently, pure white forms. Purples, yellows, and even oranges are now being developed as either solid colors or as components of complex patterns. True [Adenium obesum](#) normally blooms in spring and summer continuously for many weeks. Improved cultivars bloom almost continuously if given proper care.

In nature, [Adenium obesum](#) is quite variable but can form a small, thick-trunked tree or large shrub. However, its size can be restricted by pot culture, and 20-year-old plants can be quite happy in a 10" pot, being only a foot or two tall. Because their size can be restricted, and because of the unusual shapes, they are becoming increasingly popular subjects for tropical or succulent bonsai.

The plant can be seen at Mr Gupta's cottage (#111) as well as in many other places in Suvidha.

- **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 80 different species of birds in the Village.



### Pale-billed Flowerpecker



Most of us who walk around our lake are familiar with the row of Singapore Cherry (*Muntingia calabura*) trees that line its northern bank. Some of us sit on the benches under these trees to enjoy the view from their shade and the sound of bulbuls and smaller birds singing and chirping while they feast on the very sweet fruit.

One morning a few weeks ago, while waiting under the Singapore Cherry tree which stands in solitary splendour on the grassy patch north-east of the lake, I heard the hurried low-pitched *chik-chik-chik-chik* of the **Pale-billed (aka Tickell's) Flowerpecker (*Dicaeum erythrorhynchos*)**. Stealing slowly and as silently as I could to a spot under the foliage, I spied this beautiful specimen sitting on a low branch very close to me, contemplating its breakfast so intently that it did not notice my presence! I was lucky enough to be able to take quite a few pictures like the one below.

This tiny bird (only 8cm from beak to tail), a resident of our Village, is a restless, olive-brown bird with greyish white underparts and a short, slender "flesh-coloured" bill. Its nesting season is between February and June and both sexes share the tasks of building nests and feeding the young.

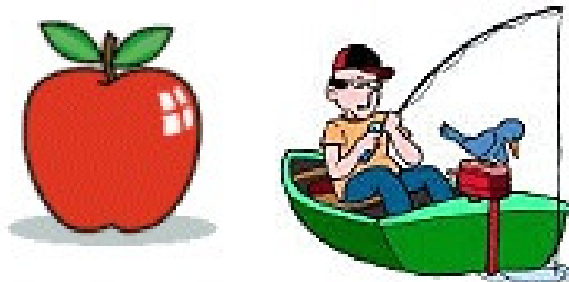
➤ **Readers Corner :**

**Life is like that ! – ALPHABET FOR SENIORS**



**New Alphabet:**

**A** is for **apple**, and **B** is for **boat**,  
That used to be right, but now it won't **float**!  
Age before beauty is what we once **said**,  
But let's be a bit more realistic **instead**.



**The Alphabet For Seniors:**

**A**'s for **arthritis**,  
**B**'s the **bad back**,  
**C**'s the **chest pains**, perhaps **car-di-ac**?



**D** is for **dental** decay and **decline**,  
**E** is for **eyesight**, can't read that top **line**!  
**F** is for **fissures** and **fluid retention**,  
**G** is for **gas** which I'd rather not **mention**.



**H** is for **high blood pressure** - I'd rather it **low**;  
**I** for **incisions** with scars you can **show**.  
**J** is for **joints**, out of socket, won't **mend**,  
**K** is for **knees** that crack when they **bend**.



**L** 's for **libido**, what happened to **sex**?  
**M** is for **memory**, I forget what comes **next**.  
**N** is **neuralgia**, in nerves way down **low**;  
**O** is for **osteo**, bones that don't **grow**!



**P** for **prescriptions**, I have quite a **few**,  
just give me a pill and I'll be good as **new**!

**Q** is for **queasy**, is it fatal or **flu**?

**R** is for **reflux**, one meal turns to **two**.

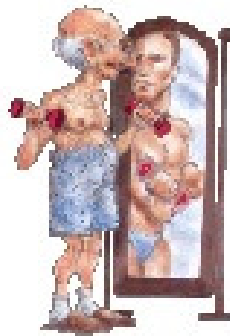


**S** is for **sleepless** nights, counting my **fears**,

**T** is for **Tinnitus**, bells in my **ears**!

**U** is for **urinary**, troubles with **flow**,

**V** for **vertigo**, that's 'dizzy,' you **know**.



**W** for **worry**, now what's going '**round**?

**X** is for X ray, and what might be **found**.

**Y** for another **year** I'm left here **behind**,

**Z is for zest I still have - in my mind!**



➤ **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)

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