



Volume Number: 2-06

For Private Circulation Only

Date: 15-06-2015

Thought for Today

➤ **From the MD's Desk:**

Dear Friends,

We have had maintenance and employee performance issues for some time in Suvridha. Our previous manager was looking after all aspects - company issues, office work, accounts and employee supervision - and was obviously finding it difficult to address and solve issues. We have therefore, split that work - one company secretary who will deal with company affairs and can also advise on routine legal matters as he is a qualified lawyer. We have a separate person - the Estate Manager - looking after the maintenance and employee performance issues. The outgo to the company remains the same. I believe that this arrangement will go a long way in better functioning of Suvridha. Let us see how this system works over the next three months.



We have had issues in Suvridha about three aspects that impact our day to day living in Suvridha.

- The lack of 'freedom' in landscaping; some feel that it is their land in front of their cottage and that they can do what they want with it !
- Some would like to incorporate the balcony into the house to increase the carpet area.
- The demand that the cottages have to be maintained for ever by the company! This puts a tremendous strain on the finances.

The Board will give some recommendations about these aspects of life at Suvridha. We should come to a consensus in the next AGM and make necessary changes in the RVM. Once things are agreed upon in the AGM, all of us should follow these rules without challenging the management when they implement the rules!!

The work on the car park has started. It is likely to get completed in 4 months. We have 7 slots left; those of you interested in having a slot in their name may kindly contact our office for details.

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

We have two cars in Suvidha and 3 drivers are employed for driving these cars. While it is comforting to know that we have 2 cars available for use by the residents, in reality, they are hardly used. We spend Rs. 60000=00 a month on these cars (including diesel) and earn about 15000=00 a month!! How long can the company sustain this loss? We have to think of these things if MF has to be kept in check.

Finally, I had appealed for volunteers to come forward and help us run Suvidha better. We have had very few offers of help. Please think about giving some time to Suvidha each day and help us improve services further.

Warm regards

Dr K Lakshman

➤ **Event Highlights:**

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

✚ **31-05-2015 :The Greatness and Glory of the Upanishads**

Dr. Thimmappa Hegde, the eminent Neurosurgeon of Narayan Health and Narayana Hrudalaya, Bengaluru delivered an interesting and thought provoking lecture on the above cited subject. After the lucid lecture there was an interactive session with the residents with an ample time to clear their doubts. You can view the photos at the following link.

https://plus.google.com/photos/117291397490350207875/albums/6156908851599629313?authkey=CKicwc_hk7vIQQ

✚ **07-06-2015 : Talk by Dr. T. S. Rukmani – Session 4**

Suvidha Ladies Club planned a series of 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.

On popular demand, this talk addressed briefly the marriage (Vivaha) and funeral (Antyesthi) samskaras as well as the nitya or mandatory karmas for a householder. It then went on to point out the different dimensions of dharma in the Indian context and how it differs from the Western approach to ethics and morality. You may download and listen to the recorded talk at the following link.



<https://drive.google.com/file/d/0BzTGYY9kvPaEb2RDLXlpa08wekk/view?usp=sharing>

P.S:- An interesting article by Dr. T. S. Rukmani on **Paradigm of the Centre and the Circumference** is presented at the end of this News Letter.

✚ **Recent Rains @ Suvidha :**

Fortunately SUVIDHA receive good rain and our lake looks clean and beautiful. There was heavy downpour and we are fortunate that water started gushing into our lake from both the entry points - Temple side as well as from the mini pond. Mr. C B Prabhakar of cottage # 119 has captured some of the photographs when the rain was at its full swing and one can see them at the link below'

<https://plus.google.com/photos/117291397490350207875/albums/6156907688429560289?authkey=C1q6jMSJ76OAYQE>

➤ **Suvidha On The Move :**

During the month, the following developments have taken place.

○ **Solar Power supplemented Mini Electric Buggy for Suvidha:**

On 04-06-2015, Ms. Ostrich Mobility, a Bangalore based manufacturer, arranged a demonstration of their three wheeled electric vehicles like “Petty Shop” and “Wheel Chairs”. In response to the demonstration, the SUVIDHA authorities are trying to acquire a suitably modified electric vehicle to distribute the daily needs at the doorstep of the residents.

○ **New Appointments:**

- ◆ Welcome to Mr. P. Devaraj who has joined Suvidha Office on 12th June 2015, as Estate Manager. He has about 35 years of experience in various organisations. He worked at senior levels both in Technical and Administrative functions. With his rich background Suvidha will immensely benefit. He will be functioning as the estate manager to looking after all aspects of running suvidha - housekeeping, maintenance, civil work and security etc..We wish him a happy and fruitful professional association with Suvidha.



- ◆ We also welcome Mr. L. V. Veeranjanyulu Y (Mr. Anjan for short) who has joined Suvidha as Company Secretary. He has over 10 years of experience of heading Law and Secretarial departments in reputed organisations. At Suvidha, he will be looking after all compliances and ROC issues. We wish him all the best in Suvidha.



○ **Internal Administrative changes:**

- ◆ Dr. Narayanan R , resident of cottage 107 has consented to help us in SLC functioning. He will be replacing Mr. S V S Sastry as a spokes person of SLC. The residents are requested to post their needs by mailing to dr.narananr@gmail.com .
- ◆ Dr. Narayanan R has consented to be in-charge of Gym room and its functioning. He has initiated several reforms at the Gym. He has invited Mr. Anjan from M/s Future Fitness to service all the Gymnasium equipment.
- ◆ Mr. S V S Sastry, who has occupied his new cottage No 115 B will be the resident Director in charge of all the administrative matters.
- ◆ Mr. Shubas alias Mr.Dongaraiah, our garden supervisor has submitted his resignation letter and it has been accepted as on 12th June 2015. We wish him well in his future endeavours.

- **Office Extension:** All the fittings are in place and the new premises is being occupied and will start functioning shortly. According the following new intercom extensions have been connected.

1. New Reception Room - 080 – 26951203
2. New Board/Conference room - 080 – 26951204
3. New MD/Director’s Cabin - 080 – 26951205
4. New Manager Cabin - 080 – 26951206

5. Reception at the Clubhouse Entrance - 080-26951222

- **New Car Park** : The earth work is going on at full-swing and one can expect the completion of the project in next three months or so.

➤ **Suvidha Family News :**

- **House Warming ceremony @ Cottage # 115B:**

Mr. SVS Sastry and Mrs. Bharathi Sastry have performed the house warming ceremony at their cottage # 115B on 25th May 2015 and hosted a lunch at our Club House. We wish them a happy and peaceful life in their new cottage.



- **Lunch hosted by Mr. Devidas Prabhu and Mrs Pushpa:**

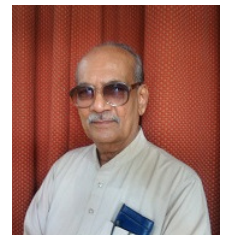
Mr. Devidas Prabhu and Mrs. Pushpa celebrated one year of their stay in Suvidha by inviting all the residents of Suvidha village to a grand lunch on 7th June 2015.



Our cooks Mr. Balakrishna and Mr. Panduranga delighted all the guests with excellent food. It was a merry time for all.

- **Lunch hosted by Dr M. Mohan Rao, Cottage # 114:**

Having completed two years of stay in Suvidha village, Dr. Mohanrao invited all the residents to yet another grand lunch on 14th June 2015 in our banquet hall. Dr. Mohanrao went a step further to entertain the guests with Karnatik music rendered by him on his Electronic Keyboard. Many of the audience were pleasantly surprised of his musical talent. We do hope there will be more musical programs from him in the near future.



➤ **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 by Dr. T. S. Rukmani – Session 3 - 10-05-2015**

<https://drive.google.com/file/d/0BzTGYY9kvPaEbWdNYU9Sd3RBZ1E/view?usp=sharing>

- **Talk by Dr. T. S. Rukmani – Session 2 - 26-04-2015**
<https://drive.google.com/file/d/0BzTGY9kvPaEMFhBV1JFWDhjdjA/view?usp=sharing>
- **Talk on Patanjali's Yogasutras – Session 1 - 12-04-2015**
<https://drive.google.com/file/d/0BzTGY9kvPaEZkNNNTRUMkdsczq/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=CLPi0MiW4lbrqgE>
- **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
- **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/60344403211395729665>
- **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

➤ **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.



HOYA



Hoya carnosa, the **porcelainflower** or **wax plant**, is an Asclepiad species in the dogbane family (Apocynaceae). It is one of the many species of Hoya that are native to Eastern Asia and Australia. It is a common houseplant grown for its attractive waxy foliage, and sweetly scented flowers.

The flowers are typically light pink, but may vary from near white to dark pink; they are star-shaped, and are borne in clusters that look like tiny wax miniatures. The surface of the flowers are covered with tiny hairs giving a fuzzy sheen to them. They are heavily scented and may produce excess nectar that drips from the flowers. Like all Hoyas, this species flowers from specialized perennial structures referred to as spurs. These appear from the axils of the leaves and stem; flowers may not be produced when the spurs first appear, but in time buds emerge from the tips. Each season new flowers are produced on these same spurs, so they should not be damaged or removed.

H. carnosa has been in cultivation for more than 200 years and has given rise to many cultivars that vary in foliage form or flower color. Recent studies at the University of Georgia have shown *H. carnosa* to be an excellent remover of pollutants in the indoor environment.

This plant is a resident of Mr Dey's cottage (#44)

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



White-eyed Buzzard



White-eyed Buzzard

This was another of those serendipitous sightings! One morning last month, I was coming out of the nursery after having spent an unsuccessful half-hour waiting for one of the chattering little birds to emerge from the foliage of the large ficus, when I suddenly heard what sounded like the flutter of a large pair of wings behind me. Turning quickly, I found this juvenile White-eyed Buzzard which had just alighted on a low branch of one of the acacia trees growing by the pavement. It perched there long enough to allow me to take a few pictures. The fact that this specimen's eyes are still yellow indicates that it is a juvenile and its eyes are yet to transit to the white of an adult. The adult bird grows to around 43cm (beak to tail), is greyish brown in colour, is whitish around the neck and has an orange-yellow cere (the waxy, fleshy covering at the base of the upper beak).

I am especially pleased with this sighting and photo-op because this now takes my score of birds sighted and photographed in the Village to 82.

➤ Readers Corner :

The Mathematics of Life

We all studied mathematics in school but much of what we learnt is not applicable to our day-to-day lives. There is, however, a whole other field of mathematics that we were not taught – the math of life. These are the prime equations and proofs that anyone should know as they apply to life, love, and pursuit of happiness.



OFFICE ARITHMETIC



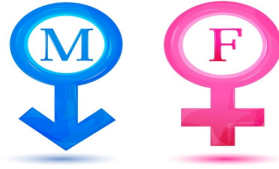
Smart boss + Smart employee = Profit

Smart boss + Dumb employee = Production

Dumb boss + Smart employee = Promotion

Dumb boss + Dumb employee = Overtime

ROMANCE MATHEMATICS



Smart man + Smart woman = **Romance**

Smart man + Dumb woman = **Affair**

Dumb man + Smart woman = **Marriage**

Dumb man + Dumb woman = **Pregnancy**

SHOPPING PROOFS



A man will pay **\$2** - for a \$1 item that he **needs**.

A woman will pay **\$1** - for a \$2 item that she **doesn't need**.

GENERAL FORMULAS

Happiness

To be happy with a man - you must understand him a lot and love him a little.

To be happy with a woman - you must love her a lot and not try to understand her at all.



Longevity

Married men live longer than single men.
But married men are a lot more willing to die.



PROPENSITY TO CHANGE

A woman marries a man expecting he will change - but he doesn't.
A man marries a woman expecting that she won't change - but she does.

GENERAL EQUATIONS & STATISTICS

A **woman** worries about the future until she gets a husband.
(Then she worries about the husband...)

A **man** never worries about the future until he gets a wife.

A successful **man** is one who makes more money than his wife can spend.
A successful **woman** is one who finds such a man.

DISCUSSION TECHNIQUE

A woman has the last word in any argument.
Anything a man says **after** that is the beginning of a new argument.



Image/s courtesy of: cooldesign, digitalart, AKARAKINGDOMS, supakitmod / freedigitalphotos.net

@@@

Paradigm of the Centre and the Circumference

Courtesy: Dr. T. S. Rukmani, PhD, Dlitt.
Resident of Suvridha Village, Cottage # 73-74
(Presently, the author is a Distinguished Professor Emeritus, Concordia University, Montreal, Canada.)

I have mentioned in one of my talks that Hinduism can best be understood as a 'Paradigm of the Centre and the Circumference'. In this brief article I shall give two examples one from the field of 'Art' and another from the field of 'Philosophy' to illustrate this point.



What is the 'Centre' and what is the 'Circumference' in this context of Hinduism. The Centre is the unity behind all that exists called differently as Brahman, Paramātman, Īśvara, Truth, etc., which is the end and highest value that every Hindu aspires to realize at some point in his/her life. It can be called 'mokṣa', 'nirvānā', 'apavarga' etc. The Circumference is the world of saṃsāra in which all the activities take place but always keeping in view the ultimate unity principle that underlies all activity. It goes without saying that the Centre and the Circumference are always interconnected. This inter-connectedness can be viewed either from the point of view of the 'Centre' or from that of the 'Circumference'. One cannot imagine the one without the other as they acquire their respective meaning in relation to each other. I shall illustrate through two examples, one from the Purāṇas and another from the Upaniṣads respectively, how this truth was brought to the attention of one's consciousness.

The Purāṇas are texts which contain profound truths but narrated in a simple and accessible style so that everyone can grasp their ultimate significance. One can say that they are texts of 'popular' Hinduism. Thus they try to convey rich philosophical concepts through simple stories and allegories.

For instance there is a Paurāṇika story which talks about the inter-relatedness of things using the example of the art of sculpture. A king called Vajra who was a Śiva bhakta (devotee) wanted to possess an icon of Śiva at all times by making one himself and so approached sage Mārkaṇḍeya for instruction in the art of sculpture. Instead of teaching the king iconography (the art of sculpturing) the sage asked the king whether he knew the art of painting; when Vajra said he was willing to learn the art of painting in order to sculpt he was told that he has to first learn how to dance in order to know painting and then sculpting; when the king agreed to that he was further instructed to first learn instrumental and vocal music before starting dance lessons. The story continues on the same lines and the moral is driven home that there is no 'stand-alone' vidyā and any art form involves the connection with other art forms as well. This is to drive home the point that the 'Centre' and the 'Circumference' are so intertwined that any activity in saṃsāra has its essence connected to the 'Centre' which is the Unity from which springs all the diverse arts. Furthermore if one needs to learn one of the 'arts' there is a need to intuitively experience the unity in order to create the best art piece. I have heard our 'sthapatis' (those who make the śilpas (icons/images) or vighramūrtis for temples talk about this trance-like experiential state when they are into the making of these exquisite pieces of art for the temples.

The Upaniṣads being philosophical texts express the same truth using a more subtle example. The Kaṭhapaniṣad (II.3.1) drives home this point in the following way: "This is the everlasting aśvattha tree with its roots above and its branches below. The (root) is pure, that is Brahman, that is what is called immortal. All the worlds (branches) are fixed on that (root); none transcends (crosses the limit) of that; This is "That". Brahman while connected to the world of saṃsāra in the form of branches is the root from which the world draws its sustenance. And the aim is to realize that 'root' without which there is no saṃsāra. The inverted tree has been a popular example in both the religion and philosophy of the Hindus. Thus we find it repeated in the Bhagavadgītā also as the indestructible aśvattha tree with its root above and branches below (Gītā 15.1)

The idea that is conveyed in the above examples is the holistic nature of Vedic thought. The 'micro' and the 'macro' are a single entity and share in their characteristics albeit in different ways. The possibility of intuiting the ultimate centre through the different points of the circumference is the hope that is also an abiding theme in these examples.

@@@

OLD AGE: The best is yet to be..

Courtesy: Dr. P.M. Chandrasekhara, Cottage # 75

Acknowledgement : To various contributors including Moulana Wahiduddin Khan; Vijayalakshmi Shivaram; Leels ramaswamy; Adolf Washington and Vasam SS.

“Grow old along with me, the best is yet to be,” wrote the poet Robert Browning. Will the elderly in this country, who now number more than a million, endorse this sentiment whole-heartedly? Unlikely, because growing old is not an attractive prospect. Mostly, one enters the sunset years of life with unease and a sense of trepidation.



Of course, no stage of life is without its drawbacks, but with the exception of old age, each has its compensations. The infant is very dependent on its caretakers for its survival, but almost always succeeds in getting attention.

Teen years are fraught with turbulence and doubts, but are shot through with idealism and energy. Middle age involves hard work and responsibilities, but one enjoys security and independence. Last of all comes old age. Now the chance and the ability to work are taken away leaving no room for relief or change. Suddenly there is more leisure than one ever imagined and time lies heavy on one's hands.

The experience one has gathered proves to be of little account and feeling of being side-lined grows. Advancing age also brings infirmity and enfeeblement. This results in an increased dependence on others and cause distress and dissatisfaction. Worst of all is the thought of death and what the unknown hereafter signifies and may bring.

One slides into what is popularly termed “second childhood”. However, not only is it devoid of the charms of infancy, it also proves an annoyance and a burden on those around us. With job and remuneration gone and family responsibilities over, the old run the risk of becoming redundant and unwanted. Complaints and criticism soon follows, but instead of mending the situation, it merely worsens it.

What is the remedy? It rests mostly with the elderly. It is wise to keep complaints to a minimum and look at the brighter side of things. In the words of the poet Tennyson, ‘though much is taken, much abides.’ Reading, listening to music, spending time with friends and meditation are simple joys that bring satisfaction. Command attention than demand it. This is achieved by showing understanding and restraint. Kind words and ways never go out of date. Even the smallest infant, it is seen, reacts favourably to praise. Also the better part of giving advice is to listen to others; it is the best way of leading them to their own decision. Give advice only when it is asked for. Many older people exclaim that they would rather die than be a burden on others. For them how very apt is the quote, “Never mind dying with dignity, try living with dignity”.

God's guidance: People put their hope and trust in God never fear old age. The Lord assures old people of His ever-abiding presence “Even in your old age I am HE, and even to grey hairs, I will carry you”. {Isaiah 46; 4}. There is an interesting Psalm written with great faith by a man who deals with life's issues and his advancing age. The joy of his past becomes the strength of his future. Even as advances in age, he looks forward to doing many things for the Glory of God. “O God, from my youth you have taught me, and I still proclaim your wondrous deeds. So, even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to all the generations to come: [Psalm 71-17-18].

We ruin a perfectly good present and strangle the joys in store for the later days of our life when we keep brooding over the past. We grow old gracefully and fearlessly when we stay in touch with the Maker and recount the blessings of the past. We must never regret growing old for many have been denied that privilege. The secret of blessings in old age is a righteous life. The book of Proverbs promises. “The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is understanding. For, by Wisdom your days will

be many, and years will be added to your life" [Proverbs 9:10-11]. Don't worry about yesterday: God has already seen you through it. Don't worry about tomorrow for God is already there in your tomorrow.

Negative Approach: In the US, a series of research projects have proved that "Older Brain Really May Be A Wiser Brain". Thus, the investigation reveals that old age is not any kind of curse on us rather it is a blessing. In essence, old age is the advanced stage of one's intellectual development and of one's intellectual journey. It is a symptom of maturity, increased experience and wisdom. The well-known saying "Old is Gold" expresses this perfectly. While the health of the physical body depends on how many calories we are taking in, the brain needs additional nutrients by way of good thoughts. Therefore, our mental health depends entirely on positive thinking. If you maintain your positivity in pre-old age, then you will enjoy mental health in the period of old age, even if your body is deteriorating one should maintain your positivity.

Advanced age does create some problems but it is quite possible to take this as normal and protect you from negative thinking. By awakening your mind, you can live with a positive outlook. Indeed, old age is the best phase of one's life. Old age means having more experience, more learning and greater sincerity. : wisdom and maturity. All these qualities are enough to make a great person. According to his situation, the mature individual can do worthwhile things. An aged person is better placed to give society or humanity precious gifts that it was not possible for him to give in his youth. One must recognize this opportunity given by nature and utilize it.

For people, old age all too frequently becomes a source of liability for themselves and others. An aging person tends to think that he is no longer of any use. This phenomenon is not due to aging. It is due to people becoming negative in their old age and failing to turn negative into positive thinking. It is an intellectual problem rather than a physical one. There are many elderly people in our community who are capable of performing useful tasks but because of their negative thinking, they have failed to avail of this opportunity. However, one should realise that most of these problems are imaginary rather than real. If you are able to differentiate between what is real and what is imaginary, you will soon discover that what you had been considering to be a real problem was, in fact, a non-real problem. Learn to sort out things out and you will be able to live in a state of normalcy and positivity till you breathe your last.

Useful sunset years: Retirement is an important milestone in one's life. However, it is often, looked down upon as a negative event by many. In reality, it's a life changer, a turning point. More than men women, who look forward to retirement because that means they no longer to juggle between office and home. Because that means they can do their work at their own sweet pace, without having to look at the clock. Because that means they get to spend quality time with family and friends. Because that means they needn't miss any get-togethers and social events again. Because that means the roller-coaster ride of a lifetime is done, and they can now really live as they please. About ten years ago, if anyone retired before they turned 60, people raised their eyebrows. To-day however, it is rather trendy to meet career goals early on and retire by the time one turns 40! Needless to say, the individual will be retiring at an age when he/she is still at his/her energetic best. And so, after years of structured schedule, the sudden plentitude of time might become a wee bit of shock. But that doesn't mean you should land up feeling bored and unproductive. All it takes to make the best of your retirement time to make the best of your retirement time is to revisit your passions and interests you had long forgotten or never had the time or money to indulge in. Thus, it is possible to make your retirement years happy and healthy. You just need to approach things a bit differently.

Sound Health: For some it could be money, which is put above the rest in their priority list, while for some it could be peace. Some may put spirituality above everything while, for some, nothing is above success. A healthy mind in a healthy body can go a long way in attaining wealth, success, peace and even the ultimate - The god. Hence, sound health stands above all the other priorities. A good communication with our body is a major pre-requisite for sound body and a sound mind. It is imperative that one should meet the requirements of the body for it to respond to the needs. For, example, one should ensure that all the minerals and vitamins that the body demands are met through natural sources like dal, milk, spinach, vegetables, fruits etc. Sufficient intake of water to ensure that body is always well hydrated. Digestive system is taken care by timely food in right quantum, coupled with timely and sound sleep. Muscles are toned by regular exercise and workouts.

Mind and body complement each other. What you think is what you vibrate to cosmos and that is what comes back to you from cosmos as reality. Hence, it is good thoughts which would do lot of good in ensuring sound health. As long as your health is in great shape, it is the brain which calls the shots. When your heart takes over the brain, the brain is unable to control the flow of emotions. When emotions precipitate and tears start trickling down (on slightest provocation), deceiving commands of the brain, it is then you realize that you are getting old. It is not your age in arithmetical terms but your health terms that determine how old you are. Balancing mind in a sound body would only ensure you do not remain a parasite to your children.

When your health is in great shape, life is a celebration as you are not only in a position to fend for yourself but also to serve others. Service to humanity or the fellow beings is the rent we pay for living in this planet. We will never be a defaulter in payment of our rent as long as we have the will to serve and the health to compliment the will.

-o000o-

➤ **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. Medowell'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

@@@@@