



Volume Number: 2-07

For Private Circulation Only

Date: 15-07-2015

Thought for Today

➤ **From the MD's Desk:**

Dear Friends,

This past month has been hectic; we have been working very hard on Marketing; there have been a few encouraging inquiries. Hopefully this will progress to sale of shares in the coming weeks.

We have also been working on 'land matters' - we have asked the authorities to reconsider their decision regarding the conversion of the three acres. We have also approached the DC's office asking for clarification regarding BBMP affiliation. These issues are being regularly followed up in government offices. We hope to see some conclusion to these long pending issues in the near future.



The work on the car park has started and should be completed in 3 months. We have seven slots left. Those of you interested in having a slot may contact our office for the same.

Phase 1a is progressing well; work has started on the 2nd half of Phase 1a as well. The first set of cottages are scheduled to be handed over to SH by end September.

The AGM will be sometime in the latter half of September. We have started getting the documents ready for the AGM. I request all of you to attend the AGM; if you cannot be physically present, you may give a proxy to someone you know and give them a clear idea of your thoughts on the agenda issues. This way you ensure that your voice is heard.

The recent board meeting was significant in that the board decided to put to the AGM some recommendations regarding important issues that impact the day to day living in Suvidha. You will hear details about these issues in a separate communication. In short, these recommendations involve the following aspects of life at Suvidha.

- Inclusion of the rear balcony into the cottage
- changes in landscaping rules
- maintenance of cottages

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

- revisiting the way we deal with non-payment of maintenance fee.

I do hope all of you will write to us about these important matters and come to the AGM and vote on these issues.

I am away on a break during the 1st two weeks of August; It is unlikely that I will be writing this piece next month.

Warm regards

Dr K Lakshman

➤ **Event Highlights:** Last month witnessed the following events.



**28-06-2015 : Heritage Tourism**

Dr. Nalani Rao, Professor of World Art; Soka University of America, California gave an interesting talk on “**Heritage Tourism: and Values of Historical Preservation and Aesthetic Experience**’ through beautiful slides. She patiently explained the history as well as the scientific background of rich heritage structures of India. Click on the following link for photos:

<https://plus.google.com/photos/117291397490350207875/albums/6165675296988262817?authkey=CKf5tZbEqOOY8wE>

At the end of the lectures the lady workers of Suvidha received their uniforms from Prof. Ram Iyer Sankar of Cottage # 101 and Dr Narayanan of Cottage # 107. You may like to see some snaps taken on this occasion. The link is given below:

[https://plus.google.com/photos/117291397490350207875/albums/6165675177641739857?authkey=CNXk\\_8HF\\_6LtmAE](https://plus.google.com/photos/117291397490350207875/albums/6165675177641739857?authkey=CNXk_8HF_6LtmAE)



**12-07-2015 :** On this Sunday two very interesting lecture-programmes took place.

- Dr. M K Shridhar renowned founder member of Animal Rescue and Rehabilitation Trust – popularly known as “Mini Zoo”, delivered a lecture on “**SNAKES**” . Dr. Shashidhar patiently conducted an interactive session on popular snakes that crawl around us at SUVIDHA. He also explained the **dos and don'ts** when one encounters a snake.
- M/s. OSS **GPS Tracking Solutions** presented their new tracking system that could be applicable for the senior citizens. Ms. Kumari Jyoti, the business Development Manager of the company explained the features of the GPS tracking system that includes GPS location of the wearer, SOS call system and non-response activation etc.. She also answered the queries from the seniors and clarified their doubts.

Both the programs were well received by the audience.

## ➤ **Suvidha On The Move :**

During the month, the following developments have taken place.

### ○ **Open House on held at 1100 hrs on 21-6-15**

MD conducted the “Open House” programme under the chairmanship of Dr. K S Shekar. The following are the minutes of the open house meeting:

The agenda of the meeting was:

1. Introducing estate manager
2. Phase 1a
3. Marketing efforts
4. Waste management
5. Cleaning schedule
6. Solar power
7. Any other matter

### **Estate Manager:**

The new estate manager, Sri Devaraj was introduced to the gathering. He comes with 30 years of experience in man-management in an engineering background. He would be in charge of all maintenance issues at Suvidha.

### **Phase 1a**

Phase 1a schedule is on course; the first cottages are slated to be delivered in September. A ‘model’ cottage should be ready by July end.

### **Marketing efforts**

We are making concerted efforts in identifying and ‘chasing’ people who have enquired about Suvidha before; this is in addition to the efforts to get fresh ‘customers’ by ourselves and Clovermark. The number of cottages sold in phase 1a stands at 10. All SH are requested, yet again, to try and spread the good word about Suvidha.

### **Waste management**

It was pointed out that waste segregation at source is not progressing as needed. PMC to send the guidelines for this, again, to all residents. There is also laxity among house keeping staff in storing the waste as needed; this is being corrected.

### **Cleaning schedule**

MD requested residents to allow flexible cleaning schedule particularly on days when there is an event in the clubhouse. It is not possible for us to meet the demand that cleaning must be done at a given time every day. It was agreed that the changed cleaning times, if any, be intimated in advance.

### **Solar power**

There has been a luke warm response to the suggestion of using solar power with solar panels on individual cottages; many in the audience felt that residents may not be interested until the solar power generated is credited to the cottage owner (it is credited to the company grid in the present model).

### **Use of cars**

MD presented data where the cars are seldom used and the company is losing about 50000=00 per month on maintaining the cars. Some felt that things will improve if costs are reduced; others felt that it is an essential service. It was decided to request Mr P K Nayak to have a look at costing and simultaneously explore avenues where the service can be made self-sufficient.

### **Use of Gymnasium**

It was agreed that lack of usage is putting the equipment in jeopardy; guidelines are to be drawn up for the use of gym; employees can be allowed to use the gym without disturbing the residents.

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

#### **o Administrative Matters:**

- ◆ On 26th. June 2015, the BOD meeting was held at the new board room with full complement. The New Board room is "complete" in all the respects including the AC, telecommunication system, as well as the curtains; vinyl flooring and comfortable seating facility for the board members.
- ◆ The Ground floor hall has also been spruced up with sun-control film on the glass windows and as well as the installation of an aluminium door to the hall. With these modifications the project of card room facility at the club house is complete.

#### **o Suvidha Landscaping Committee (SLC) Updates:**

- ◆ **SUVIDHA Landscaping Committee [S L C ]** is a voluntary organisation to govern the garden activates at SUVIDHA. SLC comprises of the following office bearers : MD as its chairperson [ #147]; the resident Director Dr. P M Chandrasekhara [#75] as resident supervisor, Ms. Shoboni Gurudas [#20] as an expert advisor; Dr. Narayanan Raghavan {# 107] as the committee convenor. The committee meets once a week and discuss the activities of the SUVIDHA greenery which includes the residents requests or comments. The committee also invites experts in the field when ever they visit the village as guests of the residents. The SOP for procuring the consumables, plants and the implements is well drawn and practiced.

#### **◆ Resident's Role**

- a) There is a provision to entertain the resident's request in person; where a resident can discuss his or her problem or requests in person following a prior written request. The residents are expected to draw the attention of SLC through a request form or by e mailing to dr. [narayanr@gmail.com](mailto:narayanr@gmail.com) :
- b) Residents can also participate by adopting or designing and maintain a new land scape area or park. For example Mrs. Nadia Guta has shown interest in maintain two small

areas. Like wise Dr. Narayan R and Mr. Jaisim are designing and developing “Japanese style” park in between # 175 and 176.

- c) Resident’s gardening hobbies at their cottage :
- The residents can deploy plants of their choice (from within an approved list) in a 2ft x 10 ft. area in front of the cottage.
  - Residents can place potted plants in the balconies and ramps of the cottage keeping in mind the aesthetics.
  - The rest of the frontage is to be developed by SLC.
  - Suvridha gardeners’ help will be available after their regular working hours depending on their availability to help the residents for potting, repotting and other help in maintaining pots.
  - For those interested in gardening as a hobby, specific areas are allotted adjacent their cottages and also at the Kitchen garden to grow vegetables, herbs and greens as a community activity.
  - Residents are requested not to request orally to the members of the SLC or give verbal orders to the staff when they want something done. Requests may kindly be made in the prescribed forms or in the form of an email to the SLC.
  - Please check with the SLC if a particular plant you want planted, is in the 'permitted' list. Consult SLC about the location for this permitted plant before you buy it. If SLC has an issue either with the type or location of a given plant, you will not be able to plant it at an desired area which you think ideal. Residents are hereby requested not to bring plants from outside without prior approval from the SLC.
  - Residents need not make any payment to the gardeners for their services.
  - Residents are requested to report, if the gardeners are not carrying out their prescribed duties.
  - Residents can help the SLC in many ways to improve the landscaping activities at the Village. Their inputs to beautify the landscaping as well as the newer projects will be appreciated.
- d) **Microprocessor Controlled Drip Irrigation System [Tech Maali]:** Newly introduced microprocessor controlled automatic Drip irrigation has been set up at the first floor of SUVIDHA Club House. For the vertical rock garden specially designed mist blowers have been installed to keep the plants and the rocks cool and wet without overflowing of the water. Dr PM Chandrasekhara [ # 75]; Dr. Iris Rajiva [#76] and Mrs. And Mr. Sudharshan’s [ # 20] have installed this system. At # 20, the plants in the pots are automatically are watered daily using this system; when “Sudharshans” are vacationing at USA. TECH *Maali* is a an automatic watering system for the plants at scheduled timing and for a pre-fixed duration. TECH *Maali* is a microprocessor controller programmed which is reprogrammable, modular and scalable. So, it can be configured for any size gardens or pots. One can fix the system and forget about the problem of daily watering their plants. Contact information: Mr. Ashok Auja : ashok.r.ahuja@gmail.com : 8861015383 / 9886350909 :Images on : [http://www. Techmaali.in://](http://www.Techmaali.in/) facebook.com/techgardner.
- e) After much efforts and with the help of Forest Authorities, eight fully grown ‘villainous’ **Subabul trees** were successfully removed and transported out during the third week of June 2015.
- f) **Check Dams:** Under the supervision by Mr. Jaisim ; the check dams on the course of rain water drain have been successfully constructed. The largest check dam is situated behind the cottage No. 57.

- g) The task of completing the front garden in front of **cottages 165** onwards by formation of a new lay out in front is successfully completed with planting more than 150 plants.
- h) **Beatification of First floor garden in front of the new Office extension:** Beautification of the area in front of the new office extension includes decoration of the pillars, additional greenery in pots, development of vertical rock garden; and additional plants at garden on the slopes. Automatic microprocessor timer controlled system has been installed to deliver mist spray on the vertical rock garden; micro sprinklers at the other green patches.

### ➤ **Suvidha Family News :**

- **Lunch hosted by Mrs. Shobini and Dr. Ashoka Gurudas:** On Sunday the 28th. June 2015. Ms. Shobini and Dr. Ashoka Gurudas hosted a lunch with fellowship to all the residents as well as to their guests.

### ➤ **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:**

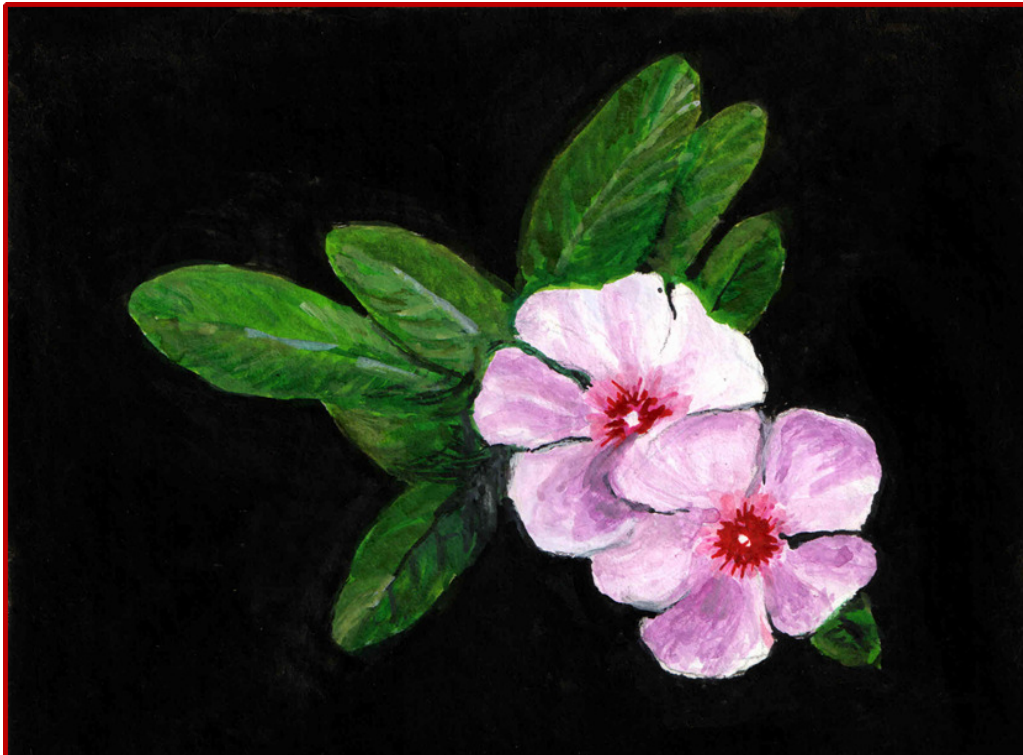
- Talk by Dr. T. S. Rukmani – Session 4 - 07-06-2015 - <https://drive.google.com/file/d/0BzTGY9kvPaEb2RDLXlpa08wekk/view?usp=sharing>
- The Glory of the Upanishads- Dr. T Hegde - 31-05-2015 [https://plus.google.com/photos/117291397490350207875/albums/6156908851599629313?authkey=CKicwc\\_hk7vIQQ](https://plus.google.com/photos/117291397490350207875/albums/6156908851599629313?authkey=CKicwc_hk7vIQQ)
- Talk by Dr. T. S. Rukmani – Session 3 - 10-05-2015 - <https://drive.google.com/file/d/0BzTGY9kvPaEbWdNYU9Sd3RBZ1E/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/0BzTGY9kvPaEZkNNNTRUMkdcsczq/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=CLXw0LrBxdCvwe>
- Ladies Picnic - 27-01-2015: <https://picasaweb.google.com/110142373058695926282/LadiesClubSrirangapatna150127?authkey=Gv1sRqCL3-8mRpcGZwAE>
- 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=CPriyvP\\_0YP3iG](https://plus.google.com/photos/117291397490350207875/albums/6105636160068792241?authkey=CPriyvP_0YP3iG)
- 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 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>

➤ **Talent Corner:** Under this banner we plan to introduce to our readers, the contributions of our Suvridha 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 endeavor.

- **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.



### PERIWINKLE



Periwinkle/ Vinca or Sadabahar is an erect herbaceous perennial ornamental and medicinal plant which can be easily seen in gardens, wastelands and roadsides. It is easily identified by its purple / white flowers and green leaves.

This plant is native of Madagascar and is distributed in West Indies, Mozambique, South Vietnam, Sri Lanka, Philippines and Australia. In India, it is cultivated in the states of Tamil Nadu, Karnataka, Gujarat, Madhya Pradesh and Assam.

Latin name: Catharanthus  
roseus  
Synonym: Vinca rosea L.,  
Lochnera rosea (L.)  
Reichub

Telugu: Billaganeru  
Punjabi: Rattan jot  
Kannada: Kasikanigale, Nitya Mallige  
Common names: Sada-bahaar,  
Nayantaaraa, Nityakalyaani

Family: Apocynaceae.  
 Sanskrit: Nitya-kalyani  
 English: Madagascar  
 Periwinkle, Cape  
 Periwinkle, Rose  
 Periwinkle, Rosy  
 Periwinkle, Old maid  
 Hindi: Sadabahar,  
 Baramassi  
 Malyalam: Ushamalari,  
 Nityakalyani

In Tamil, it is called 'sudukattu mallikai'- roughly translated as 'Jasmine of the graveyard' because it is often seen in profusion near grave yards. I could not find any information on its significance.

In traditional medicine it is used to treat diabetes. For this purpose it 4-5 leaves or 7 flowers are taken empty stomach in the morning with water. Its leaves' juice are useful in treating insect sting. The leaves are also used to prepare gargle to get relief from sore throat. The decoction of its leaves is used to cure indigestion. The leaves Periwinkle contain alkaloids vinblastine and vincristine which have anti-cancerous properties. Its roots have alkaloid raubasine (ajmalicine), reserpine and serpentine which is used in the preparation of antifibrotic (inhibit fibrosis) and hypertension lowering medicines. The root of plant is tonic, stomachic, hypotensive, sedative and tranquilliser.

- **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.



### Brown-headed Barbet



I have always been told that the **Brown-headed Barbet** aka **Large Green Barbet** (*Megalaima zeylanica*) is a very common bird and that it can be found on almost any fruit tree. But, strangely enough the first time I sighted one of this species in SUVIDHA was only in early 2014 and then again at too great a distance to get a good picture. One morning in early May of this year I got lucky and chanced upon a specimen sitting partially camouflaged in the foliage of a leafy tree growing near Cottage # 119, from near where the row of steps rise to go up alongside our western wall all the way to the water tank.

Both sexes of the species look alike: chubby, approx. 27 cm from beak to tail, heavy billed, grass green with head, neck upper back and breast brown streaked with white, lower breast and abdomen green.

This species is found singly, in small flocks and, sometimes, with other frugivorous (i.e., fruit eating) birds. The nesting season of this species is February to June and I suspect that the specimen I sighted and photographed had built a nest -- or was prospecting to build one, either in the tree it was perched on or somewhere nearby. So, being an optimist I am hoping that in the next few months there will be more of its kind in our Village.

## ➤ Readers Corner :

### Balance Exercises for Seniors

*Courtesy: Mr. Ashok Dey, Cottage # 44*

*Source: MEDICAL GUARDIAN (Medical Alert blog posted by Hilary Young, July 26, 2013)*

The risk of falling is a very serious health concern for seniors. With complications from a fall being the leading cause of injury / death for those over 65, the stakes could not be higher. Seniors experience more falls than the rest of the adult population due to diminishing balance. The number one way to limit your risk of a fall is to stay active. Moderate daily exercise, with a focus on balance improving activities, will help keep you feeling great and independent.



#### **Balance Improving Exercises for Seniors**

1. **Heel to Toe Walking** – simple, and yet beneficial, heel to toe walking helps strengthen balance. Often used by law enforcement as a field sobriety test, this easy exercise is also a great way for seniors to build greater balance.

- a. Start by placing the heel of your right foot in front of your left toes.
- b. Then bring your left heel in front of your right toes.
- c. Repeat, walking in a straight line.

2. **Standing on One Foot** – this exercise is a fantastic way to increase balance. Start slowly, using a kitchen counter or chair back to help steady you. As your balance increases, leave your hand by your sides, or even raise them over your head.

- a. Place your hands on a chair back or counter as you raise one foot off the floor.
- b. Once balance is acquired, try lifting your hands off your support and hold for 15 – 20 seconds.
- c. Repeat with the other leg.

3. **Knee Lifts** – this exercise will help improve balance, as well as strengthen leg muscles. Decreased muscle strength in the legs is a major contributor to lessened mobility and balance in seniors. This exercise will help make your legs stronger – giving you greater confidence and balance.

- Hold onto a counter or chair back to steady yourself, and then raise one knee up and hold it at about waist level.
- Once you feel balanced, let go of your support and hold your knee up for 15 – 20 seconds.
- Repeat with the other knee.

4. **Back/Side Leg Raises** – these exercises help strengthen your backside, lower back, and hips. Improved muscle quality will also improve balance.

- Hold onto the chair back of a tall heavy chair. Lift one leg and extend it behind you – a couple of inches to a foot off the floor.
- Hold your foot up for 10 – 15 seconds.
- Repeat on your other leg.
- Follow the same process for side leg raises – this time extending your leg to the side of your body.

5. **Stepping** – practicing stepping over objects increases balance and mimics real life situations like curbs and stairs.

- In a straight line across the floor, space small objects (foam cubes, books, or even soup cans) 12 – 16 inches apart.
- Carefully step over each object, extending your arms out for additional balance.
- Increase the difficulty of this exercise by sidestepping over the objects.

### **Safety First**

For all of these exercises, it is very important to put safety first. If you feel uncomfortable about your balance or with the exercises, stop and sit down. Check with your doctor to ensure that these exercises will not aggravate a condition or health concern you already have. Use a counter or chair to help steady yourself until you feel confident with the exercises.

\*\*\*@@@\*\*\*

## **Brief report on the International Sanskrit Conference**

**Courtesy:** Dr. T. S. Rukmani, PhD, Dlit.

Resident of Suvridha Village, Cottage # 73-74

(Presently, the author is a Distinguished Professor Emeritus, Concordia University, Montreal, Canada.)

The 16<sup>th</sup> World Sanskrit Conference was held from 28<sup>th</sup> June to July 2<sup>nd</sup> at the beautiful city of Bangkok in Thailand. Delegates numbering more than 500 from 60 countries attended this conference. Amongst them there were delegates from Latin America, many countries from Europe, UK, USA, Scandinavian countries, Russia, China, many from Japan, Sri Lanka, and India. The conference was inaugurated by Her Royal Highness Princess Maha Chakri Sirindhorn the daughter of King Rama IX. The conference itself was organized in order to celebrate the 60<sup>th</sup> birthday of the Princess who herself is a great Sanskrit scholar. One of the highlights of the inaugural ceremony was the conferring of the award of Honoris Causa to three scholars: the Princess herself, professor John Brockington from the UK and T.S.Rukmani from India. Smt. Sushma Swaraj, Union Minister for Foreign Affairs in Sri Narendra Modi's cabinet was the guest of honour at the conference. There were in all 29 sections covering a



wide variety of academic subjects such as Veda and Vedic Studies, Agama and Tantra, Vyakarana, Poetry-Drama and Aesthetics, Sanskrit in Southeast Asia, Philosophy, Yoga and Ayurveda, Vaishnavism and Shaivism and many more. There was also a Kavi Sammelan and Sastra Charcha in Sanskrit.



The conference arrangements were perfect with all sessions located in one venue, good vegetarian food, Thai dances in the evening entertainment and some sight seeing as well. Many went to visit the Angkor Wat temples. On my part, I visited the grand palace and saw the Emerald Buddha which is a sight out of the world. What impressed me most was the courteous manner of the people at large. There was a peaceful atmosphere wherever one went and the road-side had many Buddhist and Hindu shrines kept very clean and tidy. Many were bowing and praying at these temples oblivious of the traffic and one could still feel the peace and calm that pervaded the surroundings. Of course, this is my experience in Bangkok and limited to the place I was staying. But some of my friends who had traveled in Thailand into the interior as well as to the beaches also had the same view. The way they greet you with folded hands like our namaste puts you at ease straightaway and you feel relaxed. The hoardings on the roads never intrude and block the traffic; even though the roads are as crowded as in Bangalore there is a sense of law and order in following the traffic rules.

One glorious sight at the departure gate before one boarded the Thai Airways back to India was the breathtaking sculpture depicting the legend of 'the milking of the ocean' (samudra manthana) when the devas and asuras churned the milk ocean to obtain amrita/nectar. This is from our own Puranas which was carried over to Thailand in the early days when Thailand was deeply influenced by Hinduism and Hindu culture before Buddhism took over. Those who have visited Angkor Wat where the frescoes depict stories from the Ramayana and Mahabharata also testify to this fact. Having spent a week in the idyllic surroundings of Bangkok I came back on the 3<sup>rd</sup> night/ 4<sup>th</sup> morning at about 2.30 am. A truly memorable experience!!

\*\*\*@@@\*\*\*

### CLEANLINESS BEGINS @ HOME BY SEGREGATION OF WASTE AT THE SOURCE

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

*The Village is ours. One obviously cannot clean all of it, but he can be aware of at least how he can contribute. If every resident has a concept that "I shall keep my home clean and it is my duty to keep the village clean; I will not allow the filth to generate from my cottage"*

**Cleanliness Begins At Home:** One of first signs of a well managed place like SUVIDHA Village is its level of cleanliness. If the Village isn't clean, it is unlikely to impress anyone. The same applies to an entire country. Indians who travel abroad are often awestruck by level of cleanliness in the developed countries. The overall clean environment of the Village echoes the civilization, culture and ethos of its people. It reflects, among other factors, the educational levels and refinement of its citizens. The environments also reveal the character and effectiveness of the administrators. The laws in force, the moral fiber of the custodians,



the overall outlook of the villagers in embracing and abiding by the code of conduct expected by the law of the land. The environment therefore becomes a significant indicator of the village's social standing. It is a comprehensive reflection of the health and vibe of the village.

Therefore, if we want our Village to realise its full potential in the competitive field, we should make it clean and beautifully green. A land of filth, no matter how talented and elite its residents are and how wonderful its natural resources are, will never earn the respect it deserves.

However, while the broom in hand does not make a compelling photo-op and is well intentioned, it will take a lot more to clean our Village. If we are serious about this, let us first figure out why the village is not clean in the first place and what it takes to have a cleaner Village. We are not dirty residents, we keep our home scrupulously clean, then why is it when we step out of our cottages, we will find the road side baskets are overflowing, garbage bags and the plastic bottles below the cottages and the roads are littered with plastics. Is it the house keeping that isn't doing job? Is the supervisor would ensure things are kept clean?. We Suvidites regrettably are, by nature, a bit laid back when it comes to waste management. Though we have garbage policies that are perpetually evolving to meet the growth demands of increased waste, they are either not implemented effectively or are poorly managed by most cottages. Even the basic segregation between wet and dry waste is conducted in a haphazard and casual manner.

None of the above issues fully explain why our Village is unclean. The reason is that we make it dirty in the first place. And if we want truly to be clean Village, we need to take steps to ensure that we minimise filth in the first place, rather than hoping someone will pick up the broom and clean it. The only way out is to think and declare "what is outside my cottage is also mine". This sense of community recognition of a greater good and collective ownership is the only way for the situation to change. Else, we risk this cleanliness drive becoming another social fad that will be forgotten when the novelty wears off. Whenever, there is a collective sense of ownership, we have higher cleanliness levels.

So get out there and scan your surroundings. Can you improve anything?. A Swachh Bharat is indeed possible. The first step is "Swachh manasikta" or clean mind sets. The road to dirt is thus numerous and multifold. Yet, there is only a single high way to pristine and clean land. And that is no magic route, rather it is a single-minded, collective will of a village towards an immaculate and clean setting. Every resident needs to be engrossed, obsessed and driven by the desire for cleanliness. As in any matter, unity is our strength. Harnessing the entire neighbourhood towards cleanliness drive will be the biggest resource in our endeavour to create a clean village.

#### **Checklist for How to Clean Your Neighbourhood:**

1. Neighbours should get together and lay out their "Neighbourhood Cleanliness Objectives."
2. A cleanliness committee should be formed to make this a sustainable initiative.
3. Cleanliness Do's and Don'ts should be established and posted in multiple locations so that the residents / staff / visitors can all understand.
4. Residents should orient their families, as well as staff coming in the neighbourhood.
5. Cleanliness sign boards to include phone numbers administrative officers with a call to action from residents.
6. Collective pledge should be taken to commit certain hours a month on cleanliness. Multiple teams should be formed with each covering 2 cleanliness day every month.
7. Cleanliness drive should be organised to pick up trash in the neighbourhood / or adjoining areas / parks etc.
8. Adequate garbage collection bins should be kept in the village.
9. Initiate neighbourhood beatification drive with Residents.

Cleanliness is next to godliness, we've all been told. As people from the mystic land of yogis and yoga, it is now time to pull up our socks and do our act to get there next to Godliness itself. Let's do it. Let's do it right and now.

On Gandhi Jayanthi Day ie. on October 2<sup>nd</sup>. 2014, India celebrated "*Bharath Swachatha Day*". On the same day at SUVIDHA inaugurated "Swacch Suvidha Movement". On the inaugural day the residents were enlightened about the need for such a movement to keep the village clean and healthy. The excerpts of the presentation are as follows:

### **What is a WASTE:**

Definition of Waste : Garbage : Filth :

[1]: According to Basel Convention : Substances or objects which are disposed of or are required to be disposed of by the provision of national law.

[2].: The European Union defines waste as an object the holder discards, intends to discard or is required to discard;

[3].: Waste Management Licensing Regulations 1994 defines waste as : any substance 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. [4]. Filth is putrefied wet waste.

### **Gravity of the Situation:**

Waste management is world wide phenomenon and the a civic responsibility to clear the waste and dispose it scientifically. The quantity of waste generated depends on the size of the population that is dealing with. For example, the population of Bengaluru City has grown by over 48% over the last decade and is to-day home to close to 10 million citizens. To-day Bengaluru generates approximately 3,500 metric tones of municipal solid waste daily, and spends more than 400 crore annually to collect, transport, and dispose of this waste from 198 wards. However, the waste management infrastructure is woefully inadequate. The Bengalure garbage crisis has made it to national and international headlines with the International Herald Tribune carrying a front-page story on it.. Bengaluru is no longer being identified as Garden City, it is now being branded as "Garbage City".

Over the years, many initiatives have been taken to deal with this challenge at the City. A very big step has been the mandating of segregation of solid waste at source into biodegradable and recyclable through a directive of the Hon'ble High Court of Karnataka. This directive to Bruhat Bengaluru Mahanagara Palike [BBMP] was further strengthened by a notification from the Commissioner BBMP defining the streams of segregation into wet waste and dry waste. These rules are applicable across the board to Household and Bulk generators of waste. Segregation at source is the first stepping stone to changing he way Bengaluru manages its waste, and in order to spread awareness and showcase the benefits of segregation. BBMP has framed the solid waste management bylaws which says that citizens should segregate their garbage at the source into wet and dry waste and not to dmix and dump all the household garbage into a plastic bag. A fine of Rs.500/= will levied to those citizens who burn the garbage and harm the environment. The citizens who throw their garbage in vacant places will be fined Rs. 200/= and a fine of Rs. 100/= will be collected from those who do not segregate their waste at its source. The segregation of waste initiative has shown that Bengaluru generates : 60% organic waste [ food and garden waste = 40% + paper = 27%] ; Others include Textile ;8%]; Plastic / Rubber [4\$]; Inert [ 15%]; Metal [3%]; and Glass and Ceramics [5%].

### **Why we should manage waste?**

The major environmental impacts of the waste that is dumped will be on the health issues due to air pollution and contamination of drinking water leads to diseases like Dengue, Malaria; Asthma; Jaundice apart from unbearable obnoxious smell. Age-old method of disposing the unprocessed or segregated waste as land fill at a dump site should e discouraged since it is associated with many severe problems such as land and ground

water contamination. Thus, our drinking water from bore well sources get affected and the quality of the drinking water depends on what we dump as land fill. Always there is a danger of several diseases due to contamination. Environmental impact from the degrading organic material will be due to release of methane gas which is a potent green house gas that would result in global warming which has an impact on the living conditions and the natural disasters.

### **Waste hierarchy:**

The basic objectives while processing the waste starts with segregation of waste under wet and dry waste at its sources; then reduce the waste in size by compacting it either by volume reduction i.e. bailing; shredding; incineration; Size reduction by either shredding or grinding; component separation by hand sorting; screening; magnetic separation or air classification; The process of resource recovery includes composting; energy recovery or material recovery. The current practice of waste handling follow a defined pathway that includes : Waste generated from household, business , industry etc. goes either to a transfer point or to a recycling plant. Again from the transfer point the collected dry waste may go either to recycling plant or for final disposal site. One should realise that “Nothing is Garbage If We Segregate” when the “Wet waste” is going to end up as compost; most of the Dry waste undergoes recycling process; the hazardous waste and the debris will be further segregated and extracted and the unwanted material will end up as land fill; lastly the bio-medical waste is specially handled and incinerated at a safe distance as per strict guidelines. However, one adheres to the basic golden rules when handling already segregated house hold waste : Never mix the segregated waste. Once Mixed it cannot be Fixed.

### **CLASSIFICATION AND MANAGEMENT OF WASTE MATERIAL:**

#### **1] DRY WASTE**

The “DRY” waste that is usually generated from a cottage includes: Paper, Plastic; Metal; Glass; Milk packets; Waste paper or Wrapper; Juice cartons; Yogurt containers; Carry bags; Glass / Plastic? Metal bottles or containers or cans; Thermocole products etc. While storing the dry waste one should remember to empty and wash out the residue and dry the milk or juice packet or cartons to prevent the vermin like ants / cockroaches flies and also the stinking smell. Old brooms; ole taps, broken sanitary waste, floor cleaning cloth, dry mops; bathroom cleaning brush etc. are also considered as recyclable dry waste. Old bed linen, mattress; pillow; broken furniture; ole crockery or pans are also considered as recyclable dry waste. Dry waste can e stored and disposed off in any white carry bag. ITC was distributing reusable white jute bags under “Wealth out of waste” programme to encourage recycling of dry waste by reduce, reuse, recycle, refuse, recover, repair, restore and reclaim process The recycled paper product include files, paper boxes as well as many types paper bags. Plastic goes into manufacture of plastic furniture, raincoats, plastic moulds to produce water cans / jugs / buckets; storage bins and implements etc. apart from lower grade plastic bags. Tetra packs are recycled paper products and roofing sheets. E waste is degraded to collect various types of by products including lead, copper and plastics etc..



House Hold Hazardous wastes include three sub categories – E Waste; Toxic substances and biomedical waste. Generally old and fused Tube lights and Bulbs; Batteries; Chokes; CD : DVD: cassettes ; Phones, Computer/ mobile accessories and connecting cables etc; cleaning agents; paints, engine oil, aerosol cans; cosmetics; insecticides; medicines, syringes; thermometer etc comes under this category. Hazardous as well as the E waste are stored in a separate container which is kept closed, away from moisture and no other dry waste is mixed.

#### **2]. Wet Waste: Biological Waste.**

Usually the wet waste comprises of the kitchen waste [vegetable / fruit peels]; left over food is sored after draining the liquid portion. The wet kitchen waste can go directly for composting along with bio-activator like biomass which will enhance digestion process by its catalytic action.

Garden waste: Fallen leaves, Trimmed branches, lawn or hedge trimmings and weeds are collected and its size and the volume is reduced by using a mechanical shredder unit. Once the vegetation is shredded it will be easy to handle and compost / Bio-methanation etc. Composting is a process of treating solid organic waste in which the organic material is broken down by micro-organisms in the presence of oxygen to a point where it can be safely stored, handled and applied to the plants as a natural fertilizer. Normally it takes 3 to 4 weeks for the vegetables and fruits to biodegrade. At Suvidha, biodegradable black bags are being provided to the residents to collect and transfer the wet waste.

### **WASTE MANAGEMENT PROGRAMME @ SUVIDHA**

Waste of Garbage that is originated from a cottage should be segregated at the source into:

- [1]. Wet waste (Kitchen Waste) in a black biodegradable bag and
- [2]. Dry Waste in a white plastic bag.

The segregated waste should be handed over to the house keeping staff for further disposal into compost and recycling respectively.

Further Clarification:

a. **Wet Waste** : Organic Waste : Kitchen waste. - The kitchen waste like discarded vegetable, fruit peels and the leftover food items will go for composting along with shredded garden green waste. SUVIDHA is providing Biodegradable bags that could be lined in an appropriate bin that one is using. Each packet of 30 bags cost about Rs. 45/-. It could be directly obtained from Sri. Veeranna Chigateri # 105-106 : Mobile No. 9845046830 or from Dr. P M C # 75 : Mobile No. 9845010494..

b. **Dry waste** : Inorganic Waste : Solid Waste : - Recyclable dry waste like waste paper, wrapper, plastic, metal, glass, cartons, pouches etc. Dry waste could be stored in any carry bag that is not black in colour. When the bag is full, it should be handed over to the house keeping staff after closing it with a tight knot. At the collection point, these white bags are handed over to an outside agency for further processing.

### **Important Notice to the Residents:**

Please note that your co-operation is solicited to keep the SUVIDHA environment clean and safe for our good. Please note that not segregating the house hold waste at its source is a cognizable offence and attracts fine from BBPM. Also note that the house keeping staff have been strictly instructed to collect only the appropriately segregated waste from the cottage.

--o00o--