



A premier retirement village ..... where the good life gets better !



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Dear Suidhites,

Wish you and your family a Happy Ugadi, Baisakhi, Gudi Padwa, Vishu and also Sri Rama Navami.

As mentioned in the previous issue, we have filed our appeal in the Service Tax Case. For which we had to deposit Rs.12 Lakhs with the Commissioner of Central Taxes. The Central Park landscaping is complete despite the shortage of gardeners. From 18 members last year we are down to 10 which includes 3 men. We tried to hire daily wagers. However, after working for a few days they did not turn up. Hope we will succeed in getting more hands in the coming months.



I request SHs to write or send e-mails directly to me or to the director heading the Department in case of any issues pertaining to the concerned department instead of placing them in the group bulk mail. This will enable us to respond to the SHs immediately.

Two of our Independent Directors resigned owing to personal reasons. We had a Board Meeting on 13<sup>th</sup> of this month to take stock of the various situations in Suidha. It was decided to call for an EGM to overcome these situations by taking the views of the SHs. The Notice of EGM will be sent to SHs shortly. We the Board of Directors request all the SHs to attend and offer their valuable suggestions.

In this hour of need, I once again request all the SHs to write directly to me for seeking any clarifications instead of resorting to group bulk mails.

Thanking you,

With Regards

**C. B. Prabhakar**  
Managing Director

Website: <http://www.suidha.co.in> Phone: 91-080-26951000 / 212 Email : [contact@suidha.co.in](mailto:contact@suidha.co.in)

## ➤ Suvidha Events:

### ✚ 06-04-2019: Ugadi Celebrations At Suvidha

The Resident Ladies of Suvidha joined hands to celebrate UGADI on Saturday the 6<sup>th</sup> April 2019 at the Banquet Hall in Suvidha Club House. All were warmly welcomed to the UGADI celebrations with their relations / friends.

The program started at 11.30 a.m. A documentary on "THE STORY OF INDIA" with Michael Wood (courtesy Brig.Pardhasaradhi) was presented. Acclaimed writer and historian, Michael Wood uncovered in this documentary fabulous sights, sounds and dazzling achievements of the world's oldest and most influential civilization. The audience were enthralled by the presentation as they were mentally transported to the good olden days. This was followed by a sumptuous traditional UGADI Lunch. All the participants enjoyed the Special Lunch served on this memorable festive occasion. We thank the organizers who put in their best efforts to make it very enjoyable.



Some snaps taken on this occasion are at this link - <https://photos.app.goo.gl/1PGi6aBQ4BzVawwcA>

### ✚ 13-04-2019: Sri Rama Navami Celebrations At Suvidha

Sri Rama Navami was celebrated at Suvidha on 13<sup>th</sup> April 2019 with fervour and devotion. Mr. PK Nayak and Mrs. Vasanti Nayak took initiative to celebrate this festival on a grand scale. The traditional puja and bhajans were organised. All the suvidhites and other residents participated in the function with devotion. Prasad was distributed to all participants to invoke the blessings of Sriram. Prof. Rukmani and other seniors spoke on the occasion.



Our thanks are due to Mr. PK Nayak and Mrs. Vasanti Nayak who hosted a tasty lunch to all the participants.

Snaps taken on this occasion are presented at - <https://photos.app.goo.gl/ab6Jt7GuNyn4XVwS6>



### ✚ 14-04-2019: Wild Karnataka – a Blue Chip Documentary

Wild Karnataka, 52 minutes Blue Chip Documentary produced by Mr. Sarath Champati, cottage 115A and his colleagues on behalf of Karnataka Forest Department was screened on 14<sup>th</sup> April in Bangalore. A bus load of Suvidhites were lucky enough to view the documentary. The film was made by a team of over 24 camera persons and took 4years to make. It is narrated by Sir David Attenborough! Congratulations to the team from all Suvidhites !!! Thanks to Sarath for inviting us all to the show !!!

## ➤ Suvidha on the move

### a) Office Management Committee – Chairperson – Mrs. Prathima Shetty

The Office Committee has held several meetings over the last few weeks, to review the staffing of Suvidha, in terms of numbers, effectiveness and cost.

A meeting was first held with all Committee Chairpersons, so that all concerned are involved in appraising staff requirements, HR costs and Performance Management. Subsequently we held meetings for detailed discussions with each chairperson, with their committee members being present.

Staffing requirement needs to be looked at the annual increase in salary outlays, which impacts the Maintenance Fee, approximately 60% of which is made up of Staff Salaries.

In order to save on expenses on staff, we discussed introducing measures such as:

- **Sharing staff** - where employees can be deployed in other departments in their free time
- **Using technology** - such as drip irrigation and sprinklers to reduce the need for manual labour.
- **Reducing time spent on housekeeping tasks** so that the same staff can effectively cover more residences.
- **Employee motivation** – through Performance Rating and Rewarding.

The exercise is ongoing and we hope to be able to complete it shortly with the cooperation of all the departments involved.

## ➤ Suvidha Cottage Info:

Many shareholders requested to include information about the cottages that are available for rent as well as for second sale. Accordingly the Suvidha office has brought out four tabulations that enumerate the required details as on 10-04-2019. Click on the link below for details:

[https://drive.google.com/file/d/1LTO0e8US9JJS\\_sqXEpdQ2m6NtDJZQzYA/view?usp=sharing](https://drive.google.com/file/d/1LTO0e8US9JJS_sqXEpdQ2m6NtDJZQzYA/view?usp=sharing)

## ➤ Readers' Corner :

### “Nyayas”

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

In the past many Newsletters I have been writing on various Upaniṣads. By all accounts the Upaniṣads are not easy texts to follow both in terms of the subject matter and in terms of language and style. In a recent chat with some friends who suggested that I write something on a subject which is easy to comprehend and easier to follow. So I thought I shall write about some of the maxims that texts in Sanskrit literature and philosophy use in order to drive their points in a 'user-friendly manner'. These maxims are called “Nyāyas” in Sanskrit.

I am sure some of you are already familiar with some of these “Nyāyas” like the “kākatāliyanāya” for instance. For those of you who are not familiar with it let me explain. ‘Kāka’ means a crow and ‘tāliya’ stands for the palm fruit. The maxim mentions the unexpected, sudden fall of a palm fruit on the head of a crow at the very moment the crow sat on a branch of that tree. Thus this maxim is used to point out an unexpected and accidental event (both good and bad) that very often happens in the world.

There is another maxim which is called “ghaṭṭakuṭiprabhātanyāya” which translates as “day-break near a poll station”. It takes its origin from the story of a cartman who in order to avoid paying any toll went through a circuitous route the whole



night and on day break found himself exactly in front of the very same toll booth which he was trying to avoid and thus ended up paying the toll. It points to the pointless waste of time that one indulges in in order finally to end up doing the same thing one had all along tried to avoid.

Another interesting maxim is the “aśokāvanikānyāya” known as the maxim of the ‘grove of Ashoka trees’. This has its origin in the Rāmāyaṇa story as Sītā was kept by Rāvaṇa in an Ashoka garden. One does not know the reason why Rāvaṇa chose the Ashoka garden when he had a number of choices in front of him. So this nyāya has come to mean that when there are any number of good choices why a particular choice is made, cannot be accounted for.

One which is my favourite is the ‘vīcitarāṅga nyāya’. The literal translation is ‘one wave pushing forward another wave’. This phenomenon is witnessed in the ocean where one wave propels another and that in turn propels another till the first and all others in succession reach the shore. This points to the involuntary movement as for instance in a mob wherein without any idea people follow blindly others in front of them.

One more nyāya which you all must be very familiar with is the ‘kūpamaṇḍūka-nyāya’ translated as ‘frog in the well’ phenomenon. It refers to the blinkered vision of a person living within one’s own limited world and who refuses to look beyond just like a frog who lives in the well and thinks that the whole world is that well and that alone. It points to the narrow minded worldly view such a person will have.

Then there is the ‘ardhajarjarī-nyāya’ which translates as ‘half-widow’. It makes no sense, in the ordinary course of things, to talk of anyone as half-widow, half-widower, half-married and so on. So it points to the absurdity and inefficiency in the use of language and also a certain lack of logical consistency in the meaning.

Another interesting ‘nyāya’ is called ‘viḥḥkr̥ṣṇīnyāya’ (worms bred in poison). It is used to denote that though poison is harmful to others it is not so for things which are bred in it and are thus immune to its harmful effects. The standard example for that is the poison in a cobra which can be fatal for others but does no harm to the cobra itself. It is generally used to target very vicious people who revel in their bad ways and yet seem to be immune to its bad effects.

‘Sūcīkaṭāhanyāya’= the maxim of the ‘needle and the frying pan’. This is used to say that when there are two things to be done the easier one should be undertaken first before taking on the second one which is more difficult. Thus when tasked to make a needle and a frying pan, one needs to make the needle first and then go on to make the frying pan. It can also be used to grade the tasks when there are more than just two jobs to be finished.

‘Sthālīpulākanyāya’= ‘the maxim of the cooking pot and boiled rice’.

There are may more such ‘nyāyas’ but I shall stop here.

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Compiled by Dr. P M Chandrasekhara, Resident Doctor, Cottage # 75

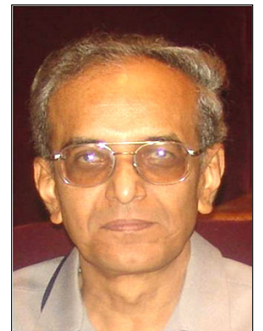
### Chapter 3

The man who could never forget anything, ever !

How can you take your amazing memory?

Like our own legend Ms. Shakunthala Devi; Harry Lorayne makes a living demonstrating his. When he isn’t touring with his stage show or appearing on TV, he gets a lot of invitation to talk about memory to clubs and organizations.

In America where Harry lives, some clubs can be huge, especially in the cities. You get membership lists of a thousand, fifteen hundred or more names. Before the meeting starts, Harry stands at the door along with the President and is introduced to every member coming in. So there are days when he gets introduced to upwards of one thousand five hundred people – one thousand five hundred brand new names and faces.



When everybody is in their places, they have lunch, or their meeting, or whatever they're doing. After this, Harry stands up and talks for few minutes on the subject of memory. When he's finished, he asks for questions... and makes a promise. If he can't greet the questioner by name, he will pay him \$ 1,000/= In all the years he has been making that promise, Harry Lorayne has never had to pay out a cent.

That's pretty impressive - especially since most of us manage to forget a name five minutes after we've been introduced – but it's nothing with some of the really amazing memory feats you come across.

### Memory Marvels

The Talmud is a vast compendium of law and lore that forms the basis of Jewish religious life. For centuries it's been the principal subject of Jewish study. In its modern published form, it runs somewhere between 18 to 22 volumes, depending on the edition. That's equivalent in size to a whole set of encyclopaedias.

There are rabbis in Poland who can recite the entire Talmud from memory. Every word of it. Without a mistake.

Mega memory isn't confined to learned rabbis. There are Moslems who can recite entire Kora, a text which contains 114 chapters known as *suras*. In 1967, the Turk Mehmed Ali Halici showed what could be done by recording 6,500 of its verses entirely from memory in session that took six hours.

In Hindu India, the Rig Veda is the oldest of the Holy Books. It contains a total of 10,550 verses, some 153,826 words, and is only one of four Vedas of somewhat similar length. Specially trained students memorize the entire verses of the epic.

Back in 1976, the black American writer Alex Haley published a book called *Roots : The Saga of an American Family*, which became a Pulitzer prize-winning international best seller. It was the story of Haley's own family traced back through the slave times to its origins in West Africa. Haley researched seven generations in America, then travelled to Africa to try to complete the work. Family stories told how a young, black African named Kunta Kinte had gone off looking for materials to make a drum but he was captured by slaves, and was later to be found in Haley family in America. Alex Haley wanted to find out if he had really existed. But how do you get proof of that sort in rural West Africa? Haley soon found out. He located the relevant tribe and questioned the chief. When the chief heard what Haley wanted, he did something that was nothing short of miraculous. He began to recite the entire tribal history, generation by generation, backwards and from memory. Haley listened enthralled as the unfolding story stretched for hours, then days. On and on went the old chief, describing detail after detail, adventure after adventure, and name after name. Haley was dozing in the afternoon sun when a phrase in the chief's saga jerked him awake : 'Then Kunta Kinte went off into jungle to find materials to make himself a drum....'

Memory has been a standard way to record tribal history in many cultures. But how far could the old chief have gone on? We do know that in New Zealand, the Maori Chief Kaumatara astonished a reporter by reciting a *thousand year* history of his tribe from memory. The story which spanned forty-five generations, took three days.

### Number wizards

Of course, when something interests you – like the history of your tribe - it's easier to memorize than some boring, meaningless abstractions. That's why you may find it easier to pick up the words of pop tunes than a list of numbers. But the numbers bit can be done. Take the value  $\pi$ , for example.

$\pi$  is the ratio between the circumference of a circle and its diameter. Since this ratio is the same for all circles, it's a very handy to know. As a fraction it is close enough to  $22/7$ . But try turning it into a decimal and it goes on for ever. Most people call it 3.1416 and if that is not good enough they grab the nearest computer.

Except that there are people who don't like computers. One of them was Professor A.C. Aitken of Edinburgh University. It sounds daft, but he memorized  $\pi$  to the first *thousand* decimal places. You imagine that was one record nobody would want to beat, but since Professor Aitken's death, the Japanese Hideaki Tomoyori has committed the first *ten thousand* decimal places to memory.

Feats like these don't necessarily require years of study and effort. The Yogi Shaa, who lived in Bombay, India, could memorize any poem, up to a thousand phrases, in any language [whether he understood it or not] after listening to it only once.

### How your memory works - Number wizards

But, before you can really start improving, you need to know how your memory actually works. And to help you do that, read through the list once, then cover and write down as many words as you can remember, in any order.

There are 25 items in this list, five fewer than the list you memorized using your home locus. This isn't a test – it's just a way of showing you how your memory works. If you check the words you did remember against actual list, you'll normally find one or two interesting patterns coming up. These patterns point towards some basic memory principles.

The first is what they call the **principle of primacy**. That's a fancy way of saying you tend to remember more from the *beginning* of a test or lesson. So you probably remembered *typewriter* OK, may be even *Typewriter* and *bird*.

The second is the **principle of recency**. That just means you tend to remember more from the end of learning session as well. So the chances are your list contained the words *sheep* and *ruler*. So when you try to remember something without the use of special aids like a locus [ or even repetition] the pattern is that you have high recall at the beginning, high recall at the end and a distinct falling off in the middle.

### Hunting the rabid werewolf

That's the broad pattern, but there are things that can change it. For example that you also remembered the *rabid werewolf* even though it comes exactly in the middle of the list. You remembered that particular item because a rabid werewolf isn't the sort of things you come across often. You can impress your friends by referring to the rabid werewolf pattern as the **Von Restorff Effect**. He was a scientist who discovered rabid werewolves are easy to remember because they are attention grabbers. Thus, if you want to remember something, try to make it an attention-grabber – make sure it's colourful, bizarre, too big, too small, funny or even vulgar.

The full Von Retorff Effect is defined this way:

**'You'll always remember something better if it grabs your attention by arousing one (or more) of your senses or stimulating your emotions.'**

So much for the words you probably remembered. What about the words you probably didn't? Well, the chances are you did not recall *truth*, *wisdom* or *meaning* all that clearly. This is because of a third principle, the **principle of specifics**, items like wisdom or truth are abstract concepts, not specifics.

Getting to know how your memory works is a huge help in improving your recall. . In the meantime, you can start using some of the principles you've already learned.

**To be continued.. Acknowledgement** : Abridged version of the book "Memory" by Herbie Brennan 1977: published in UK by Scholastic Ltd. :Reprinted by Scholastic India Pvt. Ltd - 2011.

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Typewriter  
Bird  
Dishwasher  
Truth  
Statue  
Cactus  
Painting  
Persian rug  
Egg cup  
Dictionary  
Lemonade  
Telephone  
Rabid werewolf  
Cat  
Notebook  
Wisdom  
Walking stick  
Flower  
Meaning  
Potted palm  
Guitar  
Pair of boots  
Sports car  
Ruler  
Sheep

## ANNEXURE - 1

### ➤ Door-Delivery Service Providers for Suidha :

#### ○ VEGETABLES

- **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.
- **Kamruth Organics:** Organic fruits , vegetables, milk and milk products, other organic grains and millets. Contact person Mr. Chetan. Mobiles :9886148612 / 9480914769 for your requirements.

#### ○ MEDICINES

- **Religare Medicals:** Register with Religare to buy your medicines. Contact: 080-22956228 / 29. Senior citizens get 10% discount.
- **Shantha Pharma:** For supply of your medicines to your door-step, contact 8867781822 / 9986003614. The shop is located on Kanakapura Road about 5 Km from Suidha. Senior citizens get 10% discount.
- **ASSISTED LIVING SERVICES –** Refer Annexure-2 also for more details.
- **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
- **Elder Care:** Run by retired army personnel. Large variety of services at your door step. Very reliable. More details at [www.eldercare.co.in](http://www.eldercare.co.in)
- **Beautiful Years Koramangala -** Mobility Aids, Making homes elderly friendly (Toilets, Alarms, Cameras, Non-Slip coatings, Bathroom Modifications and Grab Rails etc. Tel: 08069400333, 9986928141(Saurabh and Pavitra): Website: <https://www.beautifulyears.com>
- **Pavan Surgicals -** For BP Monitors and Mobility Aids, Wheel Chairs - Manager (Naveen) Tel: +91 9844682309
- **Anand Diagnostic Laboratory:** Very reliable; Bowring Tower # 54, Bowring Hospital Road, Shivaji Nagar. Bengaluru -560001. Email: [Info@anandlab.com](mailto:Info@anandlab.com) ; [enquiry@anandlab.com](mailto:enquiry@anandlab.com) ; Check for details Website: [www.anandlab.com](http://www.anandlab.com) ; For Home Visit: contact Ms.Violet – mobile 9449866287

#### ○ TRANSPORT

- **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
- **Balaji Taxi Services –** Reliable taxi services are being provided by this agency. For booking and other details contact – Mr. Srinivas – Land line 080 50771881, Mobile – 9845365245
- **Nandi Taxi -** Mr Ravi Gowda. Tel: Cell & Whtsapp: 09980451515
- **Auto Riksha Services –** Reliable Auto services are being provided by Mr. Narasimha Raju. For booking and other details contact – Mobile: 9900327822 / 9980627163

#### ○ PEST CONTROL

- **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)

## ANNEXURE - 2

## List Of Healthcare Providers In Bangalore

PROVIDER	Contact Details	Registration Fee	Attender Helper	A N M Trained Nurse	Qualified Nurse	
<b>Spandana</b>	Ms. Sunanda / Ms. Ratna : 9845803616 : 080 25531122 / 23	One year Rs. 15,000 to 35000	Rs. 15,000/pm	Rs.17000 To 35000		Long term Satisfactory service
<b>SUMUKHA</b>	Mr. Narayanaswamy 9880024265 : 080 22441963		Rs. 1000 – Rs. 1500 per day		Rs. 2000/ day Rs.40 to 45000/ month	Immediate service
<b>Portea</b>	Mr. Tausif 080 42734996 : 18001212323 [IVRS]		1200/ Male 1100/Female	1350 to 1450		
<b>Lakshmi Home care</b>	Lakshmi : 7338204385 9844968809 Mr. Manjunath 9741712857	750/week 3000/month 36000/Year	600/day 18,000/M	700/day 21,000/M	Rs. 1000/day	
<b>Zoctra.com</b>	Ms. Pryanka 9152432219		600/900 18-27000/M	Rs.1200 – 2000/Day Rs.55,000/ Month		
<b>Ashwini</b>	Mr. Sunil 9972201432 Ms. Anitha 994583545		1000/24hr duty 16000/Month	1800/day 40,000/ Month		Immediate action
<b>Sagar Healthseva</b>	Ms. Prabhavathy or Vipin 9886543235: 080 41710009	3,000	800/24hr 18000/M	950/Day 25 -30000/ Month	45,000/= Month	Immediate action
<b>Esha Saraswathi</b>	Ms. Hamsi : 9663701126 Ms. Kavitha 9945369185	10,000/Y 5000/6M	750.Day 15,000/M	17000/M	25000/M	
<b>Nightingales</b>	Ms. B L R Aishwarya 41410029: 18001035530		25000/M	Rs. 2000 to 2500/ 12Hrs 4000/ Day		
<b>Apna Care</b>	Ms. Bhavya /Ram 080 30752584		750 - 859 / day 20- 22000/ Month		Rs.35000/ 12hrs duty Rs.52000/ 24hrs duty	
<b>Health Heal</b>	Mr. Rohan / Mrityunjay 9629416503 : 080 23293333	To Sign Agreement	600/day 18000/M	1000/D 30,000/M	1400 to 1500/Day	Provides Med. Equip : Lab test

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