



Courtesy SVS Sastry



SUIDHA - Where the good life gets better !

SUIDHA NEWS

Q4:Jan2020-Mar2020		For Private Circulation Only			Date: 15-04-2020	
CONTENTS	Topic	Pg	Topic	Pg	Topic	Pg
	From MD's Desk	1	Suvidhites in News	3	Reader's Corner	8
	Suvidha Events	3			True Sanyasin	8
	Suvidha on the move	6			Memory	10
	Cottage Information	7			Door-step Services	12
	Family Events	7			Assisted Care Providers	13

➤ From MD's Desk:

Dear Suvidhites,

Let me begin by wishing you and your families the very best in these trying times. Kindly stay safe, be prudent and take every possible care of yourself and your loved ones. In these challenging times, on behalf of the company, let me assure you that Suvidha is standing by its people in their hour of need. We have taken measures to regularly publish multiple health advisories to prevent the spread of COVID-19. Since the lockdown was announced by our Hon'ble Prime Minister, we have been notifying you regarding the management of the pandemic. Additionally, we have conveyed similar protective measures to our staff and their family members.



In view of this crisis, we have enhanced movement vigilance at our village to ensure good hygiene, catering and waste management practices. Apart from these practices, the social distancing norm is being rigorously maintained. We have stepped up to form Doctors Advisory Group (DAG) to help SHs on preventive measures. DAG consists of 3 doctors and 2 of our Directors, and their service is also made available to our staff. As a preventive measure, we have setup a temperature screening and hand sanitizing protocol, at the main entrance gate, for those who enter the village, and security personnel have been trained to implement the protocol. Our HK Committee has initiated steps to guide our HK staff on how to take care of themselves while ensuring hygiene practices and social distancing as they go about their duties in cottages. We are also closely monitoring all directives issued by the Central / State Governments and local bodies so that uniform policy decisions are communicated to you.

Amidst this crisis, we have had heroes who worked tirelessly to ensure smooth functioning of the services and amenities. We had shortage of Sodium Hypochlorite solution, a cleansing agent to supply clean water to the cottages. With limited stock that lasted for just 4 days since the implementation of the lockdown, Mr. Mallanagouda (maintenance engineer) along with the driver Mr. Shashi Kumar took a calculated risk and procured the requisite stock of cleansing agent from the supplier's warehouse in Hoskote. Similarly, with the

movement restriction imposed, it was challenging for HK staff to come to work without travel passes. Coupled with this setback, the need for HK staff's assistance to help older residents to go about their daily chores as well as run the canteen, we requested a few HK staff to commit to half a day's duty. We are grateful to all HK staff who attended work during this lockdown. In order to provide free movement for our staff, Mr Vaidyanathan and I visited both Thalaghattapura and Kaggalipura Police Stations to seek their support. We are grateful to Police Personnel for their co-operation.

On the business front, we had a discussion with our Auditors regarding commencement of the audit work and to finalize the accounts for preparation of Balance Sheet as early as possible. However, we wished to have an early AGM, but the onset of pandemic has stalled our process. Our Auditors have assured us that once the lockdown is lifted they will commence the audit and we are hoping for an early AGM.

With the onset of summer, there is fear of potential wild forest fire. In anticipation of this fire, we have designated staff and a few residents, who have helped us to contain and douse the fire. There have been a few episodes of fire incident where the flames lit up to as high as 30-40 feet, especially around cottages in Phase 1A.

Photos Fire incident - <https://photos.app.goo.gl/yjUzFcqHZyFFudLi8>

We are thankful to Mrs. Gayathri Bettgowda and Mr. B N Bettgowda for donating garden tools to Suvidha to the extent of Rs 1.00 Lakh.

Photos of equipment - <https://photos.app.goo.gl/Dgo4Ly1euYfFnd4LA>

During our New Year Celebrations on 31st December 2019, we had severe problem with our audio system and the participants did not enjoy the music. The next day Mr. Veeranna Chigateri, our Director and resident of cottage 105 & 106, offered to donate an audio system. I requested my friend's son who is a Sound Engineer to come and evaluate our audio requirement. With the Engineer's advice, we bought a new system. Along with Mr. Chigateri's contributions, Mr. Rajashekar of cottage 100, chipped in to cover additional cost. The cost of the new system was Rs 1.40 Lakhs. We are thankful to both the donors.

Photos of Music System - <https://photos.app.goo.gl/7PZwWDSx1VHAX1qBA>

The lockdown has stalled our legal cases and we are awaiting the judicial court to reopen to get the cases listed. Presently, there is a Criminal Case, where a charge sheet is filed against me, and the expected hearing is on 26th May. To get this quashed, we had filed a petition in the High Court. Our advocate has assured us that the case will be listed before 26th May when the court reopens. Regarding the Civil Case, our advocates have submitted our written argument and argued against interim application filed by the petitioner. However, other defendants failing to file their objections to petitioner's IAs has led to the adjournment of case a few times. Moving forward, we will keep our SHs informed on the development of the case proceedings.

Regarding the RBI compounding issues, we are working to resolve it. I got in touch with the concerned RBI officials, who assured us to look into the matter by first week of April. However, with the imposed lockdown, we couldn't make further progress. I assure all SHs that once the lockdown is eased, I will make substantial effort to resolve the compounding issue.

Lastly, I thank you for your cooperation during this lockdown. I would like to reiterate to maintain the rigour and discipline of staying home as most of you have continued to do so. Invoking the concept of '*Lakshman Rekha*' which our Hon'ble Prime Minister has drawn across our thresholds is our lifeline to stay healthy. Despite our confinement to the threshold of our homes, our access to the virtual world takes us beyond our physical territory to an extent. We are privileged to be virtually connected with our dear ones to nurture our mental and social well-being. It is up to us now to make these hours at home as productive as possible from both organizational and personal perspectives. I am sure we all have with us a little to-do list we would love to pursue, if only 'we had the time'. Well, the time is here. They say, 'tough times don't last forever, tough people do'. I am confident that we will get past this crisis and re-emerge stronger for having overcome one of the gravest crises of our lives.

Wish you all the best again.

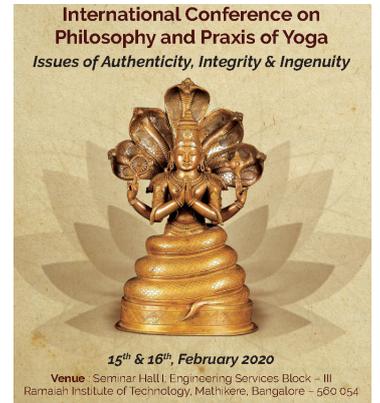
C. B. Prabhakar
Managing Director

➤ *Suvidhites in News:*



Indic Academy - IGUC ; Inter Gurukula University Center, aims to act as a bridge between Students, Gurukulam-s and Universities and between the study of Shastras, Indic Knowledge Systems (IKS) and Indology. Further, it acts as a hub for facilitating and conducting research, designing new courses, teacher trainings, workshops, seminars and conferences in the mentioned areas.

The academy organised an International Conference on Philosophy and Praxis of Yoga - 2020, which was held at MS Ramaiah campus Bangalore on Feb15th-16th 2020. We are proud to inform you that Professor Rukmani, cottage 73-74 of Suvidha was invited as a guest speaker at the valedictory of the above International Conference on Yoga so as to share her thoughts and expertise in the field. She was warmly felicitated in this function for her contributions in the field.



➤ *Suvidha Events:*

🚩 **11-01-2020: Suvidha Movie Club – Hindi movie – A Wednesday!**

Suvidha Movie Club screened a Hindi Movie on **Saturday the 11th January 2020 at 6P.M.** in the Banquet Hall of our Club House. '**A Wednesday!**', with English sub-titles.

🚩 **14-01-2020: A Talk on Indian Constitution**

Dr. Yellappareddy invited Justice Nagamohan Das, Retired Karnataka High Court Judge, to share his vast knowledge and years of experience in dealing with cases involving critical aspects of Indian constitution and the provisions there of particularly, in respect of rights and responsibilities of any citizen of this country. The mode and method of presenting this intricate subject was such that even a novice in law could easily grasp the subject. With a view to enlighten the student population, he delivered over 500 lectures to students all over Karnataka and in many such lectures over 1000 students participated.



Dr. Yellappareddy wished that residents of Suvidha should not miss the opportunity of listening to (Retd.) Justice Nagamohan Das. Hence this event was planned at Suvidha Club House on 12th Jan 2020 at 4 p.m. Needless to say that the program was a grand success and was attended by all Residents of Suvidha Village.

Justice Nagamohan Das spoke on "Sam Vidhana odu – Vidyarthi Ede Sam Vidhana Nade" (the Constitution towards Students). The lecture was well structured with - a) 10 min oral presentation b) 15 min Power point Presentation c) 10 min inter action. The interaction was quite lively and the doubts / queries were well discussed. After the lecture vote of thanks was proposed.

Lecture was followed by a Film Show on Evolution of "Flamingo city at Almaty dam". Almaty Dam is man made wet land which posses more than 70% criteria of convection wet land concept.

Ms. Maya Chandra the famous documentary film maker presented three documentaries. The Films explained the cosmic connection of Western Ghats to Bay of Bengal (24 min); Belandur Lake Fire (3 min.) and about A2 milk (10 min.). The documentaries were very interesting and the audience liked the information content. Ms. Maya Chandra was thanked for accepting our invitation and presentation of the documentaries.

We thank Dr. Yellappareddy for sponsoring the Tea and Snacks which were served at the conclusion of the program. Here is the link for photos taken on this occasion - <https://photos.app.goo.gl/nfqBXnG2GQsZ9SDs9>



26-01-2020: Republic Day Celebrations

The shareholders and residents of Suvidha participated enthusiastically in large numbers in the celebration of the 71st Republic day that were held on the Sunday, the 26th January 2020 at 10.30 a.m. in the open area opposite to our Suvidha Club House. The place was tastefully decorated and seating arrangements were made by Suvidha Administration for the convenience of the elderly audience.

The gathering was warmly welcomed by Mr. A. Vaidyanathan, Director and CFO of Suvidha. He briefly outlined the agenda and requested all to participate and enjoy the events scheduled for the day.

After the welcome, Dr. KS Shekar, Founder Chairman of Suvidha, introduced the Chief Guest, Lt. Gen. RVN Kadambi, to the gathering and invited the Chief Guest to unfurl the National Flag. The Chief Guest, Lt. Gen. RVN Kadambi, thanked Dr. KS Shekar for his kind words and he was escorted by Dr. Shekar and few senior Suvidha members to the Flag Staff. After the ceremonial unfurling of the national flag the Chief Guest delivered his speech which was inspiring and informative.

The function concluded with the Vote of Thanks by Ms. Gayatri Handanahal, Director Suvidha. Sweets were distributed to all the participants and staff present at the event.

After the Function, the gathering moved to the Banquet Hall of the Suvidha Club and the following were presented.

1. Graceful Aging and Holistic well-being through Functional Medicine – Dr. Vivek Kadambi
2. Laughter Yoga Therapy – Dr. Nilima Kadambi
3. Patriotic Songs – Dr. Vivek Kadambi

Thanks to Dr. Vivek Kadambi and family for sponsoring a sumptuous lunch to all the attendees at 1.00 pm.



28-01-2020: Vocal Carnatic Music and Bharata Vachana Program



Suvidhites were treated to a grand music program. Dr. Sridhara's singing was so good that one could listen and feel the devotion and purity of the soul. He was accompanied by Mr. Vishwajith Mattur on Violin and Mr. Pavan Madhav on Mridangam. The team presented a memorable concert.

The second part of the program was a Gamaka Vachana in which Ms. Samudyatha Mattur sang verses from Mahabharata in a melodious voice and Mr. M.C Prakash kept the audience in splits with hilarious translation of each verse. The topic they had chosen from Mahabharata was how Bheema was wooed by Hidambini.

After the program all were treated to a sumptuous dinner hosted by Ms. Gayatri, Dr. Hema Bhargava and Mr. Prasad Bhargava. The residents thanked the hosts for the wonderful evening. Photos - <https://photos.app.goo.gl/bcmrVEtGMPFJagMv6>





14-02-2020: Movie – Bucket List

Suvidha Movie Club screened the movie “**The Bucket List**” on **Friday the 14th February 2020 at 6P.M.** in the Banquet Hall of our Club House. This is an English Movie with English sub-titles. The movie was well attended and appreciated.

The Story : **The Bucket List** , released in 2007, is a Comedy / Drama of 1h 37m duration. Two terminally ill men left with only six months to live, decide to explore life and make a bucket list comprising all the things they have never tried before. This movie just makes you appreciate life and that it's never too late to give your life a chance. [Morgan Freeman](#) and [Jack Nicholson](#) show you how to live it.



21-02-2020: Shivarathri Celebrations

Ladies of Suvidha village took initiative to celebrate Shivarathri in our Club House. A program was arranged in the Banquet Hall as detailed below:

- 8.30 pm to 9.00 pm - Gather for Abhishekam - Mrs. Meena Vaidyanathan performed the Abhishekam.
- 9.00 pm to 10.00 pm - Bhajans - Lead singers Dr. Vivek Kadambi, Dr. Nilima Kadambi, Mrs. Mangalam.
- 10.00 pm to 10.15 pm - Banana and Badam milk was served to all participants.
- 10.15 pm to Midnight - Live streaming of Adiyogi Mahashivarathri celebrations of Isha Foundation.

The celebration was well attended and much appreciated. The program was jointly sponsored by Mrs. Meena, Dr. Nilima and Mrs. Aruna

Photos - <https://photos.app.goo.gl/dXxd61ic6fJ4zyLy6>



28-02- 2020: Gamaka Vachana Program - Bakasura Vadha

On popular demand, this Gamaka Vachana program was arranged by Ms. Gayitri Handanahal in Suvidha Club House from 5pm to 7pm on 28th Feb 2020. On this occasion the topic chosen was Bakasura Vadha from the epic Mahabharath. Ms. Samudyatha Mattur sang the verses in her melodious voice and Mr. M.C Prakash kept the audience very interested with his characteristic commentary on each verse. As expected the program was thoroughly enjoyed by all Suvidhites. Program was sponsored by Dr. Upadhyaya. Snacks and Tea were served to all at the end of the program. Some snaps taken on this occasion are presented below.



➤ *Suvidha on the move:*

➤ **Kitchen Committee report for Quarter ending March 2020**

Chairperson - Mr. Veeranna Chigateri, Resident Director

-  Our little heaven on earth, Suvidha, continues to be a safe haven too in these difficult days of the Corona Virus and Lock downs. Being one of the few committees in action in Suvidha during this time, the Kitchen Committee is happy to report that our kitchen staff members are all following the stipulated procedures of washing hands, social distancing and wearing masks while executing their duties remarkably well.
-  We have more residents ordering food from the kitchen which geared up to the new challenge of serving increased numbers; and are providing tasty food for all of them. Many of the residents have expressed their satisfaction with the food we are providing to them in the cottages as well as at the Cafeteria, where the tables have been arranged with enough space from one another in conforming to the social distancing norms.
-  HOPCOMS vegetables are available thanks to Mr. Papanna Gowda, once a week as scheduled; and the kitchen has enough rice, wheat flour, pulses and other necessary grocery items stored to last for about two months which will allow the kitchen to function normally.
-  Just before the Lock down we had deep cleaning and pest control done at the kitchen and cafeteria premises. Cleaning of the kitchen and the vessels continue daily as we still manage to get our staff members and Housekeeping ladies assigned to the kitchen to come and help us out. In addition, all the members of the Kitchen Committee keenly support and oversee the activities in the kitchen on a regular basis.



➤ **Maintenance Committee Report for Quarter ending March 2020**

Chairperson – Mr. S.M. Subba Rao, Senior Resident

Here is the Maintenance Committee Report for the fourth quarter ending Mar 31, 2020.

1. Diesel Generator annual maintenance completed (as per DG B check service guidelines)
2. Buggy canopy cover repair work completed as planned.
3. Cleaning of Solar panels on all 42 cottages done.
4. Solar units with lower power generation re-tuned for improvement with the help of Tata Solar.
5. Frame for RO system refurbished.
6. Power cable for Borewell located on southern side of lake replaced.
7. Lids for water tanks in WTP replaced with FRP chamber covers.
8. Water tap installed near STP for washing hands.
9. Damaged Suvidha compound wall repair work done.
10. Civil work outside cottages 177,178 for avoiding water seepage from flooring.
11. Yearend closing stock prepared after checking the stock of all items related to plumbing including WTP/RO, STP and Electrical maintenance including DG as on Mar 31, 2020.



➤ **Suvidha Cottage Information: Rental / Sale of cottages**

Many shareholders requested to include information about the cottages that are available for rent or second sale. Accordingly the Suvidha office has brought out four tabulations that enumerate the required details . Click on the link below for details as 10-04-2020:

<https://drive.google.com/file/d/1jHI3O61qvE-DUOBbXEat7JBmH47vVkAR/view?usp=sharing>

➤ **Family Events :**

🚩 **10-01-2020: A farewell invite for High Tea**

Ms. Vijaya Rajagopalan, Cottage-45 invited the ladies in Suvidha to join her for high tea at the Banquet Hall of Suvidha Club House on Friday the 10th January 2020 at 4.30 P.M.

This was a farewell party to which she invited all the ladies to thank them for the support and happy times she has had with all of them during her stay in Suvidha in the last few years. She will be moving from Suvidha for good in a fortnight.

The idea of Ms. Vijaya giving a party to bid farewell was spontaneous and all appreciated the gesture.

Here are the photos taken - <https://photos.app.goo.gl/PZ7m9RoKeSJuvpuG6>



🚩 **06-03-2020: Family Happiness Day**

A grand family function was organised by Brg. E. Pardhasaradhi, VSM (Retd.) of Cottage#84 on 6th March 2020 which is coincident with the birthday of his elder son Mr. Vijay, resident of Sydney, Australia.

Mr. Vijay who was on a visit to Suvidha chalked out a detailed program for the Family Happiness Day and conducted the program in a delightful manner. All the invitees were received with welcome drinks and a variety of snacks. Concurrently, interesting videos on Nature were screened.

Later Happiness game / quiz was conducted by him encouraging the audience to enthusiastically participate in the game. The gathering enjoyed the way it was conducted.

The Buffet Lunch that followed was the great finale. The food was excellent and the spread was great.

All in all, it was truly a memorable celebration of Family Happiness Day!

➤ Readers' Corner :

Who is a True Sannyāsin in the Hindu Tradition?

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.)

Lately there has erupted a controversy as to the correct definition of 'Who is a True Sannyāsin in the Hindu Tradition'. To get a broad historical perspective of the picture it will be useful to look at the concept of sannyāsa in its development from the Vedic period to modern times. It was at the time of Śaṅkarācārya, the advaitin, in about the eighth century CE that the sannyāsa āśrama system got consolidated. Today the popular understanding of the word sannyāsin is 'one who has withdrawn from conventional worldly behavior for the sake of spiritual advancement; he /she is also someone who continues to act in society in a selfless manner'. This brief article traces the various changes and additions that came into being in the concept of sannyāsa through the various historical periods, starting with Vedic times.



Vedic period ((c.2000 BCE-500 BCE)

The concept of liberation characterized as a complete withdrawal from worldly action is not generally mentioned in the Rigveda (R̥gveda) and is to come to the forefront in the Upanishads (Upaniṣads). There is one hymn in the R̥gveda (X.136. 2-4) where there is mention of munis as wanderers but nothing further is mentioned about them. While the Vedic religious period was characterized mainly by rituals, very soon by the Upaniṣadic period a backlash against rituals came into being, maybe due to the emphasis on non-violence in movements such as Jainism and Buddhism. We thus find a divergence from rituals and a parallel emphasis on knowledge as a path to liberation in the Upaniṣads.

During the Upaniṣadic period a number of new ideas came into being. It is the time when the four varṇas (brāhmaṇa, kṣatriya, vaiśya and śūdra), four āśramas (brahmacharya, gr̥hastha, vānaprastha and sannyāsa) and the four puruṣārthas (dharma, artha, kāma and mokṣa) along with the karma theory, got entrenched in the tradition.

One very important concept in the Upaniṣads (perhaps unique to Hinduism itself) is the concept of jīvanmukta (one who is liberated while embodied or while still living). This idea of liberation while still in the body, was perhaps an attempt not to divorce action from being a value in society. It also takes care of the sometimes pejorative view that sannyāsin are parasites in society feeding off others. Perhaps Hinduism was also reacting against the exclusive importance accorded to sannyāsin called bhikṣus in rival movements like Buddhism and Jainism which exclusively valorized the life of a monk in a community (sangha).

While ideally only a sannyasin who withdrew from the world qualified for mokṣa, the jīvanmukta ideal accommodated persons like Janaka and Ajātaśatru (mentioned in the Upaniṣads) who could fulfil their obligation to society and gain mokṣa by engaging in action in a detached manner. Advising Arjuna on the merits of disinterested action in the Gītā, Śrī Krishna (Kṛṣṇa) advises him to act in a detached manner without expectation of success or failure, as that will assure him mokṣa (III.19). This is followed in verse III.20 with the example of Janaka who as a king continued to perform his kingly duties for the sake of the welfare of his subjects (lokasaṅgraham) without getting attached to the result and eventually attained mokṣa (perfection). The word lokasaṅgraham again occurs in verse III.25 where it is stated that a wise person acts without desire/attachment for the sake of the welfare of the whole world.

Classical or post-Vedic period (c. 500 BCE-500 CE).

A number of important changes took place in the Classical or post-Vedic Age. Amongst the many manuals composed in this period are the early Dharmasūtras such as that of Āpastamba, Gautama and Bodhāyana as also the Smṛtis such as that of Manu and Yājñavalkya and the epics, the Rāmāyaṇa and the Mahābhārata, when sannyāsa got defined in both a religious and philosophical sense and the role that the sannyāsin has, in the lived world, is also dealt with. By this time the sannyāsin had attained a prominent role in society. Bhakti or devotion to a personal deity (īttadevatā) was also on the rise in this period. Mokṣa as the highest value to be achieved and sannyāsa as its expression gained importance at

this time. But whatever the religious expression, be it bhakti or sannyāsa or ritual action, mokṣa could only be achieved through subordination of the ego; thus there was an emphasis on sannyāsa more by pointing to its psychical aspect of selflessness than to the fact of the sannyāsin withdrawing from the world of action. The institutionalizing of the sannyāsāśrama was yet to happen during Śaṅkarācārya's time (c. eight century CE) but there must have been a number of sannyāsins wandering about at this time in history recalling the muni of Vedic times. The Bhagavadgītā which belongs to this period played an important role in reformulating and redefining the concept of sannyāsa. Nishkama karma (niṣkāmakarma/selfless action) was eloquently argued for by the Gītā and using examples like that of Janaka and Ajātaśatru, sannyāsa was defined as not 'running away from the world of action', but 'action done in a certain spirit' living in the world. Sannyāsa is no longer restricted to the recluse's domain but has been brought within the householder's realm (gṛhastha's domain), a subtle transformation of the ideal into the lived world. The subsequent period is what I call as the Purāṇa phase.

Purāṇa phase (c. CE 300-1000) .

Many changes were taking place now but in short one can say that this was the period that defined Hinduism's many religious expressions like worship of icons in temples, pilgrimage, fasts, festivals etc., which are all part of popular Hinduism till this day. However whatever the religious expression was, the highest value to be achieved which was mokṣa was never lost sight of and held its ground in this period as well.

Śaṅkarācārya who is well known as the propounder of advaita philosophy belongs to this period (c.720 CE). Śaṅkara's emphasis was on total renunciation and he strengthened the sannyāsa tradition by also establishing four institutions (maṭhas) in Dwaraka, Puri, Badarikashram Jyotirpeeth and Sringeri to uphold the tradition. Śaṅkarācārya also combined the Gītā idea of lokasaṅgraha by travelling through the length and breadth of the country spreading the message of advaita for spiritual upliftment and writing commentaries on the Upaniṣads, the Brahmasūtra and the Gītā. This innovative ideal of lokasaṅgraha advocated by the Gītā and vigorously espoused by all spiritual leaders since then, would lead to more ways of interpreting the ideal of sannyāsa in the subsequent modern period between CE 1000-1900.

Modern period (1000 CE-1900)

This modern period belongs to sannyāsins like Swami Vivekānanda and Swami Dayānanda Saraswati. Swami Vivekānanda ushered in some important changes into the sannyāsa tradition. His travel in the west and contact with independent women there changed his perception of women and he encouraged women in their spiritual quest on par with men. This would lead to the establishment of the Sarada Math subsequently, as is well known.

The concept of loksaṅgraha got its full expression during the time of Swami Vivekānanda and Swami Dayānanda Saraswati. Vivekananda's motto for the sannyāsa āśrama which is "**Atmanah mokshartham jagaddhitaya ca**" (for the sake of one's mokṣa and for the sake of the welfare of the world) says it all. No more is the sannyāsin concerned only about his/her own mokṣa; the concept of lokasaṅgraha now got ingrained into a sannyāsin's life. The many reforms that Swami Dayānanda carried out are also testimony to that zeal for lokasaṅgraha.

The pre-independence and post-independence days stretching right upto the present have adopted all these various models of sannyāsa-behaviour. So, in conclusion, one can say that there is no single answer to the question whether a sannyāsin has to be only committed to pursuing his/her mokṣa goal and abdicate all interest in the welfare activities of society or while seeking his/her own mokṣa can also be involved in the affairs of the world with a spirit of self-sacrifice. The choices available are there throughout history and in keeping with the spirit of Hinduism there are many paths leading to the goal of mokṣa for a sannyāsin. One can be singly pursuing the path of mokṣa without getting involved with society or one can, using Swami Vivekānanda's approach, combine one's pursuit of mokṣa along with working for the welfare of the world.

@@@



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

The man who could never forget anything, ever!

How can you make 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 invitations 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. But he remembers them all !!! How does he do it? The secret are shared here. Read on !



CHAPTER 7

A daisy-chain to fill your head with facts

Work on short-term memory has led to the development of a nice little trick for improving your recall. This trick is called chunking. Chunking means grouping information together to meaningful quantities – bite sized chunks. Most of us use it to remember phone numbers. Suppose you had to memorize this long international phone number:

00441712844474

Put that way, it looks almost as difficult as the INEXPENSIVE HOME COMPUTER number and thus you'd break it up in chunks, like this:

0044-171-284-4474

You would then concentrate on learning each chunk. First, you'd learn the international code for Britain from Ireland which is 0014; then the area code for the part of London where the publisher operates - 171. Then you'd split the number itself into two manageable chunks, 284 and 4474. Once you'd learned the individual bits, you'd put them together and end up with the complete number. This little trick doesn't stop with phone numbers. Professor Aitken, the Scot who memorized the first 1,000 places of *pi*, used chunking as one of the techniques to help him do it.

The secret of successful chunking

Actually, there is a bit more to chunking, than meets the eye. Dr. Miller of Harvard University discovered that your short-term memory was limited in the number of items it could hold. Further he confirmed that the number of items the average short-term memory could cope with was seven. He also noticed it was only the *number* of items that was important, not the amount of information in them. What this comes down to is that if you're asked to memorize a list of words without using the special technique in this book, you will be able to recall up to about seven without too much trouble, but will start to make mistakes thereafter. But if you're asked to remember a list of *sentences*, you'll *still* manage about seven before your memory starts to fall apart.

The Amazing peg technique

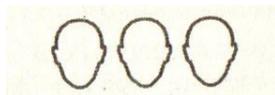
An even more useful trick – is clothes- peg technique. This technique is very easy to explain:

If you can't remember something, peg it onto something else you can.

If you've worked on the exercise so far, you've already pegged items into rooms in your home and onto bits of your body. Your next step is to *peg them onto each other*. Once you do this, you can forget all about loci and concentrate on filing memories in such a way that each one actually helps you remember another.

Pegging helps you keep track of things that go together. The name of the singer and the name of the song, for instance, or the name of the director and the name of the movie. To keep them both in your memory, peg them together.

Interestingly enough, when you start pegging in this way you're moving towards, the way your mind naturally stores information. Here's an illustration of the ways it works:



One day you're out for a walk in the country. You're looking at a sheep in a field when a red sports car, driven too fast, careers around the corner, blasts its horn and zips so close it blows your wig off.

While all this is going on, your mind is busy filing away memories. Remember Dr. Penfield and his slim electrodes – your mind files away everything, every minute of your waking day. At the time we're talking about, the memories include the sheep in the field, the smell of honeysuckle in the hedgerow, the colour of the cat that nearly killed you, the particular sound of its two-tone horn and the feel of your head without the hairpiece.

Your memory isn't logical, Mr. Spock

The filing system your mind uses isn't logical. It doesn't pop the sheep into a mental compartment labelled A for ANIMAL or put the sports car into L for LUNATIC. What it does is file the lot together in such a way that *everything is automatically associated with everything else*.

As far as we know, *all* memories are filed by association, but some memories are more strongly associated than others. What strengthens the association is emotion. If something amuses you or gives you joy or scares you witless, it will be more strongly associated with its fellow memories. Since the sports car scared you witless, it means that from then on, any one of the individual memories like a particular sound of a car horn – will tend to recall others.

Fear and forgetting

Sigmund Freud, the founding father of psychiatry, discovered a mental process called repression where you actually work to forget certain experiences because they're just *too* scary, or sad, embarrassing to deal with. If the business with the sports car fell into that category, you'd very soon forget all about your brush with death. But the associations would still be there because that's the way your mind filled them.

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.

oo000oo

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 . 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 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
- **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 Diagnostics Laboratory:** Very reliable; Bowring Tower # 54, Bowring Hospital Road, Shivaji Nagar. Bengaluru -560001. Email: Info@anandlab.com ; enquiry@anandlab.com ; Check for details Website: 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 – 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 & Whatsapp: 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

ANNEXURE - 2

List of Healthcare Providers in Bangalore
(The Rupee values are indicative only)

PROVIDER	Contact Details	Registration Fee	Attender Helper	A N M Trained Nurse	Qualified Nurse	
Spandana	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
SUMUKHA	Mr. Narayanaswamy 9880024265 : 080 22441963		Rs. 1000 – Rs. 1500 per day		Rs. 2000/ day Rs.40 to 45000/ month	Immediate service
Portea	Mr. Tausif 080 42734996 : 18001212323 [IVRS]		1200/ Male 1100/Female	1350 to 1450		
Lakshmi Home care	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	
Zoctra.com	Ms. Pryanka 9152432219		600/900 18-27000/M	Rs.1200 – 2000/Day Rs.55,000/ Month		
Ashwini	Mr. Sunil 9972201432 Ms. Anitha 994583545		1000/24hr duty 16000/Month	1800/day 40,000/ Month		Immediate action
Sagar Healthseva	Ms. Prabhavathy or Vipin 9886543235: 080 41710009	3,000	800/24hr 18000/M	950/Day 25 -30000/ Month	45,000/= Month	Immediate action
Esha Saraswathi	Ms. Hamsi : 9663701126 Ms. Kavitha 9945369185	10,000/Y 5000/6M	750.Day 15,000/M	17000/M	25000/M	
Nightingales	Ms. B L R Aishwarya 41410029: 18001035530		25000/M	Rs. 2000 to 2500/ 12Hrs 4000/ Day		
Apna Care	Ms. Bhavya /Ram 080 30752584		750 - 859 / day 20- 22000/ Month		Rs.35000/ 12hrs duty Rs.52000/ 24hrs duty	
Health Heal	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

****@@@****