



SUIDHA NEWS



Happy Sankranti

Q3:Oct2019-Dec2019		For Private Circulation Only		Date: 15-01-2020		
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Thought for Today

<http://www.thoughtfortoday.org.uk/todays-thought/>

### ➤ From MD's Desk:

Dear Suidhites,

Happy New Year to you all ! Also, it is my pleasure to wish all of you Happy Sankranti. I hope you celebrated the start of 2020 in good spirits with family and friends. Now that we're a few days into the New Year, it's good to look ahead and think about what this year may bring us. But first, a quick look back. 2019 was a year of mixed bag, which brought lot of changes in the lives of people at Suidha. We've been through many developments, some not very positive. As we were enjoying the victory of court case on the 3 Acres of land, Management had to focus its attention on another Civil case foisted on the Company and a Criminal Case filed against yours truly. The Management is fighting these cases with the help of able attorneys. I am very much thankful to the Legal Core Committee in helping the Management to fight these cases.



The Management, bowing to the demands of a few SHs, tried to separate the House Keeping Services from the purview of Maintenance Fee. But, the resolution was voted out in the EGM. However, Management is contemplating to give the benefit of reduction of HK Charges to those who are using the services sparsely. Workable solution will be discussed in the ensuing Board Meeting and later will be placed before the SHs.

During the year, the major task for the Management was providing Health Care to Suidhites. In this direction, though we tried our best to rope in Shankara Specialty Hospital, the Night Nurse Service facility fell apart and left us stranded at the starting line. However, we have left no stones unturned in taking the issue forward. A workable solution will be found shortly as we are discussing the issue with various service providers. It is my earnest request to the SHs that if they have any lead on this issue, do come forward and help the Management in providing the Night Nurse Facility in our Health Centre. We have completed the conversion of our existing Health Centre in to a Convalescent/Rehabilitation Centre and the year end saw the first admission.

I am very happy that Ladies of Suvidha joined hands in organising the Celebrations of welcoming New Year 2020 in Suvidha. The function was very well organised and it was a joyous moment for 100+ participants in welcoming the New Year with pomp and glory. I am also happy to share with all the Suvidhites that the Organizers have donated the surplus amount to meet the Staff Welfare Expenses in the coming months. Apart from this, the Ladies of Suvidha with Ms Aruna Aluri as the convener, started Suvidha Movie Club and streamlined the movie screening. Movies will be screened on Second Fridays with a fixed entrance fee to meet cost of snacks and other expenses. First movie screened was a Kannada Movie on 14<sup>th</sup> of December which was a big hit. The Club members have decided that, whatever surplus remained after meeting all the expenses will be donated to the corpus of Staff welfare expenses.

Suvidha Management is thankful to Mr Devidas D Prabhu and his daughters (of Cottage # 53 & 54) for renovating the existing Pergola in front of our Health Centre and also for adding an additional Pergola, making it a Twin Pergola. Management is also thankful to Ms Gayathri Bettgowda and Mr B N Bettgowda for their huge contribution in donating Garden Implements.

With the scanty rainfall during the North East Monsoon, the water level of our Lake is fast depleting. It has become utmost necessary for water conversation and to monitor the utilization. In this direction, Management is contemplating to fix Water Meters to all cottages and the charges are to be borne by the SHs. As a first step in this direction a Water Meter is already fitted to the Cottage # 119 belongs to yours truly.

Adding 5000 fish fingerlings to our lake: <https://photos.app.goo.gl/vzuGm3JQF1H39G9S7>



The current circumstances are all quite challenging to work in. There are quite a few hurdles before us. But no matter what the circumstances are, we must not lose sight of our priority: to make Suvidha a premier Retirement Village to live in for all of us. That will only be possible with your continued support and dedication and teamwork by my fellow Directors. The past year had a significant impact on all of us, but I would like to thank you all for your significant support and patience during these challenging times. The year ahead will bring its own challenges but I'm sure by working together, keeping focussed on our priorities we can realise our ambitions. These will certainly continue to be my priorities and I am convinced I can count on my fellow Directors in rendering much needed service to you.

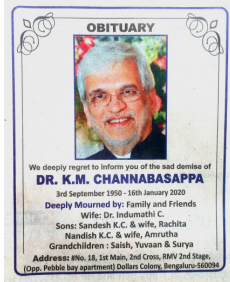
I once again thank you, my co-Directors and my sincere staff for extending their support and with the assurance that the same support and zeal will continue in the year ahead for all of us to reap the benefit.

With the hope that the advent of Uttarayana will bring more smiles to all of us, I wish you, your family members and my Staff a Happy New Year and a Happy Makara Sankramana once again.

Thanking You  
With Regards

**C. B. Prabhakar**  
Managing Director

## ➤ *Suvidhites in News:*



We deeply regret to inform you of the sad demise of our suvidhite Dr. Channabasappa, cottage-80, on 16th January 2020. Suvidha Management, Staff members and all Suvidhites express their heartfelt condolences to the members of the bereaved family and pray to God that the demised soul may rest in peace.

## ➤ *Suvidha Events:*



### 29-10-2019: Lights in the Suvidha Lake

Like earlier years, this year too Suvidha celebrated Deepavali in a unique way (Courtesy: Sunset Club) – by floating Diyas in the lake. A large group of residents joined this programme on the second deck of the lake on the eastern side of the lake, behind cottage # 146 at 6 PM on 29th of October 2019. It was a quiet and pollution free celebration of this festival of lights. Here are a few snaps taken on this occasion. Please click the link to view the photos. <https://photos.app.goo.gl/51zat7tp8TbieLr36>



### 01-11-2019: Kannada Rajyotsava Celebrations

**Sunset Club of Suvidha** has been in the forefront in organizing the celebration of Kannada Rajyotsava (Karnataka Formation Day) on November 1<sup>st</sup> at Suvidha every year since 2014.

This year too, we celebrated it on Friday, the 1<sup>st</sup> November 2019. Looking back to our great cultural heritage and to keep it alive for the future generations to come, Suvidha arranged a few cultural programs. All Suvidhites, their guests and the Staff Members were served breakfast and lunch - complimentary from the Sunset Club.



1. **Dollu Kunitha:** From 7.30 am onwards in front of the Club House by Mr. M. Mahesh & Party – team of 10 (ten) members. **Veeragase Folk Dance** was also performed along with Dollu Kunitha by Mr. Rudresh & Party from Kolar.

Videos : <https://youtu.be/mjQTogln0e> --- <https://youtu.be/HKmh4tf8Nnw>

2. **Light Music** – Singing of Nadageethe and other Kannada patriotic songs.
3. **At 8.30 am. – Breakfast** was served at the venue.
4. **Procession of State's protecting Goddess Bhuvaneshwari.** – Inauguration by Sri G K Raju of Cottage # 71 & 72.
5. **Flag Hoisting at 9.30 am** - by Dr. S V Venkateshaiah, Former Regional Director of Archaeological Survey of India.

6. **Sugama Sangeetha** from 5.30 pm to 8 pm. at the Manjula Gaana Mantapa by Ms. H R Leelavathi Devi & Team who presented Kannada Bhava Geethe, Folk Songs and Kannada Filmy Hits. Tea / Coffee was served at the venue.

Photos - Morning Session - <https://photos.app.goo.gl/ZBdWuZquxQkE1a37A>

Photos - Evening Session - <https://photos.app.goo.gl/1v8emN3gErZ3ycDw7>

Sugama Sangeeth Video - [https://youtu.be/IPEU9LWf\\_J0](https://youtu.be/IPEU9LWf_J0)



### 12-11- 2019: Samoohika Satyanarayana Puja

Dr. KS Shekar, Founder Chairman of Suvidha, has been sponsoring the Samoohika Satyanarayana Pooja at Suvidha since last four years. This year also he decided to continue the Pooja festivities for the well being of Suvidha community.

**"Family that eat together, live together; People who pray together, live in peace and harmony".**

The puja for this year was fixed on Tuesday, the 12<sup>th</sup> November 2019, at the Suvidha Clubhouse.

**Details:** 10.00 AM: 'Sankalpa' ; 12.00 Noon : Maha Mangalarathi ; 1 .00 PM: Lunch



All were welcome to the function. Many individuals / couples also joined in performing the Puja. Mrs. (Dr) Manjula Shekar and Dr. KS Shekar sponsored the Puja and the Lunch to all the attendees. It was a grand function performed with due care and reverence to the Deity.

All joined in the prayers to the Lord to bestow good health, peace, happiness and bliss to all Suvidha family members. Here is the link for photos taken on this auspicious occasion: <https://photos.app.goo.gl/uArJh8duVXtA3Tfm6>



### 16-11-2019: Importance of public understanding of science

Prof. P. Balam, a renowned Molecular Microbiologist and former Director of Indian Institute of Science, Bangalore, was invited by Mr. Ratnakar Aspari, Cottage No.122, to talk on the topic **"Is the Public Understanding Of Science Important?"**. The talk was delivered on Saturday, the 16th November 2019 at 10.30 AM at Suvidha Club House.

This talk addressed the need for public awareness of developments in Science and Technologies, which dominate our modern life. Modern governance requires some understanding of diverse issues like genetically modified organisms, climate change, regulatory issues in the pharmaceuticals & pesticides and among many others. The talk presented a historical perspective of the methods of modern science and the challenges of science communication.



The talk was attended by a large number of residents. The audience thoroughly enjoyed the inimitable hilarious presentation of hard facts of our political life in this context. The link below will refresh our lighter moments during the talk.

<https://drive.google.com/file/d/1FfUaasxKfe4WVu3y0xPoznKovsnhemYU/view?usp=sharing>



### 07-12- 2019: Inauguration of Twin Gazebos

We are pleased to inform you that the renovation of the existing Pergola and construction of additional pergola attached to the existing one opposite to our Health Centre have been completed. The Management thanked Mr. Devidas D Prabhu of Cottage # 53 & 54, who came forward to bear all the expenses of renovation and additional construction. The Twin Gazebos were formally inaugurated on Saturday the 7th of December 2019 at a gala function organised at the venue.



Mr. Devidas D Prabhu spoke on this occasion and recalled the nostalgic days when his wife, late Mrs. Pushpa used to spend her evening times with other ladies at the “Moon Light Club” (present Twin Gazebos). He was very thankful to all the ladies present for extending their warm supportive company to late Mrs. Pushpa. Mr. Devidas D Prabhu and his family members distributed snacks and sweets to all present to celebrate the occasion. The organisers thanks all those present for gracing the Inauguration of Gazebos.

Click for Photos - <https://photos.app.goo.gl/y1TFBd97PAHUQZj7>



### 13-12 2019: Chinese research delegation visits Suvidha

Friday, the 13th December 2019 was far from unlucky for the Housekeeping Committee, which is also responsible for the excellent Bio-waste management in the form of leaf composting bins placed around Suvidha. It was this exemplary waste management practice that enticed a four-woman research delegation to visit us on the evening of 13th December 2019. Ms. Gayitri, Mr. Veeranna Chigateri and Ms. Latha Gopal greeted the ladies who arrived with Mr. Vasuki, MD of Soil & Health, the company that has supplied our composting bins.

Ms. Xuehua Zhang the leader of the delegation is Chief Scientist of the Lishui Institute of Ecology and Environment at Nanjing University. After receiving her PhD from Stanford University in Environment Law and working for a few years in Washington DC, she returned to China in her present position. Since early 2019 Xuehua has been leading a nationwide effort of experimenting community composting of Bio-waste working with a dozen environmental NGOs in China.

Ms Zhang Shiven, Ms. Li Xiao and Ms Liu Qian were the other young ladies in the team. They walked all around Suvidha with Shivalinga, the head of Suvidha Landscaping and our HK team, asking questions about our waste management and exclaiming on its efficiency as well as cleanliness in terms of the absence of bad smell and the scenic surrounding of each filling bin. They clicked many photographs to augment their report. The delegation spent an hour or more at Suvidha thoroughly impressed by our efforts to keep our environment clean.

After visiting some more housing complexes to see their waste management procedures the team said they were looking forward to visiting Thrissur and Alappuzha in Kerala where community waste management has the implicit support of the State Government. Ms. Gayitri joined them there later that week.





### 14-12-2019: Movie club first movie – Rama Shama Bhama

We are happy to inform that a few resident ladies have come forward to form a “Movie Club” to organise film shows (with snacks during intermission) on Second Saturday of every month in the Banquet Hall of our Club House, for the benefit of Suvidhites and Tenants. The management has graciously extended its support to this community activity. Movie Club is open for all Suvidhites and Tenants of Suvidha. Any Suvidhite coming for a weekend / on a visit also can come for Movies. Suvidhites / Residents may get guests for the Movies. The rules and charges applicable are same for all.

The first movie, **Rama Shama Bhama**” - a hilarious Kannada Movie with English sub-titles was screened on 14<sup>th</sup> Dec 2019. It was a roaring success. Residents and some weekenders too enjoyed the arrangements made by the organizers.



### 19-12- 2019: Suvidha Study Circle – Different aspects of our Heritage

In response to the requests from some Suvidha residents, the Suvidha Study Circle has organised an interactive session with Prof. T.S. Rukmani, Cot - 73-74, on Thursday the 19th Dec 2019 at 5 pm in the Banquet Hall of Suvidha Club House. The talk covered different aspects of our heritage such as:

1. The Upanishads,
2. The Indian philosophical schools,
3. The evolution of Vedic religious ideas in different directions culminating in a popular worship in temples,
4. The rise of the concept of Avatara
5. The historical context of the Bhagavadgita in the Indian spiritual landscape and any other related query raised by the audience.



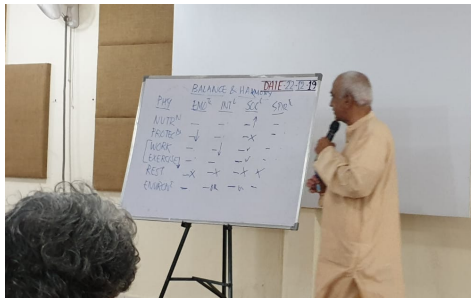
The response to the session was very impressive and equally so was the participation in Q&A session. We plan to arrange more sessions based on requests coming in.



### 22-12-2019: A Holistic View Of Life – With Dr. Shiradi Prasad Tekur

On December 22, 2019, Dr. Uma Tekur and Mr. Ratnakar of Cottage 122 hosted an interactive session with Dr. Uma's brother, Dr Shiradi Prasad Tekur, an eminent family physician and paediatrician, who is also a much sought after consultant for public health, disaster management and rehabilitation, as well as a counsellor and consultant of AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy). Quite a large number of Suvidhites turned up for the session with Dr. Shiradi Tekur and asked questions at the end of an interesting and enlightening lecture on the Holistic view of life and how to bring balance and harmony in our lives.

Dr. Tekur started off explaining the Pancha Koshas – Annamayakosha, Pranamayakosha, Manomayakosha, Vignanamayakosha and Anandamayakosha in simple English calling them Mineral, Energy, Emotion, Intellect and Bliss. He then went on to make a chart to see how we have to balance the Physical, Emotional, Intellectual, Social and Spiritual aspects of our lives by looking at how much of Nutrition, Protection, Work, Exercise, Rest and Environment we get from each aspect. He did a study of his own life on all the parameters mentioned to make it clearer and how he had balanced the increase and decrease of any one of two when that happened.



He also gave many examples of how this kind of study of their lives had helped people from all walks of life including those living in marginal poverty in the slums as well as disabled persons. Later Dr. Shiradi Tekur answered questions with patience and grace.

Mr. Anand an associate of Dr. Tekur spoke about his willingness to organize similar talks and if necessary counselling sessions for people in Suidha. This was followed by a delicious lunch hosted by Dr. Uma Tekur and Mr. Ratnakar for all attendees and guests.



### 24-12-2019 – Celebration of Christmas in Suidha

Christmas Eve was celebrated with much fanfare, zeal and fervor at Suidha on 24th evening. It was a day to remember as our senior most resident Sri L D Shepherd, who is staying in Cottage # 77 was felicitated. The simple ceremony was well attended to wish the nonagenarian. The programme was sponsored by Dr. PM Chandrasekhara of cottage#75.

Here is a link to photos taken on the occasion. <https://photos.app.goo.gl/oT7Bg7PECm3ZjPX38>



### 31-12-2019 – Celebration of New Year 2020 in Suidha

All the Residents, Shareholders, their families and friends took part in a colourful and lively get-together on Tuesday, the 31<sup>st</sup> December 2019 at our Suidha Clubhouse to usher in the New Year 2020. Thus an evening of music and dance and aroma of mouth watering food started off. Keeping in mind that a large number of residents have expressed their inability to stay upto midnight it has been decided to start the program at 7 P.M and conclude by 10.30 P.M. All were very appreciative of the meticulous arrangements made by the Suidha New Year Celebrations Team.

Venue: Suidha Banquet Hall

Date: 31-12-2019

7.00 P.M - Starters and soft-drinks

7.30 P.M - Music & Singing by Mr. Mruthyunjay Doddawad and troupe

9.00 P.M - Dinner

9.30 P.M - Housie

10.30 P.M - Chanting of Universal Prayer for the benefit of mankind.



For those who wished to wait upto mid-night, the movie **The Pink Panther Strikes Again** was screened.

All wished their loved ones, friends and neighbours A HAPPY NEW YEAR that promises a harvest of Harmony, Love and Peace!!! It was a memorable evening for all the participants. Here is the link for the photos taken on this occasion. <https://photos.app.goo.gl/aTKvRQrePoUz775V8>

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



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

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

**A Wednesday!** is a 2008 Indian thriller film written and directed by Neeraj Pandey. It stars Naseeruddin Shah and Anupam Kher. Set between 2 pm and 6 pm on a *Wednesday*, the film depicts an about-to-retire police commissioner (Anupam Kher) narrating a sequence of events that unfolded on that *Wednesday*.

### ➤ *Suvidha on the move:*

#### ➤ **Kitchen Committee report for Quarter ending December 2019**

Chairperson - Mr. Veeranna Chigateri, Resident Director

- The Kitchen Committee has been meeting regularly in the past quarter so that the cafeteria runs smoothly.
- The breakfast menu has been modified on Tuesdays and Thursdays following a survey designed and conducted by the committee on New Year's eve.
- A new kitchen weighing scale has been procured to ensure that only the correct amounts of ingredients are provided to the kitchen each morning.
- The successful coupon system is ready to encompass visitors and guests to Suvidha. There will also be a new Extra Food coupon which can be used for an extra serving of any item ordered to homes.
- Delivery of milk and curd has also been streamlined to make it efficient with minimal wastage.
- Regular cleaning of the kitchen continues ensuring a clean and pest-free kitchen where food is prepared in the most hygienic manner.



#### ➤ **Landscape Committee Report for Quarter ending December 2019**

Chairperson – Ms. Ahalya Shetty, Director

**1 - Fruit Orchard:** The trees in the Fruit Orchard that was planted in September are growing very well. Some have started bearing fruits. We have added about 60 banana plants in the same area. *Fruits grown here organically are to be harvested and sold to the residents.*

**2 - Vegetable gardens:** Some vegetables have been planted in the spaces between the trees in the fruit orchards. *The organically grown vegetables here and in the vegetable garden behind the kitchen are used for the food prepared in the canteen for our residents.*

**3 - Plants to attract Butterflies:** We have propagated these plants in our nurseries and have planted them in many of our common area gardens all over Suvidha.

**4 - Re-landscaping works:** New hedge plants have been replaced in spaces where there were gaps due to mortality of old plants. Grass & flowering plants have also been replaced in front of cottages.

**5 - New Landscaping Works:** Indoor Landscaping has been done in the Clubhouse in 4 areas from the ramp leading to the office right up to the glass door on the other side.

All the plants were propagated in our nurseries over a period of 3 months.



Here are the photos of the Landscape done: - <https://photos.app.goo.gl/qLZxVBFNCVKAt7Bd6>

### ➤ **Maintenance Committee Report for Quarter ending December 2019**

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

Here is the updated Maintenance committee quarterly report.

- a. Construction of Gazebos for Moon rise club with additional benches and table.
- b. Suvidha Compound wall repair near cottages 15 A and B
- c. Rectification of damaged water supply pipe near cottages 92 and 93.
- d. Cleaning of Solar panels on all 42 cottages.
- e. Repair of Boom barrier at security gate near club house
- f. Two more garden benches repaired and repainted
- g. Inspection of cottages as part of proactive maintenance in progress. Around 30 cottages have been inspected and findings listed for further action.
- h. Fencing wire installed near Rani land compound
- i. Quotations for pump house maintenance work being finalized for work to be completed in next quarter.
- j. Buggy canopy cover repair work finalized, to be completed in next quarter



### ➤ **Suvidha Cottage Information: For 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 as on 10-01-2020. Click on the link below for details:

[https://drive.google.com/file/d/1XP\\_UvjbxcfcLG\\_zbc\\_mJdySiHwPfirDA/view?usp=sharing](https://drive.google.com/file/d/1XP_UvjbxcfcLG_zbc_mJdySiHwPfirDA/view?usp=sharing)

### ➤ **Family Events :**

#### 🚩 **27-10-2019: Ashok Dey - Invitation to A Celebration**

To celebrate the 85<sup>th</sup> birthday of Dr, Lakshmi, Mr. Ashok Dey, cottage 44, invited Suvidha residents and friends for lunch at the Club Banquet Hall in SUVIDHA at 1 PM on Sunday, October 27, 2019.

Lunch was preceded by a very informative and colourful presentation titled "Birds of SUVIDHA".

The function was well attended and appreciated.

#### 🚩 **27-10-2019: Invite for High Tea @ 5 pm**

Dr. Nalini Shenoy and Dr.Giridhar Shenoy, cottage-188B, invited Residents and other friends for a High Tea to meet people and celebrate Diwali together. The venue for the event was the Gazebo between cottages 185 and 186. The gesture of the hosts was much enjoyed and appreciated.

#### 🚩 **10-11-2019: Lunch invite by Dr. Sampath and Mrs. Mythily**

Mrs. Mythily and Dr. Sampath, cottage-181A, hosted a sumptuous lunch on 10<sup>th</sup> November 2019 to have an opportunity of meeting all the residents and other friends and relatives. It is indeed very magnanimous of the elderly hosts to find time and energy to meet all of us. We are thankful to them for this kind gesture.



### 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 10<sup>th</sup> 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>

### ➤ *Travelogue:* Visit to Badami and Bijapur on 04-12-2019 - by Ms Latha Krishnan

Nine Suvidhites from Suvidha – Mr. Aradhya of 21, Ms Vasanthi Nayak of 167, Dr, Venkateshiah of 13, Ms Rajeshwari Subramaniam and her sister Ms Krishnaveni of 57, Mr Bette Gowda and Mrs Gayatri Gowda of 78 and Mr Gopalakrishnan and Latha Gopal of 181B - **travelled on December 4, 2019**, from Bengaluru by train to Badami and Bijapur and a few places in between to take in the sights of a historical land where the kings and sultans of yore experimented with different styles of temple architecture ranging from the Nagara of Northern India to the Dravidian styles of the South as well as blends of both styles and erected impressive mosques and tombs for themselves.



We were immensely fortunate to have Dr S V Venkateshaiah, retired regional director, ASI, Bengaluru, who was instrumental in the restoration of all the monuments we visited and is still involved with restoration projects in some areas of Karnataka. A big thank you to him for the most informative, enlightening and enjoyable three days in our lives!

The first day was devoted to places around Badami and then a drive to Pattadakal and visiting a few temples on the way. The second day we devoted to Aihole, Kudal Sangama and Almaty dam mainly with visits to several smaller places squeezed into our schedule. The third day was the long drive to Vijayapura and its fantastic sights till evening when we boarded the train back to Bangalore.



While everything we experienced during the three days of travel will remain cherished memories, some of them are indelible due to the awe and wonder they elicited in us. These include the Badami Caves, considered an example of Indian rock-cut architecture, especially Badami Chalukya architecture, which dates from the 6th century; the beautiful Agasthya lake on the banks of which were the Archaeology museum, Bhoothanatha and Yellamma temple complexes: living temples such as Banashankari, Mahakuta and Koodala Sangama temples; restored ancient temple complexes at Pattadakal and Aihole, which were feast to the eyes and uplifting to the soul; the rivers Malaprabha, Ghataprabha and the Krishna all of which converge at Koodalasangama where we took a speed boat ride; the Lal Bahadur Shastri Sagara dam on the river Krishna in Almati and its garden and buildings that lit up in a plethora of coloured lights; and the majesty and beauty of the 17<sup>th</sup> century Gol Gumbaz and other monuments in Bijapur now known as Vijayapura.

We returned to Suvidha on the morning of December 8. All nine of us consider this an entirely unforgettable trip with the best travel companions.

### ➤ *Inspirations:*

Mr. SM Subbarao, cottage 139, wrote a poem - an adaptation from the 1920 poem of Angela Morgan – expressing his warm feelings for Suvidha. We thank Mr. SM Subbarao for sharing it with us all.

#### **A Reason to Rejoice**

In spite of strife, in spite of prejudices,  
In spite of all our tribulations,  
Something within me laughs and sings  
And I must praise Him with all my breath.

In spite of strife, in spite of frustrations,  
Lilacs are blooming at my gate,  
Jasmines are tripping down the path.

In spite of strife, in spite of wrath,  
"Courage!" the Morning-Glory saith;  
"Rejoice!" the Daisy murmured.

And just to live in Suvidha is so divine  
When pansies lift their eyes to mine.

### ➤ *Down the Memory Lane:*

Mr. Ram Mohan Rao of cottage # 51-52 recalls the anxiety and turmoil that he and his family went through in Lahore during the terrible days of the Pre-Partition riots in 1946-47. They escaped from Lahore only after Partition was achieved. We thank Mr. Ram Mohan Rao for sharing this real life with all of us. It is a very absorbing story. Read on

....

#### **Memories of Lahore - Mr. Ram Mohan Rao, Cottage 51-52**

Living in the salubrious, calm and peaceful atmosphere of Suvidha Retirement Village, we tend to forget the storms and tragedies, trials and tribulations we have witnessed in the distant past. All the riots and massacres that we used to read about ages ago, referred to events of a bygone era, and did not concern us. Therefore, when someone suddenly turns to me and says "I hear you were in Lahore during partition. Is it true? Must have been very exciting. Tell us about it". Exciting? Well, I suppose that's one way of looking at it. How can you even begin to describe, in a casual conversation, the horrors and tragedies of an event that occurred some seven decades ago, brutalized half a country, changed the face of a nation and killed millions of people?

But to proceed in a chronological manner, my father was a very senior Central Government officer belonging to the All-India IA & AS cadre, on lien to the Railway Board, and therefore liable for posting anywhere in India. Having completed his tenures in several major Railway centres including Delhi, Calcutta and Bombay, he had been posted as Chief Financial Adviser and CAO of the North Western Railways in Lahore for the period 1945/46/47. He was allotted a bungalow in the beautiful up-market Layout known as Mayo Gardens, a cluster of about twenty sprawling bungalows with huge lawns, built around an oval-shaped park, and surrounded by a ring road within our external boundary.

At that time I was sixteen years old and studying for my Senior Cambridge at Scindia Public School, Gwalior, and used to come home only for the holidays. All of us boys in Mayo Gardens used to play together every evening, cricket, football, etc, but the greatest thrill was when all of us would take out our bicycles and race along the ring road at break-neck speed, ringing our bells and hooting continuously, triggering shivers down the spines of the womenfolk and our little siblings in our colony. Lahore, in those days, was truly a beautiful and blissful paradise. Little did we know what was to follow!

The first rumblings of impending trouble, as far as I can remember, appeared towards end of November/ December of 1946 when suddenly our Muslim friends seemed reluctant to play with us and shied away on one excuse or another. Next day my father came home from the office with the grim news that communal riots had broken out between Hindus and Muslims in Rawalpindi, Meerut, Amritsar and other cities, and would soon be upon us. He strongly urged my mother to start making preparations to leave Lahore immediately for Nagpur. Unfortunately, he would not be able to accompany us as the Government had issued orders that all leave was cancelled and no senior officers could leave their posts without explicit permission. Some other Hindu families had already started packing. However, my mother refused to leave Lahore without him.

The nightmare started the next day when the first ragged batch of Hindu refugees began turning up at Mayo Gardens like ghosts, with bloodied, bandaged arms and legs, badly needing medical assistance but asking only for food and water. Those who were not shell-shocked, were talking incoherently about indiscriminate massacres in Meerut, Rawalpindi and other cities and of bonfires into which living persons, mainly Hindus and Sikhs, were being thrown alive !! Curfew was immediately clamped throughout the city for the next few days.

Further troubles seemed to be gathering. Mayo Gardens received its daily supply of fruits and vegetables from a vendor who drove a horse-drawn cart. He supplied all twenty bungalows in Mayo Gardens. One fine morning when he suddenly stopped coming, we knew that bigger troubles were starting. Our neighbors informed us that the regular supplier, a Hindu, had been stabbed outside Mayo Gardens and that henceforth we may have to make our own purchases from the Old Anarkali market ( similar to our Russel and vegetable markets). The next morning when my father sent the cook along with the driver for the purchases, they came back empty-handed and absolutely speechless. At the entrance to Old Anarkali market they had seen massacred bodies with limbs hacked off, women with their breasts sliced off and bleeding profusely, and little children still alive but half burnt, lying next to bonfires. Those Hindu shops which had not been completely burnt down had been taken over by the neighboring Muslim vendors, who were now selling the vegetables. Tar roads were smeared red with blood. Municipality trucks were slowly moving around, picking up the dead and dying bodies and throwing them into the trucks like so many sacks of cement. A water tanker was hosing the roads and so the gutters were flowing red with blood. The cook was shell-shocked and could hardly speak and clearly would not be in a position to undertake such trips in future; remarkably, all this had happened while curfew was in force and police were supposed to be combing the streets and paying special attention to the sensitive areas !! My father therefore decided that he would have to go himself with the driver every day. And so it was, in spite of all my mother's protestations.

"Rape of Rawalpindi" was a clandestine booklet that appeared suddenly out of nowhere around this time. People all over Lahore found the booklet on their doorsteps, in letter boxes, etc. The booklet described in graphic detail with photos and written text, the horrors that were going on in places like Rawalpindi, Multan, Meerut, and other Muslim-dominated cities, and was clearly designed to incite communal panic and violence all over the country. The Government immediately banned the book and warned that any person or government officer found possessing, handling or distributing the book, would be severely punished. My father warned us not to speak about this to any of

our friends in Mayo Gardens, most of whom were Muslim. But frankly, to some of us, this warning seemed a little too late as scenes such as this were already playing out right before our eyes on the streets of Lahore. .

Simultaneously, the “Saga of the Screeching trucks” had started. Every evening after sunset, two or three open trucks filled with Muslim ruffians, brandishing knives and swords painted red, would race around our ring road, yelling blood-curdling screams, sending shivers down the spines of women and children, and this also became a regular feature. My younger brother (who was a year younger), and I found this exciting and we used to hide in the shrubbery behind our boundary wall and gaze in wonder at the trucks as they roared past. To our knowledge no deliberate damage was done within Mayo Gardens, no bombs were thrown on to the front lawns and nobody was stabbed. However, one day our back-door Muslim neighbor, a good friend of the family, spotted us and reported this to my father. Thereafter, our going outdoors after dark was strictly banned!!

Then there was the incident of the neighboring Atchison college. The college had a beautiful swimming pool where my brother and I used to swim quite often as my father had obtained special permission from the Principal; however one day while swimming we got a message from the principal that we should see him immediately. He then informed us that there was ‘a little trouble’ in the city and that he had advised my father’s office to send a van to the college to take us and our bicycles home. When the transport arrived and we left the college premises, we found that the road immediately outside the college was strewn with dead and bleeding bodies, burning car tyres etc. Thank God the Principal ( an elderly Muslim gentleman) had gone out of his way to help us, otherwise we would certainly have walked into a death trap !! The driver reported this incident to my father, who immediately banned all further excursions outside our boundary wall!!

Several incidents, too numerous to mention, occurred during that period. When the rioting was at its height with gangs roaming the streets unchecked in the residential areas, the Government decided to post armed constables at the houses of some of the senior bureaucrats. Two constables were allotted to us and were housed in our garage. One of them used to accompany my father whenever he drove the car out of the gate, either to the office and back or for marketing. He used to sit next to my father in the front seat, relegating us to the back seat, much to the annoyance of my brother and myself.

Further, at night we were accustomed to sleeping in the front lawn where we had constructed a concrete platform with an overhead fan, as it was too hot and stuffy inside the house. Owing to the obvious danger this posed, one of the armed constables used to circulate around the front garden all night carrying his torch and pistol. As an act of bravado, and to provide an additional line of defense, my brother and I used to sleep with our hockey sticks under our pillows! However, this safety precaution gave my mother little cheer, and she sat up shivering in bed all night as the slightest rustle of dead leaves underfoot gave her the feeling that the mobs had finally entered the garden!!

The convoys of refugees entering Lahore from Amritsar, Rawalpindi and Gujranwala, etc was becoming longer day by day, and simultaneously convoys were also leaving Lahore. They travelled on foot, on bicycles, on bullock carts etc, and those without legs were being carried in wheel-barrows. I believe this has since been reported in International magazines as “one of the largest mass migrations of the 20<sup>th</sup> century”. By the time partition was officially achieved and two self-governing countries were installed on 14<sup>th</sup>/15<sup>th</sup> of August 1947, it is conservatively estimated that over two million people had died and millions more severely injured.

It must be admitted that throughout this holocaust, we had received considerable support from neighbors, both Hindu and Muslim. When the riots appeared to be subsiding, one of our Muslim neighbors ( who always carried a pistol) accompanied my father to the railway station one day to see whether it was safe for the family to leave Lahore by train, but they were shocked to see that the very first train that rolled into Lahore station from Rawalpindi was virtually a morgue on wheels, as most of the wagons arrived with open doors with massacred, bloodied bodies indiscriminately thrown into the coaches with blood pouring out of the open doors. The roofs of most of the carriages were jam-packed with terrified passengers clinging on to any support they could find. And these were the lucky, agile men who had the ability and courage to clamber on to the roof.

The only other option, flight, was out of the question as we were informed that the approach road to the airport was guarded by blood-thirsty Muslim hordes who stopped and peered into every car before allowing them to pass. There was no third option!!

One should not get the impression that all the violence was directed only one way. In several cities of Punjab where Hindus and Sikhs formed the majority, the retaliation was immediate and equally brutal and from what we heard, was often instigated by the Hindus themselves. It is very difficult for you and me to understand how neighbors who have lived and worked side-by-side for decades, could overnight become blood-thirsty savages, not only brutalizing each other, but then running screaming behind the poor, petrified women and children, hacking them down in the streets without mercy !!

I am beginning to realize this narrative would become tedious and boring were I to go on describing the horrors that occurred every day. And so, going forward:

After partition on 15<sup>th</sup> August, tensions had cooled down considerably and curfew was completely relaxed. However, several groups of armed police still patrolled the streets to instill confidence. And so it came to pass that the 'Great Escape' was managed a few days later and we, that is, my mother, myself and four younger siblings reached Nagpur safely with just three suitcases, leaving behind all our possessions, our furniture/ furnishings, clothes, books, bicycles, photo albums, etc. Nagpur, being a Hindu-dominated city, had experienced very little rioting. But ironically, the peace, calm and eerie silence of the city was truly frightening, especially to my mother – she often felt that Muslim mobs were probably hiding just outside the gate waiting to rush in. And since the post offices were not yet operating, there was absolutely no news from my father.

It was about a week later that we learned that my father had flown out of Lahore and reached Delhi, where he had rented a house in Karol Bagh and was awaiting us. What a sigh of relief! He told us later that he had been forced to remain in Lahore until a suitable Muslim replacement had been found and the Office formally handed over, and only then was he permitted to leave. He was escorted to the airport by Military police and put on a plane. By that time all rail routes on Central Railway were relatively safe, heavily guarded by Military police, and we therefore travelled by train and reached Delhi the next day without any incident.

Once we reached Delhi, life finally resumed a semblance of normalcy. My father received orders from the Government to immediately proceed to Simla where he had been posted as Director of All-India Railway Audits. He was allotted a bungalow in the up-market Bembelow quite close to the Mall and Grand Hotel. Simultaneously I received admission to the St Xavier's College in Calcutta to do my Intermediate Science, and so I had to leave for Calcutta immediately, and got to see the family and Simla only during my holidays.

And again, about two years later, my father received orders for what was to be his final posting. He was posted to Delhi as the Dy Comptroller and Auditor-General of India,. After the mayhem we had experienced in Lahore, the peace, quiet and tranquility of Delhi were great!! We were allotted a sprawling bungalow in Lutyens Delhi on King Edward Road (later renamed as Maulana Azad Road), with three big lawns and a badminton court, all maintained by the government, and eminent personalities like Dr Radhakrishnan, Maulana Azad and V V Giri as neighbors. By that time I had moved from Calcutta to Banaras where I was completing my First Year Engineering at the Banaras Hindu University, and was therefore able to come to Delhi only for the holidays.

My brother and I had formed the annoying habit of describing to our friends in gory detail, all the ghastly brutalities the Muslims in Lahore had been indulging in. I remember my father overheard us one day and was furious with us. He called us to his room and explained what should have been obvious to us, that the massacres in Lahore and other cities was the handiwork of a few madmen with nothing better to do. He reminded us of the very friendly and supportive Muslim neighbors in Mayo Gardens, and further said that he had several very decent Muslim officers working in his various offices all over the country who, like us, regretted very much what had happened in places like Lahore, Rawalpindi, etc, and who had nevertheless opted to stay back in India of their own accord. He stressed that we should stop painting all Muslims with the same brush.

All these years there had been no news from Lahore. Suddenly out of the blue, an event occurred that made my father very happy and restored his faith in human nature. He received a letter from a gentleman in Lahore, who stated that he had been allotted our house in Mayo Gardens, and after seeing the furniture, fittings, and other expensive knick-knacks that he had now "inherited" from us, he felt that he must recompense us in some way or other. He explained that in his letter we would find enclosed another sealed letter written in Urdu to his brother in Meerut, stating that if my father ever approached him in Meerut with the letter, he was authorized to open the house and give him whatever he would like to have !! Of course my father never took him up on his offer, but he was so deeply moved by the intentions behind the letter that he read it out to us, to his brothers and whosoever was interested in hearing about it !! My father always said that after all that had happened during the last few months, this letter more than anything else, had restored his faith in human nature. \* \* \*

Friends ask me how I remember so many details about events that occurred nearly seventy years ago. Frankly, It is more than likely that I have not been very accurate about some of the dates, but in the final analysis, the ghastly events that took place before the very eyes of an impressionable sixteen year old boy have obviously left an indelible image that even the passage of several years has not been able to erase. @ @ @

### ➤ *Readers' Corner:*

#### The Taittirīya Upaniṣad

**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.)

The Taittirīya Upaniṣad (Taitt.Up) belongs to the Taittirīya school of the Yajurveda. This is one of three main Upaniṣads the other two being the Bṛhadāraṇyaka Up. and the Chāndogya Up. The Taitt.Up is divided into three chapters (vallis) each valli containing many sections. They are called- Śikṣā Valli, Brahmānanda Valli and the Bṛghu Valli respectively. This Upaniṣad occupies a very important place in the pantheon of Upaniṣads as it contains some of the values that inform Hindu culture. Every civilization has its cultural markers. In fact that is the reason why very often one talks about Indian Culture, European culture, American culture and so on, the presumption being that there are distinct markers which can be identified with separate cultures.



#### Taittirīya Upaniṣad continued

Let us continue from where we left off in the last issue. In this article I will combine the second and third chapters (vallis) called respectively as the Ānandavalli and Bṛghuvalli as they both basically deal with the same topic in different ways. Both of them start off with speculating about the origin of the universe. While the Ānandavalli starts by defining Brahman as of the nature of satyam (Truth), jñānam (Consciousness) and anantam (Infinite) the Bṛghuvalli goes straight to talk about the nature of Brahman without attempting any definition of Brahman. Some of you might know that Brahman is defined as sat (Existence), cit (Consciousness) and ānanda (Bliss) in the Bṛhadāraṇya Upaniṣad (Bṛ.Up). While the Bṛ. Up emphasizes the ultimate blissful nature of Brahman by the word 'ānanda' as the third intrinsic nature of Brahman, the Taitt.Up in the second valli uses the word 'anantam' instead of 'ānanda' in order, it appears, to draw our attention to the lack of finiteness in the nature of Brahman. The second chapter (Ānandavalli) has eight sections. Having defined the nature of Brahman, in verse II.1.1 from II.1.2 onwards to II.1.8 it goes on to describe how from the ultimate Self/Brahman arose in succession ether, air, fire, water and earth, and thereafter from the earth arose herbs (vegetation); it continues with this evolution and says that from vegetation came into being 'food' and from 'food' the 'person' arose.

**Note:** This is perhaps one of the earliest attempts to trace the evolution of the elements as well as life and vegetation from the primal Brahman/Self. If one notices carefully there is a progress in the way the evolution takes place i.e. from the gross to the subtle enumerating the first stage as evolving from food. In fact this lays the foundation for the later classification of the five coverings as annamayakośa, prāṇamayakośa, manomayakośa, vijñānamayakośa and ānandamayakośa which will be mentioned later.

The first verse of second two (II.2.1) expands on this by saying that the least essence that defines a person is 'food'. In other words there are some who are satisfied with just living a life catering to the food instinct and do not rise above that level. It is like the Epicurean model which says: 'Eat, drink and be merry for tomorrow you die'. Of course there is a more meaningful relationship to the first principle 'food'. All creatures depend on food and there would have been no life on earth without the sustenance of food. Using a metaphor the Taitt. Up says that 'Food is the healing herb of everything' (annam hi sarvaushadham ucyate). The Upaniṣad believes in taking the disciples one step at a time. We need to remember that this was an oral tradition and the message had to be repeated and reinforced so that the disciple internalizes the significance of the message. So having mentioned the significance of the 'food principle' this verse (II.2.1) introduces the prāṇa element (prāṇa/vital energy) into the discourse which will then be expanded in II.3.1. to the mind principle (manaḥ). The next stage will be described as the intellectual (vijñāna) and the last as bliss or ānanda. Before starting the third Brgu valli one needs to understand the concept of bliss (ānanda) that is attempted in sections 7 and 8 of the second valli.

II.7.1. starts off by stating that at the beginning the world was non-existent i.e. non-manifest (asadvā idam agra āsīt). From that asat (non-manifest) 'sat' (the manifest) came into being (tato vā sadajāyata). That existence/Brahman created itself by itself. Therefore it is called self-made. And that self-made one is full of joy (raso vai saḥ)

**Note:** The Upaniṣads do not believe, like Buddhism in conditioned becoming (pratītyasamudpāda) but creation out of something already existent. The meaning then is that all existent things are already in an unmanifest and undifferentiated form in the existent Brahman from which things evolve gradually as manifest. The word used here for 'joy' is 'rasa'. Rasa is the essence of anything and since Brahman is the essence of ānanda as already discussed in sections (II.1-6), experience of Brahman can be the experience of ultimate ānanda.

In the last two sections of the second valli (II.8.1 and II.9.1) the Taitt.Up attempts to quantify the ānanda of Brahman realization in worldly terms to denote how it is impossible to even imagine the kind of ānanda such an experience will engender. Talking in terms of units of ānanda the first unit is measured in terms of the whole earth filled with wealth presented to a young man who is in the prime of youth. The next stage for this ānanda is presented to a Gāndharva and a follower of the Vedas who enjoys in a detached manner the objects presented which is the first unit multiplied by a hundred fold. Thus progressively it talks about a hundred fold increase for the pitṛs, the devas, Indra, Bṛhaspati, Virāṭ and Hiranyagarbha, who is the same as Brahmā. This last stage is supposed to arise after the destruction of ignorance and then the ultimate experience of Ānanda in Brahman takes place. Then the concluding verse calls attention back to the five kośas by stating that, since the self in the sun is the same as the self in everyone the attempt should be to transcend the annamayakośa (food cover), the prāṇamayakośa (vital energy cover), the manomayakośa (mental cover), the vijñānamayakośa (intellect-cover) and reach the ānandamayakośa (bliss-cover) when eventually there will arise the experience of oneness with Brahman.

The third valli called the Brguvalli has ten sections and devotes itself to teaching Brgu the son of Varuṇa the truth about Brahman. The father Varuṇa himself is the instructor here. This points to the practice during the Vedic period that the father is the first instructor of his son before he is sent to the gurukula. The first section (III.1.1) has the oft quoted verse regarding Brahman being the 'be all' and 'end all' of all that exists. In answer to Brgu's request that he be taught about Brahman Varuṇa (his father) says: "That from which all these beings are born, that by which, having born, they live, that into which after departing they merge, seek to know That, That is Brahman" ("*yato vā imāni bhūtāni jāyante, yena jātāni jīvanti, yat prayanti abhisamviśanti, tad vijñānasva, tad brahmeti*"). Advised by his father to do tapasyā/meditation on the highest principle Brgu first meditated on the principle of food (anna) but realized that it was not the composite principle Brahman which comprises everything. So he went back to his father who advised him to continue with his meditation in order to go beyond food and seek Brahman. With intense meditation Brgu gradually comes to learn that he needs to transcend the different principles on which life is based starting from the lowest i.e. food. He gradually comprehends the higher regions such as the vital energy (prāṇa), the mind (manaḥ) and the intellect (vijñāna). Through the intellect Brgu realized that there was a higher principle within oneself which is full of ānanda/bliss, which he finally realized after further meditation.

The third valli ends with some more verses. However the central teaching of the Taitt. Up is the enumeration of the five pillars on which life is built in an ascending order. Much like the advice of Swāmi Vivekānanda who is believed to have said "You can be born in a temple but need not die there" the Taitt. Up advises a seeker to gradually transcend the lower principles of life from the food level (annamaya) to the energy level (prāṇamaya), then to the manas level (manomaya), and then to the intellectual level (vijñānamaya). It is through the intellectual reasoning that finally the self as ānandamaya is reached and which finally culminates in the realization of Brahman.

**Note:** We have ended the narration of the contents of the Taitt. Up. While the instructions in the Śikṣāvalli (second chapter) are very vital for training a student and preparing him/her for their role in society the final parts of the second valli and the third valli (Brgu valli) emphasize the classification of life as fivefold. The Upaniṣad does not diminish the importance of the lower levels of existence (which by the way are absolutely essential) but only point out that one needs to transcend the lower levels in order to reach the higher levels of spiritual excellence and finally a realization of the Truth of Brahman.

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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 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.



## CHAPTER 6

### The Secret of your second Memory:

Now you know you have two brains, it may not come as much of a shock to discover you have two memories as well. Psychologists describe them as the short-term memory and the long term memory. Your short term memory is the one you work with all the time. As a demonstration of how you use your short term memory, multiply 37 by four *in your head*.

One way you might have tried this sum is as follows:

Four sevens are 28. Put down eight and carry the two. Four threes are 12. Plus the two you carried, which is 14. So your answer is 148. Great if you got it right, but don't go and hang yourself if you got it wrong. Because the point about this whole thing is, to ask yourself where you put the two when you carried it. You multiplied seven by four and got 28. You put down the eight and carried the two. Then you multiplied the three by four got 12. Then you looked for the number you'd carried over, and there it was – two. Between the first multiplication and the second, you stored the carry-over answer somewhere. The place you stored the carry-over answer somewhere. The place you stored it was your short-term memory. In fact, to be strictly accurate, you stored the whole calculation in your short term memory until you had the final answer. It's just that you were pulling it in and out of storage so fast you probably didn't notice, except for the carry-over.

### Your two short-term memories

Short-term memory is the place you put things you're going to need in a moment, but certainly don't want to keep permanently. Once you've done the calculation, it doesn't matter if you forget the carry-over was two. You have finished with that, thrown it away. All the time, every day, you're popping things briefly into your short-term memory, then taking them out, dusting them off and throwing them away.

If you've stopped feeling worried about the two brains and the two memories, you might be ready to take on board the fact that you've got two short-term memories as well. One is what's called your **sensory** short-term memory. The other is your **working** short-term memory. Lately, psychologists have been trying hard to measure the time-span of these two short-term memories.

The time-span of your **sensory** short-term memory is actually fairly easy to work out because of the fact you watch movies. The big deal about movies isn't who the film star is. The big deal is that they *move* in the first place. You probably know already that every movie film consist of a long reel of *still* images. Each of those images is just a tiny bit different from the last. In the first image, you see actress on the East 45<sup>th</sup> Street, New York City. In the next image you still see her on Est 45<sup>th</sup> Street. New York City, but now her right leg is a fraction further forward than it was in the first image. In the next one, it's further forward still. And so on. When you run the film through a projector, one still image blends into another and what you see is the actress walking. But how does this actually come about?

What really happens in a cinema is that you watch series of still images separated by very brief moments of darkness. In order to see those images as a continuous sequence of actions, you have to hold the first image in your (sensory short-term) memory until the next one comes along. If you don't do that, you wouldn't see the movement.

### Memory span

Based on this – the experts reckon short-term operates for about one tenth of a second. The time span of your **working** short-term memory is a bit more tricky. But a scientist called Dr. Alan Baddeley discovered that if you're trying to remember words, you'll remember short words more easily than long ones. No surprises there, the answer he came up with was that in trying to remember words, you *sub-vocalize*, which is just the scientific way of saying you repeat words to yourself under your breath.

This habit, which sometimes slides all the way to repeating them *mentally*, goes right back to the way you were taught to read in the first place. Now, of course, it's so automatic you don't even notice you're doing it.

If you take a trip to United Nations where there are people talking at each other in a lot different languages, what keeps them communicating is a system of simultaneous translations. You may have noticed that expert translators are listening to the person who's speaking and pumping a translation into the headphones while the speech is still going on. The translators have to listen to a sentence, hold it in heir memory and come up with the translation with only a minimum delay.

Scientists studying these translators have discovered their natural memory span during process is between 10 and 15 seconds. Which of course, solves Dr. Baddeley's little problem. Because if you have a set memory span and you repeat the words to yourself mentally, it's obvious that long words will fill up the time faster than short words – so you can remember more short words than long words.

How many words can you repeat to yourself in 15 seconds? As a rule of thumb, you will find it's somewhere around 48. You can check that out for yourself. Take any passage from this book and read at a normal pace while you get someone to time you for exactly 15 seconds. Then count the words. You'll find you've read out somewhere around 48.

### Talk faster, remember better

Obviously, if you're a slow reader, the figure will be less. If you're fast you might manage to squeeze in a few more without it dissolving into garble - which brings you to a really interesting way of improving your memory. Train yourself to talk faster! Daft though it sounds, the research has shown that fast talkers tend to remember just that little bit better – and the business about sub-vocalizing explains why.

Of course, the fact you can read 48 words in 15 seconds doesn't mean you'll necessarily *remember* them all. Research done as long as 1065 showed that if the words are unrelated – or you're trying to remember random numbers – you're unlikely to remember more than ten if you're only allowed single reading ... and the *average* recall is only around seven. Once the list gets longer, you start to forget.

It looks at first as if a bit of contradiction has crept in here. If the research shows you have a working short-term memory of about 15 seconds and if simultaneous translators can carry 15 seconds' worth of information (about 48 words) in their heads, how come most people can only hold 7 – 10 random words or numbers in their short-term memory?

### Another test

The key to the puzzle is that term *random*. Test yourself again. Take a *brief* glance at the next two lines.

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Now turn the book over, take a pencil and paper and write down those two lines from memory, one below the other. The question is, which did you find easier to remember? It's no real contest is it? The first line is was easy.

The second line was just about impossible. Yet both those lines have exactly same number of symbols (25). In the first line you had twenty five letters of the alphabet. In the second you had twenty-five numbers. So how come you found the first line an easy while the second line was so hard? The answer is, the first line had *meaning*. The letters of the alphabet were arranged to form words and the words painted a familiar picture. The second line had no meaning at all. It was just a string of random numbers with a few dashes scattered to break them up a bit.

If we go back for a moment to the amazing Solomon Veniaminovich Shereshevskii, Russian journalist who never forgot anything, ever, it's interesting to learn that one of the ways he remembered things was to give them meaning if they didn't already had it.

### Remembering nightmares

Take the following nightmare formula, which meant as little to Solomon as it does to most people:

$$N.\sqrt{(d^2.x^{85}/_{\sqrt{x}})}\sqrt{(^{276.86}x/n^{2v_{m}264})}n2b = sv (1624/322).r^2s$$

Even amazing powers of visualization weren't quite enough in the face of that complexity. But Professor Luria discovered Solomon added meaning to his visualization by making up a little story. First, he turned the initial letter N into a man named Neiman. Then he visualized the following sequence of actions:

Neiman came out and jabbed at the ground with his cane, leaving little round mark which looked like the dot after the N in the formula. He then looked up at a tall tree which was growing in the shape of the square root sign Solomon next imagined that Neiman said to himself, "No wonder tree has begun to expose it's roots – after all, I build two houses here. "A house in Russia is a *dacha*, so the d stood neatly for two houses in Solomon's mind. Had he been English or American, he would probably have visualized two dogs, or two dolls or two daisies and amended his story accordingly.

Once again Neiman poked his cane in Solomon's story, leaving the necessary (.) mark. Then Neiman said "But now the houses are old – I shall have to get rid of them." This decision enabled him to cross them out in his imagination, leaving him with the next symbol of the formula, the X.

And so the story went on, with Solomon imagining how much he had paid for his houses (**85,000** roubles) and continuing to dream up meaningful pictures which he then added to his story. The end result was a far cry from Tolstoy, but the sequence helped him remember the formula. In fact, as Luria discovered, Solomon could still remember it fifteen years later....By the same story

**Solomon's method for learning this complex nightmare works for simpler scientific formulae as well. When you have one that you need to learn, try making up a nonsense story to take in the various elements in the same way Solomon did.**

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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## 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 Diagnostics 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 & 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](mailto: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	
<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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