

# THE SUVIDHA REVIEW

Volume I Issue 1

January 2021

## A NEW BEGINNING

A new name, new format and new ideas! Big thank yous to the earlier newsletter team and all who helped with this!

The Suvidha Review (TSR), your quarterly newsletter, will be published every quarter of the year. Everyone who is part of Suvidha, wherever you live in the world can contribute to this. In addition to news, events and new residents and staff members this issue features the AGM and Covid experiences



Painting by S.N. Srinivasan of Cottage 186A. This is one of 10 paintings he is exhibiting at the ongoing Chitra Santhe!. the virtual "CHITRA SANTHE" may be viewed at <https://chitrasanthe.org/s-n-srinivasan>

## FROM THE BOARD OF DIRECTORS

### Report on the 16<sup>th</sup> AGM of the Company

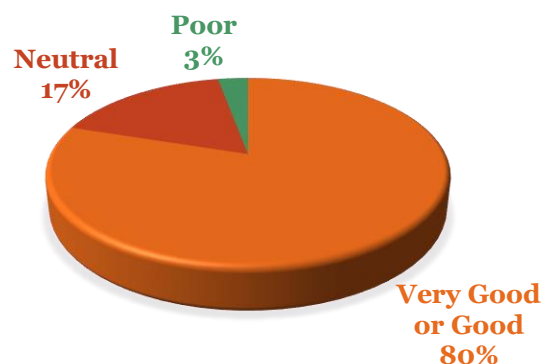
The Annual General Meeting (AGM) of the Company was held on 27.12.2020 and for the first time in the history of Suvidha, this AGM was virtual.

In light of the ongoing COVID pandemic and the directives of the Ministry of Corporate Affairs, which allow companies to hold AGM via Video Conferencing, Suvidha choose the Zoom platform to conduct its AGM. Despite having no previous experience on conducting a virtual general meeting, the board of directors took pains to learn the logistics and meticulously planned and conducted the AGM. Their combined hard work paid off as there was an overwhelming response from the shareholders A record 181 members of the company registered for the event. In other words, 75% of the 241 members whose email IDs are registered with the company registered for the AGM. Approximately 130-140 members attended the 3-hour long AGM.

In addition to reports on the activities in the past year, all questions received by email and questions by attending members who had been already cleared to ask them during the AGM, were taken up one by one and dealt with satisfactorily.

For the first time, polling on the resolutions was conducted via email ballots. Again, there was enthusiastic participation of members in the voting process. Out of 186 registered members, 161 members (i.e. 86% of those eligible to vote) cast their votes through e-mail, making this the highest direct participation by members of Suvidha.

#### HOW WOULD YOU RATE THE AGM OVERALL?



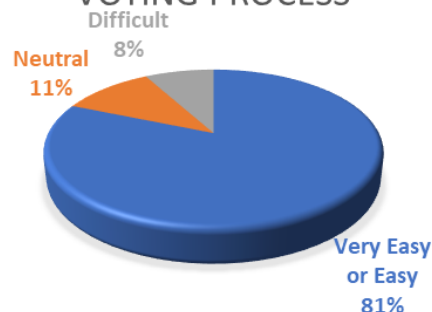
A few days after the AGM the company sent out a survey to get feedback of the members and obtained 78 responses, 81% of them residing in India and 15% in the U.S. and 87% from those who attended the AGM. Out of 70 respondents who attended the AGM, 80% rated the meeting as Very Good or Good.

Also, 80% of the members who took part in the survey recommended that future AGMs be held by VC/OAVM.

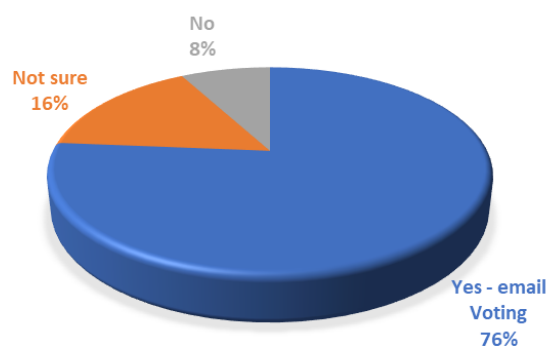
97% of those surveyed said they received the email ballot – others were joint shareholders. The email voting experience was rated as either easy or very easy by 81% of those who voted.

Also, 76% of those surveyed recommend email voting process for future AGMs if allowed by MCA.

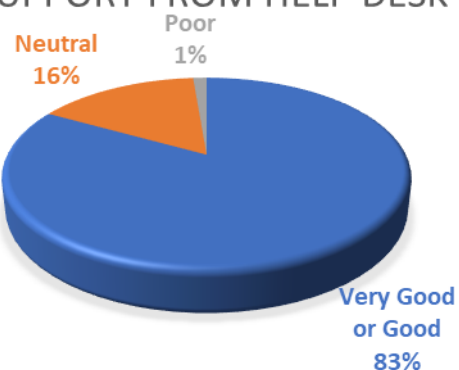
### EXPERIENCE WITH THE EMAIL VOTING PROCESS



### WOULD RECOMMEND EMAIL VOTING



### SUPPORT FROM HELP DESK



Those who responded - 83% of the respondents rated the support they received from the help desk (contact@suvridha.co.in)

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*Very well conducted, that too for the first ever Zoom AGM meeting; well attended and the best part was the meeting had control over those people who talk over each other!*

Mallika Rai (#133), Houston, Texas, US

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*Most importantly, there was a great degree of seriousness and attention by the attendees on important issues. The AGM per se was extremely well conducted. There were no unpleasant exchanges in the interactions. The scope for improvement is in the process of "run up to the AGM" and the voting process*

Dr. Vivek Kadambi (#48), Bangalore, India

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## NEWS AND EVENTS

In spite of COVID-19 restrictions, we managed to conduct a few events in the last few months after the complete lockdown was lifted by the authorities.

Two good friends Ms Mangala (Mother of Mr. Vaidyanathan of Cottage 89-90) and Ms Sulochana (Mother of Dr. Sandhya of Cottage 187A) celebrated their birthdays jointly on 2 October, 2020. The venue was the Gazebo and rest area between Cottages 185 and 186. There was cake and good food along with company that kept safe distances while singing the birthday song in Sanskrit and English, which has become the norm at Suvidha birthdays



S.



Some of our Suvidhaites practising yoga three mornings a week with the help of their Yoga Master Mr. Raju celebrated his birthday here in Suvidha.





Birthdays happened again in January of Suresh Babu of Cottage 36 and Dr Vivek and Dr. Nilima Kadambi of Cottage 47-48.



The Gazebo was the venue for their birthday. It has also become the ideal venue to conduct several small and big poojas as well as festivals during this time of open-air only celebrations.

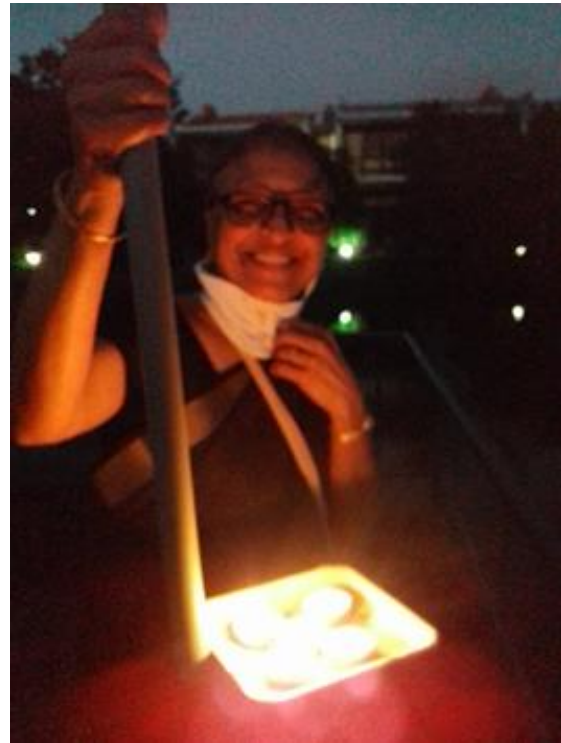


Ms Vasanthi Nayak of Cottage 67 and her friends Ms Mangala and Ms Sulochana were at the forefront of these festivities. Starting off with Janmashtami, they celebrated Ekadasi, Varamahalakshmi, and Vaikuta Ekadasi as well as several smaller festivals with all the traditions of colour and music. Ms. Rajeshwari and her sister Ms. Krishnaveni, Ms. Jyothi Kumar, Ms. Meena, Dr. Nilima, Ms. Sathya, Ms. Aditi, Ms. Vinutha, Ms. Malathi and Ms. Latha were the willing helpers during these celebrations.

### **Celebration Of Vaikunta Ekadashi At Suvidha on 25/12/2020**

<https://photos.app.goo.gl/Rwz52scQYtdSpFyu8>

When it came to Diwali the rain played spoilsport and we could not light candles and float them on an overflowing lake. So, we waited and did that on another auspicious day. It was a magical evening of stars in the sky and lamplights twinkling in the lake. Sweet packets and drink packs handed out to attendees were sponsored by Mr and Mrs Nayak of Cottage 167.



### **Thulasi Pooja Celebrations at Suvidha 2020\_11\_26**

<https://photos.app.goo.gl/HmEA6py4GR2Zq8Q49>

### **Kartika Deepotsava Celebrations by Floating Diyas 2020\_11\_30**

<https://photos.app.goo.gl/oQpxPsvwjg5NRGop9>

*All links to photos of festivals have been provided by Mr C B Prabhakar of Cottage 119. Thank you Prabhakar. We appreciate your valuable contribution and hope for your continued and regular participation in TSR.*

Mr. Prabhu, resident of cottage 53-54 hosted two events. One was his 90<sup>th</sup> birthday on 19 November when he threw a lavish breakfast party for Suvidhaites. The successful event was held in the Club House dining hall keeping safe distance and to restricted numbers of people at the same time.





The other event he hosted was in memory of the birthday of his beloved late wife and our beloved Pushpaji at the Pushpanjali Gazebo opposite the Health Centre, which he had sponsored and erected in 2020 and is lovingly named after her.



### **Christmas Celebrations At Suvidha 25/12/2020**

We welcomed Christmas in style thanks to Dr. Vivek Kadambi, Convenor of the Cultural Committee and Dr. Nilima Kadambi, who spread the word to have a Christmas carols session. Dr. Iris Rajiva, Dr. Nalini, Dr. Lakshmi and Ms. Latha joined the Kadambis to sing carols beside a sparkling Christmas tree and decorations provided by Dr. PMC and the Kadambis making Pushpanjali festive. All-time favourites such as Jingle bells, Silent night and others were sung to great participation from an audience seated in safe distances. Coffee and plum cake pieces were sponsored by Dr. Vivek and Dr. PMC. With happy helping elves such as Rajeshwari, Sathya, Jyothi and Aditi, everyone ate, drank and had a jolly time.

<https://photos.app.goo.gl/TDdqhdsWjHGzByzU6>



### **Welcoming the New Year at Suvidha 01/01/2021**

Jolly times came again a week later on New Year's Eve night. But this one was at the amphitheatre beside Cottage 190 and under the observation tower. Our office, housekeeping and landscaping staff helped clean and decorate the venue during the day but the sweet and short party took place after 10 pm. Golden oldies in Hindi and English were sung to Karaoke beats, there was a little bonfire and everyone brought their own snacks and drinks and shared some too. The moon shone bright and 2021 was born in Suvidha to great music and good cheer!



Mr. Yellappa Reddy, retired Chief Conservator of Forests and wellknown environmentalist, Chairman of Bangalore Environment Trust and father of Jyothi Kumar of Cottage 115C, conducted a small workshop with a presentation by Mr. Gagan about studying and conserving the habitat of Western Ghats for water security, the focus area being Kabini within Karnataka.



## Community Service in Suvidha

The Covid situation necessitated assisting the children of the Suvidha Staff to follow the E Learning process by viewing through a Tablet or an iPad. Mr. Devadas Prabhu and Dr P M C pitched together to donate about 30 tablets to these children in the month of October 2020.

## OUR NEW DIRECTORS

### DR. JOY CHEENATH

Dr Joy Cheenath of Cottage 175 has an M.A in Economics from Loyola College Chennai (1978), M.A and Ph D in Political Economy and Public Policy from the University of Southern California, USA (2000). He was in the Indian Administrative Service from 1979 to 2010 in the Government of Gujarat and the Government of India.

He has knowledge and experience in the areas of public administration, rural development, political economy, public policy, power generation and distribution, electronic/online commodity trading and contracts, corporate management, agro and food industry, sugar and edible oil industry, nutrition & public health, entrepreneurship development, public distribution system. He is currently Adviser to an electronics market company.



### DR. VIVEKANANDA SIDDIAH



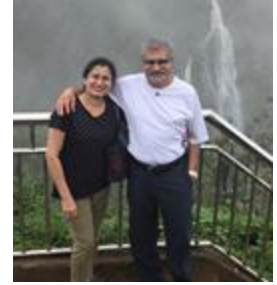
Dr. Vivekananda Siddiah of Cottage 153 did his MBBS from Bangalore Medical College. He did his MS in Surgery from Kasturba Medical College, FRCS from Royal College of Surgeons of Edinburgh and FRCS (Cath) from Intercollegiate Speciality Boards UK and Irish Royal Colleges.

He is a fully trained Cardiothoracic Surgeon working in Jayadeva Hospital as Associate Professor of CTVS since 2011.

## DR. SHANTHAMALLAPPA A. ASHOK

Dr. Shanthamallappa A. Ashok of Cottage 165-166 did his M.B.B.S from Jawaharlal Nehru Medical College, India. He did his M.D. in Paediatrics and M.D. in Anaesthesiology, at New York Medical College, USA. He is a Board-certified practitioner of Paediatrics, Anaesthesiology and Pain medicine

He was the Staff Anaesthesiologist and Medical Director at Saint Joseph's Hospital, Nashua, New Hampshire from 1990 to 2004 and the New York City- Staff and Paediatric Anaesthesiologist at Lenox Hill Hospital, Manhattan, New York from 2004 to 2017. He has served on various committees and boards during his career.



## DR. V. L. NANDISH

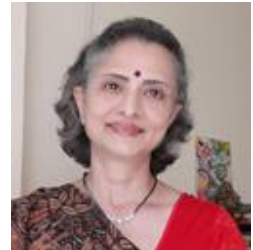


Dr. V. L. Nandish did his MBBS from JNMC, Belgaum, MS (General Surgery) from JJMC. He served as Lecturer and Asst. Professor at Dr. B. R. Ambedkar Medical College, Bangalore from 1983 to 1987, Assistant Professor and Professor at Adichunchanagiri Institute of Medical Sciences, B G Nagar from 1987 to 2005, and Professor and HOD at Mandya Institute of Medical Sciences, Mandya from 2006 to 2014.

He is a fellow of the International College of Surgeons (2000) and a Fellow of the Indian Association of Gastrointestinal Endo Surgeons (2012). He has been awarded the IMA State Award in 2001, KVS Memorial State Award in 2001, and District Kannada Rajyotsava Award in 1999

## DR. NILIMA KADAMBI

Dr. Nilima Kadambi is a qualified paediatric surgeon and healthcare management professional with 15+ years of Clinical and 15+ years of Corporate experience. She is passionate about working for Quality health-care and Holistic well-being and is the Founder Director of Belle Sante Wellness Institute, Bangalore. She is also Chairperson, Indian Medical Association National Committee for the Emotional Well-being of Doctors in India (Doctors4Doctors) and is Chief Well-being Officer for NGO, Colours of Life and UDG group. She is a Volunteer Doctor for Tele-Heath support to GOI for Covid Cases and is an Advisory Board Member for Symbiosis International University, Pune. She has authored and published the non-fictional inspirational book *My Aiji and I*.



## COVID 19 EXPERIENCES

On the positive side, the pandemic has taught us a number of important lessons of life pertaining to compassion and companionship, contemplation and meditation, health and hygiene, work and worship, self-reliance and self-realization, patience and tolerance, empathy and sympathy, and so on. The experiences during the last year have provided an opportunity for everyone to evolve and mature in thought as well as adapt and absorb many new virtuous practices in life, which will stand us in good stead as we go forward in this new year and beyond –

*S.N. Srinivasan, Cottage 186A*





*Paintings by S.N. Srinivasan, Cottage 186A.*

## **How Suvidha dealt with the Pandemic**

P M Chandrasekhara, Cottage 75

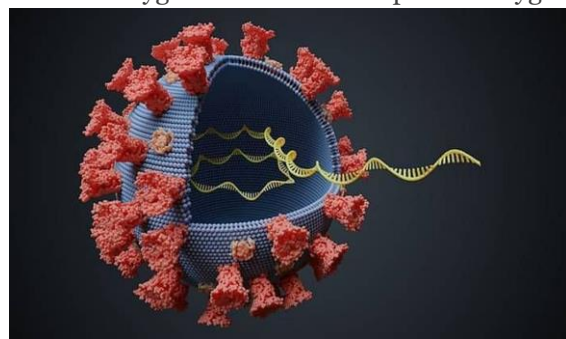
Quarantine measures have been strictly followed in Suvidha for residents, visitors, or staff members. Several incidents, some funny and some sad happened in the early days in our alacrity to follow the BBMP advice. And then two residents tested positive to Covid 19 one after the other. Fortunately, the first person recovered fairly quickly without needing ICU admission and returned to quarantine and wellness soon after. The second case was of a resident with chronic chest condition who tested positive and was shifted to a Covid Care Hospital. He too recovered thanks to the tireless and dedicated care of his family members

Covid trouble occurred again when a resident breathed his last in November and the relatives had to wait for the BBMP officials to come and collect the sample at 9 pm and give the Covid negative report before funeral arrangements could be made for the next day. For another resident leaving Suvidha for good to stay abroad, the Covid negative report came only a few hours before her departure leading to much heartburn for everyone concerned.

Within the Village we have display boards to use masks and practise social distancing norms, make use of hand sanitiser stands, gloves, and electronic thermometers when we return from outside. Many of us have purchased digital thermometers, electronic BP apparatus and pulse oximeters. The Health Centre is equipped with an Oxygen Concentrator to provide oxygen continuously for the needy without being dependent on the bulky oxygen cylinders that need to be refilled.

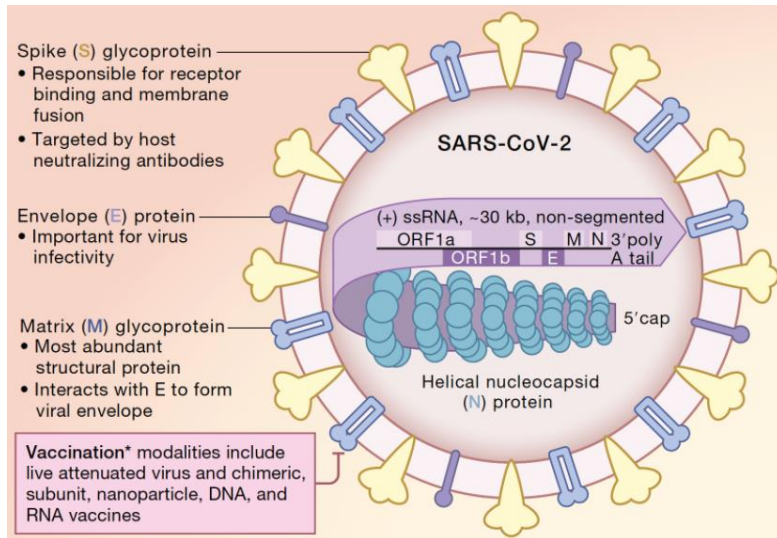
We in Suvidha never let down our guards and continue to follow the prescribed guidelines for protection from Covid 19. We are grateful to all the people working round the clock towards keeping us safe.

Currently there is concern about the new variant of Covid 19 from the UK coming into Bangalore. But we believe that if we continue to be vigilant we will all be safe here in Suvidha.



The new variant is known to spread faster, but there is insufficient research to suggest it is more dangerous than the present COVID-19 virus. Scientists are working to learn more about how easily they might spread, whether they could cause more severe illness, and whether currently authorized vaccines will protect people against them.

Multiple COVID-19 variants are circulating globally. In the United Kingdom (UK), a new variant has emerged with an unusually large number of mutations. In South Africa, another variant has emerged independently of the variant detected in the UK. Another variant recently emerged in Nigeria



India is set to launch the Covid-19 vaccination programme on January 16, 2020.



Dr Edward Jenner, founder of vaccinology  
In 1796, he inoculated a 13 year-old-boy with vaccinia virus (cowpox) and found immunity to Smallpox

## NATURE IN SUVIDHA

### My favourite things in Suvidha!

Raindrops on railings  
And hot tea in kettles  
Go well with a plate of warm Onion  
"Bondas"  
Bunch of wild flowers all tied up with strings...  
These are a few of my favourite things!  
Cream coloured Peonies and dew-drops on Lawns  
Temple bells ringing and bring out the Dawns  
Wild bees that buzz with the sun on their wings....  
These are a few of my favourite things!  
Mogra's white petals gets rid of my stresses  
Rain drops that stay on my nose and eyelashes  
Scorching hot summers that bring in the rains  
These are a few of my favourite things!  
When Corona bites!  
When the throat stings!  
When I'm feeling bad...  
I simply remember my favourite things.....  
Then I won't feel sooo sad



Ashok Dey (Cottage 44)

Nilima Kadambi - Parody on the popular song in *The Sound of Music*, "These are a few of my Favorite Things"





Raji Jinka (Cottage 57)



Udaykumar H(Cottage 115C)

## OUR CHIEF FINANCIAL OFFICER KIRAN HEBBAR

Mr. Kiran Hebbar of Cottage 110 was appointed Chief Financial Officer of Suvidha on December 10, 2020. He has over 33 years of experience as a founder and motivated entrepreneur with domestic and international business experience with a track record of success and achievements in building a company with the simple idea of 'Good to Great'. He is experienced in all aspects of business development including finance, operations, technology and marketing, and possesses well-developed leadership/communication skills, excellent time management skills, and great teamwork abilities. TSR wishes Kiran all the very best for his stay in Suvidha and more in his position as our CFO.



## OUR NOTABLE STAFF MEMBERS



Lakshmisha, our Accountant, should be appreciated for his honesty, diligence, sincerity and his loyalty to all Suvidha shareholders. It was this commendable work ethic that led him to be the first one to throw light on the misappropriation of funds, which was later investigated and revealed to be on a massive scale. He says, “As soon as I realized that there was cash missing and also the bank statement did not reflect our own record, I brought it to the notice of the Board of Directors” He is a shining example for all to follow. TSR thanks him on behalf of all shareholders and wishes him the very best in his career and life.

Pushpa, Administration Assistant, and known to all Suvidhaites, has completed 5 years of service in Suvidha. She was on maternity leave for 6 months and gave birth to her second son Shreyas in June 2020. Recently she moved to Suvidha Staff Quarters with her family making it easier for her to take care of them. “I would like to thank all my colleagues, Board of Directors and shareholders, with whom I have worked in the last 5 years My family and I appreciate and thank everyone for allowing us to stay in the quarters and seek all your blessings,” says Pushpa.



Pushpa, Naveen Kumar, Sourabh and baby Shreyas



Gayathri (Accountants Assistant) and Naveen Office Assistant

Gayathri has completed BCom and is continuing to do her Masters in Commerce at IGNOU. She started to work at the Accounts department of Suvidha in November 2020. “I would like to thank the Suvidha Management for giving me the opportunity to work here. I like this place and its work environment immensely and would love to work and grow my career here,” she says.

Naveen is the temporary office assistant at Suvidha and has quickly endeared himself to residents and staff. His education (Diploma in Fashion Designing) has paused due to Covid 19 restrictions and he is fruitfully spending his time working here. “I enjoy working in Suvidha as the work environment is good and my peer group here is supportive and friendly,” says Naveen.



Pavithra, Ratna, and Krishnappa with their positive approach to housekeeping services are becoming assets to the department. Puneet is Ratna’s husband and is an asset to the landscaping department as he is a willing, strong and conscientious worker. He also has a fine sense of colour and aesthetics which is highly appreciated by many of the residents as his quick bouquets and flower decorations enhance the ambience of several venues and functions.



Pavithra (Housekeeping)



Ratna (Housekeeping) and Puneet (Landscaping)



Krishnappa (Landscaping)

## Remembrance



Dr. PMC and Dr. Sampath  
Photograph courtesy Dr. PMC

### Dr. S. R. Sampath (Cottage 181A)

Remembering Late Dr S R Sampath who inaugurated the “Green House” at SUVIDHA on 06-11-2016. He was a quiet gentleman who kept to himself mostly but was much respected and loved by all those who knew him. We will miss him.

Dr S R Sampath [Sosale Rangaswamy Sampath] aged 91 years residing at 181 A, expired on 20<sup>th</sup>. November 2020.

He was a highly respected pioneer in the area of dairy development in India.

### Dr. N. Rangaraj (Cottage 125)

Dr. Rangaraj went to his heavenly abode on November 3, 2020. He was a gentle and generous soul much loved in Suvidha. Every time he visited Suvidha, his warm smile and greeting encompassed all those who met and interacted with him. We in Suvidha will always miss him and the joy he gave us. He was a director of Suvidha during 2014-2015. He was a governing body member and Secretary of the Spastics Society of Karnataka, an institution close to his heart. He was also the Life Member of Karnataka Cancer Society in Bangalore.





## Useful Information

### Door-Delivery Service Providers for Suvidha

#### GROCERY & VEGETABLES

**Market Fresh**

**Tel:**

For instant delivery of your grocery and vegetables



[www.bigbasket.com](http://www.bigbasket.com)

Mention your delivery PIN code as 560 062



<https://amzn.to/3nIb9Eq>

#### MEDICINES

**Shantha Pharma:**

Contact: 8867781822 / 9986003614.

The shop is located on Kanakapura Road about 5 Km from Suvidha.



<https://pharmeasy.in>



<https://www.medlife.com/>

#### ASSISTED LIVING SERVICES



<https://www.portea.com/>

Tel: 1800 121 2323



<https://www.eldercare.co.in/>

#### MOBILITY AIDS

**BeautifulYears**

@AgeingneedsIndia

[www.bit.ly/2Ls5B3Y](http://www.bit.ly/2Ls5B3Y)

Mobility Aids, Making homes elderly friendly (Toilets, Alarms, Cameras, Non-Slip coatings, Bathroom Modifications and Grab Rails etc.

Tel: 08069400333, 9986928141

**Pavan Surgicals**

For BP Monitors and Mobility Aids, Wheel Chairs

–  
Manager (Naveen)

Tel: +91 9844682309

#### TRANSPORT

**Balaji Taxi Services**

Land line 080 50771881,

Mobile – 9845365245

**Nandi Taxi -**

Mr. Ravi Gowda.

Tel: Cell & WhatsApp: 09980451515

**Auto Riksha Services –**

Mr. Narasimha Raju.

Mobile: 9900327822 / 9980627163

#### PEST CONTROL

**Maker Pest**

Ph. No. 080 26608519, 9886743177

Email - [makerpestcontrol@gmail.com](mailto:makerpestcontrol@gmail.com)



**Pest Control Service Bangalore**

<https://surakshahomeservice.in/>

Tel: 9902685041

## List of Healthcare Providers in Bangalore

(The Rupee values are indicative only. Contact Service Provider for current rates)

Provider	Contact Details	Regn. Fee	Attender Helper	A N M Trained Nurse	Qualified Nurse	Remarks
<b>Spandana</b>	Ms. Sunanda / Ms. Ratna : 9845803616 : 080 25531122 / 23	One year ₹ 15,000 to 35000	Monthly ₹ 15,000/	₹17,000/- to 35,000/-		Long term Satisfactory service
<b>SUMUKHA</b>	Mr. Narayanaswamy 9880024265 : 080 22441963		₹ 1000 to ₹ 1500 per day		₹ 2000/ day ₹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	₹ 1000/day	
<b>Zotra.com</b>	Ms. Pryanka 9152432219		₹ 600/900 ₹ 18-27000/M	₹1200 – 2000/Day ₹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	₹ 2000 to 2500/ 12Hrs 4000/ Day		
<b>Apna Care</b>	Ms. Bhavya /Ram 080 30752584		₹ 750 - 859 / day ₹ 20- 22000/ Month		₹35000/ 12hrs duty ₹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