

THE SUVIDHA REVIEW

SUMMER, April 2022



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EDITOR'S NOTE

Welcome to the Summer Issue of TSR! For the first time we have fiction for you. Sri Satyamurthy Subba Rao of Cottage 139 has written a heart warming short story for our reading pleasure. We thank him and everyone else who contributed to make this issue possible and we look forward to more participation from you all!

The most important news in this issue is the signing of MoU with BGS Gleneagles Global Hospital, Kengeri and the benefits we can all avail from it. Please save the information and contact details to use when necessary.

We are introducing a new section featuring the creative work of our pre-teen grandchildren. We hope you will like it and provide us the creative work of your little princes and princesses to adorn the coming issues of TSR.

All your usual favourites in photos, reports and information await you! As always keep your comments and suggestions coming. Dive in! Happy reading!

Warm regards,

Latha Krishnan

EDITORIAL TEAM

Latha Krishnan (LK)
Dr. P M Chandrasekhar (PMC)
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Layout & Design
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Mango season is here. A mango tree in Suvidha with lush green tender mangos.

COVER: A beautiful bunch of Dahlia flowers at the Horticultural Garden in Munnar, Kerala

PHOTOS: J GOPALAKRISHNAN

FROM THE MANAGING DIRECTOR

Dear Fellow Suvidha Shareholders,

Season's Greetings and good wishes for Ugadi, and all the other holidays to come this April!

We are at the start of the new Financial Year, 2022-23. I hope it will be a good year for all of us, for our community as well as for our country. We are finally coming out of the effects of the pandemic and the economy in general appears to be on the upswing. (Although the war in Europe could change the outlook).

As you all know, Suvidha also suffered from the third wave of Covid, and several of our residents and staff were infected in January. However, with adequate precautions (thanks to Health Committee's policies and initiatives) and timely care, our community was able to withstand the infection without any major mishap.

The celebration of Republic Day on January 26th was therefore a simple, low-key affair. However, matters improved from February, and a Movie Night was held that month. Holi was celebrated in March. Both events were well attended, confirming that Suvidhites are happy to participate in community activities.

An Open House was held for our shareholders and residents on March 27th, wherein there was a presentation regarding the proposed healthcare services in Suvidha and another on the rejuvenation of the Suvidha Lake.

I am extremely happy to report that we have made a good beginning in our plans to provide better healthcare facilities for our residents. We are also revamping the food menus with a view to provide more healthy and varied fare. Our Healthcare and Kitchen Committees are to be congratulated on the work they have done.

Even as we are working with relevant governmental agencies for initiating required formalities to be completed and fully incorporated into BBMP limits, we are working on ideas for revenue generation to make Suvidha more self-sufficient.

Another Open House is planned to be held shortly, to present the financials of the company and revenue generation ideas to all shareholders.

Knowing that currently we are not self-sufficient either financially or in terms of providing all the senior citizen friendly facilities and services, the board and its committees are investing substantial amount of energy and time in finding workable solutions, especially through

revenue generation.

The revenue generation committee has developed some interesting ideas that we feel we can take forward which will in the long run counter the negative impact of the inflation on the MF and contribute substantially to reducing the burden of the MF and create sufficient corpus in the long run.

Dear fellow shareholders, we all need to remind ourselves every now and then that we are a retirement community of senior citizens and have bought our cottages with the intention of us enjoying the beautiful natural setting of Suvidha surrounded by forest all around, fresh, pollution free air to breathe and have a healthy and peaceful life for the rest of our living years (At least, I would like to believe that most of us do). Having said that, it is only fair that all those of us who are in the board, the committees and the management who have in good faith agreed to shoulder the burden of running the company as well as Suvidha Village, receive your continuous and unflinching support in our endeavour to make Suvidha as the destination for ideal senior citizen living.

While constructive criticism and inputs are always welcome, it is my earnest request to all of you not to send mails in the public forum. Not only are some of these emails based on non-verifiable facts but are also demeaning and demoralising. Those of you who have questions or need

clarifications can reach me directly and I will respond promptly. I also would like to request all shareholders, including fellow members of the board to be objective in taking decisions with regard to all matters related to Suvidha and not on personal views. We also need more voluntary participation from the shareholders in regard to not only various events being organised in Suvidha but, also in various committees since we have lot of work that needs to be taken up to accomplish our goals, and we are short on help.

I would like to express my sincere thanks to all of you, to the members of the management, and to the staff for the support provided for our activities, especially during the tough period of the Covid pandemic.

I look forward to a very active and fruitful year ahead for all of us in Suvidha.

With best regards and wishes,

Venugopal Shetty



Suvidha signs MOU with BGS

Offering several health benefits

Suvidha has signed a memorandum of understanding (MoU) with BGS Gleneagles Global Hospital, Kengeri for a period of 12 months starting February 1, 2022. BGS Medical Director Dr Kiran Kumar and our MD Venugopal Shetty were the signatories.

BGS Gleneagles Global Hospitals located at Kengeri, is a state-of-the-art, NABH facility with expertise in multi-disciplinary tertiary specialities. With over 500-beds, the hospital is one of the largest of its kind in Bengaluru and consists of 14 operation theatres, most advanced imaging facilities and a modern Transplant ICU. The hospital caters to several key specialities including Oncology, Neurosurgery, Liver diseases and various others. BGS Gleneagles Global Hospitals caters to patients from around the world suffering from various disorders such as Liver ailments, Kidney failures, Breast Cancer, Leukaemia, Neurological disorders amongst others.

BGS GLENEAGLES GLOBAL HOSPITAL, BANGALORE, KENGERI



Dr Nilima, Chairperson of Suvidha Health and Wellbeing Committee, along with Venugopal Shetty visited BGS Gleneagles Global Hospital for the signing of the MoU. Later they met the CEO, Medical Director, Marketing and Co-ordination team as well as Dr. Siri Kamath, who will be the Physician (DNB Internal Medicine) for all Suvidha patients.

Among the several benefits that we will avail because of this MoU are important ones such as emergency ambulance service with fully equipped vehicle and medical and paramedical personnel, which would reach Suvidha within 20 minutes of our call; telephone support from BGS Emergency Medicine doctor to Suvidha nurse till ambulance arrives; priority admission in emergency without demanding deposit amount for 24 hours, and a flat 10 percent discount on inpatient bills.

When one of us visit as out patient, we just contact our single point co-ordinator Mr. Sathyanarayana who will liaise



HEALTH COMMITTEE

BGS Medical Director Dr Kiran Kumar and our MD Venugopal Shetty holding copies of the signed MoU at BGS Gleneagles Global Hospital, Kengeri, Bangalore

between Suvidha and BGS. We can also avail the use of their VIP lounge while waiting to see our doctor, which will be a smooth and caring process with access to quick treatment and discounts. Additional benefits include quarterly interactive sessions at Suvidha, First Aid/CPR Training & Certification for Suvidha Staff for a fee, use of BGS Covid facilities and mortuary when needed.

Contact Physician for Suvidha Patients:

Dr. Siri Kamath (DNB Internal Medicine)

Single Point Co-ordinator for Suvidha Patients:

Mr. Sathyanarayana

Address:

Uttarahalli Main Road, Kengeri, Bengaluru, Karnataka-560060

Phone:

080-2625 5555

Emergency/Ambulance

080 2424 2424

Suvidha - Trees and Avenues

Acacia Avenue



JGK

A acacia Avenue that stretches from the Central Park to Cottage 72 is named after the huge Acacia (Babul) trees on it. Roughly there are about 1300 different species of Acacia trees in the world. In Suvidha we have 2 different species and five trees. The seeds are sometimes used as food in African countries. Acacia Niloticais truly is a multipurpose tree. Its timber is valued by rural folks, its leaves and pod are used as fodder and gum is used in some food products, drinks and confectionery. It tolerates extremes of temperature and moisture. It is suited for planting on marginal lands and can survive both drought and flooded conditions.

Cassia Avenue

C assia Avenue stretching from Cottage 107 to 119 is named after the Cassia trees on it. These trees belong to the species called Cassia Siamea and Cassod. We have around 52 trees in Suvidha. Their gorgeous yellow flowers and seeds in long pods attract parakeets to feast on them. This plant also has medicinal value as it contains a compound named barakol. The leaves, tender pods and seeds are edible, but they must be previously boiled and the water discarded. They are used in Burmese and Thai cuisine. The wood is used to make musical instruments, decorative items and furniture.

JGK



A bouquet for the Honourable Minister

Short Story by S M Subba Rao

As Babu passed his school on his way to his friend's house in the evening, he saw a pile of garbage by the wall. Something caught his attention and he went near the pile. Lying there were two bouquets of roses, neatly wrapped in cellophane, decorated with satin ribbon bows and looking not one bit withered. Were they not the ones he had seen that morning?

January 26 was a big day for the Government school in Gejjepura, not only because of the National significance, but also because the School Committee had decided to recognize outstanding children of the previous academic year. The kids would be awarded certificates at a glittering function which would be presided over by none less than the Honourable Minister-in-charge of the district, the keynote address to be delivered by the Chief Guest, the Director of School Education (DSE).

Every little detail had been finalized to avoid any glitches. The Minister and the DSE would be welcomed and garlanded on arrival at 10 am by Mrs. Pandit, the President of the Makkala Munduvarike Samiti, a social organization which helped the school in numerous ways. After the dignitaries were escorted to the dais by Smt. Pandit and the Head Mistress and the prayer song had been sung, the Most Outstanding Student of the School, Babu, would hand over a bouquet to the Honourable Minister and then to the DSE. Then the speeches, the handing over of certificates, Babu to receive his, to start with, from the Minister ... and so on. Then the customary tea and snacks for everyone.

All parents and guardians had been invited and the children instructed to turn out in their uniforms, washed and pressed crisp – Babu had learnt that the idea was to impress the Minister and the DSE the worthiness of the school for allocation of a playground in the adjacent vacant land and funds for other amenities. The school's proposals were caught up in the cobweb of bureaucracy in the Education Department and it seemed that only a Ministerial intervention would help.

The school staff and Mrs Pandit were already at the school at 8.30 am to supervise the arrangements. An hour later Mrs. Pandit's mobile phone rang. 'Hello? Yes, this is Mrs Pandit' 'Good morning, Sir..... Oh my God!..... Are you sure, Sir? But why?' 'Sir, we will not keep you for

long. Please spare just half an hour, Sir' 'I understand your problem, Sir, but everyone at the School will be so disappointed, you know' 'No, Sir, we have made all arrangements and it is difficult to get another eminent person like you as a Chief Guest at such short notice, Sir' 'I see, I see.....This is quite terrible, Sir. It is our bad luck, I suppose' 'Yes, Sir. I will inform everyone. Thank you, Sir'.

Something had gone wrong! Everyone remained silent

for a while. Mrs Pandit's face said it all. The DSE would not come.

The HM intervened. 'Madam, why must we get anyone else? You can yourself make a speech detailing the achievements of our school and how we encourage the children in all activities'.

'Let me make sure the Minister does not ditch us too,' said Mrs Pandit. She called the Minister's mobile number. His secretary told her they were close by at another function and would be at the school in less than half an hour.

Half-an-hour forty five minutes.....an hour passed. Mrs. Pandit called again but the mobile was switched off! In desperation Mrs Pandit informed the gathering that she would fetch the Minister personally. She apologized and asked them to wait.

Little was Mrs. Pandit prepared to see the Minister and his entourage emerge from the

earlier function, get into their cars and whiz off in an opposite direction! The Minister's mobile remained switched off.

The HM met Mrs. Pandit as she returned crest-fallen and understood the situation. "Madam, forget these VIPs, they cannot be trusted. The children and their parents are waiting, so let us start. Please make the welcome speech and later hand over the awards as I call out the names of the concerned students."

Babu and others eventually received their awards from Mrs. Pandit and no one remembered the bouquets.

Breaking his thoughts, Babu picked up the bouquets and dusted them. He went over to the home of the HM and left them at her door with a note which read 'Dear Vijaya madam, Pandit Madam, you mean more to us than any VIP. Good these beautiful flowers were not wasted on them!'



JGK

Mr S M Subba Rao (Cottage 139), lives in Bangalore

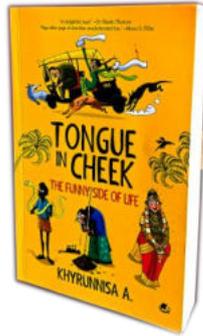
BOOK TALK

Tongue in Cheek – The Funny Side of Life

Latha Krishnan

Mark Twain declared that “Humour is mankind’s greatest blessing,” and Charlie Chaplin had said that a day without laughter is a day wasted. These and other chuckle-worthy quotes crowd to mind when one reads any book written by Khyrunnisa A. Each book of hers, whether it is for children with her irrepressible protagonist Butterfingers or short stories featuring flora, fauna and humans, is sure to bring a smile, sometimes a guffaw or just uncontrollable laughter. *Tongue In Cheek – the Funny Side of Life* is no exception. All the incidents in it were first published in the ‘Inside View’ column of *The Hindu Metroplus*. They are delightful and sparkle with humour in the real-life situations, in which her husband and she find themselves. Khyrunnisa tells us in all seriousness in the ‘Author’s Note’ that every one of them happened to her and she has only ‘used artistic license to add more spice to the narration’.

Everything from food preparation and kitchen misadventures, home and garden problems and painting the



Tongue in Cheek

Khyrunnisa A
Tranquebar Press, Chennai
First Edition: 2019
Pages: 186 Rs. 299

house, to parking woes, outings, and some DIY adventures are gleefully described with firm tongue in cheek gravity. When she carries her second packet of eggs home in an auto, we are smiling but still rooting for her to keep them safe, which she does until ‘the auto lurched, the bag swayed,’ and the egg packet rolls out of the auto. The absent worm in the brinjal, the adventure packed Onam feast, a wedding lunch, the secret ingredient in the potato curry and more food related fun are interspersed throughout the book. When she helps her husband change a tyre and tries some beauty tips with vegetable peelings, we cannot suppress our giggles. The dentist, the waste collector, an auto driver, shop assistant, gas delivery men and several familiar characters that walk in and out of her and our lives, find their way into the book, much to the delight of the reader.

Eminent Dr Seuss had once said, “From there to here, and here to there, funny things are everywhere,” and Khyrunnisa sure proves him right!

Latha Krishnan (181B) lives in Suvidha

Munnar – A Trip Down Memory Lane

Text and Photos: Gopalakrishnan J

Latha and I visited Munnar in the high ranges of Kerala in February. For me it was also a journey into the past as I had spent my childhood till the age of fifteen in and around Munnar. My father had worked for the Kannan Devan Hills Produce Co., a tea plantation company established by James Finlay & Co in 1896. More than a century after that and a gap of over 50 years for me personally, being in Munnar was very nostalgic.

Munnar, the word literally means three rivers. Munnar, the town, is a hill station situated at the confluence of Muthirapuzha, Nallathanni and Kundala rivers. At about 1,600 m above sea level, the picturesque beauty of Munnar is



Sprawling tea gardens and winding roads near Munnar



The Tea Museum preserves the legacy of the origins and evolution of tea plantations. The Museum houses artifacts, photographs, old machinery and a working factory demo of the tea production from beginning to end, all of which have stories to tell.

unique with its sprawling tea gardens, winding roads, flower gardens, rivulets and lakes.

Present day Munnar is very different from the quaint town it used to be in the 60s and 70s. The management of the tea estates was handed over to Tata Finlay Co in 1976,

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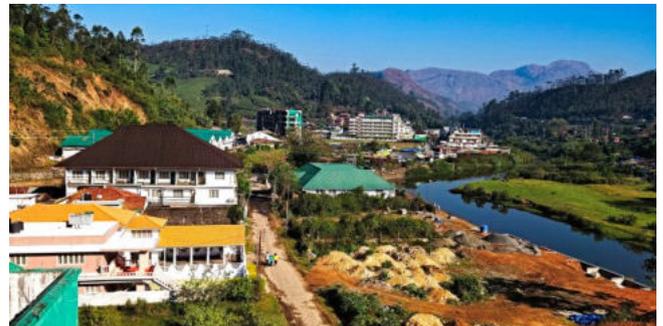
Munnar – A Trip Down Memory Lane



A view of Yellapatty Estate, 21 km from Munnar, where I grew up as a child. It still looks the same. The patches of vegetable gardens of plantation workers where they grow carrot, cauliflower, cabbage, beetroot, beans, peas etc. are in the foreground. The football ground where we used to spend a lot of time is still there. The staff quarters, the labour lines, tea plantations and the protective mountains are still the same even after 55 years as if time has frozen in this part of the world.



Situated at a height of 1700 m above sea level, Mattupetty Dam located about 13 km from Munnar Town is known for its storage masonry dam built in 1953 and the beautiful lake, which offers boat rides, enabling one to enjoy the surrounding hills and landscape. The reservoir is also known to be one of the visiting grounds of elephants in the region.



A view of old Munnar. In the middle is Munnar Supply Association or MSA (the green roofed single storey building) which is the oldest departmental store in the region established in 1919. Even after 102 years, the departmental store is still popular and operational. Except for the MSA Department Store, all other buildings in the picture are new encroachments housing hotels and resorts on the banks of Muthirapuzha River and stand out as eyesores.



Children cycling along the Chokanad Estate Road near Munnar. While studying at the Govt. High School, Munnar, I used to bike with friends on rented bicycles along the same road during Fridays' long lunch recess. There was a Bungalow in Chokanad, occupied by British plantation managers, nestling amidst tea fields and offering a scenic view of the valley below. The Bungalow is still there, available for hire as a destination tourism resort.

and to Tata Tea Co. in 1983. In 2005 Tata Tea transferred their business and undertakings of 16 tea estates to Kannan Devan Hills Plantations Company Pvt Ltd, a newly formed company set up by the employees.

Parallel to these changes, tourists flocked to the region and the land mafia followed suit with their illegal and dangerous construction of hotels and resorts. With settlers and land mafia boldly increasing their commercial activities and resisting any action against them, the delicate environment of Munnar is currently in great jeopardy. The ensuing climate change related serious events have already taken their toll on the pristine town of Munnar that I had known 50 years ago. The change is indeed heartbreaking.

Gopalakrishnan J (Cottage 181B) lives in Suvidha

GRANDKIDS CORNER

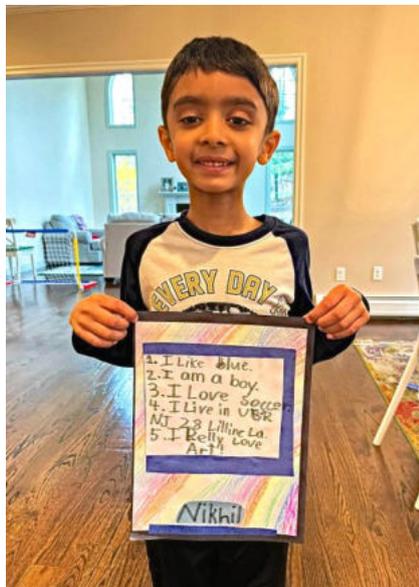
As announced in the last issue, we are introducing a feature to showcase the creative talents and imagination of our grandchildren aged below 13. Tara, Nikhil and Eka star in this issue with their varied talents.

Tara Elizabeth Wilson (5 Yrs)



Dr Sandhya and D Ravi of Cottage 187 A have shared the work of their grandchild Tara. Tara Elizabeth Wilson is 5 years old and she is in the Reception Class of Cathedral School in Southwark London. Her parents Medha and John Wilson work in London.

Nikhil Gowda (6 Yrs)

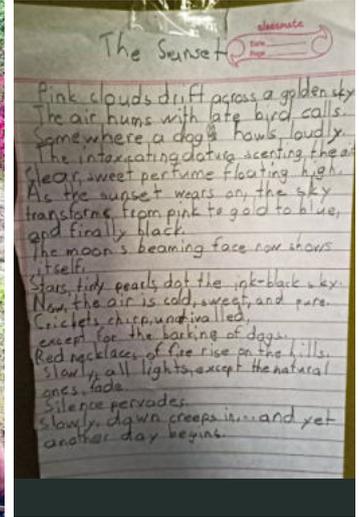


Rajeshwari Subramanya and Dr Jinka Subramanya of 57 -58 have shared their grandson Nikhil's creative pursuits. Nikhil Gowda is 6 years old and is in 1st grade in Reynolds Elementary School, Upper Saddle River, New Jersey, United States of America. He is the Pine wood derby Tiger den Champion and is in Cub Scouts. Grandmother Rajeshwari says about the picture of Lata Mangeshkar, "The kids wanted to do something special for my birthday. Whenever they asked Meera, my daughter, she told them that I had been listening to Lata Mangeshkar's songs lately and showed them some random pictures of the great singer. So, it was "Lata's theme" for my birthday. Nikhil drew this picture on that occasion.

The Sunset

Poem by Eka Krishnan (8 Yrs)

Pink clouds drift across a golden sky
The air hums with late bird calls
Somewhere a dog howls loudly
The intoxicating datura scenting the air
Clear sweet perfume floating high
As the sunset wears on, the sky
Transforms from pink to gold to blue and finally black.
The moon's beaming face now shows itself,
Stars, tiny pearls, dot the ink-black sky.
Now, the air is cold, sweet, and pure.
Crickets chirp, unrivalled, except for the barking dogs.
Red necklaces of fire rise on the hills.
Slowly, all lights, except the natural ones, fade
Silence pervades
Slowly, dawn creeps in... and yet another day begins.



Latha and Gopalakrishnan of 181B have shared their granddaughter Eka's creative work.

Eka is 8 years old, home-schooled, and lives in Kodaikanal. She is a voracious reader and reads fiction and nonfiction. She is also into writing stories and poems as well as drawing and painting. Here Eka describes a sunset in the Kodai hills

NEWS AND EVENTS

Republic Day



January 26, 2022

January was the month we experienced the rapid spread of new Covid cases in Bangalore and some instances of positive cases springing up among our staff and residents. Therefore, Republic Day was celebrated in a muted manner. There was no shamiana or covered seating area but a limited number of chairs were set out for the few who attended

the flag hoisting ceremony and singing of the national anthem. Dr Lakshmi Dey was the Chief Guest and hoisted the flag. She delivered a short speech followed by distribution of sweets to staff at the office and to residents at their homes. All the participants followed Covid safety guidelines, wearing masks and maintaining social distance.

The third wave of the pandemic made Suvidha cease all social and cultural events. These were re-started enthusiastically by the Suvidha Cultural & Social Events Sub-Committee after relaxation of Covid Restrictions from February 15, 2022.

Movie Night in Suvidha

February 26, 2022

The Movie Night in Suvidha was held at the Clubhouse. As has been the norm we screen Regional Language, International and Hindi Movies by rotation in Suvidha. This time the movie selected by the "Masti Movie Makers" trio of Suvidha - Meena Badami, Prabhakar & Ashok



Dey - was the 2021 Hindi film "Mimi" starring Kriti Sanon and Pankaj Tripathi.

About 40 residents gathered to enjoy the screening and an evening of fun. Bombay Style Pav-Bhaaji and Semiya Payasam were served with dollops of Amul Butter during the interval. Everybody had a good time!

Holi Hungaama

March 19, 2022

The Holi Hungaama event “Rang Barase” was celebrated at the open-air amphitheatre. With about 50 residents and their guests gathered at the venue, the fun quotient went up many notches that night. In-house talent was tapped to produce a 75 minutes multi-lingual song and dance musical performance by the Suvidha Serenaders.

Our staff members under the guidance of the designated event manager, Pushpa, had outdone themselves in decorating the stage and venue with potted plants and artistically distributed bunches of flowers from the Village. Suvidha kitchen catered excellent welcome drink and snack as well as a scrumptious dinner after the show. The light shower of rain during the show was welcomed as blessing from heaven!

On this occasion the Group

rendered *The Suvidha Anthem* that the audience joined in with gusto. The Lyrics were creatively composed by Nilima and Vivek set to the tune of the famous Hindi Song “Jahan Daal Daal Par, Sone Ki Chidiya Karatee hain Baseraa”. The Serenaders plan to sing this at all Suvidha Social Functions!

A group dance was choreographed by Nilima to the popular film song “Yeh Jawaani Hain Deewani” that goes “Balam Pichakaari, jo tune muze maari....” The bright colourful anaarkalees, long kurtas and dupattas along with the colourful flower petals strewn around made it a great performance by Prathima, Nalini, Iris, Nilima, Venu, Vivek and Vaidy.

The Kannada Group Song was an original song by Raji in praise of the beauty of Suvidha. It was sung melodiously by Nalini, Venu and Prathima, accompanied by Vivek on the guitar. Many other foot tapping numbers like *Rang Barase* and *Jai Jai Shiva Shanker* had many from the

audience join the Serenaders on stage in spontaneous dancing and merry making. Dr Lakshmi’s recitation of the Poem titled “Silver” was appreciated by everyone.

The Suvidha Anthem

Jahan daal-daal par sone ki
Chidiya karatee hain basera,
Ye Suvidha Village humaara!
Ye Suvidha Village humaara!
Jahan daal-daal par sone ki
Chidiya karatee hain basera,
Ye Suvidha Village humaara!
Ye Suvidha Village humaara!
Yahaan satya, ahimsa aur dharma
Ka paalan karate rehena....
Ye Suvidha Village humaara!
Ye Suvidha Village humaara!
Jai Suvidha! Jai Suvidha!
Jai Suvidha! Jai Suvidha!
Alabelon kii is dharatii ke tyohaar
bhii alabele
Hari Om, Hari Om, Hari Om, Hari
Om
Alabelon kii is dharatii ke tyohaar
bhii alabele
Aaj Poonam kii ye jagamag hai Hum
sab Holii khelen
Hum sab Holii khelen
Jahan raag rang aur hanshi khushi ka
charo aur hai ghera
Ye Suvidha Village humaara!
Ye Suvidha Village humaara!
Jahan pashu, pakshee aur phoolon
Ka (toh) pag-pag lagata deraa
Ye Suvidha Village humaara!
Ye Suvidha Village humaara!
Jai Suvidha! Jai Suvidha!
Jai Suvidha! Jai Suvidha!
Jahan aasman se bate karte Tower
Airtel bole
Hari Om, Hari Om, Hari Om, Hari
Om
Jahan aasman se bate karte Tower
Airtel bole
Isee nagar me kisi dvaar par koi na
taala dale,
Koi na taala dale
Yahan prem ki bhasha sab bole
Aaye shaam savera
Ye Suvidha Village humaara!
Ye Suvidha Village humaara!
Jahan phool-phool par sou Titalee,
Jo karatey hain ye basera,
Ye Suvidha Village humaara!
Ye Suvidha Village humaara!
Jai Suvidha! Jai Suvidha!
Jai Suvidha! Jai Suvidha!

PHOTOS: CULTURAL COMMITTEE



Interactive Session on Mental Health of the Elderly

March 20, 2021

A very interesting interactive session on the topic “*Emotional Well-being & Tips for Positive Mental health after Sixty*” was held on March 20, 2020. This was the first one of many more planned by the Health Committee along with the doctors from our partner hospital, BGS Gleneagles Global Hospital, Kengeri. The two eminent BGS speakers this time were: Dr. K. Raghu, a renowned Psychiatrist and Meditation Expert and Ms. Sumalatha V. an experienced Clinical Psychologist, Reiki practitioner and hypnotherapist. This was conducted at the Clubhouse as a hybrid event where about 30 residents had gathered and another 20 had logged in via Zoom. The short presentations followed by Q & A were well received.

PHOTOS: HEALTH COMMITTEE



Open House

March 26, 2022

An Open House was held on March 26, 2022 at 10:30 am at the Suvidha Clubhouse attended by about 25 members. Venugopal Shetty presided over the Function. Dr. Vivek sang a melodious invocation song. Gayitri and Nilima the chairpersons of Landscaping and Health Committees made short presentations.

We had three invited Guest



Speakers: Ms. Priti a Social Entrepreneur and Dr Kumar and Ms. Pooja from Dozee, a Med-Tech Company in Bangalore, who made their presentations followed by a Q&A session.

Prathima provided tech-support and made a recording of this event for sharing with all members. The participants appreciated the updates and found the presentations interesting and informative.

Revamp of Canteen Menu

April 4, 2022

The Kitchen Committee has been working diligently in the past few months to provide tasty, nutritious meals with variety. After the success of revised breakfast menus they have launched lunch menus incorporating many of the suggestions received from the residents of our community. Designing these schedules and menus keeping in view the nutritional factors and the skill-sets of our chefs was the

remarkable and dedicated work of the Kitchen team, Aruna, Bharati and Satya, along with two residents Usha of Cottage 50 and Meena of Cottage 90.

“We urge many more residents to come forward and relish a healthy breakfast from our Suvidha Canteen. We also hope you will enjoy the new menu,” say the hardworking ladies. Our chefs welcome your words of appreciation whenever the occasion rises.



ANIL SHARMA (Pixabay)

Rama Navami Celebration

April 10, 2022

Suvidha celebrated Rama Navami on Monday, April 10, 2022 with mangalarati, bhajans, music

programme, prasada and lunch. Suvidha staff and a few residents decorated the pooja mandapa with beautiful flowers and plants.

Mrs and Mr Nayak of Cottage 167

sponsored the very colourful and lively event which was attended by several residents and visitors.

PHOTOS: BHIMARAYA



NEWS AND EVENTS - SUVIDHA STAFF

Company Secretary

March 01, 2022

Sandesh Kumar P joined Suvidha as Company Secretary on March 1, 2022. He is 29 years old and single. He hails from Kodagu in Karnataka and is a qualified lawyer and company secretary.

He has been working as company secretary for the past three years and is

looking forward to providing his services to Suvidha.

“I think by working as company secretary here, I will be exposed to a dynamic work environment, where there are opportunities for me to grow as an individual and as a professional,” says Sandesh.

TSR welcomes Sandesh to Suvidha Family.



REMEMBRANCE

Brigadier E. Parthasaradhi (Retd) (1929 - 2022)

January 14, 2022

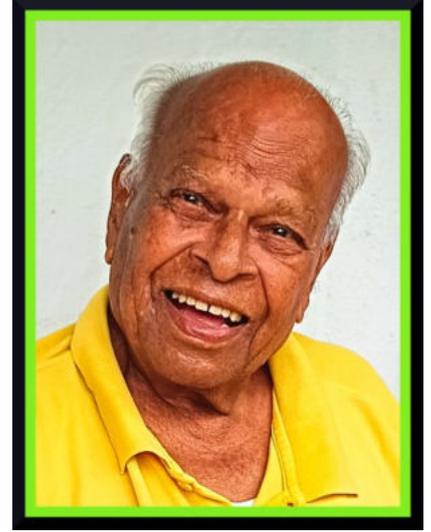
Everyone in Suvudha mourned the death of Brigadier Eyunni Parthasaradhi (Retd), VSM, on January 14, 2022. He passed away in Hospital after a brief illness. He was 93.

He had served with distinction in the Indian Army from 1953 to 1985, and commanded the RVC Centre in Meerut. Besides serving in J&K, Rajasthan and Eastern India, he also had two missions in Europe in 1960.

He was married to Mrs Sharada, and his three children, Poornima, Vijay and Sudarshan are all familiar to

Suvidhaites due to the videos we have all watched of them periodically when he celebrated his birthday or Mrs Sharada's birthday in his unique generous style.

Brigadier Parthasaradhi had been residing in Suvudha (Unit #84) since 2012. He was a popular and well-liked personality, known to all the residents and staff. Despite his advanced age, he was interested in all those who met him. He was a generous, affectionate and kind gentleman. All of us have attended the parties he hosted, with assistance from his affectionate children. He will be missed by all in Suvudha.



Dr B T Sampathkumar (1932 - 2022)

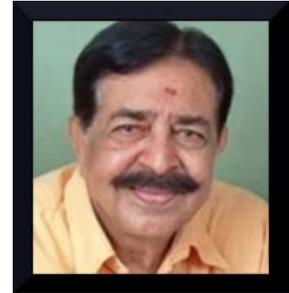
January 22, 2022

Our long-time shareholder, Dr B T Sampathkumar passed away at The Bangalore Hospital on 30th of January, 2022.

Dr Sampathkumar was a promoter consultant and one of the leading Urologists at The Bangalore Hospital.

He surgically treated many patients with kidney diseases and complex urological disorders while leading the team for renal transplantation,

Dr Sampathkumar was 90 years old and lived with his wife, Dr Vimala Sampathkumar, a paediatrician and their son, Dr Arjun, a surgeon at their home in Basavanagudi, Bangalore.



Dr J C Jacob (1934 - 2022)

February 02, 2022

Dr J C Jacob, (115-A) passed away due to multiple organ failure at the Baptist Hospital, Bangalore, on February 2, 2022.

Born in Kerala in 1934, Dr Jacob studied medicine at CMC, Vellore. After graduation, he moved to the US in 1959 and later to Canada where he met and married his wife Mary. He returned to India in 1964 and worked

in the Neurological Department of CMC, Vellore and returned to Canada in 1968 to settle down. After his wife passed away in 2018, he returned to India and settled down in Bangalore. They did not have any children.

READERS' RESPONSE

Wow! Latha and team, you did it again! Breathtakingly beautiful pictures and interesting information about people and places!

So overwhelmed!

Thanking you for this amazing Newsletter,

Iris Ragiva, Cottage 76
Suvudha

Congratulations, to the Suvudha Review Team!

As usual, great content,

comprehensive coverage with impressive layout.

I was intrigued and suitably impressed to learn of Gopal's deep interest in Kannada literature.

Dr Vivek Kadambi, Cottage 47-48
Suvudha

Once again TSR has excelled in the new issue. I congratulate all who have worked for it

Ashok Shanthamallappa, Cottage 165-166
Bangalore

I enjoyed reading the Suvudha Review which I find very well organized and presented in a nice format with beautiful sharp pictures etc. All the best to you and the entire team.

Sajjan Jain, Cottage 24-25
Suvudha

Thank you Latha and TSR Team. I read the TSR. As usual, your work is always good.

Rajeshwari Subramanya, Cottage 57-58
Bangalore

USEFUL INFORMATION

Please click on the company logo for details.

COTTAGES FOR RENT

Finished, semi-furnished and unfurnished cottages in Suvudha are available for daily/short-term/long-term rent. You can rent accommodation for your visiting relatives and friends. For rates, details and status of the cottages please click the link below.



[Suvudha Cottages for Rent](#)

DEMENTIA, PALLIATIVE AND GERIATRIC CARE FACILITIES



+91 76762 99000

Managed Home Care | Rehab Care
| Palliative Care



+91 99800 67000

Transitional and Rehab Care |
Palliative Care | Dementia Care



+91 99450 90448 / 98869 51711

Dementia Care |
Alzheimer's Hospital

ASSISTED LIVING SERVICES



1800 121 2323 /080-3355 4554

Elder Care | Critical Care |Nursing |
Trained Attendants



+91 7288818181 / 939 2682922

Home Care |Healthcare assistance |
Daily Care |Emergency Care



+080-4580-6666

Elder Care | Emergency Services |
Concierge Services

HOME NURSING SERVICES



1800 103 4530 /41410029:

Physiotherapy | Nursing | Caregivers
| Stroke Care | Lab Tests



080 45683738/080 30752584

Registered Nurses | Nursing Care |
Doctors | Physiotherapy |Lab Tests



+91 88800 04422

Nursing Care |Physiotherapy |Home
Hospitalization | Doctor Visits

TAXI SERVICES

Balaji Taxi Services

080 5077 1881 &
98453 65245

Nandi Taxi

Ravi Gowda
09980451515

Auto Riksha

Narasimha Raju
9900327822 / 9980627163

Please click on the company logo for details.

GROCERY & VEGETABLES

Market Fresh

☎ 97437 66000 &
97439 66000

Neighbourhood store for immediate delivery of your grocery and vegetables



Online delivery service for grocery goods, home essentials and food supplies



An online platform for buying vegetables and grocery items

MEDICINES - HOME DELIVERY

Shantha Pharma

☎ 88677 81822 & 99860 03614

Neighbourhood pharmacy on Kanakapura Road offering same day delivery of medicines



An e-pharma portal that offers authenticated prescription and Over the Counter (OTC) medicine along with other health products.



Trusted online platform of Apollo Hospitals for Prescription Medicine, Health & Nutrition Foods and OTC medicines

MEDICAL LABORATORY - HOME COLLECTION



☎ 080888 87108

Reliable Laboratory Service



☎ 080-39885050

Free Home Collection



☎ 94498 66287
080 2531 8550 & 080 2559 1947

Very reliable

OPTICIAN/AUDIOLOGIST SERVICES AT HOME

Ujala Opticians

☎ Rahul - 88922 88544

Eye checkup at home



☎ 1800-102-6886

A certified refractionist will visit you with latest eye testing machines & 100 trial frames



☎ 080 4200 8902 / 99805 10040

Home Hearing Checkup