

THE SUVIDHA REVIEW

MONSOON, July 2022



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EDITOR'S NOTE

Welcome to the Monsoon Issue of TSR! Like rain drops on the plants, flowers and fruits all around Suvidha, we offer big and small drops of information and entertainment for your reading pleasure.

With the Russia-Ukraine conflict continuing to affect all our lives, wherever we may be located, we are offering you a special report of life in Moscow at present in the travel section.

The story of the beginning of Suvidha continues in this issue with memories that our first MD shared with TSR.

There's more in grandchildren's contributions, poem, photos, reports and updated information on the rentals, and useful numbers awaiting your perusal.

Read on! Happy reading!

Latha Krishnan

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"And all of us with our closed eyes smelled the frangipani blossoms in the big rectangles of open wall, flowers so sweet they conjure up sin or heaven, depending on which way you are headed."

Barbara Kingsolver

A bunch of fragrant Plumeria (frangipani) in a Suvidha garden.

COVER: A beautiful hibiscus flower in a Suvidha garden on a clear June morning

PHOTOS: J GOPALAKRISHNAN

FROM THE MANAGING DIRECTOR

Dear Fellow Suvidha Shareholders,

I am writing to you from a green Suvidha, where the rains keep the lake full, the ground with enough water and our landscape staff members busy trimming, propagating, planting and beautifying this little piece of heaven that we call ours!

I welcome all the residents, who had gone to other states and countries for long and short breaks back to their home, our pleasant and serene Suvidha. I also welcome into our midst, some new residents including shareholders and tenants. As far as our staff members are concerned, we said goodbye to Devaraj, our estate manager of 6 years and Balakrishna, our Head Cook for 4 years. We have a new estate manager and a new Head Cook, both of whom are introduced in this issue of TSR.

As usual all our committees have been working hard to keep Suvidha going well, ensuring that the day-to-day activities of the residents and visitors are smooth and the flora and fauna are happy too. Reports of the activities of all the committees have been published in the Annual Report which I hope all of you have already received along with the AGM notice.

The Maintenance committee's decision to install special solar lights along the east compound wall as a deterrent against wild animals seems to be working well. Till date the lights seem to have worked and we haven't had any big wild animals visiting us. Kudos also go to the Kitchen Committee for introducing a new dinner menu, which is becoming quite popular among our residents.

The Health and Well-being Committee held an Open House on April 24, 2022 to introduce the Dozee project for regular contactless monitoring of the vitals of our senior citizens. The committee also organised a training session by a team headed by the HOD of Emergency Medicine at BGS Hospital in Bangalore for Suvidha Emergency Response Team on 29th April on Basic Life Support and First-Aid Care. The committee also has identified a full-time nursing executive to support residents' health needs and deal with any medical emergencies.

I am delighted to inform you that we have finally resolved the matter of the Reserve Bank of India Compounding of the Contraventions of the FEMA,

in connection with share price payments received by Suvidha in Foreign Currency. The management has been grappling with this issue for many years. Thanks to Geeta Jaisim for her perseverance, our shareholder Vasudevan for helping reduce the burden of penalty and Sreeramaiah for adding his bit in resolving this issue.

In an Open House held on 27th April with a presentation by the Director Finance on the status of the Suvidha finance, I spoke of several workable revenue generation ideas that the Revenue Generation Committee has come up with. We have

already initiated the work on one of the ideas of relocating the health centre to the Clubhouse to free up 3 cottages which will generate substantial revenue to add to the corpus.

In the last quarter we had a few events including the World Environment Day celebrations, a plog run to clear the garbage from the road nearest to Suvidha entrance, the 55th Wedding Anniversary celebrations of the Aluris and a talk on Mapping the Universe by Arjun Dey. Many of us attended a felicitation function for Professor Rukmani on July 9, 2022, that she had kindly organized and included a scintillating Odissi dance performance by her daughter Ms Parvati.

Overall, the last quarter has been quite productive and we have been able to initiate some actions that could translate into activities moving us in the right direction to consolidate our financial position by leveraging on our assets.

I thank all my fellow directors in the board, the management staff, and all the workers for their support and for reposing your trust on me and the board in our endeavour to make Suvidha a self-sustaining community.

I wish you all well and look forward to your participation in the forthcoming AGM scheduled for July 31, 2022.

With best regards and wishes,

Venugopal Shetty



SUVIDHA STORY

The Suvidha story continues with a different voice this time. We had told you in the last issues about the acquisition of land, planning and construction of the Village. In this issue we have Dr Subba Rao, the first Managing Director of Suvidha speaking to us. Dr Subba Rao is currently not a shareholder of Suvidha, but he kindly agreed to share some highlights of his tenure here.

Suvidha Gruhapravesham

A new beginning of community retirement life

Dr R Subbarao, the first Managing Director of Suvidha, who held the post for the initial 9 years, has fond memories of overseeing the early stages of the development and materialization of a dream. "Being MD of Suvidha in the initial years was a huge learning process for me and for all the members of the Board as well as the early shareholders," said Dr Subba Rao, who was a busy cardiac surgeon then and managing Suvidha along with his work. "One of the founding members and Joint Managing Director, Dr Jinka Subramanya, was very proactive in bringing the dream of Suvidha to reality. We couldn't buy agricultural land as a group of people. Therefore, we had to form a company in 2004 under the Companies Act and apply for

The first phase of cottages almost ready for occupation
View from the Club House in 2010



Banner erected on the occasion of Suvidha Gruhapravesha

PHOTOGRAPHS COURTESY SUVIDHA ARCHIVES

exemption under Section 109 of the Karnataka Land Reforms Act, 1961, for diversion and acquisition of agricultural lands for industrial purposes," he explained.

The initial group, as we have reported in an earlier issue, consisted of a few doctors of Bangalore Hospital but when they spoke about their plan of setting up a retirement village to some colleagues and friends, many came forward to participate in the company.

"We wanted all the residents to be equal with nobody ruling over the others," reminisced Dr Rao. "Without any knowledge of company law, we went

Suvidha Club House and surrounding area in 2010





Cermonial Guhapraesha pooja of Suvidha on January 16, 2010 by Dr Subbarao and Sumitra as Dr K S Shekar, Manjulamma and others eagerly watch

ahead saying no one can own more than 30,000 shares. We also had wanted a lock in period of 5 years for the shares because we didn't want anybody taking shares only as investment or for making a quick buck. This was against the company rules. Gradually we got the various permissions needed. It was an uphill task getting over all the government regulation hurdles. It went to an expert Cabinet level committee in the government of Karnataka. We even went and met the Deputy Chief Minister M P Prakash during the government led by Chief Minister Dharam Singh to get the relevant permissions to begin the fulfilment of our dream village. We always received the invaluable support of Dr K S Shekar, the first Chairman of Suvidha. He was a great motivator for getting this project done and oversaw the activities of the Board diligently. He also used his innumerable connections to get many things done."

Dr Rao did not stay in Suvidha, because his cottage, like many others, was under construction. Moreover, his medical practice was going well and he could not stay away. "I stayed in my house in Banashankari Second Stage and visited Suvidha," he said.

The photos we have featured alongside were taken on January 16, 2010. Some of the cottages had been built and one of them was occupied by the first resident of the village. Following the traditional Hindu culture Dr Subba Rao and his wife Sumitra performed the Gruhapravesha for the entire Suvidha Village.

"The structure of Club House was ready by then and the puja was done in the space in front of the

Smt Shobha Karandlaje (H'ble MLA, Yeshvanthapura) addressing the audience after laying the foundation stone of Suvidha Hospital



office in the first floor. All the shareholders who were in and around Bangalore came for the function. There were some invitees too. The puja was followed by lunch."

"MLA Ms Shobha Karandlaje accepted our invitation to lay the foundation stone for Suvidha Geriatric Hospital the next day on January 17, 2010. At that time, we believed that a Geriatric Hospital in Suvidha will be a revenue generation scheme and be useful to our residents too. There was a qualified geriatrician Dr Nagesh Kavi, who was a shareholder then. We had a fledgling report ready for the hospital. But it never came through," said Dr Rao.



Foundation stone laying ceremony of Suvidha Hospital January 17, 2010. Standing left to right, Dr R Subbarao (MD), late Shri B. N. Vijaya Kumar (H'ble MLA, Jayanagar Constituency), Shri M. Krishnappa (H'ble MLA, Bangalore Constituency), Smt Shobha Karandlaje (then H'ble MLA, Yeshvanthapura Constituency and currently the Minister of State for Agriculture and Farmers' Welfare, Govt. of India) and Dr K S Shekar

A view of the audience attending the Foundation Stone Laying ceremony of Suvidha Hospital



Suvidha - Trees and Avenues

Central Park

This park is situated almost at the centre of Suvidha and has therefore been called the Central Park. The park boasts many plants

within its beautiful border of copper leaf plants and flowering plants including multi-coloured lantana, yellow trumpet flowers, red ixora, gladioli, changing rose, Singapore cherry trees, Rangoon creepers at its entrance, wild sunflowers opposite the entrance, couple of coconut trees, common milkweed plants attracting butterflies in their hundreds and more.

In the centre is the tall Kauri Pine (Agathis Robusta), an Australian origin coniferous evergreen tree. This and three more Kauri Pines found at the corners of the park were planted by our founder chairman Dr K S Shekar and other residents. Red star-shape made up of lush copper leaf plants surrounds the centre pine. There is a flowering Umbrella tree, of which we have only one more in Suvidha and a Cycad Palm (of which we have ten) in the right corner as you enter the park.

The paved circular pathway is ideal for a rejuvenating stroll at any time of the day. Benches have been placed at intervals along the inner border of the circular park for those who wish to enjoy the environs while watching butterflies and hearing birdsong.



J GOPALAKRISHNAN

Shreegandha Park

Shreegandha Park is named after Shreegandha which in Kannada means sandalwood. In this small park situated in the junction of cottages 84, 92, and 61, there are several sandalwood trees growing lushly inside this park, which is shady and has seats invitingly placed to enjoy the invigorating breeze.

Sandalwood works as an anti-inflammatory agent and is mainly used in perfumery products and during religious rituals. Its essential oil used in aromatherapy to reduce stress, hypertension and can also heal wounds and treat skin blemishes. It is used in deodorants and can be blended with other essential oils to make different fragrances. It also has antiseptic, anti-inflammatory, antispasmodic and astringent properties,



J GOPALAKRISHNAN

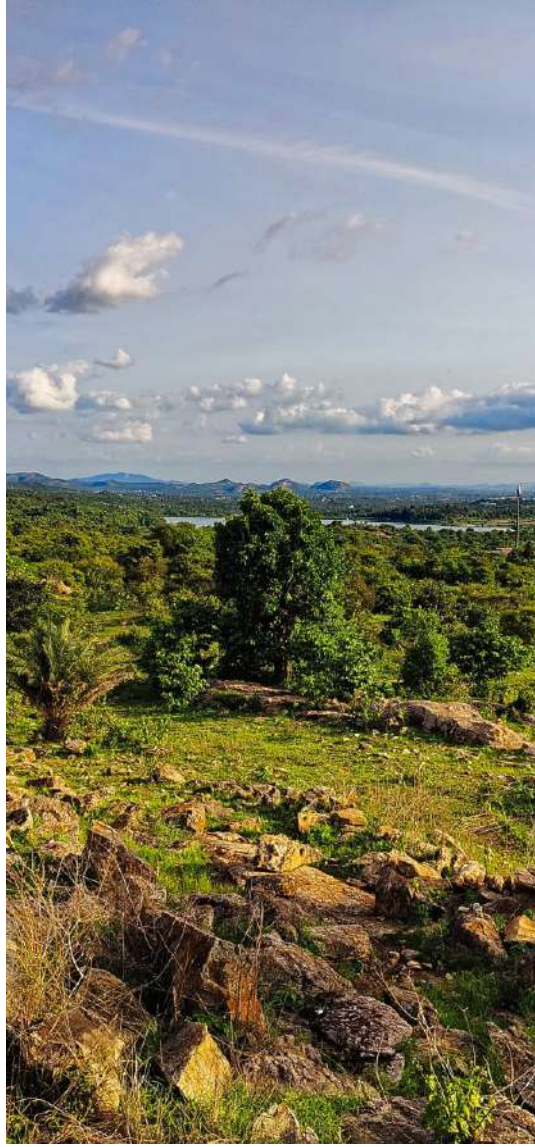
An Ode to Suvidha

Satya Murthy Subba Rao

ವಜ್ರಮುನಿಯ ಮಡಿಲಿನಲಿ
ಶಶಿವೃಕ್ಷಗಳ ಮಧ್ಯದಲಿ
ನೀರೋಟದ ರಭಸದಲಿ
ಮನ ರಂಜಕ ಮೋಡಗಳಲಿ
ಮೃದು ಸ್ಪರ್ಶದ ಗಾಳಿಯಲಿ
ಮಿಂಚು ಕಿರಣ ಹೊಳಪಿನಲಿ
ನಿತ್ಯೋತ್ಸವ, ತಾಯಿ ನಿತ್ಯೋತ್ಸವ
ನಿತ್ಯೋತ್ಸವ, ನಿನಗೆ ನಿತ್ಯೋತ್ಸವ.

ಹತ್ತಿರದ ಬಂಡೆಗಳಲಿ
ದೂರದ ಗಿರಿಗಳಲಿ
ಗುಡ್ಡ ಮೇಲಿನ
ಶಿವ ಬೀಡಿನಲಿ
ಕೋಲಾಹಲ ಏಳುವ
ಗಾನ ಮಂಟಪದಲಿ
ನಿತ್ಯೋತ್ಸವ ತಾಯಿ ನಿತ್ಯೋತ್ಸವ
ನಿತ್ಯೋತ್ಸವ ನಿನಗೆ ನಿತ್ಯೋತ್ಸವ.

ಸೂರ್ಯೋದಯ ಎಳೆ ಬಿಸಿಲಿನಲಿ
ಸೂರ್ಯಾಸ್ತಮಾನ ತಂಪಿ ನಲಿ
ಭ್ರಮರಗಳ ಸಂಚಾರದಲಿ
ಚಿಟ್ಟೆಗಳ ನಲಿದಾಟದಲಿ
ಕೋಗಿಲೆಯ ಕರೆಗಳಲಿ
ಪುಷ್ಪಗಳ ಸೌಗಂಧದಲಿ
ನಿತ್ಯೋತ್ಸವ ತಾಯಿ ನಿತ್ಯೋತ್ಸವ
ನಿತ್ಯೋತ್ಸವ, ಸುವಿಧ ನಿತ್ಯೋತ್ಸವ.



J GOPALAKRISHNAN

This poem is a tribute to Suvidha, based on Nissar Ahmed's song "Jogada siri belakinalli". K S Nissar Ahmed (1936 –2020) was a poet and writer in the Kannada language. He became a household name for his work *Nityotsava* (Daily celebration), which is a poem about Karnataka, a piece he composed after seeing Jog falls. He is known for using simple words that resonate deeply with the public in his literary work.

On the lap of Lord Vajramuni

Among the green trees
Beside rushing streams
Heart-warming clouds
Soft touch of the breeze
Sunlight shining through
We celebrate you, Mother,
We celebrate you

On the rocks nearby
And the far-off mountains
At the Shiva shrine
On the hill top
In the uproarious laughter
At the Ganamantapa
We celebrate you, Mother,
We celebrate you

During warm dawns
And cool dusks
In the humming of the
bumblebees
In the flutter of butterflies
In the calls of the cuckoos
In the fragrance of flowers
We celebrate you, Mother,
We celebrate you Suvidha.

Satya Murthy Subba Rao (Cottage 139) lives in Suvidha

Translated by J Gopalakrishnan (181B)

View from Moscow - Amidst Troubled Times

Text and Photos: Kala Sunder

Concerts, visits to museums and art galleries, walking in Moscow's many parks, meeting friends - these are just a few of my outings in the ten weeks that I have been in Moscow. I also took a day trip to Tver, the old



At the gazebo in Goncharov museum

Russian city from where Afanasiy Nikitin travelled to India in the 15th century decades before Vasco da Gama. I did several and sightseeing trips farther away to the east and south of the country. The "special military operation" does not affect daily life and internal travel, at least not yet. Food prices have gone up but no more than in other countries.

Most Western brands in consumer

goods, fast foods and electronics have left and all kinds of shortages are expected. Manufacturing is limping, agriculture is facing a shortage of seeds and cattle feed because of global monopolies, and the service sector has contracted. Job losses have been high in the capital but other cities are not affected so severely. For me, coming from Bangalore, life in Moscow is very comfortable. I drink tap water, walk comfortably all over the city without having to watch for all manner of obstacles. The city is clean, well-lit, safe. Efficient public transport covers every part of the city and taxis are affordable. The freedom to go wherever one wishes to, even late at night, is wonderful, especially for women and the elderly. Moscow is



Stylised samovar in a park

not Russia, of course, and other cities do not receive the same support. Yet for an Indian, they are as liveable.

I am often asked what Russians feel about the war. Older people have seen many hardships and simply view this as one more that they can live through and overcome. Young people who have grown up during a period of rising living standards are upset at falling disposable incomes and the inability to travel abroad. Some

question the morality of violence and the lack of civil rights and democracy. The birth-rate has been going up steadily and there is apprehension that the current economic uncertainty will cause it to drop again, which Russia can ill afford. But young people have a lot to lose and are likely to energise the thrust toward self-sufficiency and indigenization that

sanctions have induced. Everyone agrees that the main obstacles are corruption, over-centralisation and over-bureaucratisation. The optimists feel that since Russia has now been pushed to the wall things will finally improve. That, they say, is the Russian character.

The suppression of the Russian language and the systematic side-lining of the Russian population in the Ukraine is resented. 'We will

not abandon our own' is a slogan visible in many places and there is a determination to face down the sanctions. But there is no display of the chest-thumping jingoism that we see even at a cricket match. Most people resent the selective outrage against Russia and the demonisation of Russians. "Do you think we are evil?" they ask, and I can see and feel their pain.



Folk music in the garden of Leo Tolstoy's Home-Museum, Moscow



Tree art in a park in Moscow

Kala Sundar (Cottage 15C) lives in Bangalore

Visiting Bekal Fort in Kasaragod

Text and Photos: Jyothi Kumar

It all started with our grand daughter Eyrach's desire to visit the sea. Inspired by the stunning visuals of the sea splashing against the walls of the fort in the Hindi movie '*Bombay*' took us to Bekal fort and the sea near Kasargod in Kerala.

military station for Tipu Sultan when he led a military expedition to capture Malabar.

The fort came under the British East India Company's control and became the headquarters of the Bekal Taluk of South Canara District in Bombay presidency.

The historic fort is surrounded by a beautiful



The fort's zigzag entrance and surrounding trenches reveal its defensive strategy



Water-tank with its flight of steps



Bekal Fort is the largest and most preserved forts in Kerala spreading over 40 acres. After the Battle of Talikota in 1565, the Keladi Nayakas became powerful in the region around Bekal. The economic importance of this port town prompted the Nayakas to fortify Bekal subsequently. Hiriya Venkatappa Nayaka initiated the construction of the fort and it was completed in 1650 AD by Shivappa Nayaka.

It was an important

Eyrach memsmerised by the view of the waves splashing against the walls of Bekal fort

fortification offering an enchanting view of the Arabian Sea from its high observation tower, where cannons were placed during its heyday.

Jyothi Kumar (Cottage 115C), lives in Bangalore

Embrasures (holes) on the outer walls are designed to defend the fort effectively from naval attacks. The upper holes are meant for aiming at the farthest targets; lower holes below for striking at enemy nearer and the lowest holes to attack the enemy closest to the fort



GRANDKIDS CORNER

We continue to showcase the creativity of our grandchildren.

Eyrah (3 Yrs)



Jyothi and Uday Kumar of 115 C have shared their granddaughter Eyrah's painting of pre- drawn pictures. Eyrah is 3 years old. She goes to Pep V2 play-school in HSR Layout, Bengaluru. Eyrah loves to swim, plant seeds and watch them grow, be amidst nature and learn the names of insects, birds and plants, and engage in activities that makes use of her hands and mind.

Eyrah has been a regular visitor to Suvridha. Most residents have enjoyed seeing her pushed around in a pram or running all over Suvridha. Her favourite places in Suvridha are around the lake and the steps on the western border.

Rhea (4 Yrs)



Ahalya and Dr Hemachandra Shetty share the creative work of their youngest grandchild Rhea. Rhea lives in Singapore and is 4 years old. She is in Apricot pre-school. She likes to play football, loves to ride fast on her scooter and trekking. She has a huge collection of books and reads those she can. Those she can't read she gets others to read. Grandma has to read at least 10 books each day when she is with her. She did the abstract drawing on the left at home and has used the same colours of her dress. She says that the picture if you keep it vertical depicts the sun in yellow, the sky and water in blue and the multicoloured things are the flowers on the ground.

NEWS AND EVENTS

Aruna and Vijayakumar Aluri celebrate 55th anniversary

May 24, 2022

The happy event of the 55th wedding anniversary of Aruna and Vijayakumar Aluri of Cottage 66 took place in the Suvidha Dining hall. Almost every resident attended the

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function which included a movie screening and dinner. Aruna exclaimed in joy, "We do have a wonderful big family in Suvidha. It is so heartening to note that everyone accepted our

invitation and turned up." The bride and groom of the day and their daughter Deepa were graciousness personified. A group of ladies wished them more loving years together through a Sanskrit song *Vivahadinamidam*. Then it was time for bouquets from some of the residents and short speeches to



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felicitate the couple. Welcome drinks were served while we watched a funny yet sentimental movie called *Aakasamantha* starring Prakash Raj. At the end of the movie was a scrumptious dinner with many dishes of taste and novelty.

Plog Run

May 29, 2022

In partnership with Plogman Raj, BBMP, Rotary Club and Changemakers of Kanakapura Road, Ms Gayatri Handanahal has organised a new initiative 'Thalaghattapura Plog' on May 29. A group of volunteers took up plogging at the Vajramuneshwara

Arch, Vajramuneshwara Temple and the approach road to Suvidha. Few shareholders, residents and staff joined the plog run.

"We had a great time" said the youngsters who came to Suvidha for breakfast after the event. Some of them wanted to come back to Suvidha and did.



GAYITRI HANDANAHAL

World Environment Day celebrated with youngsters

June 5, 2022

Interact Bangalore Harmony, consisting of young Rotaractors or teenage boys and girls, entertained about forty Suvidha residents during a paid event held at the Suvidha Club House. The youngsters conducted the entire programme consisting of songs, violin recital, two group dances, quizzes, stand-up comedy, and a speech about protecting the environment by two IBH girls.

Dr P M Chandrasekhara spoke about the need to save our planet urgently with the aid of a detailed

CONTINUED ON ► PAGE 12



LATHA KRISHNAN

World Environment Day...

and colourful PowerPoint presentation. The Cultural Committee and Latha Krishnan worked with the young team to bring about the lively and



entertaining event. Certificates beautifully designed and printed out by Dr Vivek Kadambi and filled in with the names of each young participant painstakingly and beautifully by Dr Nilima Kadambi were highly appreciated by the participants and audience.

PHOTOS: LATHA KRISHNAN



International Yoga Day

June 21, 2022

A small group of 10 Suvidha residents led by Yoga teacher and practitioner Ms G V Radha, celebrated International Yoga Day with appropriate solemnity and enthusiastic practice of Yogasana. Ms Radha guided the group adeptly

PHOTOS: LATHA KRISHNAN



through the Common Yoga Protocol stipulated for the day and followed all over the country led by the Prime Minister.

After completing the exercises, there was distribution of sweets brought by the teacher and two others in the Yoga group.



Mapping the Universe

July 2, 2022

Dr Arjun Dey, astronomer at National Science Foundation's NOIRLab, in Tucson, USA, and the only son of Mr Ashok and Dr Lakshmi Dey of Cottage 44, was visiting Suvidha for three weeks. He kindly agreed to give us a lecture title Mapping the Universe, which he and other astronomers are doing at NSF's NOIRLab (National Optical-Infrared Astronomy Research Laboratory) which is a federally funded preeminent American national centre for

ground-based, night-time optical and infrared astronomy.

Dr Arjun Dey told us about his work along with other astronomers in mapping our universe. He also described DESI (Dark Energy Spectroscopic Instrument), the instrument which is helping astronomers to measure the effect of dark energy on the expansion of the universe. It will obtain optical spectra for tens of millions of galaxies and quasars,

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Mapping the Universe...



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constructing a 3D map spanning the nearby universe to 11 billion light years. In its first year of survey operations, DESI has dwarfed all prior redshift surveys by mapping 12.8 million unique galaxies and quasars. Dr Dey

answered our questions patiently at the end of the lecture. The lively Q & A session was followed by tea and snacks. About 100 people including guests of Suvidhaites attended the enlightening talk.

Dr Dey, was awarded the John



LATHA KRISHNAN

Simon Guggenheim Fellowship in astronomy and astrophysics for 2021. For more details and information on Dr Dey's work please check online including YouTube and on the NOIRLab website.

TSR congratulates Prof Trichur S Rukmani

July 9, 2022

Several Suvidha residents turned up for the felicitation function of Professor Trichur Rukmani (Cottage 73-74) that she had organised.

Professor Sukalyan Sen Gupta, Director of Indic Studies at the University of Massachusetts, Dartmouth, came to Suvidha to hand over the plaque and honour her with a shawl in deep appreciation of her meticulous scholarship in Sanskrit and Indian Philosophy and contribution to Indic Studies in India and the Indian diaspora. Prof Gupta delivered a short speech about Prof Rukmani's indefatigable efforts and selfless service to the dissemination of Indic traditions, before doing the honours. Later he answered a few questions from the audience. Our MD Venugopal Shetty thanked him and Prof Rukmani, who, he said, continues to make us all proud.

After the felicitation ceremony, the audience was treated to an entrancing Odissi performance by Parvati, daughter of Prof Rukmani and Mr Rajamani. Parvati performed four beautiful pieces beginning with an enchanting



LATHA KRISHNAN

invocation to Lord Jagannatha seeking his blessings along with those of Subhadra and Balabhadra as well as the blessings of her guru, her parents and all those present. An amazing piece on Pallavi, the creeper followed this. The third piece was based on an Odiya poem where Radha addressed the flute of Krishna and the fourth was another poem seeking answers from Nataraja. Parvati explained each piece, its music and the mudras so that the audience could understand them better, which we did quite fabulously.

Throughout her scintillating performance Parvati's skill and dedication to her chosen art form of Odissi shone brightly for all to see and appreciate.



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LATHA KRISHNAN

New Shareholders of Suvidha

May 1, 2022

TSR welcomes Drs Kishore and Suniti Phadke, new shareholders of Suvidha who have been allotted Cottage 183A in May 2022.

Dr Kishore Phadke is a renowned Paediatric Nephrologist. He completed his Paediatric Residency and Paediatric Nephrology fellowship from New York, U. S. A. He has represented India at the "International Paediatric Nephrology Association (IPNA)" for several years. He was Director (Clinical) of Rainbow Children's Hospital, Bangalore and was also Head of the Department of Paediatrics at St. John's Medical College Hospital. He has delivered lectures at several academic forums and conferences in India and abroad. Numerous

publications in National and International Medical Journals are to his credit.

Dr. Phadke is actively involved in promoting the Deceased Donor Transplant Programme in the state of Karnataka; a social cause focusing on saving the lives of patients with kidney failure. He is the founder and chairman of the NGO Foundation for Organ Retrieval and Transplant Education (FORTE). He also served as the Convener, *Jeevasarthakathe*, for the Department of Health, Govt. of Karnataka.

Kishore's wife Suniti retired last year as Dean and Director from Christ University, Bangalore. She has done her MBA (Marketing Management) from New York, USA



and Ph.D. in Management. Her hobbies include painting and reading. Both of them like to travel and have travelled to more than thirty countries for leisure or professional purposes. Omkar, the only son of Kishore and Suniti, is a Paediatric Rheumatologist working in the U.S.A.

NEWS AND EVENTS - SUVIDHA STAFF

Farewell to Devaraj

April 30, 2022

PDevaraj, our Estate Manager retired on April 30, 2022. He joined Suvidha as Estate Manager in 2015 and has been an integral part of all our lives for the past seven years.

"In these seven years, I have enjoyed my work in Suvidha and grown to be a complete human being," says Devaraj. "I don't know how to thank you all when I realise how lucky I was to be part of this Suvidha family. My sincere thanks to all shareholders, residents and my colleagues for their kind support and

cooperation. Without your help I would not have completed seven successful years in Suvidha. Finally, my sincere thanks to Dr Shekar, Dr K Lakshman, Mrs Shobini Gurudas, Mr Prabhakar, Dr Vivekananda Siddaiah and our MD Mr Venugopal Shetty, Board Members and Committee members for their kind support and guidance."

His thoughts when he left Suvidha was to retire and give more time to his family. He specially wanted to share his philosophy with us, *"Enjoy the little things; For one day you may look back*



and realize they were the big things."

TSR wishes Devaraj farewell and Godspeed.



New Estate Manager

May 1, 2022

Subedar Upendra Kumar Mishra (Retd.) was appointed as Estate Manager for Suvidha from April 1, 2022. Upendra Kumar was born and brought up in a village near Amethi in Uttar Pradesh. He joined the Indian Army Service Corps (IASC) which handles its logistic support function in 1992. He joined as a soldier, rose through the ranks and retired in February 2022. He has worked all

over India and was part of the Indian Peace Keeping Force in Sudan during 2007-2008. He was awarded the President's Certificate for exemplary service.

He joined Suvidha on April 1, 2022 and commenced working with our earlier EM Devaraj taking independent charge on May 1, 2022. Although his knowledge of Kannada is minimal, he is currently working hard to learn Kannada to communicate effectively with other staff

members and residents.

TSR wishes Upendra Kumar the very best in carrying out his duties well and extends a warm welcome to Suvidha.



Farewell to Balakrishna, Head Cook

May 20, 2022

Balakrishna, our head cook bid farewell to Suvidha on May 20, 2022. He is 55 years old and belongs to Mangalore. He has been a cook and caterer for 35 years. Starting as a cleaning boy in a restaurant, he grew up to reach cooking. He

moved to Bangalore 20 years ago with his wife Hema, who works in the packaging food stuff industry.

Bala had two stints as cook in Suvidha, the first one for five years. After a break of two years he joined again and worked for over three years.

He was a quiet pleasant presence in Suvidha kitchen and

will be missed by staff and residents.

TSR wishes him the very best in future.



New Head Cook

June 1, 2022

Gururaja Rao recently joined Suvidha as Head Cook cum Supervisor. He will be in charge of the Suvidha Kitchen. He has almost 30 years of experience in cooking a variety of dishes.

He stays in RR Nagar in Bangalore with his family consisting of his wife, who is a

primary school teacher and his son, who is an engineer working in a firm here.

"I am happy to be working in Suvidha. The environment is very good. I know there is a manpower crunch in many organizations but I hope I will get capable assistants to do a good job here," says Gururaja.

TSR wishes Gururaja Rao a

warm welcome to Suvidha.



READERS' RESPONSE

Congratulations for this impressive coverage of all major happenings at Suvidha. The kid's corner was most welcome. Amazing contributions from our kids.

Thank you TSR team for your efforts

T S Rukmani, Cottage 73-74
Suvidha

Beautiful as always! The photography is excellent and so vibrant! The world of Suvidha is indeed unbelievably a fabulous gem going by all that is depicted

there in.

Wishing you all the best!

Iris Rajiva, Cottage 76
Suvidha

Congratulations, excellent and fabulous reading. Enjoyed every bit of it

Asha Benakappa, Cottage 1
Bangalore

TSR is a very good and informative piece. It is brilliant and professional

Jalaja and Rajan Gurukkal, Cottage 137
Suvidha

Always enjoy reading TSR. This

time the variety of reading material is extra enjoyable.

Jyothi Kumar, Cottage 115C
Bangalore

Superb Latha. Really enjoyed reading it!

Nalini Shenoy, Cottage 188B
Bangalore

Thank you for a very nice issue. All the best to you all!

Rajeshwari Subramanya, Cottage 57-58
New Jersey, USA

Very enjoyable read!

Geetha Sudarshan, Cottage 42
Suvidha

USEFUL INFORMATION

Please click on the company logo for details.

COTTAGES FOR RENT

Furnished, semi-furnished and unfurnished cottages in Suvidha are available for daily, short-term or long-term rent. You can recommend retirement living in Suvidha to your relatives and friends or rent accommodation for them during their short visits to Suvidha. For rates, details and status of the cottages please click the link below.



[Suvidha Cottages for Rent](#)

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