

THE SUVIDHA REVIEW



WINTER, January 2024

From the BOD 3

Suvidha Stories 4

Readers' Contributions 6

News & Events 12

EDITOR'S NOTE

If Winter comes, can Spring be far behind? When he wrote that line, Shelley didn't know that Winter in Bangalore is more like Spring! We in Suvidha, are enjoying cool nights, warm days and dry weather while flowers of every hue can be seen wherever our eyes fall!

Welcome to the first issue of 2024!

Suvidha has been a happening place in the last quarter of 2023. We had several events, parties and more to keep us all entertained and active. You can read about and see all the notable events in this issue. The story of Ashok Dey's flight training continues and Dr Krishnan tells us what it is to be a TOM. The highlight of this issue is Meena's experience of trekking to Everest Base Camp, which she shares with us along with pictures. I would like to thank her and all the others who contribute their articles, art, poems and photos to TSR.

We have two useful plants of Suvidha featured in this issue and how two more of our avenues got their name from trees growing in them.

We love to see your comments too about each issue. We thank you for them. Please keep your contributions and remarks coming. And we will continue to do our best to inform and entertain you every quarter. Have a wonderful 2024! Warm regards,

Latha Krishnan

EDITORIAL TEAM

Latha Krishnan
Dr. P M Chandrasekhar
Geeta Jaisim

Design & Layout
J Gopalakrishnan

CONTENTS



- 3 From the BOD
- 4 Suvidha - Trees and Avenues
- 5 Amazing Plants of Suvidha
- 6 Readers' Contributions
- 12 News and Events
- 17 Staff News
- 18 Remembrance
- 19 Readers' Response
- Useful Information

ABOVE: Tabebuia Rosea, commonly known as the Pink Trumpet Tree in full bloom at Ganeshavana, Suvidha. The Pink Trumpet Tree is named for its showy, trumpet-shaped flowers that range in color from pale pink to deep magenta.

COVER: The epiphytic Phalaenopsis orchid blooms on a tree near the boom gate security box in Suvidha. Epiphytic orchids are a type of orchid that grows without soil or potting media, often attaching itself to trees instead. These plants have adapted to a unique lifestyle, thriving in the humid and warm environments of tropical rainforests, where they can obtain water and nutrients from the air around them.

PHOTOS: J GOPALAKRISHNAN

Sushruta Vishranthi Dhama Ltd.

Sy No.18/4, Uttarahalli Manavarthe Kaval, Uttarahalli
Hobli,
Thalaghattapura
Bangalore 560 109

Phone : 91-80-2695 1000/1212

Email : contact@suvidha.co.in

www.suvidha.co.in

Editor: suvidha.review@gmail.com

FROM THE BOARD OF DIRECTORS

We had an eventful last quarter of 2023. There were several events, parties, meetings, overseas visitors, new residents and so much more happening in Suvidha. We have reports of all the major events that happened including memorable ones like the Karnataka Rajyotsava, Dussehra, Deepavali Deepotsava, Christmas and New Year's Eve. Suvidha is dotted with dried branches of trees amidst bursts of colour from banks of red and gold marigolds, yellow cosmos and trumpet flowers, white night jasmine and fragrant frangipani and jasmine.

We in Suvidha continue to enjoy our peaceful as well as activity-filled days while being constantly connected to the rest of the world through our phones, which are now getting even more powerful if we have an Airtel connection.

Suvidha management has signed an agreement with Airtel to replace the existing 4G tower with a 5G tower, at a different location and with more height. This will provide better coverage and signal strength. Airtel will pay Suvidha monthly rent for using this location within our campus. Construction work of the new tower is in progress.

The new management team of Suvidha is working on improving the maintenance and other services by providing training to the supervisors and all the employees. This process is expected to enhance our services to residents and shareholders. The team is also trying earnestly to approach the relevant Government authorities to settle the payment of property tax and also solve the nagging problem of the approach road to Suvidha.

Deep cleaning of all the cottages is taking place currently in a phased manner. It was arranged with a third party vendor and residents, who have experienced the deep cleaning service appreciate it.

Our Maintenance team has fixed the leaking roof of the electrical panel room. The roof has been

replaced with a coated sheet to ensure zero water leakage during rains. Our Maintenance committee is studying various options to resolve the problem of water contamination in our lake, mainly from the feeding streams that bring in all kinds of pollutants into our lake.

Our CFO, Kannan, has been having discussions with three GST consultants to explore the possibility of reducing the GST liability. Further updates on this matter will be shared as and when there is further development. He has also restarted

the process of buying provisions from Metro instead of Market Fresh, which has resulted in considerable savings in our monthly kitchen purchase.

Further to the shifting of the Healthcare centre to the Club House premises, the Centre is working optimally to provide healthcare and wellbeing services to residents. Those opting to receive the Herpes Zoster vaccine come to the Centre to get the vaccine from Bridge Health personnel. Currently our nurse Sarvamangala is managing the Centre with the active supervision of the Health and Wellbeing Committee members.

The sale of three cottages in the erstwhile Health Centre is in the final stages with a share

valuation report issued by a Registered Valuer. Regarding the ongoing legal cases, the hearings are being held on time in the courts. Any outcome will be shared as and when it happens..



PHOTO: J GOPALAKRISHNAN

Foundation of the new AirTel tower under construction east of the Kitchen gate

Suvidha - Trees and Avenues

Gulmohar Avenue

The Gulmohar Avenue is a long U - shaped avenue starting from near Bakula Circle behind cottage 161 to the front of cottage 160. Two Gulmohar trees in the area give the avenue its name. The Gulmohar tree (*Delonix regia*, *Poinciana regia*, *Royal poinciana*) is a flowering plant in the bean family Fabaceae. It flowers in April-May. It is charted in the subfamily Caesalpinioideae, also known as the peacock flower family. First discovered in Madagascar in the 17th century the tree is widely seen around Asia, Africa and parts of Europe and the Americas especially by the sides of avenues for their shade and colourful flame coloured flowers.

Gulmohar has medicinal properties like antibacterial, antifungal, anti-inflammatory, and wound healing activity. The leaves of the Gulmohar tree are anti - diabetic. The

PHOTO: J GOPALAKRISHNAN



methanol extract of its leaves significantly lowers the blood glucose levels.

Avocado Avenue

Avocado Avenue is named after two Avocado trees on this sloping avenue beginning at the triangular junction beside cottage 149 downwards to cottage 142. One Avocado tree stands between 139 and 138 and the other in

front of 140.

The avocado (*Persea americana*) is a medium-sized, evergreen tree in the laurel family (Lauraceae). It is native to the Americas and was first domesticated in Mesoamerica more than 5,000 years ago.

The tree is evergreen and the leaves are used in some cuisines, dried and fresh for their flavour. But they are grown for the big oily fruit, which is full of goodness and wonderfully tasty and nutritious when combined with milk in a milkshake or ice cream as well as a salad or dip with tomatoes and onions as in a guacamole. The avocado is common in vegetarian cuisine as a substitute for meats in sandwiches and salads because of its high fat content.

The trees on this avenue have not yet fruited and the residents are looking forward to the event.



PHOTO: J GOPALAKRISHNAN

Amazing Plants of Suvidha

Continuing our series informing our readers about the uses of the plants we see around us in Suvidha.

Herbal extracts are rich in phytochemicals and are not necessarily safe especially at a higher dose range or when an extract is taken for prolonged periods of time.

Agathi or Agase

Agathi or Agase (*Sesbania grandiflora*) is a medicinal and useful plant found in our herb garden. All parts of this plant fill some therapeutic need for us..

Uses

The leaves, blossoms and fruit are utilised as a part of cooking for making scrumptious formulas. The leaves are usually made into a sabji or palya. They are rich in iron and have medicinal properties. The flowers add flavour to a raita. The long bean-like fruit can be pickled before they ripen. The wood of the Agase plant is used like Bamboo to make furniture.

Health Benefits

Flowers are used to treat irregular fever, night visual impairment, rhinitis, running nose, stomach torment and a wide range of liver and spleen issues. Leaves prove to be helpful in worm infestations and bleeding disorders like menorrhagia and ulcerative colitis. The fruit aids in weight loss and helps to manage abdominal tumours. They also help in improving memory and intelligence. The bark helps to manage IBS symptoms, low digestive power and constipation.



PHOTO: J GOPALAKRISHNAN

Keshavardhini or Lark Daisy



PHOTO: J GOPALAKRISHNAN

Keshavardhini is used to treat hair related problems that can be done by either consuming directly or applying on the head. Solution of all the hair problems in one herb – Kesavardhini. The name itself is self explanatory where 'kesa' means hair and 'vardhini' means grow.

Uses

Wash and wipe the Kesavardhini leaves. Crush the leaves gently and add it to any normal oil. Keep stirring the leaves in oil for about 10-12 minutes. Once cooled, transfer it to any container and start applying. Apply the oil on the head for half an hour before bath.

Health Benefits

Keshavardhini oil strengthens hair follicles, promotes hair growth, reduces hair fall, nourishes the hair and scalp making hair lustrous. 30 ml of Kesavardhini juice if consumed in the morning and at night helps improve health.

Tiger Moths and I

Ashok Dey

The story of Ashok's first flight in a Tiger Moth continues...

My interview, the very first one in my life until then, turned out to be quite gruelling. I could sense that in the 5-member board there were at least two who wanted me out of the race. But two members of the board, one of them the chairperson who was a senior bureaucrat of the Madras government and the other the Chief Pilot Instructor of the Flying Club were more indulgent and I think that it was because of them that I

scraped through. I still remember that one of the hostile board members after failing to trip me up on why I had chosen political science as my major in college, sarcastically asked me if I wanted to become the prime minister of India. I responded, "Why not? Isn't it the right of every citizen in a democracy to aspire to reach the highest office of the land?" That took him aback but brought smiles to the faces of the chairperson and the Chief Pilot Instructor. I knew I was through.

Within a week after the interview, I received the official letter and a form that my father had to sign indemnifying the government and the Flying Club of all responsibility in case I met with any accident while flying a plane! Seeing how eager I was to learn flying; Appa signed the papers. What amuses me today when I look back is that the forms Appa signed had no mention of any kind of insurance. As the scholarship only covered the airtime charges, which was the cost of the flying hours, for 50 hours of flying, I scrounged to raise the small deposit I had to pay the Flying Club to be accepted as a 'student member'.

Now, I had to get myself a "flying kit". This included a cloth or leather helmet of a specific design which included 'ear pouches' to hold a pair of earphones attached to a rubber tube open at the end – like an oversized stethoscope minus the chest-piece

and a pair of flying goggles, very similar to what motorcycle riders wear. Syed's father who had by then taken a liking to me lent me his rather expensive soft leather helmet, earphones and goggles on condition that I returned them to him after my course. He also threw in an airman's jacket made of cotton corduroy to keep me warm on early morning flights.

Now, that is why I was in the bus on my way to the

aerodrome, for what the Club called a novice pilot's "first air experience". On reaching the Club, I reported to the Chief Pilot Instructor, Mohammed Ismail Khan, who handed me over to a young Pilot Instructor, Guruprasad Patnaik, who had qualified as a licensed instructor only a year ago. Guruprasad took me along to one of the 4 aircraft parked on the



Image by IdahoBaird from Pixabay

de Havilland DH82 Tiger Moth

grass just outside the Club House and asked me to climb into the rear cockpit, while he got into the one in front.

The aircraft was a dainty single engine bi-plane, with two wings one above and one below the fuselage, which is what the main body of an aircraft is called. Its body was made of fabric stretched over a wooden frame with some metal tubing in certain places. The cockpits with small windscreens had no canopies and were open to the sky. The engine cowling was the only totally metal-clad part of the body. The ailerons in the trailing edge of the lower front wings, the elevators in the trailing edge of the tailplane in the rear and the rudder in the tail fin were all connected by wires to the controls in the cockpit. The aircraft had no radio. The pilots had no parachutes. Its landing gear comprised two wheels with pneumatic tyres fitted in an undercarriage below the lower front wings. The wheels had no brakes. The plane was what is called a "tail-dragger". Under the tailplane, there was a metal

strut, called "skid" which dug into the ground like a plough and slowed down the speed of the aircraft after a three-point touch down on unpaved surfaces. This aircraft was not meant to be flown off or landed on any paved or hard surface. That was to make sure that the crucial skid, which acted as a brake, was not damaged in any way by friction with a hard surface. That was all that there was to this aircraft called the De Havilland DH.82 "Tiger Moth" first manufactured in the 1930s, flown as the basic trainer for pilots in both World Wars, and now after much repair a part of the small 4-plane fleet of the Madras Flying Club.

After we climbed in, one of the ground engineers showed me how to strap myself in and fix the open end of my earphones to a tube which ran from my cockpit to the instructor's. In each cockpit there was a small rubber mouthpiece shaped like an inverted megaphone and each of these was connected to the tube to which the occupants of each cockpit fixed and clamped their earphones. The instructor and the pilot would communicate with each other by yelling into the mouthpiece and hoping that they could be heard despite the loud noise of the engine that roared into the open cockpit. As soon as we were strapped in, the engineer showed me the instruments on the small dashboard in front of me and explained their functions. There was an Air Speed Indicator, which showed the aircraft's speed in flight in miles per hour; an Altimeter, which showed the aircraft's height above sea level; a Rate of Turn Indicator, which helped the pilot see the angle of the wings relative to the horizon while the aircraft was turning; an artificial horizon indicator; and an RPM indicator. A compass was mounted horizontally on to the dashboard. As the petrol tank of the aircraft was built into the centre of the upper front wing, a fuel level indicator was suspended from it.

Nothing could be more basic.

The control levers were equally simple. There was a lever called the 'joy stick' 'chocks' or just the 'stick' mounted on the floor between where the pilot's legs would be and this moved in all directions except up and down. This controlled the movement of the aircraft's ailerons on the front lower wing and the elevator flaps in the tailplane. There was a throttle lever mounted on the left and so was a lever called the "Tail Trimmer" for fixing the position of the small

stabilisers in the tailplane. Just outside the cockpit within arm's reach were the two Magneto Switches which had to be in 'on' position before the engineer's assistant could "hand prop start" the engine. Finally there were a pair of pedals on the floor board which operated the rudder fitted on to the tail fin.

Guruprasad's responses to the engineering assistant's calls rang out through his mouthpiece, through the tube connected to my earphones into my ears :

"Tail-trimmer Set"

"Throttle Nut Finger Tight"

"Mag Switches On"

"Minimum Fuel for Flight"

"Fuel Cock On"

"Full & Free Movement of Controls"

T T M M F F -- that sequence would get embedded into my brain.

The engineer's assistant yanked one of the two propellers down and simultaneously. Guruprasad pushed the throttle a notch forward and the engine sputtered and then fired up. A groundsman pulled away the 'chocks', two pyramid shaped wooden blocks that were placed firmly under the wheels to prevent them from rolling forward. Guruprasad pushed the throttle forward to get the aircraft to move, kicked the right pedal to steer right and we rolled on to the grassy patch, lined up parallel to the concrete runway and started our take-off run.

Within what seemed like under a minute we were airborne and started climbing at 65 mph and at 45 degrees angle to an altitude of 500'. We then turned left at right angles to our take-off run and kept climbing to an altitude of 1000'. We then made another left turn and now, flying parallel to our take-off run to our left, we started climbing to our cruising altitude of 2000'.

Then I heard Guruprasad asking me if I had ever flown before. When I told him that this was the first time I was in an aeroplane, he laughed out loud and said, "Then let me show you how she works".

The next 30 minutes in the air turned out to be the most stomach-churning experience of my life. But that is a story for another day.

*Ashok Dey (Cottage 44)
lives in Suvidha*

Suvidha and That Old Man

Dr. Krishnan

An inevitable consequence of getting on in age is that you become, to everyone else, just 'that old man'. No, not 'that old man who was president of that .x.x. company', not that old man 'who was the famous professor at that .x.x. IIT', nor that old man 'who was a famous writer'. No sir, to your neighbour, the man in your street, you are simply 'that old man', period! All your glory, your achievements, your ego are reduced to zero. You are nobody- just 'that old man' (TOM). I

remember the exact moment this enlightenment about TOMs came to me.

For seven days I was a patient in the Intensive Care Unit [ICU] of this hospital and had just been promoted to the 'Ward'. Here I was silently celebrating the detachment from assorted wires and tubes that were connected in different ways to my body in the ICU. I now had this room all to myself and the freedom to move my hands and feet. I was sitting at the threshold admiring the swaying flower-laden

branches of a Kadamba tree that was just outside the corridor and dreaming of getting discharged from the hospital in a few days. Suddenly I heard these words spoken nearby, "That old man? Third room on the right". This was the voice of the male attendant who had wheeled me into my room in the early hours. It did not occur to me that I was the TOM being referred to, until a lanky middle-aged man in white trousers, starched shirt and necktie appeared across the threshold and addressed me "Are you ..x..., sir?" I said I was, and the gentleman pulled the only other chair in the room towards him and sat down in front of me.

"I am sorry, I don't seem to recognize you" I said. "I am Krishna Murthy, they call me Murthy, sir and I am from the -- Insurance company. My manager sent me to make sure that you are being taken care of and are comfortable sir". I was moved by this concern of the company! I did not know that Insurance companies were really concerned about your comfort and care in a hospital. This conversation, verbatim from memory, followed:

"I am very happy that you have come to see me. I am okay, taken very good care of in this hospital.

"I am glad to hear that sir. I know you have been here for a week. When exactly did you fall ill at Jayanagar, sir?"

"No, I live in RT Nagar, not Jayanagar".

"Sorry sir, my mistake. You came in at 2 am on that day. Must have been a terrible experience for you. How did your wife Kamala manage all that? She must be a brave woman".

"My wife is Savithri, not Kamala"

"Sorry sir, I am having these papers on another patient, and I have made a mistake, very sorry".

At this point in the conversation, the classic 'Edison bulb' flashed in my brain. This Murthy had not come here to ensure my comfort. He had been sent to spy on me, to make sure that my hospital admission was real. A sudden burst of anger turned, in a few seconds, into amusement and I imagined what must have transpired at the office of the Insurance company.

Place : Office Of The Manager of the Insurance Company

Manager: I say, Murthy, Listen to me carefully. I want you to do a little sensitive investigation.

Murthy: Yes, sir. What is the case sir? I shall be happy to visit and make the probe.

Manager: Here is the case of Krishnan who has been paying his policy premiums for 29 years and

never made a claim. Obviously a very healthy person. Here suddenly we find a claim from him. He claims to be admitted to the hospital, and in the ICU too. Can't believe it!

Murthy: Yes sir, I understand. There must be a fraud. Probably impersonation sir. You say he has paid premiums for 23 years and no claims?

Manager: Not twenty-three, it is twenty-nine years! Can you imagine someone as healthy as that getting into the ICU all of a sudden and that too in this expensive hospital? Can't believe this is true. Some crook must have advised him to make this false claim! Here are the papers for you.

Murthy: I am in full agreement sir. It can't be genuine. I see that he has not been discharged from the hospital. I shall visit him. I will give you a full report tomorrow.

There were a few more questions with the same 'errors' in names and events from Murthy. At this point, my daughter who had come from the USA to visit her ailing father, entered. After discretely ascertaining from me who this visitor was, she told Murthy very softly "It was kind of you to have come all this way ... but I think you should give the patient some rest now". The hint was taken, or Krishnamurthy had asked all he wanted to, and he left almost immediately leaving me TOM in peace.

I think that Suvidha is an absolutely great place for every TOM simply because almost everyone here meets that description. Of course, there are under-seventy people here but even they don't usually call these TOMs by that name simply because there are too many of them. So, here in

Suvidha, you get back your identity ... sort of.

Instead of being a CEO, professor, scientist, mathematician etc, TOMs become 'was professor', 'was mathematician'.

This is one of the reasons why I love Suvidha. You cease to be 'that old man'. You have regained your title back, though an allegorical phrase in past tense is added in the form of an honorific prefix.

I think I hear a protest - why all this talk about men only? Why is there no mention of women at all? My answer, explanation, and submission is simple. There just isn't any Old Woman

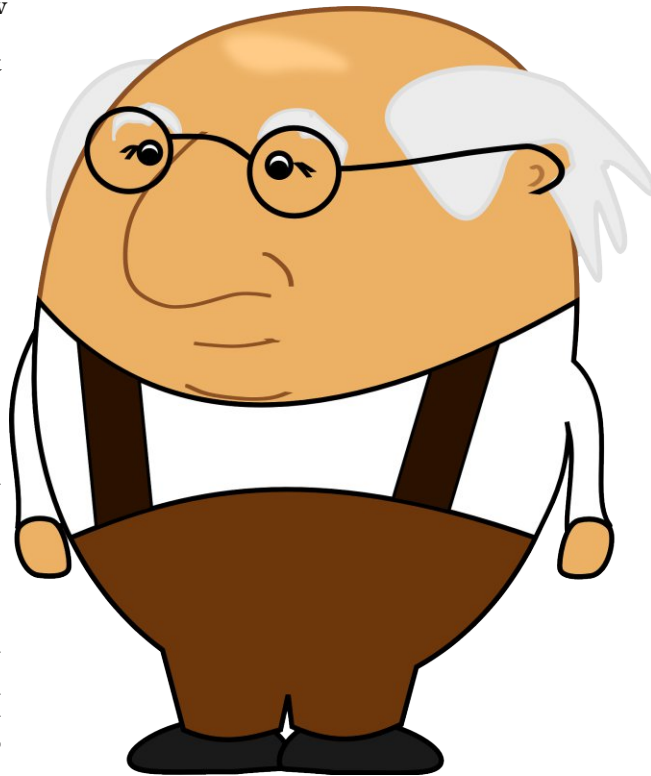


Image by OpenClipart-Vectors from Pixabay

*Dr Krishnan (Cottage 103)
lives in Bangalore*

Trek to Mount Everest Base Camp

Text and Photos by Meena Badami

I came to know about the Columbia Everest Base Camp 2023 Challenge, when I bought a shoe from Columbia Sportswear in May 2023. I decided to enrol since I had not done the EBC 2022 Challenge due to a fractured ankle. It was



At Phakding - beginning of the trek

destiny that I saw the 2023 Challenge poster and decided to go for it.

The highlight of the Challenge was to upload a video explaining why I wanted to take up this challenge, which I did in July. Selection was based on criteria such as passion, dedication and love for the mountains. In August I was among 15 people selected from all over India to trek to the Everest Base Camp (EBC). The trek was fully sponsored by Columbia Sportswear; we had to buy just the air-tickets from Bengaluru to Kathmandu and back.

Endurance, stamina and cardio are the three fitness standards we need to meet to take the challenge. Since I had already done Annapurna Base Camp (ABC) a few years ago and knew the process, I trained for the EBC challenge through August and September and got myself reasonably fit.

On October 4, I landed in Kathmandu and met and bonded with the 15 people who would be my companions during the ensuing days. Our age range was 23 to 62 - with I being the oldest.

On October 6, we were to go to Ramechhap airport

to fly to Lukla (2,840 m) to start our trek on the 7th. But bad weather prevented any flights from taking off for 2 days. On the evening of the 9th, our team leader decided to split the group, as we needed to get on with the trek. So five of us took a helicopter to Surke (2,500 m), which was unplanned and risky. Our three porters who were waiting for us in Lukla trekked to Surke to carry our backpacks. We trekked about 340 m down to the town of Surke to a Tea House. Our group of 5 started our trek on the 11th to a place called Phakding (2610 m), where two more of our group joined us after their helicopter landed in a maize field in Salleri, from where they trekked up to us. The other 8 still in Ramechhap decided to take a vehicle and drive dangerously off-road to Namche Bazaar to join us when we reached there. Finally, all 15 of us were together after 5 days of dangerous travel.

The trek from Phakding to Namche Bazaar (3,440 m) was a steep climb of about 835 m in one of the most difficult terrains. Namche Bazaar is a stunningly beautiful place.

We had to acclimatise ourselves here for the onward trek up to EBC, the first stopping point being Everest View, at 3,780 m from where we could see Mount Everest or Sagarmatha as the mountain is called locally. We visited the Sagarmatha Next Art Museum, established by trekkers and an NGO, where they recycle the waste that comes down from Everest

Trekking route - Namche Bazaar



trekkers, make items and artefacts, and display them. The museum also showcases how to save the beautiful Himalayas and its ecosystems for future generations.

The climb continued with all 15 of us to the next place - a tough terrain to Tengboche (3,867 m). We visited a beautiful monastery there. The air started getting thinner and the temperature was -9 degrees. That night we stayed at Deboche and then trekked to the pretty little village of Dingboche (4,410 m) where we had to acclimatise again to reach 4,877m by going to a peak called Nagarjun and a 90 degree steep climb. The landscape and views were stunning and I saw the peaks of Mt Lhotse, Mt Ama Dablam. It was a spiritual experience!

Dingboche (4,410 m to Lobuche (4,920 m) was the next climb. Oxygen levels dropped and we had to be ready for the last climb to Gorakshap (5,164 m), which we did! Yippee! We DID IT by the grace of God!

It was exhausting. The tree line had ended at Deboche and the snowlines began. By then we were ascending in a single file. The terrain to EBC from Gorak Shep was slippery, and the weather turned for the worse. I went a little further and I listened to my intuition to stop there, as there is no Ego in the mountains. Since I had already achieved my aim of seeing the Khumbu glacier running alongside us as we climbed to Gorak Shep, which used to be the EBC. Recently EBC had been moved further into the mountains near the Khumbu Icefall. From EBC my four companions, who went there, could not see Everest, as it was covered by the majestic peaks of Mounts Nuptse and Lhotse.

It was October 18, and I saw Sagarmatha Mt Everest in the early morning light in all her clear glory from Gorak Shep. I felt blessed. We clicked photos and the mood was upbeat despite the -14.0 degree temperature. We started the trek down to Pheriche (4,371 m), intending to take a helicopter to Lukla and on to Ramechaap and Kathmandu and fly home on the 20th. But 2 hours before we reached Lobuche, I slipped and fell, broke my left arm, fortunately



Team at Gorak Shep after meeting the EBC challenge

Trekking in Nepal

Trekking in Nepal is a developed industry.

Accommodation:

Tea Houses with lodging, hot tea and food, at every 4-hour point till 20,000 ft make it comfortable for trekkers. Sherpas, porters and yaks help during the trek.

Clothing

Clothing for altitudes of 15000 ft and above typically consist of 6 layers: Top and bottom base layer, fleece layer, T - shirt, soft shell jacket, down jacket, and finally on top, a windcheater, Woollen socks, gloves, ear muffs, woollen cap and goggles.

received help from a Sherpa from another team to immobilise my arm with my trekking pole, and somehow made it to Lobuche after trekking down with one hand in freezing, snowy, windy weather. On 19th I was evacuated by helicopter to Lukla (2,845 m). From there another 50 minutes helicopter ride to Kathmandu was an unforgettable experience. I almost forgot the pain of my injury watching the majestic beauty of the Himalayas from the air. I reached home in Bangalore on the 20th and had surgery the next day to set my arm right. Though the end of the EBC challenge was physically painful, nothing can take away the once-in-a-lifetime experience I have had doing this challenge and receiving God's grace throughout the experience.

Jai Sagarmatha!

Meena Badami (Cottage 89-90)
lives in Suvidha

View of Mt Everest and Mt Lhotse en route from Phakding to Namche



BOOK TALK

Ghandruk

Satish Chapparike's debut Kannada Novel

J Gopalakrishnan

Ghandruk is the debut Kannada novel by Satish Chapparike, a Bangalore based young journalist and writer. In it, Chapparike captures the reader's attention with his style of writing about things around him including the ups and downs of startup companies in Bangalore, violent crimes of Medellin drug cartels, and the inhuman treatment of victims of Civil Wars. The wide canvas juxtaposes the lives of the two main characters, the simple life in a South Karnataka village with the violence of a drug cartel in Medellin, Columbia.

The lead characters meet at the foothills of the Himalayas and the journey takes them to a small village called Ghandruk in the Annapurna range of Nepal. The novelist compares the complex rhythms of human life with that of the complexities of nature.

The introspections of the protagonist Siddharth form the narrative of the novel. Born in a Jain family in a farming village near Kundapura, he lost his mother when he was very young.

He grows up to become an entrepreneur and is the CEO of a successful IT startup formed with three of his friends in Bangalore. The venture is on the way to becoming a unicorn. However, Siddharth faces two tragedies in quick succession. His father falls ill and passes away. He also encounters a hostile corporate takeover of his company. He feels depressed, loses his will and embarks on a long journey without informing anyone and switches off his mobile. Siddharth's journey of self-discovery begins at Besisahar in Nepal where he sets out on a solo trekking adventure across the Annapurna Circuit. His expedition takes him first to Pisang at an altitude of 3200m.

This adventure symbolises the journey of Siddharth's life. Nature and the rhythms of life go hand in hand with him on his travels in the Annapurna Circuit. He reminisces about his life - his childhood in Hosadu hamlet, his education at BITS Pilani and later at Stanford, kinship with his father, establishing his startup company Zest Intelligence, failed relationship with his wife Suchitra who is a fellow start-up owner and a widow. The memories of her first husband prevents her from joining him in bed and the marriage breaks up. Siddharth then enters into an extra-marital relationship with Nischala who is married and is a doctor. These

relationships open up different facets of the modern world.

In Pisang Siddharth accidentally meets Sophia who has a complicated past. The granddaughter of a Columbian drug lord of Medellin, Sofia also is running away from her memories. She is a former employee of the UNHCR. Through her eyes, Siddharth learns about the cruelty of the drug cartels, the bigoted politics of civil war in countries like Afghanistan, Syria, Myanmar etc. Sophia's journalist lover is brutally murdered by the fanatics of Syria. Siddharth and Sofia trek together to Mukti Nath valley and visit the Vishnu temple there, one of the world's highest temples at 3,800 m, sacred to both Hindus and Buddhists. They finally reach Ghandruk village where Sofia continues her trek towards Annapurna Base Camp.

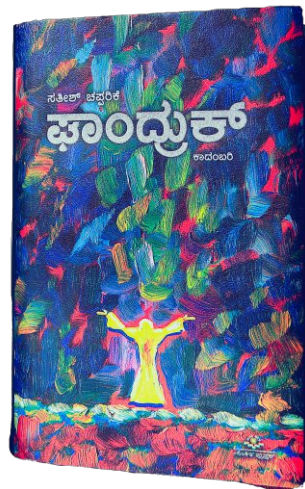
Siddharth finds himself at peace in Ghandruk; the Meshram Baraha Budha temple there inspires him to find the tranquillity within. His decision at the end also marks the philosophical conclusion of the novel. Enlightenment comes to him while he sits meditating at the temple. It opens before him the four paths of the future - life with Sofia, return to his family roots, rejoin friends to build another startup or join a multinational firm in Cupertino as CEO. Each route is more attractive than the other.

Or should he take a fifth path?

Satish Chapparike's new novel *Ghandruk* is part of an emerging literary movement in Kannada. It brilliantly deals with the predicaments of contemporary life and moral conscience. While reminiscing about the past, family, friendship and religious practices, it also touches on

the modern world, human indulgences, entrepreneurship, greed, extramarital affairs, same sex relationships and civil war. It talks cynically about warmongering and bigotry, which do not give any value to humanity, and yearns for new values of life.

Ghandruk is certainly a well-written novel of the post-modern era.



GHANDRUK

By: Satish Chapparike
Ankita Pustaka, Bangalore
First Edition: 2023
Pages: 423 Rs. 495

J. Gopalakrishnan (181B) is a Keralite living in Suvidha and has developed a passion for Kannada Modern Fiction after retirement

Suvidha Study Circle



PHOTOS: LATHA KRISHNAN

October 18, 2023

Prof Rukmini led a lively discussion on the merits and demerits of three important male characters in the Mahabharata - Yudhishtira, Bheema and Duryodhana. Yudhishtira, who is Dharma Putra fell short in the Golden Mongoose story, staked his wife during a game of dice, and sinned

when Krishna made him say that the elephant Ashwathama died.

Bheema was a strong, good man, who even questioned Yudhishtira but his arrogance about his strength is his downfall sometimes. Duryodhana is a good man with a tragic flaw of envy. He competed with Bheema in fighting with the mace, and did not obey his elders Vidhura and Gandhari who advised him not to go to war.

He loved Shakuni, the wily guy and took advice from him. Duryodhana correctly lists all the tricks played by Krishna throughout the war.

The discussion ended with tasty snacks, coffee and a great song, 'Heerna' by Prof Rukmini's young friend Bindu Malini.



Ayudha Puja

October 23, 2023

All our equipment, tools and vehicles were worshipped as part of Ayudha Puja. This year we had a Community Private Car Puja that was performed as a Samoohika Puje at 11:30 am in front of the Clubhouse.

Vehicles were cleaned and decorated with haldi-kumkum, chandan paste, flower garlands and banana plants. Lemons to crush were provided as well as karpura aarathi and warding off the evil eye by smashing up a

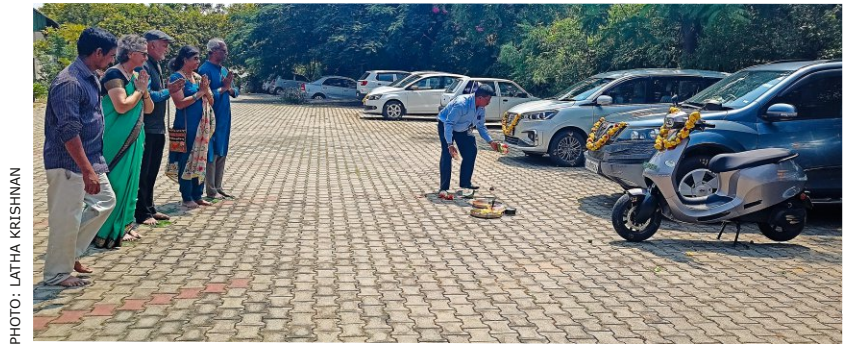


PHOTO: LATHA KRISHNAN

'Booth Kumbalkai'(ash gourd).

Three private cars, two Suvidha cars and three buggies

along with several two wheelers belonging to our staff members received the holy treatment.

HISTORY OF AYUDHA PUJA

Ayudha Puja is celebrated on the ninth day of Navaratri every year. People worship and revere the objects and instruments related to their profession and livelihood on this auspicious day. Navaratri starts after the new moon of Ashwin month and is a nine-day long festival that celebrates the victory of Goddess Durga over a demon named Mahishasura.

There are various legends related to the day of Ayudha Puja. The most popular legend comes from "Mahabharatha," the "longest epic ever written". According to Mahabharatha, Arjuna, retrieved his weapons after the 'vanavasa' or exile, wherein the Pandavas had to spend 14 years in a forest. After retrieving the weapons, the Pandavas fought the Kauravas and won their kingdom back. Devotees worship their weapons, tools, instruments, and books on this day. As we progressed into the modern age, weapon worship lost its significance, with the related objects of work and occupation taking their place as the objects of worship.

Dussehra celebrations

October 24, 2023

This year the Kitchen Committee and the Cultural Committee came together to provide wholesome entertainment and food for Dussehra. Around 50 Suvidha residents gathered at the banquet hall around 11.00 am. Under the guidance of Nilima and Bharathy, twenty colourfully dressed ladies and men danced the garba and dandiya to the rhythm of remixed popular Hindi songs. The appreciative audience encouraged them as they twirled on the specially created oval dance floor

PHOTO: LATHA KRISHNAN



and their dandiya sticks went clickety clack! Snacks and drinks were served to all throughout the energetic performance. Later everyone had a scrumptious feast,

the highlight of which was the excellent Basundi - a sweet milky dessert.

Talk on Colour Therapy



PHOTO: LATHA KRISHNAN

October 27, 2023

Dr Vijayalakshmi, our resident Naturopath, held an informative talk on Colour Therapy to an audience of about 30 people at the

Banquet Hall. She started off with VIBGYOR or the colours of the rainbow where the first three - Violet, Indigo and Blue - are cool colours and the last three - Yellow, Orange and Red - are warm

colours while Green in the middle is the neutral calming colour.

The warm colours become even more potent if you sit in sunlight with that colour and accelerate healing. Green helps revive cells, Violet has a spiritual vibration and helps calm down violence especially hyper active, epileptic and mentally challenged persons. Indigo light helps stop bleeding. Wrightia tinctoria oil is indigo in colour and helps alleviate haemophilia. Blue light is anti cancerous and can be given as colour bulb radiation to patients. Brown is a grounding colour, white reflects back and Black is negative

Visitors from Sri Kumaran Children's Home

October 27, 2023

When it was decided that we were going to Suvidha, I did not know what to expect. But we met some wonderful, distinguished people and the place was fantastic. When we arrived at this vast, beautiful space, we were greeted by our teacher Mr. Madhusudhan. Our group of 20 followed him with great delight. The extremely knowledgeable naturopath Mrs Vijayalakshmi took us on a walk explaining many medicinal plants

PHOTO: MADHUSUDHAN



and their benefits. Then we explored and ventured further into

the big estate. One of the most memorable experiences from this

trip was building floating islands by reusing plastic water bottles. In this we were assisted by a knowledgeable environmentalist, Dr Ganesh. We were given a refreshing cup of buttermilk at the beautiful dining hall. We clicked photos there and looked at the

amazing Nature photos on the walls. We also met Professor Jaisim, the world renowned architect, who shared his extraordinary accomplishments with us. As the memorable day came to an end, we were full of gratitude and carried back

precious memories. We are thankful to Madhu Sir, Jayanthi mam and the teachers who made this experience a great one.

Report by Ms Nilanka Giri, student of Class 9, Sri Kumaran Children's Home, Basavanagudi, Bangalore

Open House for Shareholders

October 29, 2023

The first Open House after the AGM was attended by over 45 shareholders including some who expressly

came to SUVIDHA to attend it. While Nilima anchored the proceedings, Venugopal Shetty, who had celebrated his 70th birthday a few days earlier announced his stepping down

from the position of Managing Director, as per Company Law. The two new Directors, Ravi and Kannan addressed the gathering reiterating their commitment to improve life in our Village.

Karnataka Rajyotsava

November 1, 2023

Come November, and the Sunset Club and some of their friends come together to serve all residents of our Village not only delicious breakfast and lunch but also music, dance and more. This year too Rajyotsava was a memorable all-day event.

Suvidha grounds, trees, poles, all carrying fluttering flags and the entrance to Club House areas turned into a yellow and red coloured wonderland. The spectators also came clad in yellow and red colour clothing embracing the spirit of Rajyotsava.

The day began at 7 in the morning with a singing quartet led by Manjunath, who sang patriotic and folk songs with fervour appreciated by the steadily increasing numbers of the audience.

The ever popular Dollu Kunitha or drum dance of Karnataka, accompanied by singing was there this year too, much to the delight of all the dance lovers of Suvidha. The dance showcases strength, muscle power, and a spirit of endurance. It presents both entertainment and spiritual edification.

Puje Kunitha was the other dance form performing in the area in front of the Club House while the spectators sat in a Shamiana. Puje Kunitha is a ritualistic dance form in praise of Shakti Devathe or Goddess Shakti. It is



PHOTOS: J GOPALAKRISHNAN

predominantly performed in the Mandya, Chikmagalur and Mysore



areas of South Karnataka. There are two variations of this dance

which is always performed in the form of a procession. Both the dance forms were performed in Suvidha by Sri Mahadeva Murthy & Party.

There was a procession of the State's protecting deity Goddess Bhuvaneshwari which was flagged off by Sri Devidas D Prabhu of Cottage 53. Later the yellow and red standard of Karnataka was hoisted by Prathima Shetty, Former Director of Suvidha of Cottage # 120. Her speech in Kannada and English was full of information about Karnataka and its glorious history, especially in instances where women played vital roles. Rani Kittur Chennamma, Rani Abbakka of

Ullal, and the story of the fort in Chitradurga when a lady named Obbawa killed the enemy one by one as they came in through a hole in the fort, featured in her interesting speech. Before lunch, there was more dancing when everyone who could move or who couldn't resist moving to the drum beats were in the ring dancing with abandon! The karaoke singing of Kannada songs by our staff members such as Lakshmisha, Manjunath, and Sasi and Muniraj, entertained everyone present as they partook of the tasty lunch.

In the evening most Suvidha residents made a beeline to Manjula Ganamantapa to hear the

Sugama Sangeetha by Savitha and party. The venue and the songs were treats to the eyes and ears. Manjula Ganamantapa transformed into a sparkling glittering stage for the singers and road and grassy area in front of it a hall under the stars for us Suvidhaites to sit and enjoy the music. Many Kannada favourites written by great Kannada poets such as Kuvempu, Shivrudrappa, Seshnala Sharif and others were sung to the applause and appreciation of the discerning audience.

Yet another memorable Rajyotsava to cherish in our memories!

[Please click here to view more pictures](#)

Special Deepavali Lunch and Deepotsava

November 12, 2023

The Suvidha Kitchen Committee with the support of the Cultural & Social Events Committee arranged for a wonderful lavish spread as Deepavali Special Lunch, which included three different sweets, puris, paneer, pulao and more.

The evening was for Deepotsava on our Suvidha lake. We are an environment-friendly community and did not want to cause noise pollution or smoke pollution by lighting firecrackers. Instead, we lit wax lamps, placed them on pressed leaf plates and floated them on our Lake!

"This little Guiding Light of Mine, I am going to let it shine," sang the Suvidha Serenaders for those assembled at Sun-set Club Benches. They sang the song in different languages and some other songs till it was time to light



PHOTOS: J GOPALAKRISHNAN



the lamps and float them. The Deepotsava was conducted with all safety precautions around sunset time under the able guidance of CB Prabhakar with the help of our staff members.

Hot badam milk and pre-



packed snacks were distributed after the Deepams were set afloat on the lake, driving away the darkness and negativity in a beautiful manner.

[Please click here to view more pictures](#)

Herpes Zoster Vaccine lecture

November 19, 2023

The Health and Wellbeing Committee together with Silver Talkies and Bridge Health arranged a talk on Herpes Zoster Vaccine for the elderly. Dr Jyotsana from Bridge Health gave a presentation about the vaccine and its efficacy. She answered

questions about it from the Suvidha residents who had gathered there.

Bridge Health registered those who were interested. The medical staff from there have been coming to Suvidha to vaccinate residents.



PHOTO: J GOPALAKRISHNAN

Remembering Pushpa Prabhu

December 7, 2023

As in the previous four years, Devidas Prabhu celebrated an evening in memory of his wife Pushpa on her birthday. Mrs Vasanthi Nayak and her group recited several shlokas.

Mangalam Amma then led the bhajan singers to sing 6 small bhajans. The evening ended with tasty snacks and soft drinks.



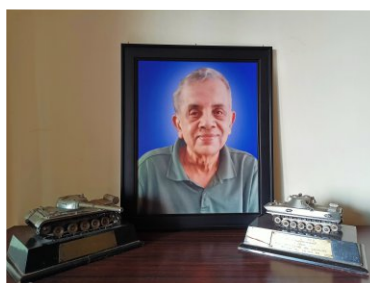
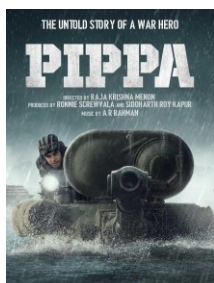
PHOTO: J GOPALAKRISHNAN

Pippa - Movie in memory of Maj Sudarshan

December 7, 2023

One year has passed after our Major Sudarshan of Cottage 42 left us. His wife Geetha hosted a movie evening with high tea for all Suvidhaites in his memory. The movie was Pippa, a Hindi war film based on the life of Captain Balram Singh Mehta of India's 45 Cavalry regiment who, along with his siblings, fought on the eastern

front during the India Pakistan War of 1971. It fit this occasion perfectly because Major



Sudarshan was part of the same regiment and had participated in

this war.

Named after the Russian amphibious tank, PT-76, which floats on water like an empty 'pippa' (tin) of ghee, the film traces Mehta's coming-of-age as he steps up to prove himself in the Bangladesh Liberation War. It is an adaptation of real life events during the Battle of Garibpur in 1971. Geetha had displayed models of the tanks along with a photograph of Major Sudharshan on a table while all of us enjoyed the movie

Christmas Eve concert and sponsored lunch

December 24, 2023

Christmas eve morning dawned bright and clear. After Sunday breakfast almost everyone in Suvidha came to the badminton court, where a big decorated Christmas tree, lots of plants and a beautifully decorated hall greeted them.

The concert by the Serenaders consisted of Christmas carols and popular 1960 - 70s English pop songs all of which were welcomed warmly by the audience. There was much interaction between the appreciative audience and the performers on stage who were kept entertained with action, dance and

some good singing to tracks as well as the Lead Singer Dr. Vivek's guitar. Nilima led the action including a human train that danced into the audience to the beats of One Way Ticket. Members of the audience joined the train as well as the Christmas Zumba.

A sumptuous lunch sponsored

by Mrs Indira followed the singing and dancing. Cake, Biryani, Curd rice, Payasam and Ragi Manni filled everyone's stomachs while entertainment enchanted hearts.

[Please click here to view more pictures](#)



PHOTOS: J GOPALAKRISHNAN



Movie night, dinner and ringing in the new year

December 31, 2023

We inaugurated the brand-new smart projector that Hari Sundaresh, poet and Suvidha resident of Cottage 46, donated to Suvidha, on New Year's Eve with an old favourite movie - Alfred Hitchcock's *The Man Who Knew Too Much*. Doris Day and James Stewart captured our hearts again and we sang along when she sang *Que Sera Sera!* We sang it again when a special dinner was being served. After dinner the movie continued to its happy ending.

Later that night some of us sat around a bonfire on the lawn in front of the badminton court and sang old Hindi and English songs. When the old year passed and the

new year began, we held hands and sang *Auld Lang Syne* to bring

a cheerful and happy 2024 to all Suvidha!



PHOTO: HARI SUNDARESH



PHOTO: HARI SUNDARESH



PHOTO: LATHA KRISHNAN



PHOTO: RAJESWARI SUBRAMANYA

NEWS AND EVENTS - SUVIDHA STAFF

Staff Welfare Event

December 12, 2023

A staff welfare event was held in the Banquet Hall from 4:00-5:30 pm. Almost 95% of our Suvidha staff members participated in it enthusiastically. The Management Team and Staff Welfare Committee attendees included Satya, Geeta, Kannan, Prathima, Dr Nalini and Dr Nilima.

A fun filled Team Building Game conducted by Nilima and Prathima was enjoyed by all. Three Teams "SOO, VEE, DHA" were formed and they competed



PHOTOS: NALINI SHENOY

Key take aways

1. Regular team building exercises will lead to improved communication, trust, and overall team performance.
2. Many hands make light work; leadership and ownership are essential for efficiency.
3. Good communication skills are important for effective team-work.

using plastic straws

Satya addressed the gathering and spoke about the importance of punctuality, discipline and etiquette and the points were driven home through storytelling. Dr Nalini spoke on personal hygiene, hand washing, importance of BP and sugar testing as well as diet and nutrition for good health.

Geeta Jaisim proposed the Vote of Thanks. Coffee and Aloo Bondas



were served to all the participants.

Shivanna - our electrician

Shivanna started working in Suvidha in 2012 and is one of our oldest employees. Dr Subba Rao was the MD then. Shivanna has worked under all the Managing Directors and the different Boards of Directors gaining experience in his work as electrician and as a member of Suvidha staff. He was working in the construction industry since 2001 before coming to Suvidha and that experience has helped his work here too.

“When I came here, the office was not like this. I have been involved with the electrical wiring and work for this office, Club House and many of our buildings,” says Shivanna. He is confident that no one in Suvidha would find fault with his work but he is not very sure what they would say about his way of talking, which he blames on his gruff voice. He also says that 15 different electricians/technicians have joined and left in the last 11 years he has been here



but he has been loyal to Suvidha and been happy working here. He willingly does delivery for the kitchen and drives the buggy when necessary.

Shivanna hails from a village in Kanakapura and is part of a big family of 38 people, including his grandparents, his father and his 6 brothers and families, all living in one huge house. They had land and farms to manage. They cultivated rice and millets and reared goats. Food used to be

cooked in large pots and there was always more for workers and visitors. When he was a young boy, Shivanna had to work very hard along with his cousins in the farm. But later all of them separated.

Currently, all of them live in different smaller houses in the same area. All his brothers and their families live nearby and there is constant contact among them. His sisters are all married and live in other villages. Shivanna lives with his wife, Lakshmi and daughter Jayanthi in his house. When he first came to Bangalore he had little money and life was difficult for him. But Shivanna has managed to build a good life for himself and his small family through his work in Suvidha. He has few complaints about his work here. He has more service years left and hopes to do his best without displeasing anyone.

REMEMBRANCE

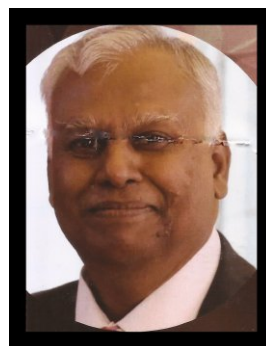
Dr Patrick Simon (1944-2023)

November 21, 2023

Dr Patrick Simon, shareholder of Suvidha (Cottage 30), passed away on the 21st November 2023.

He was a graduate of Bangalore medical college, just as several of our shareholders. Dr Yele Vijay Deva (Cottage 55), Dr K.R Ramachandra (Cottage 35), Dr M Vijayalakshmi, Dr Jayaram Upadhyaya (Cottage 31) and Dr Jinka Subramanya (Cottage 57-58) were his classmates.

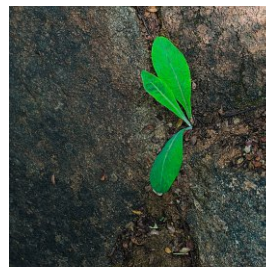
He leaves behind his wife Dr Jayanthi Simon, also his classmate from The Bangalore Medical College .



Care

by **Barrie Davenport**

The world spins and turns
Slowly—but without mercy
Or care. A leaf falls.



READERS' RESPONSE

Thank you for another, yet again, lovely Review! Beautiful pictures, poetry and articles. So bright and lovely it elevates the mood!

My colleague Dr N S Muralidhar saw it too and remarked that the articles were well written.

Iris Rajiva, Cottage 76
Suvidha

Thank you ever so much for another beautifully produced Review. It brings us fond memories of the place we love to spend our time in while in India. Hope to be there soon to thank you in person for your efforts.

Srinivas and Prema, Cottage 87
Suvidha

Enjoyed reading the Autumn issue of TSR. Nicely done in terms of

presentation and content. Kudos to the team and particularly to Latha and Gopal. Keep up the good work.

Venugopal Shetty, Cottage 120
Suvidha

With constraints you have made phenomenal efforts to bring out the magazine in great colours.

Kudos to that.

Thanks for introducing me to the Suvidha shareholders.

Nagaraja V, Company Secretary
Suvidha

Was excitedly waiting for TSR and it sure was worth the wait. This issue is a treat to see and read. Thank you.

Jyothi Kumar, Cottage 115 C
Suvidha

TSR is something we look forward to every quarter. Each issue gets better and better.

Keep up the good work.

Narayanans Cottage 107
Suvidha

You have produced another delectable issue of TSR. As the saying goes, the proof of the pudding is in the eating and you have left us craving for more!

Satish Rao's sense of humour is finely nuanced and Ashok Dey promises to take us on an air-borne trip.

Why do we have to wait till January for more of their narratives?

S M Subba Rao Cottage 139
Suvidha

We solicit your contribution to THE SUVIDHA REVIEW

Please share short articles (about 400 words) along with photographs about your childhood memories, places you visited, interesting books you have read, short stories, poems, achievements of your grand children and any feedback.

Please write to suvidha.review@gmail.com

USEFUL INFORMATION

Please click on the company logo for details.

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

Please click on the company logo for details.

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

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

TAXI SERVICES

Balaji Taxi Services

📞 **080 5077 1881 &
98453 65245**

Nandi Taxi

Ravi Gowda
📞 **09980451515**

Auto Riksha

Narasimha Raju
📞 **9900327822 / 9980627163**