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➤ **From the MD's Desk:**

Dear Friends,

This piece is going to be short !!

Work on Phase 1A, the security cabin at the entrance and the waterproofing of cottages are progressing well.

We have placed orders for 34 cottage roof-top solar units with Tata Power Solar. Work should begin soon and they plan to install about 3 units every 2-3 weeks.

Mrs Rama Subba Rao has been focusing on streamlining the housekeeping services. Mr Veeranna Chigateri has volunteered to look into maintenance issues. We are grateful to all the volunteers for their contribution.

Some members had suggested that the surveys and 'open houses' were not serving any purpose. A larger number felt that they were very useful. We have decided to continue with both. While they may have no legal sanction, they serve as fora for interaction.

Regards,

Dr K Lakshman



➤ Event Highlights:



20-03-2016: Open House @ Suvidha

Dr K Lakshman was in the chair; About 30 SH attended the meeting. He welcomed the gathering and discussed the following issues.

Cottage Solar project

Prof Shankar made a brief presentation about the minor technical changes made to the structure of the panel mountings. It was stressed that this has no impact on the overall specifications. MD mentioned that the PO would go out in the first week of April.

Waterproofing

All the SH have chosen the Shalimar membrane as the waterproofing method of choice. The work is progressing satisfactorily.

Phase 1A progress

The construction is progressing – slightly behind schedule; the contractor is being urged to speed up the construction to meet the July end deadline. The house felt that the 7am to 7 pm rule on the building activity should continue. It can only be relaxed in exceptional circumstances like concreting. Subscription to 184B was finalised. It was taken by a Bangalore couple presently living in Delhi. Only 181B is left now.

Corpus Fund Survey

MD observed that only 30% had responded to the survey; he also pointed out that some members had mentioned that these surveys were not warranted; some others had pointed out that the 'open house' served no real purpose. The house was unanimously in favour of continuing the practice of open house and surveys. They felt that the 30% response is about the world average response for surveys. While it may have no legal sanction, it does give the management an idea of what the 'interested' SH want.

Regarding the corpus fund survey, the following points had a clear majority of around 85%:

1. There must be a tight control on MF
2. The corpus should not be spent on any revenue expenditure.

The verdict on the other issues raised regarding increasing 'facilities' was unclear. There was a lot of discussion on this even in the open house. The SH views seem to be divided into 2 broad groups. One group wanting no further facilities as they are not going to be utilized; this group wants the corpus spent only on revenue generating schemes so that the MF can be kept under control. The second group would like to improve facilities like the dining hall, tennis court, swimming pool etc and this group does not mind substantial increases in MF.

MD mentioned that perhaps accommodating a bit of both views would be appropriate. The board will consider these issues and take a call at the appropriate time.

Sinking Fund

MD raised the issue of having some funding raised from the SH towards repairs. The house felt that many SH may not pay even if the majority approved of having such a fund.

Prof Shankar

MD informed the house that Prof Shankar has expressed a wish to step down from the Members Committee and the Rental task Force, for health reasons. MD thanked Prof Shankar, on behalf of the Board and all SH, for his enormous contribution to the welfare of Suvidha. It was his idea and the detailed workings that the board acted on and managed to bring Suvidha to a healthy financial status. Again, his detailed workings and planning helped us consolidate our thoughts on the solar project. MD mentioned that Prof Shankar is being released reluctantly. MD promised that Prof's brains would be picked on a regular basis in future too. The meeting ended with a motion of thanks to the chair.



08-04-2016: Ugadi Celebrations @ Suvidha

Chandramana Ugadi was celebrated with gaiety to welcome the new year as per the Hindu Calendar. Mrs. and Mr. P K Naik took the initiative to organise the gala function. The priest Mr. Majunath read out the “panchangam” both in kannada as well as in English to appraise the audience what is in store in the ensuing new year. Thanks to Mrs Bharati Sastry for some of the photos in the album. To view the photos , click on the link below.

<https://picasaweb.google.com/110142373058695926282/UgadiAtSuvidha8Apr2016?authuser=0&feat=directlink>

➤ Suvidha On The Move :

○ Reorganisation of routine management responsibilities:

With the induction of Smt. Rama Subba Rao as new resident director and Mr. Veeranna Chigateri as a volunteer, the daily affairs of the Village management have been revamped. Accordingly Smt. Rama Subba rao will be in charge of House Keeping affairs. Mr. Veeranna Chigateri will be in charge of maintenance. Sri S V S Sastry will continue to be in charge of the Office and Security. Dr. P M Chandrasekhara will continue to be in charge of the Landscaping, Kitchen and Healthcare.

Smt. Rama Subba Rao has organised the house keeping schedule with an aim of providing services to all the residents in a fair way. She worked out a house keeping chart and the job card system to facilitate the follow up action. Under the programme the residents have to enter the in-and-out timings of the house keeping staff who attended their dwelling on a daily basis.

- **Follow-up of the Medical camp** that was held on 08-03-2016 is taking place as per the schedule and the participants are receiving their health folder along with the medications and tonics. The staff members who need to be referred for further check up or follow up are being counseled.
- **Roof Top Water Proofing** : Roof top water proofing programme is progressing as per the schedule and more and more residents are coming forward to opt for the programme.
- **Suvidha Maintenance Jobs:**

a) Automatic switching of the bore wells:

Quotations are being finalised to install the water-level sensors to facilitate automatic switching on of the bore wells. The automated electronic control system will maintain the water levels in the main water supply tanks at the pump house 24 x 7 without human intervention. It is hoped that the daily wastage of precious water due to over flowing will be effectively controlled.

- b) **LED bulbs to cut power:** It is planned to gradually introduce the LED bulbs as and when the present bulbs fuse. And also decision has been taken to fix the LED bulbs in the new electrification projects which includes Phase 1A street lights as well the new Suvidha Main Gate project.

- c) **New Electric Scooter** : Suvidha acquired an electric scooter with factory-built water-bottle holder in the rear. All the electricians and the buggy drivers are getting used to delivering water bottles to the residents. The new scooter is found to be powerful enough to negotiate the terrain without difficulty. This helping in reducing Buggy trips in this regard.



- **Suvidha Landscaping Updates:**

- a) **New cement benches** have been placed in the park next to the cottage number 84. These newly placed benches are expected to give relief and rest to the residents who would be passing through the upward gradient.



- b) **Painting of the metal portions** : Quotations have been finalised and work order has been issued to paint the metal portions after removing the rust and painting with anti-rust base paint. The list includes rusted light poles, railings, chain fencing etc.
- c) **Green House:** It is envisaged to convert the existing “Store” building behind the tail end of the phase 1A, into a green house instead of dismantling it. The experts on the green House are being invited to guide us to proceed further with this project as well as beautifying the surrounding forest area.
- d) **Drip Irrigation for watering the Hedges:** Experts are being consulted to draw a blue print for working out an economical way of watering the hedges and garden in the upper region of the village by adopting the drip irrigation system using untreated water. Further, the lower sector of the village will get untreated water from the exclusive bore well that is situated near the cottage 148.

- **Updates on other improvements:**

Five burners on the Kitchen Gas Cooking facility have been replaced so as to eliminate the problem of leakage of gases and enhance efficiency of gas usage. This is also required to protect against possible fire hazards due to gas leakages.

- **Suvidha Talent Corner:** Under this banner, we plan to introduce to our readers, the contributions of our Suvidha family members who have developed substantial special skill sets as hobbies. Hope you will all enjoy such presentation. We welcome all such talented members to participate in this endeavor.

- **Birds of SUVIDHA:** This is a series of beautiful and at times stunning pictures of birds that are either resident of or visitors to our Village. Mr. Ashok Dey, a permanent resident of SUVIDHA since November 2010, has been able to photograph as many as 91 different species of birds in the Village.



BLUE-FACED MALKOHA



Blue-faced Malkoha

The **Blue-faced Malkoha** (*Rhopodytes viridirostris*) is commonly distributed in peninsular India from Gujarat to Orissa and south to Kanyakumari and also in Sri Lanka. Happily, quite a few specimens are permanent residents of our Village.

A medium-sized bird, it is almost as large as a crow and usually measures 39 cm from beak to tail. It is difficult to spot because it is almost totally silent -- its call is supposed to be a low croaking *kraa* that I have never heard in all of the 5 years that I have lived here. This bird is extremely shy and a poor flier. I have seen it flying only very rarely when it moves from one thicket to another. It creeps through thickets and climbs actively among branches of low trees and quickly hides itself in thick foliage whenever it senses human presence.

I have been able to track a few specimen in the last 2 years only by the sounds of their rustling around in the foliage of thick bushes and in the lower branches of some trees. Once sighted the bird can be quite easily identified by the contrast between its ashy grey body colour and its bright green bill -- which is why Sálím Ali had first called the species the "Small Greenbilled Malkoha". The other distinctive features are bright and wide blue rings around its eyes and long, broad, graduated conspicuously white-tipped tail feathers which can be seen from below.

The nesting season is generally March to May, so the few specimens that you may be able to spot just now are in fact looking for material to build nests. As they feed on caterpillars, grasshoppers, mantis, lizards and

berries -- all of which are plentiful in our Village now. Thanks to the planting we have done in the last 6 years, I am sure that we will see more of this species in the coming months.

- **Butterflies of SUVIDHA:** India has over 1,500 species of butterflies. Mr. Ashok Dey, permanent resident of SUVIDHA since 2010, has been able to photograph and identify 47 species of butterflies inside our Village until now. Our Newsletter will carry this new series comprising pictures and descriptions of butterflies of SUVIDHA.

TAWNY COSTER



Tawny Coster

Part of a predominantly African group (in Africa nearly 250 species have been identified) the **Tawny Coster** (*Acraea violae*) is the only species that is found in peninsular India, especially where passion-flower plants (*Passiflora*), its larval hosts, grow.

As many of you may have seen we have quite a large number of passion-flower vines growing in various parts of our Village and hence the Tawny Coster is found here in quite large numbers.

It has a wingspan of 50-65 mm and is quite easy to identify because of its slow, almost lazy flight, the quite distinctive shape of its long, broad forewings which are rounded at the apex and its bright tawny-red colour from which its name is derived. Both wings are black bordered and marked with black spots. Both sexes look alike.

It keeps quite close to the ground and is never seen flying above 2-3 metres from the ground. Interestingly, despite its slow flight and preference for open spaces rather than wooded areas, the species has developed its defences against predators. When caught, it pretends to be dead and releases an obnoxious, nauseous yellow fluid from special glands in the joints of its legs. It also has a tough skin and hence can survive a few pecks and bites from predators like birds and lizards, respectively. Once the frustrated predator moves away, the 'dead' butterfly takes wing immediately.

The female of this species develops a hard pouch at the tip of its abdomen after mating which acts a seal and prevents any further mating attempts. It lays eggs in batches of between 20 and 100. The caterpillars like the adults also secrete a foul-smelling yellow fluid that repels predators.

Flowers are its sole source food. As the Tawny Coster sits feeding on the same flower for some time, it is relatively easier to photograph this species than most other butterflies.

➤ Readers' Corner :

ENJOYING THE OLD AGE

Remember the immortalized Hollywood number by yesteryear actress, Julie Andrews in 'Sound of Music'?

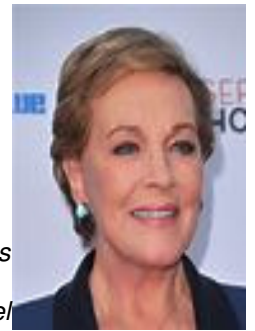
The lyrics go like this...

*"Rain drops on roses, whiskers on kittens.
Bright copper kettles and Warm woolen mittens.
Brown paper packages tied up with strings.
These are a few of my favorite things....."*



This actress on her 79th, birthday had crooned the same song in re-jigged version, which elicited audience standing ovation. The song's revised version was - -

*"Botox and nose drops and needles for knitting;
Walkers and handrails and new dental fillings;
Bundles of magazines tied up in strings;
These are a few of my favorite things....
Cadillac and cataracts, hearing aid and eyeglasses;
These are a few of my
When joints ache; When the hips break; And when the eyes
grow dim....
I simply remember the great life I've had; And then I don't feel
bad."*



These above lines vividly reveal the vibrant persona, bubbling with volumes of vim and verve. Her spirit seems to be suffused with sanguine energy, despite her physical state being shorn of her earlier sprightly self.

The sagacious words of yet another graceful octogenarian go like this.

"I strongly abhor agonising over attendant old-age aches and ailments. This 'climacteric stage', wherein the physical power decline with age, is pretty common to all human species. Once we realise this grim reality, we won't get hounded or harried by old age fear / problems. Moreover, when in company with those physically challenged beings, we realise having aching limbs is better than no/defective limbs!. And, having bad vision is better than born blind. And having a whit low/high BP is better than being anaemic, with no blood at all."

Interestingly, we hear human folks, in their childhood, discussing their collection of colour toys; and in their high end acquisitions. But in old age, they are busy discussing ailments. Perhaps, only when we start counting our blessings, would we start counting our blessings, would we be able to enjoy the old age? Compared with others, may be we are bestowed with better physical health, sound financial stability, good social support, or, some talent to keep ourselves ever engaged."

So, it's all up to us to see the hell or heaven around us.

@@@

Understanding CRITICISM

Compiled by Dr. P M Chandrasekhara, Cottage # 75

It stings. SO WHAT?

No matter what we do, criticism follows. It is an integral part of life. If taken in the right prospective, it can work wonders, giving a new meaning to our lives, writes DOROTHY VICTOR [D H : March 20, 2016]

I remember the day vividly; the sting just as sharp and fresh, as a recent bite. Wriggling in pain over the just crushed ego, I sank in disappointment. For, the note was plain and clear, written with a touch of authority and assertiveness. “Your piece is too plain and preachy: I will not be publishing it.” The editor of a children’s publication had turned down what I thought was an excellent piece addressed to children on “how to inculcate better eating habits in contemporary times”, as a drab piece fit for the bin!



Wallowing in self pity, I turned to my family for comfort. But to my chagrin, even those close to me seemed to agree with the literary expert. All criticised my ‘master piece’ as a write-up lacking in novelty and substance. Did I agree with them? I ranted and raged. I fumed and fussed. I got bitter and bothered. Did anything good come out of it? You guessed it right again! I chose to make my life miserable by refusing to take the criticism in the right prospective.

And so, life continued to be depressing – not for those who criticised me – but for myself. However, I am thankful that some wisdom eventually dawned on me and I soon realised that there was much truth in the criticism. With the openness to accept the criticism, things began to work for me. I found ways to learn, to improve, to get better, and life took a new meaning.

And this is precisely why, to-day, I say that criticism is indeed sweeter than approbation. The only catch is that one needs to know how to take it, and in the same light, in order to make criticism reach others effectively, one needs to know how to give them. If criticism can be handled with openness, it can serve as fodder for growth and development. Not very practical, you say? No, not at all ! It can be learnt, practiced, mastered, and in due course used for self-improvement.

Keep going

To master the knack of receiving and giving criticism effectively, it is important to understand what criticism exactly is. In a larger sense, criticism is only feedback, or the opinion of others towards a thought, an action or behaviour of another. In a more narrow sense, it is the adverse or unfavourable reactions of others towards the conduct of another. Simply put, criticism is negative feedback, one that is critical, offensive and thereby intimidating by nature. It is this inherently daunting element of criticism that makes those to whom it is targeted at, loathe it. For, a vast majority of us cannot get over anything that is negative, derogatory and discouraging. As Clifford Nass, a professor of communication at Sanford University says, “Almost everyone remembers negative things more strongly and in more detail. “It is termed as negative bias – our brains have evolved separate, more sensitive brain circuits to handle negative information and events; they process the bad stuff more thoroughly than positive things.” And so, we shy away from criticism.

Yet, criticism is an inevitable loop in the chain of human existence, interaction and communication. Our works, words and whereabouts will always command a response from others, far and near. When these responses are positive, they delight and encourage us. On the other hand when they are distasteful, they depress and disheartens us.

Even so, criticism can be the best form of feedback that we can get to take stock of the actuals and realities vis-à-vis our perception of them. Besides, criticism thrown at us indicate that we are indeed trying to do something concrete that will have an impact. It often means that we are attempting something worthy of attention. It is proof of us trying to accomplish something in life, which by itself is commendable.

Criticism, therefore, should be understood that response from others which, though not agreeable, is an important yardstick to assess our personality, behaviour, efficiency and progress in life. It is akin to the physical pain we experience at the onset of an ailment warning us of a malfunctioning in the body. Ignoring the pain and treating it with painkillers leads to deterioration. But, going to cause of pain and treating the cause averts the onset of an illness.

Truth be told

How a person reacts to criticism aids a man's advancement or lack of it, in life. To illustrate, let us take the case of Ole Bull, the famous Norwegian violinist of the past century. Very early on in his childhood, he is said to have great affinity for music. At an age of only four years, it was reported that he could play all the songs he had heard his mother play on the violin. He wanted a career in music and soon was devoting all his time and energy to the violin. Unfortunately, though he had great ability, his teachers were relatively unskilled. So, by the time he was ready to start his concert tour, he was not well prepared. In Italy, a Milan newspaper critic wrote, "He is an untrained musician. If he is to be a diamond, he is certainly in the rough and unpolished."

There were two ways Ole Bull could have reacted to that criticism. He could have let it make him angry, or he could learn from it. Fortunately, he chose the latter and this is what he did. He went to the newspaper office and asked to see the critic. The astounded editor introduced him. Ole spent the evening with the 70 years old critic, asked about his faults, and sought the older man's advice on how to correct them. Then he cancelled the rest of the tour, returned home and spent next six months studying under able teachers. He practiced hours upon hours to overcome his faults. Finally, he returned to his concert at the age of 26 and became the sensation of Europe.

The attitude towards criticism, as can be seen from the above case, often stands as a rough proxy for the scope of our progress in life. It is then always wise to put criticism to good use. Trawling through the various theories of making criticism working for us, some common ideas on how this can be done emerge. First and foremost, it is best not to take any criticism personally. As Hillary Clinton said, "Learn how to take criticism seriously, but not personally". Criticism is merely negative feedback and should not be construed as personal insults or defamations. They represent some information given about our past behaviour, now in the present, which has the power to influence our future behaviour. Again, criticism should not be viewed as indicative of one's lack of abilities. They ought to be taken for what they are, which is, that there is scope for improvement. For, in every criticism is a kernel of truth which, when planted in our minds, could reveal to us those blind spots that we can never see. Hence, when criticism is thrown at us, it is imperative that we do not get defensive but search and look for the truth, however small, that will open our eyes to the deficiencies we are ignorant about. With this small seed of truth revealed to us and accepted by us, it becomes easy to make the paradigm shift in our future behaviour. What started off as a negative feedback could well fetch positive returns if criticism could only be seen in the light of these truths.

Just as we need to take criticism in the right perspective, throwing criticism at others should similarly be done with empathy and modesty. Asking for permission from the person at whom criticism is aimed at is a good idea to ease the negativism attached to criticism. Perhaps the risk that the other person may not grant you permission looms large, yet, it makes the whole exercise genuine and gentle. In giving criticism, one must always make sure to begin with the positives. Stating some of the positive aspects of the behaviour before touching on the negatives eases the hurt others have to endure in being criticised. Being subtle and not too blunt about the criticism further helps in the better acceptance of criticism by those at whom it is targeted. For, subtlety is like the Lidocaine the Dentist injects before a tooth extraction. Just as the anaesthesia numbs the nerves to make the extraction painless, refined language and gentleness will assuage the sting of criticism.

Another cardinal rule in giving criticism is that it is justified and holds water. As the king of Rock and Roll Elvis Presley often said in response to his critics, "Don't criticise what you do not understand. You never walked in that man's shoes". So before criticising one, just take his seat and realise his position. But then, no matter what, in an imperfect world, criticism, both justified and unjustified, is bound to run rampant by one and all. From constructive to baseless ones, criticism will dog our actions and behaviour; just as how we will also find it compelling and vindictive to criticise others. "Those who can't dance will say the music is no good or the floor is not ideal to dance", goes a Jamaican proverb. But that should not stop anyone from dancing to the myriad tunes of life. As Cardinal Newman rightly observed, "A man could do nothing, if he waited until he could do it so well than no one would find fault with what he has done." So do not be rocked by criticism. Do not fear it. And do not avoid it. The famous philosopher Aristotle said it better than anybody else. "To avoid criticism, say nothing, do nothing, be nothing".



Rachana Singh adds:

Right from Clapton crooning "You wonderful tonight", to Bappi Lahiri warbling "You are my chicken fry", we have learnt that praise is the most beautiful form of interpersonal communication. Don't we just love praise? We thrive on it! Social media has leveraged this human need and created emotions; bright, yellow faces are now ready arsenal in our mission to praise others so that they also same unto us. But for every string of cheerful, yellow faces, there are comments trolls. Criticism, A frown conveying disapproval, a simple "naw, that does not work" or disparaging note can break our spirits. We

don't like to be criticised. Even if we – somewhere deep down – know that we were wrong or did deserve that rap on our knuckles, we still don't like it.

What is it about criticism that hurts us so much?. Do we view it narrowly, like blind men probing the elephant? According to research done at the Psychiatry Department at the University of California, San Diego, there are two portions of our brain that dictate how we emotionally process and respond to criticism; the amygdala and the medial prefrontal cortex. The amygdala is our executive assistant; it helps in prioritising things for us. It plays a key role in our formation of emotional memories, while the medial prefrontal cortex regulates how we react to emotional stimuli like criticism. Our brain generates a fight or flight response in the face of criticism, which is why it feels “threatening”. A poor annual appraisal certainly won't kill you, but it might make you feel like your career and livelihood are endangered. We are acutely sensitive to what can potentially hurt us. And we don't forget it easily. This is called the negative bias : we remember criticism longer than we recall praise. Interestingly, we all handle criticism differently. Here are some most common ways people deal with criticism. I decided to represent the types through cartoon characters:

The Sad Sack : Like the self- critical character from comic strip created by Sgt. George Baker during world war II, some people seem to accept criticism on the surface while internally beating themselves to pulp. They nurse a low esteem and are overly hard on themselves.

The Charlie Brown : Remember Charlie Brown, the nervous character from Peanuts?. Much like the Sad Sack, he is acutely aware of criticism. However, instead of directing the hurt inwardly, he employs general sarcasm towards the world to justify what he stands for.

The Homer Simpson : The lovable Homer Simpson does not lose sleep over criticism. He tells himself that his critic is somewhat misguided, and is fine to leave it at that. Some people choose to ignore criticism and just move on.

The Betty Cooper, the adorable, kind hearted, thorough temperamental girl next door. Betty care deeply for the well-being of others and is always ready to help people with their problems. She is like a hamster on wheels when it comes to taking in criticism and works constantly to improve.

Which one are you like : Regardless of that, the lesson overall is that criticism floats around us beautifully like mosquitoes in Bengaluru. And, some of us take criticism more personally than we should, and that's where we're getting it wrong. View it as an observation on what you did, not what you are. If you disagree with the criticism, feel free to reject it internally without getting hot behind the ears. Make sure you derive all the goodness that may be residing in the criticism by asking question like, “What are some specifics that I got wrong? Or “Could you describe an example of how you'd like me to handle this in the future?” You will facilitate a more open and professional discourse with your critic and hopefully, you can both end the conversation in good terms. Criticism is valuable – fuels improvement, it weeds out the bad. Where would the entire mother and daughter-in-law relationship, and in turn, the money-spinning television serials industry be without criticism? We'd be watching only wildlife channels, I guess. And criticising the elephant.

Acknowledgement : Mostly from an article “Understanding Criticism “ by Dorothy Victor and Rachana Sigh DH. Sunday Herald : March 20 2016.

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➤ **Door-Delivery Service Providers for Suidha :**

- **Religare Medicals:** Register with Religare to buy **your medicines**. Senior citizens get 10% discount. Contact : 080-22956228 / 29
- **Shantha Pharma:** For supply of your medicines to your door-step contact 8867781822 / 9986003614. The shop is located on Kanakapura Road about 5 Km from Suidha. Senior citizens get 10% discount.
- **Healthy Farm Fresh:** For **vegetables and fruits:** Contact: Mobile: 9632488467 / 9632389467. You can order your requirements on their website also. Website <http://www.healthyfarmfresh.com>
- **BigBasket:** For your **groceries, Vegetables, fruits,** House Cleaning products etc., order online at www.bigbasket.com . All details are available on the website.
- **Home Medical Care Services:** They provide dependable service of a Doctor, Physiotherapy, Nursing or Trained Attendant. Please visit for details - www.portea.com or contact - Tel No: 080-33554554
- **Nightingale Home Health Services:** Nightingales, renowned for providing personalised medical care for old since 1996, is well acknowledged and acclaimed for its facilities and services. Guided by veterans, this institution has Website: <http://www.suidha.co.in> Phone: 91-080-26951000 / 212 Email : contact@suidha.co.in

been recognized nationally for its meritorious services. Medowell's recent acquisition of Nightingales has enabled the company to retain its heritage of compassionate care and professional integrity. Nightingales is now geared up to offer a Pan India Healthcare delivery platform with a focus on specialized home care for chronic disease management that adheres to standard protocol and best medicine practice. Specialized home health care service provides 24/7 expert dementia care; stroke recovery care, pulmonology, wound care and physiotherapy at home services. Their general services include Doctor on call, Nurse on call, Bedside attendants, Dental services at home, Lab. Investigations, Home infusion therapy, pharmacy service and post-operative rehabilitation, Remote health monitoring, Colostomy and Tracheostomy and Tube feeding. In addition, the company provides essential life saving equipment on hire. Get in touch: Toll free No. 1800-103-4530; Tel. 080 453003300: Website: www.nightingales.in

- **Agencies providing the attendants / home help:**
 - **Apna Care :** Tel: 080-30752584 ---- <http://apnacare.in>
 - **Health Heal and Home Nursing :** Contact Mr. Rohan: 9620416503 ; 080- 23203333
- **Special-Needs Taxi Services:** It is only to be seen to believe it. Please visit website for complete details: www.kickstartcabs.com – or contact Tel: 8105600445
- **Balaji Taxi Services** – Reliable taxi services are being provided by this agency. For booking and other details contact – Mr. Srinivas – Land line 080 50771881, Mobile – 9845365245
- **Auto Riksha Services** – Reliable Auto services are being provided by Mr. Narasimha Raju. For booking and other details contact – Mobile: 9900327822 / 9980627163
- **M/s. Maker Pest Control:** They can provide pest control services at your cottage. For details contact at Ph.No. 080 26608519, 9886743177 ; Email - makerpestcontrol@gmail.com

➤ **Picture Gallery:**

A picture says a thousand words. So goes the common saying. Hereunder, we have presented the recent major events in pictures to transport you to that very event with just one click. So relax and enjoy!!!

Recent Picture Archives:

- **Cancer Awareness For Women - 12-03-2016:** <https://picasaweb.google.com/110142373058695926282/MedicalCampSuidha?authuser=0&authkey=Gv1sRgCPa5gNb2nY7UOq&feat=directlink>
- **Handing Over of Cottages in Phase-1a - 14-01-2016:** <https://drive.google.com/folderview?id=0BzTGY9kvPaEWC1xeIM3YzEta2M&usp=sharing>
- **Visit to Lepakshi - 13-01-2016:** <https://drive.google.com/folderview?id=0BzTGY9kvPaEV0q1WHVHNkJPW&usp=sharing>
- **New Year Celebrations - 31-12-2015:** <https://goo.gl/photos/zMwKULuQfKwvwyseA>
- **Veena Recital programme - 19-12-2015:** <https://goo.gl/photos/wgay2AzNnAsrMcrn8>
- **Suidha Staff Sports Meet - 05-11-2015:** <https://goo.gl/photos/Y9Fuq5aj5KkL.v4mD9>
- **Kannada Rajyotsava Celebrations - 01-11-2015:** <https://plus.google.com/photos/117291397490350207875/albums/6206267834016872353?authkey=CLDa94iC2oixmgE>
- **Sugama Sangeetha - 01-11-2015:** <https://goo.gl/photos/csUshmfBcq99EmH8>
- **Odissi Dance by Dr. Parvathi Rajamani - 26-09-2015:** <https://goo.gl/photos/YtNvHidZMWUz4AA9>
- **Felicitation of Dr KS Shekar – Chairman, Suidha - 26-09-2015:** <https://goo.gl/photos/JaooNLP1rsbz3Uv86>
- **Ganga Puja - 25-09-2015:** <https://goo.gl/photos/ZFq8QoGiiPrug7W27>
- **Vinayaka Chouthi [Chathurthi] - 17-09-2015:** <https://goo.gl/photos/6G2T8Z1ihSPJfoUw5>
- **Onam Celebrations - 30-08-2015 -** <https://goo.gl/photos/sKUt3gayN8ntPT18>
- **Carnatic Musical Concert - 29-08-2015 -** <https://goo.gl/photos/DwwWmWSMk28SD6d98>
- **Heritage Tourism - 28-06-2015 -** <https://plus.google.com/photos/117291397490350207875/albums/6165675296988262817?authkey=CKf5tZbEgOOY8wE>
- **Talk by Dr. T. S. Rukmani – Session 4 - 07-06-2015 -** <https://drive.google.com/file/d/0BzTGY9kvPaEb2RDLXlpa08wekk/view?usp=sharing>
- **The Glory of the Upanishads- Dr. T Hegde - 31-05-2015** https://plus.google.com/photos/117291397490350207875/albums/6156908851599629313?authkey=CKicwc_hk7vIQQ
- **Talk by Dr. T. S. Rukmani – Session 3 - 10-05-2015 -** <https://drive.google.com/file/d/0BzTGY9kvPaEbWdNYU9Sd3RBZ1E/view?usp=sharing>
- **Talk by Dr. T. S. Rukmani – Session 2 - 26-04-2015** <https://drive.google.com/file/d/0BzTGY9kvPaEMFhBV1JFWDhjdjA/view?usp=sharing>
- **Talk on Patanjali's Yogasutras – Session 1 - 12-04-2015** <https://drive.google.com/file/d/0BzTGY9kvPaEZkNNNTRUMkdcsczg/view?usp=sharing>
- **Open House : 5-04-215** <https://dl.dropboxusercontent.com/u/54985496/Suidha%20Open%20House-150405.pptx>

➤ **SNL Archives:** You can access all the back issues of Suidha News Letters at the following link:

<https://docs.google.com/document/d/1jzr58WNw0bpaMUox4lxqstqqa9k09gYL4zxDcnBU3tw/edit?usp=sharing>