

# THE SUVIDHA REVIEW



AUTUMN, October 2023

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## EDITOR'S NOTE

**T**his autumn, as the beautiful green environs of Suvidha is interspersed with colourful flowers and fruit and some trees shedding in time for the on coming winter, we bring you the AGM special. We have a report on the virtual AGM and introduce two new directors of the Board to you all. We also introduce the new Company Secretary and the Estate Manager. In addition, a smattering of interesting reading material awaits you in the form of reminiscences, humour, poetry, book talk and useful information. Our cultural and festival calendar was indeed colourful and we have the pictures to show you how colourful and joyful they were with reports.

I want to thank each one of you for reading through TSR and sending us your comments encouraging us. Your valuable contributions in the form of pictures, articles, art and poetry are welcome. Please keep them coming. Meanwhile TSR will continue to strive to bring you information and entertainment in the best way we can.

Looking forward to your remarks on this one,

Warm regards,

Latha Krishnan

## EDITORIAL TEAM

Latha Krishnan  
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**Design & Layout**  
J Gopalakrishnan

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ABOVE: Adenium or desert rose in a Suvidha garden. Due to its resemblance to a miniature frangipani tree and its popularity in bonsai, it is also sometimes known as Japanese frangipani.

COVER: Gardenia flower in front of a cottage in Suvidha. Hattie McDaniel famously wore gardenias in her hair when she accepted an Academy Award, the first for an African American, for *Gone with the Wind*.

PHOTOS: J GOPALAKRISHNAN

## FROM THE MANAGING DIRECTOR

Dear readers of TSR,

In this last quarter of 2023, as we enjoy the autumn showers, flowers and salubrious weather in Suvidha, I want to thank each one of you who attended the Annual General Meeting of Suvidha on September 24, 2023. I thank you all for your support and your confidence in the present Board to take Suvidha forward. We now have two new directors in the Board, both of whom are introduced in this issue. We also have a new company secretary and a new Estate Manager who feature in the staff page.

Thanks to the enthusiasm of our various committees, we were able to enjoy a combination of great food, fantastic festivals, beautiful decorations and unforgettable cultural programmes where staff and residents participated with verve and vigor. I am glad to say Suvidha is quite a happening place, where we have events and action one day, and peace and quiet amidst our green environs the other day.

Our nurse Shahnawaz has taken leave of us due to family commitments and we are trying to replace her, although we have our Sarvamangala to provide our residents with her services. Meanwhile we also have the full support of St. John's Health Center (Kanakapura Road) Doctor-in-Charge and Nurse-in-Charge, who have very kindly assured us of their full support to our Village residents in case of any medical emergency.

All the Board members and I assure you that we will work diligently for the upkeep and development of Suvidha and its residents and shareholders. Together we will work to make Suvidha completely self-sufficient and self-sustaining in all aspects.

During my address to the SH at the recently concluded AGM, I had mentioned that our relentless efforts to pursue and engage with the relevant government agencies to pay our land taxes, seem to be gaining traction, especially with the Joint Commissioner of BBMP RR Nagar, who visited us in late September and assured his support in assessing our pending payment of taxes to Kaggalipura and BBMP in a fair manner. We are also hopeful about getting his help in getting our PID Number. This will help us initiate the process of developing the clubhouse and the 3 Acres of land to generate sufficient revenue to counter rising MF costs and to create sufficient corpus to deal with contingencies. It will also enable us to provide much-needed facilities such as a hospital with ACF, Geriatric centre etc. in the next few years.

I am glad to share with you all, my vision for Suvidha for the next 5 years:

1. Converting the erstwhile Health Centre Building into Cottages for which, the valuation

is in progress and several inquiries have already come from some shareholders. We are hopeful of closing sales in 6-8 months, if not earlier.

2. Development of the Clubhouse Building for which, we have appointed consultants to prepare the DPR which is expected to be ready around mid-October. Subsequently, it will be presented to the board for approval and thereafter to the SH in an EGM. If approved in the EGM, it would be a 2-3 year project, and should start generating revenue in 2026-27. The objective is to generate enough revenue to reduce the impact of inflation on MF and bring the MF down progressively.
3. The 3 Acre Project which requires obtaining PID number and payment of property taxes to enable us to get sanction plans approved from BBMP. As mentioned earlier we are making some headway in our efforts getting the property taxes paid and getting the PID number. The objective is to generate sufficient corpus to enable us to be self-sufficient financially in 5 yrs.

The above projects are very realistic and for them to become a reality, there must be a transformational change in the way we shareholders think about Suvidha as a community and a company.

All the above require all of you to have trust in your management and their commitment, dedication and sincerity in giving their best to accomplishing the above. We need your wholehearted support and constructive inputs and encouragement. You have the most important role to play as part of Team Suvidha. I am positive that if we all come together as one team, with all the brilliant minds and experience and knowledge we have, no force on earth can stop us from accomplishing our objective of making Suvidha not only self-sustaining, but also an exemplary senior citizen community.

Let this be the vision and dream of each one of us and let us commit ourselves to this thought – One Suvidha, one Team and one Dream.  
Warm regards and best wishes

Venugopal Shetty



# Nineteenth AGM of Suvidha on September 24, 2023

**T**he Nineteenth Annual General Meeting of the members of the Company was convened on Sunday, the 24th of September 2023 at 10.00 A.M. IST. The AGM was held through Zoom Video conferencing in terms of the applicable provisions of the Companies Act, 2013 and circulars of the Ministry of Corporate Affairs.

The annual report for the year 2022-23 containing the Notice, Financial statement, Directors Report and Auditors Report were sent to each shareholder along with the instructions to attend the meeting 21 days prior to the AGM and before the day of the AGM.

More than 50 people attended the smoothly conducted meeting chaired by our MD Venugopal Shetty and ably assisted by directors Dr Nilima Kadambi and Sreeramiah and our new Company Secretary Nagaraja. All the questions posed via email and chat box were addressed in a cordial and effective manner.

eVoting for seven resolutions had commenced two days before the AGM and finished at the end of the

virtual AGM. Results were published the next evening. We now have two new directors in the Board and TSR is pleased to introduce them to all our readers here.



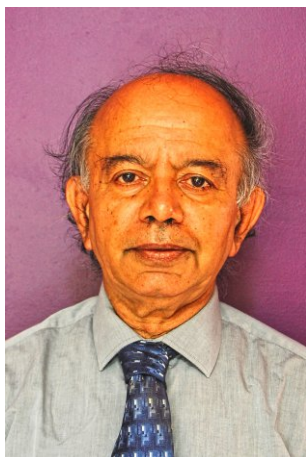
Image by: Alexandra Koch from Pixabay

## New Directors

### D Ravi

**D** Ravi of Cottage 187A has been a shareholder of Suvidha since 2016. Ravi holds a Master's Degree in Chemical Engineering and was working in the Corporate/ Industry till 2008, after which he moved into Business Process Consulting.

Ravi was nominated to the Members' Committee of Suvidha in January 2022. As an active member he has tried to provide data based solutions to address various problems, particularly House Keeping costs. The Members Committee experience served as a stepping stone for his appointment as "Additional Director" into the Suvidha Board from July 9th 2023. He is also part of the "Maintenance Committee" and is actively trying to resolve various issues we face with AirTel by escalating the same to senior authorities. He is married to Dr Sandhya Ravi.



### M N Kannan

**M** N Kannan is a senior Banking professional with wide experience in Project finance and Foreign Exchange related products and services. During his 35 years' experience in the banking sector, he has handled large project finance, including Reliance and Tata group companies. His areas of expertise are Business Development, Compliance, Employees and Vendor management, Fraud risk management, etc.

He has spent 18 years in Mumbai and 12 years in Oman. His two daughters are living in the USA. After retirement at the end of 2018, Kannan and his wife Chitra moved to Suvidha on rental basis. They have identified Suvidha to live permanently and are now shareholders occupying two cottages 22 and 23. Kannan wants to contribute his voluntary service to our Suvidha family and to make Suvidha the best living place.





# Suvidha - Trees and Avenues

## Bamboo Bridge

**T**he Bamboo bridge is called that because of the bamboo grove that abuts it. The bamboo there has grown so tall that they naturally make an arch above our heads and is one of the coolest and shadiest spots in Suvidha even at noon.

Bamboo, which belongs to the grass family, has always been a highly valuable tree to human beings who use it as building material,

as a food source, and as a raw product, and depicted often in arts, such as in bamboo paintings. Even paper and fabric are made with its fibre. Other areas in which bamboo is made use of include artefacts, writing surfaces, writing pens, fishing rods, musical instruments and many more.

PHOTO: J GOPALAKRISHNAN



The shoots of most species of bamboo are edible either raw or cooked, with the tough sheath removed. Cooking removes the slight bitterness. The shoots are used in numerous Asian dishes and broths, and are available in various sliced forms, in both fresh and

canned versions.

Cuisines of several states of India and Nepal include dishes and pickles made of bamboo shoots.

## Bakula Circle

**T**he Bakula Circle is named after the line of Bakula trees opposite the board along the eastern side of Suvidha Lake. The same trees are found along the main street and the street leading to the Motor House. While it is known as Spanish Cherry and Indian Medlar Tree in English, it is called Ranjal in Kannada, and its botanical name is *Mimusops elengi*.



PHOTO: J GOPALAKRISHNAN

When it flowers, bees and other insects swarm around it and we Suvidhaites can not only inhale the fragrance of the Bakula flowers but also hear the hum

of the insects feasting on the pollen. The flowers of this tree are small, cream-coloured, hairy, and scented. They are made into garlands and used in traditional medicine in which it is purported to be astringent, cooling, anthelmintic, tonic, and febrifuge. It is mainly used for dental ailments such as bleeding gums, pyorrhea, dental caries, and loose teeth. The fruit of the Bakula tree is edible and has many

traditional uses. The pulp has a yellow colour and it is softly hairy becoming smooth, ovoid, bright red-orange when ripe. The timber is valuable

and the wood is a luxurious wood that is extremely hard, strong and tough, and rich deep red in colour.



# The Hypnotist Hypnotised

Satish Rao

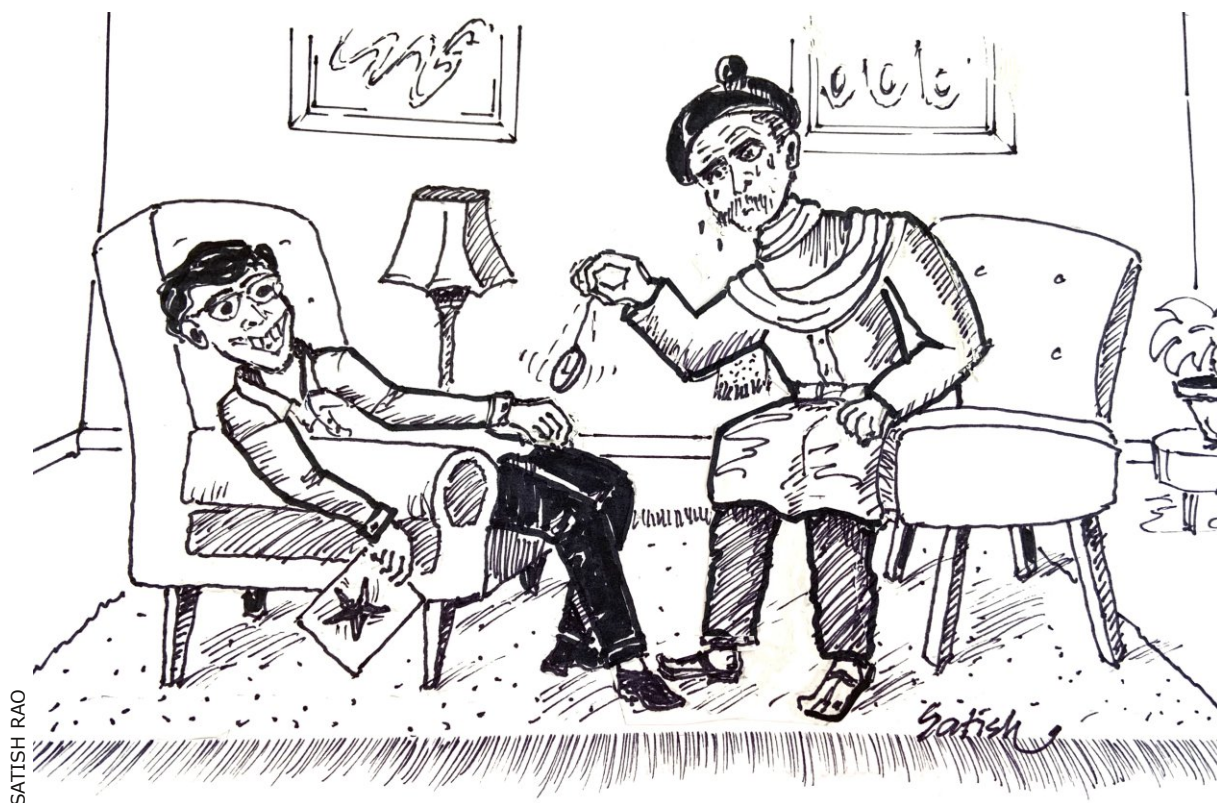
I'm a stubborn guy, not easily persuaded to do anything I don't want to do. This was vividly demonstrated during that memorable incident back in 1954.

As a youngster in Bangalore, I was an incurable stammerer. My father had dragged me to numerous experts, all without success. Desperate, he heard of this school Principal in Kolar who had achieved local fame by curing apparently incurable maladies - through hypnosis. Why not try it, my Dad thought, nothing to lose. Ha ha!

forehead, then my neck, my shoulders, my arms, my legs ..... For a lazy Sunday afternoon, this seemed easy enough! I was happily willing.

Curiosity engulfed me. Could he tell when I was asleep? A fly settled on my nose and I swatted it off. Was I allowed to do that? What if the fly returned? And it did ... I swatted it away again, and tried to estimate when it would return. Was I asleep yet?

My thoughts along these highly commendable lines were suddenly interrupted by the Principal's



A week later I found myself in the home of this Principal. There I met his young son, a victim of cerebral palsy who, under hypnosis by his Dad, was now almost cured. My spirits rose; if he can cure cerebral palsy, I thought, he could handle me with his eyes closed. How ironic that thought would turn out to be!

The treatment, I discovered, would take several Sunday afternoon sessions. Today he would start by "putting me under", to get me relaxed. I just couldn't wait to be swept off to another consciousness. Would I be transported to a parallel reality? Would I feel as if I were leaving my body?

I was soon established in a comfortable recliner, my eyes closed. My hypnotist spoke to me in a soft, soporific voice, gently coaxing me to relax my

voice: "Your eyelids feel unbearably heavy ..... you are completely relaxed ..... your mind is still. I will count to three, and at three, you will try to open your eyes. But you can't, you're in deep sleep. One ..... two ..... three.

I opened my eyes, wide alert. The Principal looked steadily at me, and said, "All right, you are tired. Let's try again".

We tried again - and again, and again. Each time I opened my eyes, brightly awake and intensely curious as to what would happen next. The Principal appeared increasingly concerned each time, and finally decided to call a truce, "Today", he sighed, "you're not ready. We'll try again next week."

The next Sunday we tried the time-tested pendulum. That didn't work, either. Does the

pendulum have to go at a certain rate, I wondered. Wouldn't a longer chain and a slower swing be better? Tormented by this investigative thinking, I completely forgot to fall asleep. "Next week", he said, when I opened my eyes for the fifth time.

The following Sundays we tried several methods. Each time I felt more energized than before - although now my foot was starting to fall asleep.

Finally, one steamy, hot Sunday afternoon, something happened. Seated comfortably opposite me, the Principal handed me a sheet of paper with a lone black star at the centre. "Stare steadily at this star", he instructed, "and you will see it start to spin. It will spin faster ... and faster ... until it becomes a throbbing blur. You will be unable to resist the intense urge to sleep."

Fascinated, I stared at the star unblinkingly. The star stared back at me. Then, guess what: it actually began to spin! Exactly as predicted, it spun steadily faster, and soon it was a dizzying blur.

Now, something more happened: It began emitting

a buzz! The buzzing gradually got louder and louder - a rhythmic, undulating hiss that filled the room. I was thrilled; this was finally working!

As I settled back, eyes closed, enveloped in this soothing hiss, an uneasy feeling of *deja vu* began creeping over me. Something familiar, I thought: where, where have I heard this sound before? Loud and soft, loud and soft. So soothing.

Then it hit me. I slowly opened my eyes. The Principal was sunk deep in his chair, eyes closed, chest heaving, mouth wide open and emitting a loud, rhythmic snore - the undulating hiss of the past ten minutes!

Poor man, the hot Sunday afternoon had gotten to him. I quietly rose and tiptoed out of the room, leaving the hapless Principal to snooze in peace.

That, folks, was my last visit to Kolar. My efforts, however, weren't entirely fruitless: I had hypnotised a hypnotist!

Satish Rao (Cottage 67)  
lives in Canada

# Tiger Moths and I

Ashok Dey

It was a warm afternoon. The thermals had made the flight quite bumpy from soon after take-off. VT-DHS was cruising at just above 2000' at an airspeed of 85 mph. In another 15 minutes I would be over Alwarpet and after that within seconds over 2/45 Luz Church Road, which was my home. I reduced throttle and started to slowly descend until I sighted Maa and Tu on our open 2nd floor terrace with Tu waving a large white towel over his head. I banked to the left and started a shallow turn around the terrace, wiggled the wings a little and after completing a circle discovered to my horror that I was more than a 1000' below the regulation height above any habitation. I

quickly opened throttle, yanked the stick back to rise above 2000' and headed back the way I came, all the while hoping and praying that on that sleepy Sunday afternoon no one would have noticed that I had come down that low over the city. If anyone had noted down "VT-DHS" - my aircraft's registration code painted in large letters under the lower wing and on the

fuselage, I would not only get a tongue-lashing from Khan Sahib but might also be grounded for a long time ...

When and how did all this start?

## I. THE BEGINNING

"Babu ... Babu..." ...I heard this call coming from somewhere very far away. It was only when I felt her hand gently nudging my shoulder, did I realize that it

was Maa trying to wake me up as softly as only she could, while trying not to wake up Appa and Tu. As I opened my eyes, I found that it was still quite dark. But then Maa said, "If you're not up and ready and at the bus stop in another half an hour you will not make it to the aerodrome

(that's what an airport was called in those days) in time."

I sprang up from my bed on the floor (Maa, my brother Tu and I slept on the floor while the only cot in the house was what Appa, my father, slept on). I remembered that I had to be at the aerodrome at Meenambakkam by 7 that morning for my first flying ►



de Havilland DH82 Tiger Moth DF112 2a

Tony Hisgett (licensed under the Creative Commons Attribution 2.0)

lesson and it would take me two bus rides lasting almost an hour to get there. The first bus ride of about 15 minutes took me to the Teynampet bus stop on Mount Road from where I would have to take any bus travelling out of the city via Meenambakkam. Mount Road was so called because it started at Madras Central, our main railway station in the north of the city and went all the way south out of the city, up to St Thomas's Mount, where it converged with Southern Trunk Road which went past my destination – the aerodrome at Meenambakkam.

The second ride was going to last at least half an hour. The cool morning breeze blowing on my face was very pleasant and all that had happened in the past two years leading up to this morning, began to run through my head.

The year was 1956 and I had just turned 18 and had been admitted to the 3-year BA (Hons) course in Political Science at the Madras Presidency College. I was fortunate because if I scored over 50% aggregate marks in my final examinations, I would qualify for an MA degree, which would otherwise have taken 4 years. It was then that I saw a small advertisement in the classified columns of THE HINDU, asking any student aged 18 to apply for a full scholarship to learn flying at the Madras Flying Club. The total number of scholarships being offered were 20. The advertisement had been released by the Education

Department of the Madras Government. I applied as quickly as I could and before long, I learnt that the selections had been made and I had not qualified even for an interview.

I was quite downcast by this turn of events and I suppose my face did mirror my feelings. At that time, I had also started working every evening after college at my friend Syed Ibrahim's family firm as an office assistant. Syed, who had been one of my closest friends since middle school, realized that I was upset about something and soon had me pouring my heart out about how I had failed to qualify even for an interview for the scholarship. After hearing me out he told me with a smile that his father was a life member of the Madras Flying Club and he would find out what had really happened. Within a week I was summoned to meet Syed's father who told me that there were far too many candidates sponsored by "influential" people for the scholarships and that was why I had not even made the grade to be interviewed. He said that he would ensure that I would be called to an interview at the next selection, but after that I would be on my own – that is I would have to convince the interview board that I deserved a scholarship.

To be Continued...

Ashok Dey (Cottage 44)  
lives in Suvidha

## POETRY CORNER

We feature two poems - one by Hari Sundaresh and the second by Satyamurthy Subba Rao.

*Sundar Suvidha* is a sonnet wishing for harmony to resound in this oasis.

In the second poem, *Thaayige Baayalli Jagavanne Thoride*, SMR Rao depicts the display of *Vishwaroopa* to his mother Yashoda. Krishna lied when his mother asked him if he had eaten soil. He said "I have never eaten dirt. If you think I am not telling the truth, you can directly look into my mouth."

## Sundar Suvidha - a Sonnet

### Hari Sundaresh

In Sundar Suvidha, nature's bounty thrives,  
Where flora and fauna dance in splendid grace,  
Birdwing butterflies, like dreams, take flight,  
Brahminy Kites in skies, they interlace.

Hibiscus blooms in colors rich and bright,  
While Plumeria's fragrance fills the air,  
A biosphere that sets a shining light,  
For unity in diversity, we care.

In this haven, peace and calm reside,  
As creatures of all kinds in harmony coexist,  
A testament to living side by side,  
In Sundar Suvidha, unity persists.

Let's learn from nature's wisdom, so profound,  
In this oasis, let harmony resound..

Hari Sundaresh (Resident of Cottage 46)  
lives in Suvidha



PHOTO: J GOPALAKRISHNAN



# Thaayige Baayalli Jagavanne Thoride

Satyamurthy Subba Rao

Little boy, blue,  
Says the lore of Dvaapara Yuga,  
Clad in pitambar,  
With peacock feathers adorning his crown,  
A flute made of vibrant  
bamboo,  
Pouring forth torrents of music,  
Anklets a-jingle on dainty feet  
Waist band made of gold,  
Charmer of ladies young and  
old,  
Came running hop-scotch to  
his mother.  
"Make haste slowly my child,  
What excites you thus?"  
"Oh mother, I saw a world so  
complex ,  
Full of anger and love,  
Of compassion and cruelty,  
Of wisdom and ignorance,  
Of misery and happiness,  
Of beauty and ugliness.  
I cannot tell you all  
But look within my mouth,  
The entire Universe is within."  
*Thaayige baayalli jagavanne  
thorida.....*  
Ma Yashoda was wonder-struck.



Her own jaws opened wide.  
Eons have rolled,  
Kali Yuga is upon us  
Krishnas of our times

Carry cameras and kit,  
Wear simple adornments and  
attire,  
Eyes intent on raindrops  
On leaves and flowers.  
Oh quaint little drops of rain,  
Oh beads of joy and cheer  
Symbols of renewal of Life,  
Thou too like Krishna,  
Verily showeth our world to us,  
Microcosms in every bead,  
Mirroring our lives.  
Winds blow you away,  
But another day, another rain  
You reappear, reflecting

The newness of today.  
Oh Krishna, our little blue boy,  
What new magic  
Will you charm us with  
When dusk falls to usher in  
Another day of joy?..

Satyamurthy Subba Rao (Cottage 137)  
lives in Suvidha

## Amazing Plants in Suvidha

Vijayalakshmi

Continuing our series informing our readers about the uses of the plants we see around us in consultation with Ms Vijayalakshmi, Naturopath and resident of #146.

### Dodda Patre

**D**odda Patre is the Kannada name for Indian Borage, which is also called Mexican Mint and Spanish Thyme in English. *Plectranthus Amboinicus* is its botanical name. It is a semi-succulent perennial plant and it is widely available in Suvidha. The aroma of the leaves can be described as a pungent combination of the aromas of oregano, thyme, and turpentine. The taste of the leaves is described as being similar to the one of oregano, but with a sharp mint-like flavor.

#### Uses

The leaves are strongly flavoured. The herb is used as a substitute for oregano to mask the strong odors and flavors of fish, mutton, and lamb. Fresh leaves are used to scent laundry and hair. It is also grown as

an ornamental plant. In Karnataka, it is batter fried to make pakodas.

#### Health Benefits

The leaves can be used to make rasam and a herbal remedy (*kashayam*) that offers symptomatic relief from cold and sniffles. These can be taken into the body in the form of chutney or raita.

External application is by extracting the juice of the leaves by crushing and applying on the affected area. The dodda patre paste is a good cure for skin problems.



PHOTO: J GOPALAKRISHNAN

# Moringa

**N**ugge or Drumstick or Moringa (*Moringa oleifera*) is a fast-growing, drought-resistant tree of the family Moringaceae, native to the Indian subcontinent and used extensively in India. The miracle leaves are found in plenty around Suvidha.

## Uses

Moringa has numerous applications in cooking throughout its regional distribution. Edible parts of the plant include the whole leaves (leaflets, stalks and stems); the immature, green fruits or seed pods; the fragrant flowers; and the young seeds and roots.

The leaves, flowers and the fruit of the Moringa are edible. Drumsticks are generally used in Sambar preparation and other curries. The Moringa leaves can be cooked and added to batters and flours for

Dosa/Chapati preparation. Our Kitchen sometimes serves the leaves as palya and adds it in dosa.

## Health Benefits

This is rich in iron content and helps in alleviating anaemia. It is also rich in Vitamin A and is good for eye-sight and is rich in antioxidants.

Moringa is used for asthma, diabetes, breast-feeding, and many other purposes, but there is no good scientific evidence to support these uses.

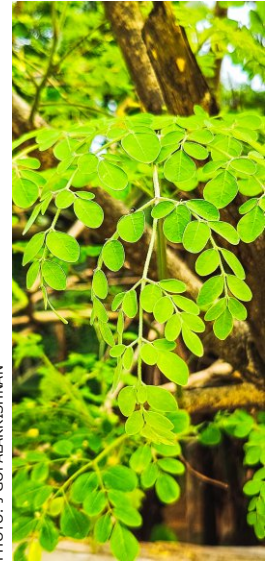


PHOTO: J GOPALAKRISHNAN

## BOOK TALK

# Parva (Epoch)

**A tale of war, Peace, Love, Death, God, and Man - Acclaimed Kannada**

**Novel by S L Bhyrappa**

**J Gopalakrishnan**

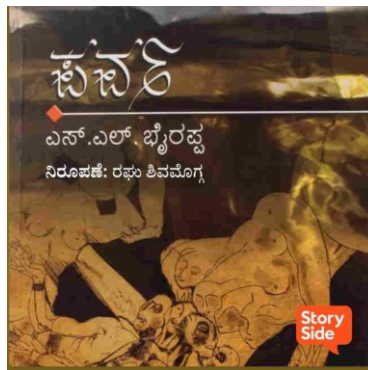
**I** just finished listening to *Parva* in audio book format, a magnificent Kannada novel written by the doyen of modern Kannada fiction, S. L. Bhyrappa. Considered to be his magnum opus, this novel published in 1979 is widely acclaimed as a modern classic and has been translated into several Indian and foreign languages.

*Parva* retells the great epic Mahabharata, narrated through the personal reflections of the principal characters. Starting with the reminiscences of Madra King Salya, going on to the memories and musings of Kunti, Bheema, Draupadi, Arjuna, Yuyudhana etc, the narrative leads us towards the great war interspersed with more recollections of other characters like Karna, Bheeshma, Krishna Dwaipayana, Drona, Duryodhana, Vidura, Sanjaya, Dhritarashtra and Gandhari. It is interesting to note that Krishna's reflections are not revealed in the book - he is viewed and admired as a friend or dismissed as a wily and cunning foe, according to each character's viewpoint.

The story begins when the Pandavas and the Kauravas prepare for the Great War (Udyoga Parva in the great epic). They meet their

kin and friendly kings to seek their support. An interesting aspect is the age of the characters in the novel. Bheeshma is 120 years old when the war starts. Salya is 84. The warring cousins are in their 50s and the youngest, Abhimanyu is just 16. The novel avoids the divine elements of the ancient epic and presents the characters and events realistically. The Pandavas are not the children born out of divine

intervention; they are born through *Niyoga*, the ancient Hindu practice in which a wife who has no child by her husband is allowed to procreate with another man to have a child. Kunti and Madri birth the Pandavas through *Niyoga* with the *Devas*, a hill tribe of the snow-clad Himalayas. In fact, Kunti was forced into the act of *Niyoga* by the selfish interest of her husband, Pandu, to keep his lineage intact. The birth of Karna is also given a different perspective. Karna was born out of wedlock to Kunti by the sage Durvasav, and the King of Panchala gave away the child to a housemaid. In *Parva*, Krishna is not a God, but a smart and cunning leader of the Yadavas, and does not display His Vishvarupa to Arjuna at the start of the war. Sanjaya has no divine *Divyadrishhti* - he rides to the battlefield every day to gather news and reports it back to Dhritarashtra.



PARVA

By: S L Bhyrappa

Narration: Raghu Shivamogga

StoryTel Audiobook

Release Date: 2023

Duration: 32h 22m

Subscription: From Rs 149/month



Through each character's monologues, Bhyrappa reveals their story and analyses their situation. The quest for *dharma* runs like a constant thread throughout the book in a variety of ways from each character's viewpoint. Questions addressed include: Is the practice of *Niyoga* against *Dharma*? Some characters, like Duryodhana, and Dhritarashtra, were against Kunti's *Niyoga* whereas Bheeshma and Krishna-Dwaipayana (who himself is the biological grandfather of both warring factions) support it. Why was Bheeshma siding with the Kauravas if they were not on the side of *Dharma*? Was Arjuna really as virtuous as he is claimed to be? Were Bheema and Krishna right in claiming that following Kshatriya *Dharma* led to the Pandavas' eventual downfall at the dice game? Did Yudhishtira have the right to stake his wife after losing himself? Countless more questions are similarly deliberated.

The Kurukshetra War begins in the middle of the novel. As the armies assemble for the war, the stench of animal and human excreta pervade all over the battlefield and the tents around it. As the war progresses, Bhyrappa paints a gory picture of the battleground – full of rotting corpses, vultures flying in the sky, dogs and jackals scavenging on the corpses. Draupadi, who has been thirsty for the blood of the Kauravas, loses all her sons in a gruesome murder and finds that there is no one to cry over the killing of her sons, including her husbands.

The ending is a 30 minute-long passage of stream-

of-consciousness narration of interconnected events. With dark clouds over the sky, Uttara, wife of Abhimanyu, is undergoing birth pangs in Vidura's house. Yudhishtira has to explain to visitors from the Krishna-Dwaipayana's hermitage that the royal treasury is empty and there is no food stock even for use in the palace. Bheema reaches Hidimbavana, where his son Khatotchaka and wife Hidimbi once ruled, only to find that the forest has been cleared in a devastating fire by the Aryans and there are no survivors. The line of Pandavas comes to an end after Uttara gives birth to a still-born child. Heavy rain pours incessantly. The Yadava's kill each other over petty rivalry. Yudhishtira watches dumbstruck as thousands of women who have been impregnated during the war and have nowhere to go, enter the royal court hall.

In the end, it almost seems like there is no difference between victory and defeat - whether they lived or died! Bhyrappa has narrated the great epic of India on a symbolic level using the characters of Mahabharata as if they were a present-day sociopolitical faction. The recreation of the epic shows that many of the problems faced by society such as power struggles, caste discrimination, family feuds etc. are still unchanged. .

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

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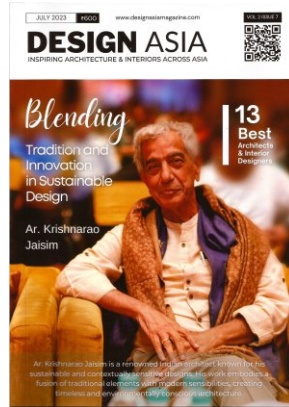
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# Award from Design Asia Magazine

July 1, 2023

Our own architect of Suvidha, Professor Krishna Rao Jaisim, received yet another award to add to the several awards in his trophy shelves! This was the Design Asia Magazine Lifetime Achievement Award. The magazine featured him on the cover page of their special edition Issue 7, 2023.

In the Cover Story, his immense and impactful contribution to architecture in India and the world is traced with insight and admiration. His early life and education, his design philosophy, the sustainability and



cultural context of his work, notable projects showcasing sustainable and vernacular

architecture and his legacy and impact are described ending with how he is still contributing to the field of architecture teaching and helping students in research. The article concludes, "Krishna Rao Jaisim's contributions to sustainable and vernacular architecture have had a lasting impact on the architectural community in India and beyond. His emphasis on cultural preservation, sustainable design and the use of local materials has influenced a new generation of architects, who strive to create environmentally conscious and contextually relevant spaces "

## Vanamahotsava

July 23, 2023

Suvidha celebrated yet another Vanamahotsava in July. Pappanagowda and Suresh Babu along with our landscaping staff undertook the clearing, and planting of tree saplings in two areas on the south western border of Suvidha. One a sacred orchard and the other orchard and amphitheatre. Dr Shekar presided over the function. He donated 2 lakhs to it. The MD, Venugopal Shetty, Nalini Shenoy, G K Raju, Veeranna Chigateri and Pappanagowda, were on the dais.

The function started with a Prayer song followed by a Kannada song by Rajeshwari Subramanya about Nature's bounty and beauty in Suvidha. Then Latha Krishnan sang The Prayer for Trees. This prayer was first voiced during the centenary celebrations of The International Tree Foundation set up by Richard St Barbe Baker.

In his speech the MD said that the project will help in bringing down the fire hazard during summer. He said, "We will all enjoy today by planting flowering and fruit trees. When I first came,



PHOTOS: J GOPALAKRISHNAN

Suvidha was a dry rock strewn scrubland but in 15 years it is a green haven for us and the flora and fauna here. Past management, down the years have contributed to the greening of this place. Ahalya Shetty has played a major role in the planting

of trees and plants and developing gardens and orchards in Suvidha. Her contribution cannot be forgotten. Nor can we forget all the others who have contributed plants, trees, their knowledge and time to make this our own green paradise!"





# Independence Day

August 15, 2023

Residents of Suvidha celebrated Independence Day 2023 in true patriotic spirit with the hoisting of national flag, opening of a new facility for themselves and the singing of patriotic songs.

Mr. Veeranna Chigateri, Director of the Board and resident of 105 -106 Suvidha, was the Chief Guest. Everyone assembled in the ground opposite the ClubHouse punctually and at 9.45 am, our MD escorted Mr Chigateri to the Flagpole and he hoisted the Indian Flag. The Security Staff saluted the flag while the rest of us played and sang the national anthem.

The entire gathering then moved to the Banquet Hall. The programme there began with the official inauguration of the

renovated Beauty Parlour cum Men's Salon where Mr Chigateri cut the ribbon and declared it as re-opened and available to all. He later gave a speech after being introduced by the MD.

There was an invocation song in the beginning and a full fledged music program by staff and residents later in the programme followed by refreshments.



PHOTOS: ASHOK DEY



PHOTO: DR NILIMA KADAMBI



PHOTO: ASHOK DEY

## Dementia & Alzheimer's Disease

August 20, 2023

About 40 - 45 Suvidhaites gathered in the Banquet Hall for this very informative and interactive Panel Discussion on "Understanding Dementia & Alzheimer's" that had been organised by our very own Suvidha Health & Well-being Committee.

The Event started with a simple Invocation Shloka praying for good health and peace for all. The MD and a few Seniors welcomed and felicitated the four panellists, Dr Priya Raghavan, Dr Indira Jayaprakash, Dr P M Chandrasekhara and Dr Vivek Kadambi, with traditional Suvidha-grown Flower Bouquets.

Dr. Priya is a qualified psychiatrist with special interest and years of experience in providing professional care to the Geriatric age group. Mrs. Indira is a former Professor of Psychology and Advisor to WHO for Aging & Health. Dr. PMC is an Anaesthetist with special interest in Wellness and Holistic Well-being for seniors. Dr. Vivek is an expert in Healthy Aging solutions

with Functional Medicine.

The panellists were Introduced by Dr Nalini Shenoy. Each panellist made a presentation on a subtopic allotted to them. This was followed by the Q & A session.

The entire discussion was expertly moderated by Dr. Nilima Kadambi. The audience was very alert and appreciative and asked many questions to the experts. Technical support was provided by Prathima Shetty and Bheemraya set up the AV equipment. Dr Sandhya Ravi proposed the Vote of Thanks and Suvidha Kitchen served hot coffee & biscuits to all.



PHOTOS: RAJESHWARI SUBRAMANYA

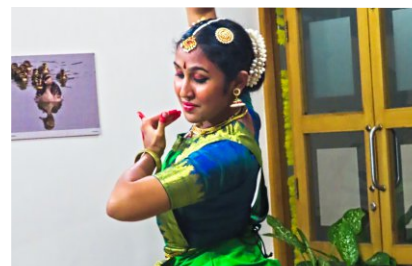


# Sri Krishna Janmashtami

Sepetember 7, 2023

The Discuss & Practice Group of Suvidha, celebrated Sri Krishna Janmashtami with devotional fervour by offering prayer, chanting shlokas, bhajans and dance extolling Lord Sri Krishna at Banquet Hall of Suvidha.

The Bhajans were performed by Smt Sumathi & Party, Dance by Smt Varada & Party. During Mangalarthy led by Dr Sekhar and Dr Mrs Manjula Sekhar, Suvidha Bhajane Group sang the Aarthi.



PHOTOS: C B PRABHAKAR

## Janmashtami Entertainment Continues

Septemebr 9, 2023

Janmashtami became all the more memorable this year with community celebrations happening over two days. Rangoli Competition for lady staff members, "Dahi-Handi" contest done in a Pinata Style with blindfolds in the Suvidha badminton hall, a short animated film about naughty Krishna's boyhood pranks (in Kannada) screened in the Suvidha Banquet Hall were the first events happening simultaneously.

The variety programme included a highly entertaining dance drama, 'Sudama Story The Musical' by the children of Suvidha staff, Group dance by Suvidha Serenaders, Bhavageethe and bhajans from our Suvidhaites.



PHOTOS: C B PRABHAKAR

[Please click here to view a video presentation of the Musical](#)

### Krishna - Historical and literary sources

The tradition of Krishna appears to be an amalgamation of several independent deities of ancient India, the earliest to be attested being Vāsudeva. Vāsudeva was a hero-god of the tribe of the Vrishnis, belonging to the Vrishni heroes, whose worship is attested from the 5th–6th century BCE in the writings of Pāṇini, and from the 2nd century BCE in epigraphy with the Heliodorus pillar. At one point in time, it is thought that the tribe of the Vrishnis fused with the tribe of the Yadavas/Abhiras, whose own hero-god was named Krishna. Vāsudeva and Krishna

PHOTO: Classical Numismatic Group, Inc.  
<http://www.cngcoins.com>



fused to become a single deity, which appears in the Mahabharata, and they started to be identified with Vishnu in the Mahabharata and the Bhagavad Gita. Around the 4th century CE, another tradition, the cult of Gopala-Krishna of the Ābhiras, the protector of cattle, was also absorbed into the Krishna tradition.

Flood, Galvin D. (1996)  
**An Introduction to Hinduism**  
Cambridge University Press  
ISBN 978-0-521-43878-0

Vāsudeva-Krishna, on a coin of Agathocles of Bactria, c. 180 BCE. This is "the earliest unambiguous image" of the deity



# Ganesh Chathurthi

Septemebr 18, 2023

**J**aya deva Jaya deva Shree Ganapathi raaya... sang three Bhavageethe singers of Suvidha. There were more Ganesh Bhajans from the Bhajane group too. In fact Sri Ganesha Chathurthi was celebrated with pomp and glory at Suvidha. The Maha Mangalarathi sought the blessings from Vighna Nivara to not only Suvidhites but the entire population of Karnataka, India and the world. Maha Prasadam was a sumptuous lunch distributed at 12.30 pm. It was sponsored by the Jains of Cottage 24-25



PHOTOS: C B PRABHAKAR



## NEWS AND EVENTS - SUVIDHA STAFF NEW EMPLOYEES

### Nagaraja V - New Company Secretary

**B**orn in Sagar of Shimoga District, Nagaraja, was educated there and in Mysore. He took his Masters Degree in Commerce from Mysore University. He is a Fellow Member of The Institute of Cost and Accountants of India and an Associate Member of The Institute of Company Secretaries of India.

Nagaraja began his career as an audit assistant at

Mysore and subsequently worked in various industries belonging to reputed business houses like Birla Group, TVS, RPG, etc. thereby acquiring experience in various functional areas such as accounts, finance, costing, inventory control, taxation matters and secretarial activities through the last 38 years.

"I joined the Suvidha Team as Company

Secretary on August 14, 2023. I joined Suvidha for the simple reason that it is managed by senior citizens for their mutual benefit without any remuneration in line with the vision of the founders. That has impressed me and I consider myself fortunate to be working here," says Nagaraja. He wants to be the facilitating and compliance officer of the company. He has plans to establish system-centric processes for the smooth functioning of the secretarial department and any other departments assigned to him.



### Chethan Kumar HY - New Estate Manager

**C**hethan Kumar HY started working in Suvidha from August 21, 2023. He worked with the outgoing Estate Manager, Subedar Upendra, until the latter was relieved from his duties on September 15th, and has since taken independent charge as Suvidha Estate Manager.

Chetan Kumar belongs to Turuvukere in Tumkur District of Karnataka and completed his

graduation in Business Management in 2006. He has been working in different capacities since his graduation. Beginning his career as an HR executive in a leading organisation he grew in the past 17 years to become Facility Manager and then Property Manager of different properties

including Purva Apartments before moving to Suvidha.

Chethan is looking forward to working in Suvidha and helping to make our lives better. He says, "I am here to do the right things with the help of the right people with the right motivation." TSR welcomes Chethan to Suvidha.



## REMEMBRANCE

# Mamatha Chandrasekhara

September 8, 2023

**S**mt. Mamatha Chandrasekhara, aged 85 years, wife of Dr. PM Chandrasekhara of Cottage 75, expired on September 8, 2023, after a protracted illness losing her faculties as well as sight. Earlier, she had served as a hard working Operation

Theatre nurse at Victoria Hospital, Bangalore and assisted many eminent surgeons



# Siddappa

September 21, 2023

**S**iddappa had been working in the Waste Management, Landscaping and Housekeeping departments of Suvidha for more than 5 years. He was the main person to collect our recyclable and medical waste from our cottages three days a week. He did his work quietly and efficiently. He hardly took leave and helped in the housekeeping work by helping

with intense cleaning of both Club House premises and cottages, especially the cleaning of cobwebs in difficult to reach places. He was the husband of Giddamma, our housekeeping staff member. We will miss his familiar face and cheerful greeting.



## READERS' RESPONSE

Thank you for the publication of TSR July Issue. I feel greatly honoured by featuring prominently in this issue of the Review. I cannot find words to adequately express my gratitude.

The issue is very well written, composed and illustrated. Your journalistic acumen remains sharp. Well done!

**Hari Sundaresh, Cottage 46**  
Suvidha

You have done a great job on the Suvidha Review, not just the Sankar pages. Congratulations!

And those pages have been so nicely organised and edited in just a day! Fantastic!

**K Krishnan, Cottage 103**  
Suvidha

Wonderful as usual. A whole lot of contributions and information, which seems unprecedented!

Good going! Keep it up  
**Iris Rajiva, Cottage 76**  
Suvidha

You cannot get a better journal than this. Thank you TSR, for keeping our Village alive with the beautiful articles, colourful pictures and news.

**Rajeshwari Subramanya, Cottage 57-58**  
Suvidha

Thank you for featuring two articles of mine along with apt and excellent pictures. The entire newsletter is presented well and makes enjoyable reading. It truly informs and entertains. I will contribute to future issues too.

Keep up the good work

**Ashok Dey, Cottage 44**  
Suvidha

Congratulations! Great work!

**Jaisim Krishna Rao, Cottage 126**  
Suvidha

Excellent content! Fantastic layout and pictures! Delight to view and read!

**Geeta and Subba Raju, Cottage 13**  
Suvidha

Brilliant work. Good coverage of all events. Thank you TSR!

**Dr Shekar, Cottage 121**  
Suvidha

TSR is becoming more colourful, more enriched, more fun, filled with more information, - more of everything positive. Keep up the "More" work!

**Indira Jai Prakash, Cottage 45**  
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](mailto:suvidha.review@gmail.com)



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