

THE SUVIDHA REVIEW

SUMMER, APRIL 2025



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Satish Rao

EDITOR'S NOTE

Every Summer has a story! TSR Summer Issue has many - A variety of stories are ready for you in this Summer Issue.

We travel to South East Asia with Geeta Jaisim, enjoy Kannada poetry by two talented ladies, relive past recollections with Satish, and learn how to be healthy while we live longer in this world. Book Talk this time tells you about a popular Kannada Short Stories Collection - *Kiragoorina Gayyaligalu* - hilarious but thought provoking! We also share with you the interesting story of how an article in TSR popped up in Google Search for a man in Oman.

A new segment "Suvidha on the Move" tells you of various improvement projects going on or installed around Suvidha. More Suvidha Stories include the EGM in March, introduction of new shareholders and staff members as well as all the different events along with photos and the updated useful information pages.

As always we welcome your comments, suggestions and contributions. Please keep them coming.

Happy reading!,
Latha Krishnan

EDITORIAL TEAM

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COVER: Ballet Dancers. Depicting glass figurines, the painting conveys a sense of motion through lightness, imbalance, and the outstretched arms. Acrylic on canvas.

PAINTING BY: SATISH RAO

FROM THE MANAGING DIRECTOR

This is the time for New Beginnings. A new Financial Year has just started and we are making plans for Suvidha's bright future. Our Suvidha village is looking so colourful with Spring Flowers blooming! The Golden Laburnum laden trees are a treat for our eyes! We just celebrated Gudi Padwa or Ugadi on 30th March and across India the festivals of Baisakhi, Vishu and Bihu will be enjoyed by all in April.

The Board has approved the Budget for FY 2025-26 that was presented by the CFO. The financial data collated for Operational Expenses expected have been shared with the Members Committee. MC will review the information and make their recommendations to the BoD for revisions in monthly MF and HK tariffs. After Board approval, these will be announced to all SHs and then implemented.

You will shortly receive an e-mail invitation for a Hybrid Open House planned on Sun 20th April 2025. The focus at this OH will be on the work that is being done for Revenue Generation on the 3.75 Acres of unused Land that we have. The Committee has some new members and they have interesting and exciting updates for you! Please make it a point to attend in person or on Zoom and contribute to the discussions at this Open House.

The "out-sourcing" of some Suvidha Services like Security, Health Center and Kitchen has helped us get fairly consistent and reliable essential services for our Retirement Community. The committees and Directors continue to give over-sight and have regular review meetings with the agencies. There is significant cost saving each month for Suvidha, since the Kitchen was outsourced.

The concerned Committees are actively exploring a few promising options for other Suvidha Village Operations to be outsourced. We could benefit by giving Housekeeping, Landscaping, Maintenance etc to a competent Professional Management Team. The idea is to get efficiency and improved services for our residents with a well-trained and disciplined staff that is managed by a third party. We hope to get

these services within the costs that the company incurs presently and as has been budgeted for the coming year. More details will be shared by the concerned Directors and all your queries will be addressed in another Open House.

We have formed a Special Task Force headed by Independent Director Chandrakant Bhat. This Team will be reviewing all the Governing Documents of our Company (AoA, SHA, Annexure to SHA, RVM, L&L etc) and will recommend appropriate revisions to the Board. These will be presented to the Shareholders at an Open House for further discussion. These will need to be approved by SHs at the AGM, as Special Resolutions.

I just got back from a short family vacation in beautiful Bhutan. The people there are so friendly and helpful. The infrastructure was great, the weather was awesome and everything was so neat and clean! All buildings and homes are well maintained and have a beautiful traditional look. This reminded me of the need to have our Suvidha Village internal roads repaired, the aged plumbing system upgraded, cottages painted and the Club-House completed. We will work out the cost of such major works and this will have to be funded through contributions to a Suvidha Sinking Fund, as has been mentioned in our governing documents

Though Bhutan is a very popular tourist destination, there is no aggressive selling or persistent chasing of visitors by the locals. Paro, Thimphu and Punakha are the most visited places. The challenging hike from Paro, to about 10,500 feet above sea level, to visit the Tiger's Nest Monastery or locally called the Paro Taktsang Monastery, was the crowning glory of the Bhutan Holiday. I recommend a visit to this country, to all who have not been there till date! Like they have in Bhutan, we can together create a Higher Happiness Index in Suvidha.

Wishing all of you good health and good cheer!

Jai Hind! Jai Karnataka! Jai Suvidha!

Dr. Nilima Kadambi
MANAGING DIRECTOR.



Extra-ordinary General Meeting

March 2, 2025

The second Extraordinary General Meeting (EGM) of Suvridha Shareholders for the year 2024-25 was held virtually via Video Conferencing on March 2, 2025 at 10:30 AM. Voting on 9 resolutions had commenced on February 26 for three days and was open during the EGM too. On March 3, the results revealed that 4 out of the 9 resolutions were passed.

The Managing Director and the Board of Directors of Suvridha have accepted the verdict and are moving ahead with the management of



Suvridha. They intend to continue to provide regular updates to all shareholders and welcome suggestions for improvements.

IMAGE BY: Cedric Heinrich, PIXABAY

Sequel to a TSR story - *Tiger Moths and Ashok Dey* TSR Autumn Issue of 2023

In December, 2024, Jacob K Philip, a journalist from India, based in Doha, Qatar emailed Suvridha Office requesting contact details of Mr Ashok Dey

after reading in TSR, his story of piloting the Tiger Moth in Madras as a young student. Philip went further and found out what happened to that plane too.

He wrote to Ashok Dey about it thus, "I am an aviation enthusiast and while searching the internet for more details of VT-DHS, a Tiger Moth that you piloted and was also featured in a Malayalam movie, 'Danger Biscuit', that I came across your

story in the Suvridha newsletter(Autumn Issue 2023). In your story, the flight registration is mentioned and therefore the newsletter surfaced

during my net search. Further search that I did has shown that the airplane you piloted was bought by someone in Canada, taken there and its registration changed."

Not only did Ashok Dey reply to him, but also shared their exchange of emails with TSR. Isn't it wonderful that

stories in the TSR

are being read, appreciated and shared on social media by our readers?



de Havilland DH82 Tiger Moth DF112 2a

PHOTO: Tony Hisgett (Creative Commons Attribution 2.0)

Republic Day

January 26, 2025

Patriotism, music, sweets and interaction among Suvidhaites was the overarching spirit of the Republic Day 2025 at Suvidha. All of us gathered in the porch of the Club House overlooking the flagpole and our security guards clad in smart uniforms stood in readiness for the function to start. The event began punctually with the MD Dr Nilima welcoming the gathering. She and the Chief Guest Dr Srimani Rajagopalan were



Republic Day speech by the Chief Guest

then escorted to the flag pole to unfurl the flag while Jana Gana Mana began playing. All of us sang the National anthem with patriotic fervour. Dr Nalini then introduced and welcomed Dr Srimani while Nilima presented a Suvidha made bouquet.

Dr Srimani gave a fitting and heart-lifting speech for the day tracing the celebrations of

Republic Day down the years.

She spoke of her school days when children participated in speeches, debates and essay writing about Gandhiji, Ambedkar and the Constitution of India. She remembered a time when she was in Class 7 and her class

had made crepe paper garlands in the national tri-colours for Bharat Mata's photo and Gandhi's portrait in the school. She spoke about these traditions changing with the advent of radio and then television, when viewers were wonderstruck at the celebrations going on in Delhi in all its pageant and glory. She finished with how proud she was

that our country had completed 76 years as a republic and became a strong nation. She urged each one of us to reflect if we are realizing the vision of the architects of our nation and upholding the spirit of sovereignty, secularism and democracy enshrined in our constitution. She called Suvidha a mini India - a community with high values of equality, responsibility and respect for each other, and said that we should work for a peaceful and prosperous India in 2025 and beyond. She also recited a Kannada poem she had written for the occasion.

Dr Vivek Kadambi anchored the entire program,



Chief Guest Dr Srimani Rajagopalan unfurling the national flag

Bhavageethe group singing the Hindi song Janma Bhoomi Vandana



Attendees enjoying the Republic Day events

which included the Bhavageethe group's Hindi song Janma Bhoomi Vandana, a Kannada poem recitation by Vishalakshi, resident of Cottage 113, and Sandese Aate hain Song by Vivek Kadambi with chorus by the Serenaders. All the attendees enjoyed coffee and sweets after the program. Dr Narayanan's sweet barfis were also given out to all, since he was celebrating his birthday!

SUVIDHA ON THE MOVE

TSR begins a new section which gives you information on new amenities and improvements in Suvidha. This is in addition to our News and Events pages.

As Suvidha grows, the management, the committees and individuals contribute in time and kind to make our surroundings more beautiful and convenient.

As soon as one enters Suvidha, one can't help noticing the new green sign boards with cottage numbers and exits clearly marked on them placed at strategic points. Most of these boards are placed under the Avenue name boards and are prominently visible. Continuing with useful signboards, we now have "Caution" boards placed in front of the approach to the decks on Suvidha Lake. The lake is being pump-dried to conduct repairs to the weir to stop leakage. Before the drying process, the fish were all caught and sold off



Our staff relaxing on the new stone benches placed in front of the Prasanna Ganapathi Pagoda

to residents and a buyer. Our waste management system ensured that none of the waste created unsightly heaps or smell near the lake.

More green waste baskets are being seen around Suvidha. Dr PMC has donated 20 of these bamboo baskets along with 5 modified stands.

A deep wide pit has been created near the dumping yard for more dry waste. To fill out leaf and wet waste composters, we need dry leaves. Dr Kuppe Nagaraj donated 2 dry leaf rakers to clear the dry leaves from the walking pathways. Our security and landscaping personnel have been using them regularly.

All the security cabins around Suvidha have been repaired and painted over fresh. Security and protection from wildfires during Summer is of utmost importance. To enhance our fire fighting procedures in

Suvidha, a JCB was commissioned to clear up the dry plants and grass along the compound wall up to the STP. In addition, an approach road was readied and new water sources have been installed.

Adding to the comfort of the residents and staff



Renovation of the roof of Club House with white synthetic roofing sheets

members, our buggies now sport new seat covers and the seats of the Mahindra pickup truck were also refurbished.

Seats and seating remained a big thing during this quarter. Dr PMC donated 6 stone benches to be placed in front of the Prasanna Ganapathi Pagoda, which was inaugurated in the last quarter and reported in the Winter 2024 Issue of TSR.

Forty more green cement benches were added to the seating at Narayana Ranga Mandira. The B N S. TRUST(Dr. Shekar K.S and Dr. Sheka donated 25 benches; T.S. Krishnamurthy and Deepak Rao donated 5 benches each and Rajashekar and Ravi Rajamani donated 3 benches each. Earlier BNS TRUST had donated 10 benches.

Among other developments in Suvidha is the completion of the renovation of the roof of Club House with white synthetic roofing sheets.



Forty more new green cement benches add to the seating at Narayana Ranga Mandira.

Travel to Cambodia and Laos

Text and Photos: Geeta Jaisim

My niece, Meera, celebrated her 70th birthday with a trip to Cambodia, Laos and nearby countries. She lives in the USA, and is a great traveler. She had actually planned everything by the time she asked me whether I would like to join; so it was very easy to say "Yes"! That is how I joined this very amiable group of seven.

Four of us set off from Bangalore, to reach Phnom Penh via Bangkok on January 27, 2025. The others joined us from the USA, the UK and Australia. We spent a day sight-seeing Phnom Penh covering the Genocide Museum containing the relics of the Killing Fields of the Khmer Rouge.

The first leg of our journey was a leisurely cruise on the Mekong River, from Phnom Penh to Siem



View of the central structure of Angkor Wat



Our tour group in front of Angkor Wat

Reap. Our Pandav Cruise ship comfortably accommodated about 50 guests and 25 crew members and lasted for 4 days and 4 nights. We celebrated Meera's birthday on board the ship on 31st January, and reached Siem Reap the next day.

Each day we would stop at a different town/village along the Mekong and get off the ship to visit the local sights. The accompanying guide explained the various interesting communities, weaving centres, Buddhist temples, a school of Martial Arts, and more. Every evening we were entertained by cultural performances, local music and dance, and leather puppetry.

Post cruise, we checked into our home-stay villa run by a Frenchman who had settled in Cambodia.

We then visited ANGKOR WAT - a huge temple

complex "the ultimate expression of Khmer genius, matched by only a few select spots on earth", built by Suryavarman II (1112-52). Angkor Wat is one of the most inspired monuments ever conceived by the human mind. Stretching around the central temple complex is an 800 m long series of bas-reliefs, and rising 55 M above the ground is the central tower, which gives the whole ensemble its sublime unity.

An Angkor Wat shrine



pagodas against the rising sun - an unforgettable marvel!

Angkor Thom, the ancient capital of the Khmer Empire, was the next sight awaiting us. At the heart of Angkor Thom is the 12th century Bayon, state temple of Jayavarman where enigmatic faces gaze out from every direction. It epitomises the creative genius and inflated ego of Cambodia's most celebrated king. Its 54 Gothic towers are decorated with 216 gargantuan smiling faces of Avalokiteshvara, and it is adorned with 1.2km of extraordinary bas-reliefs incorporating more than 11,000 figures - Spectacular!

The Ta Prohm temple, referred to as the "Tomb Raider Temple", was cloaked in shadows, its crumbling towers and walls locked in the slow muscular embrace of vast root systems. Undoubtedly the most atmospheric ruin at Angkor, its appeal lies in the fact that it has been swallowed by the jungle. However, some of the dense foliage has been cut back in recent years, and visitors wend their way over piles of finely chiselled sandstone blocks, through long, dark chambers and between hanging vines.

On Feb 3rd, five of our group returned to their homes. From Siem Reap, Meera and I flew to Luang Prabang which lies along the Mekong River in Laos.

Laos remains one of the most pristine and culturally rich, landlocked countries in SE Asia. We explored the area's unspoiled natural beauty, its jungle terrain, colorful temples, French colonial architecture and its mountains with mist-covered peaks. Luang Prabang, the ancient capital, lay in a valley at the confluence of the Mekong and Nam Khan rivers. Inhabited for

thousands of years, it was the royal capital of the country until 1975. It's known for its many Buddhist temples, including the gilded Wat Xieng Thong, dating to the 16th century, and Wat Mai, once the residence of the head of Laotian Buddhism.

Staying at a Guest House very close to the river, we took a cruise on the Mekong river to Pak Ou Caves. We had a splendid time there looking at the thousands of idols of the Buddha and related themes, gathered from various sites and placed in the limestone caves. These caves are a religious venue for the local Buddhists. We also visited the beautiful waterfalls of Kuang Si the following day. We walked up a gentle, rising trail, and enjoyed the sight and sound of the waterfalls at each level, as the water cascaded into small pools - all crystal clear, turquoise blue, shaded by trees, and quite beautiful. Although Laos is a Communist country, there are also many practising Buddhists here, and several monasteries: the monks come out in the early mornings to take alms (in the form of food) from the city people, who wait to give them the alms.

From Luang Prabang we travelled to the capital Vientiane by train. Vientiane has a mixture of French-colonial architecture, ornate Buddhist temples, and modern amenities. We visited many beautifully decorated Buddhist temples and museums with interesting artifacts. This was the final leg of our short southeast Asian tour, which I thoroughly enjoyed.

*Geeta Jaisim (Cottage 126),
lives in Suvudha*



Buddha statues inside Pak Ou caves, Laos

Wat Xieng Thong, "The Temple of the Golden City" in Luang Prabang, Laos



Cricket with the Vice President

Text and Illustration: Satish Rao

The Fifties were especially memorable years of my life. I have been uniquely fortunate to have been involved in many “firsts” - not just for myself but even for history! Do let me share one example with you today. During 1953-55 (when I was in high school), my dad was Deputy Comptroller and Auditor General of India. We lived in 1-B in King Edward Road (now Maulana Azad Road in New Delhi). Our neighbours on the street were not the kind most people could lay claim to. Dr. Radhakrishnan (then VP of India) lived down the road in No. 2. Maulana Azad, Education Minister and Deputy Prime Minister, lived in No. 4. Pt Pant, Home Minister, was in No. 6. Across from our house on Queensway, now Jan Path, was VV Giri, then Minister of Labour. Down Queensway was KC Reddy, Production Minister. Not your typical neighbours, right? Naturally, this led to rare and interesting experiences, too many to mention here.

We, the kids of some of these neighbours, played cricket together. Dr Radhakrishnan's grandson,

Kartikeya (Karti) Sandilya, also lived on our street. Dr Radhakrishnan's Vice Presidential mansion had the biggest backyard, so naturally Karti commandeered the VP's house for our daily cricket! The tall gate-guards, decked out in ceremonial attire, who usually presented a formidable barrier to intruders, would give us kids a mock ceremonial salute each time we cycled in, or biked past the VP Residence on our way to school.

Each evening, after the VP was driven home from Rashtrapati Bhavan in his long, silver-grey Humber Supersnipe, he would lounge with his wife Sivakamuamma in his rear veranda, and watch us play cricket. Occasionally they would walk around our “cricket patch”, along the orange trees under which we sometimes played hide-and-seek. (As you can imagine, we had to be careful with our fours and sixes while they were strolling nearby!)

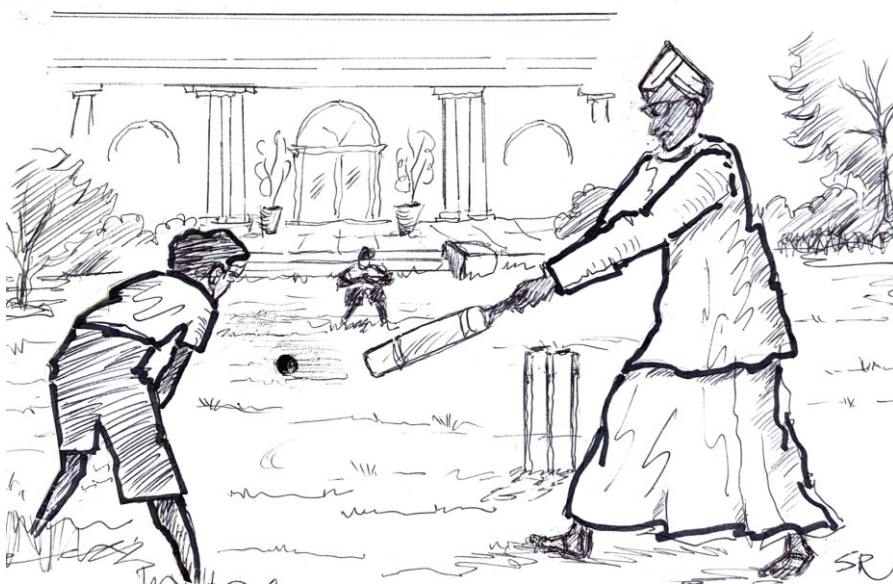
Heads-of-state visiting India would drop in on the VP, and he would sometimes bring them out to watch us play. Imagine playing cricket, with

President Nasser of Egypt (1955) and the Shah of Iran among our illustrious spectators! (Mind you, this was around 1955, although the Shah was not supposed to have visited India until 1963).

One day in September 1953, the VP - still in his signature attire of pleated dhoti and long jacket - stepped out onto the immaculate lawn and informed us that he had an important cricket match to play the next day. (This turned out to be the famous charity match between the Prime Minister's XI and the Vice President's XI, in Delhi's National Stadium). While Nehru was a seasoned cricketer while studying at Harrow (England), Dr Radhakrishnan - philosopher and scholar - had rarely held a bat in his life, only occasionally

playing with his grandchildren. So he ordered us kids to give him cricket practice - in one evening!

So, imagine us youngsters, including myself, taking turns bowling to India's Vice President, showing him how to swing a bat and hopefully make contact with the ball (which unfortunately he rarely did!).



We boys jostled each other to get a chance at bowling. In my eagerness to be gentle with him, I bowled with extra-special care - and missed the wicket by six feet! This was rewarded with a stern look from the VP.

The charity match was declared a draw in the newspapers. But from subsequent newsreels I noticed that Nehru and his athletic gang cheated happily, running only halfway between stumps and breaking rules, easily beating Radhakrishnan and his more scholarly group!

However, that rare evening earned me a place for life in a unique and tiny coterie of youngsters, don't you think?

A few years later, my future wife Suchetha met President Radhakrishnan in Rashtrapati Bhavan with her Dad for a casual visit ... but that's another story. If you're interested, there are more recollections to come

Satish Rao (Cottage 67), lives in Canada

Extension of Healthy Lifespan *Lifestyle of Blue Zone Centenarians*

Dr P M Chandrasekhara

Reversal of aging is a longevity process, where we tend to add years of healthy living by slowing the ageing process. Cari Corbet Owen declared once, 'No matter your age, you can still control your health, wellness and longevity'. The transformative interventions or the longevity therapeutics is a growing \$ 2 trillion global market that is aimed to extend healthy lifespan and at the same time, fight the disease by targeting the root cause of aging. The studies on

highest number of centenarians and with low infant mortality; 'they forgot to Die'. The Blue Zones include Loma Linda of California; Nicoya Peninsula of Costa Rica; Sardinia of Italy; Ikaria of Greece and Okinawa of Japan. For example; Sardinia of Italy has; 11 times more male preponderance with genetic components. 106 years of age is a common factor. Whereas the much-investigated Okinawa Prefecture in Japan has a high concentration of people who exceed the average life expectancy. The



centenarians conducted by Albert Einstein College of Medicine of Yeshiva University, show that they lived longer and healthier with less middle-aged onset of preventable lifestyle diseases like heart disease; diabetes, dementia and premature death. Therefore it is useful to understand that this discovery adds to a body of research known as epigenetics. This field of medicine specializes in the way our lifestyle, diet and environment shape our genes, which are not strictly stuck in a permanent state or code since birth, but are rather constantly changing in response to these external environmental factors. Recent studies have proven that our longevity is only 20% dictated by these hereditary genes and the rest of 80% is dictated by our lifestyle in addition to other epigenetic factors. With this in mind, it's possible for anyone to extend their healthy lifespan just as the citizens in the Blue Zones have been doing!

Blue Zones - where people live longest with the

quaint village of Ogimi there is known locally as "Longest living Village in Japan".

The Lifestyle Habits of Blue Zone Centenarians are:

1. Move Naturally: The world's longest-lived people live in environments that constantly nudge them into moving without thinking about it. "Move" or be active all the time, so as to improve the mobility, endurance, muscle mass, bone density, performance and be in a ready state. They grow gardens and don't have mechanical conveniences for house and yard work. They walk about 7 kilometres daily.
2. Purpose: The Okinawans call it "Ikigai" and the Nicoyans call it "plan de vida": that translates to "why I wake up in the morning". Knowing your sense of purpose is worth up to seven years of extra life expectancy. Live with a purpose, with values, passion, skills, action and pleasant likeable disposition. Having a sense of

purpose in life is one of the best ways to feel upbeat and stave off depression.

3. Downshift: Even people in the Blue Zones experience stress. Stress leads to chronic inflammation, associated with every major - age related disease. The blue zone centenarians are all active in open air and productive without retirement. They live in mixed communities and participate in social activities.

4. 80% Rule: "Hara Hachi bu" is the mantra that reminds people to eat mindfully and stop eating when their stomachs are 80 percent full. The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it. People in the blue zones eat their smallest meal in the late afternoon or early evening and then they don't eat any more the rest of the day. This approach to food not only limits calorie intake but also mimics fasting, something known as intermittent fasting.

5. Plant Slant: People in the blue zones eat an impressive variety of garden vegetables when

they are in season, and then they pickle or dry the surplus to enjoy during the off-season. Seasonal fruits and vegetables, whole grains, beans and fish. They prefer to eat traditional tasty sourdough breads made with naturally occurring bacteria called lactobacilli.

Maintaining a healthy weight and eating plant based whole food contributes to improved lipid profiles and optimizes blood pressure and blood glucose that would significantly reduce the overall mortality. It is not too late to make a difference. A healthy diet and lifestyle, even adopted later in life, may help prevent, slow, arrest, or reverse many diseases.

Increase Healthy Longevity, Enable Purposeful Longevity, Promote Intergenerational Bonding and Support a Community - are the mantras to be followed.

Dr P M Chandrasekhara (Cottage 75)
lives in Suvidha

POETRY PAGE

Republic Day

Dr Srimani Rajagopal



Image by Mohan Nannapaneni from Pixabay

The poet compares the Republic Day of 1950 with that of 2025

ಅಂದು ಕತ್ತಲಾಗಿದ್ದ ಹಳ್ಳಿ

ಬೆಳಗಿದೆ ಬಂದು ವಿದ್ಯುತ್ ಬಳ್ಳಿ

ಅಂದು ಕೈಯಲ್ಲಿ ಆಡಕೆ ಬೇಲ

ಇಂದು ಬಂದಿದೆ ಮೊಬೈಲ್ ಜಾಲ

ಅಂದು ಚಿಲ್ಲರೆ ವ್ಯಾಪಾರ

ಇಂದು ಫ್ಲೋನ್-ಪೇ ವ್ಯವಹಾರ

ಅಂದು ಬಂಡಿಯ ಪ್ರಯಾಣ

ಇಂದು ಆಗಿದೆ ಚಂದ್ರಯಾನ

ಅಂದು ಕಂಡಿದ್ದೆವು ಕನಸು

ಇಂದು ಆಗಿದೆ ನನಸು

ಅಂದು ಹಿಂದುಳಿದ ದೇಶ

ಇಂದು ಮಾದರಿ/ಮಾರ್ಗದರ್ಶಿ ದೇಶ

ಜನತಂತ್ರ ದಿವಸ



Image by Indian Space Research Organisation

That day, the bullock-cart prayana

Today, it is the Chandrayana

Dr Srimani Rajagopal (Cottage 39)
lives in Bangalore

Salute to the Warrior ನಮನ ಯೋಧಗೆ

Vishalakshi



ಗಡಿಯ ಯೋಧಗೊ

ಗುಡಿಯ ದೇವಗೊ

ಹೇಳಿ ಗೆಳೆಯರೆ

ನಮನ ಯಾರಿಗೆ....?

ಬೆಸೆದ ಬದುಕ

ಬದಿಯಲಿರಿಸಿ...

ತೋಳಿಗೇರಿಸಿ

ತೋಪಿನ ಬಂದೂಕವ....

ಕಾಪಿನಲಿ.. ಕಾಯ್ದಿರಿವರು

ಹೇಳಿ ಗೆಳೆಯರೆ

ನಮನ ಯಾರಿಗೆ....?

ಹಿಮದ ಹಾಸಿಗೆ

ಮಂಜಿನ ಮುಸುಕಲಿ,

ನಸುಕು ಇರುಳಿನ

ಪರಿವೆ ಇರದೆ,

ವೈರಿ ಪಡೆಯ

ತಡೆಯಲೋಸುಗ

ಗಡಿಯ ರಕ್ಷಿಪೊ

ದೇವರಿವರು...

ನಮನ ಯಾರಿಗೆ

ಹೇಳಿ ಗೆಳೆಯರೆ....?

ಗೆಳೆಯರ ಖಳಿಬರವ

ನೋಡುತ, ಧ್ರುತಿಗಿಡದೆ

ಎದುರಾಳಿ ಪಡೆಗೆ

ಹೆದೆಯನೇರಿಸಿ,

ಹೆಡೆ ಮುರಿಯ

ಕಟ್ಟುವ ದೇವರಿವರು,

ಹೇಳಿ ಗೆಳೆಯರೆ

ನಮನ ಯಾರಿಗೆ....?

ಮುಪ್ಪಿನ ಹಡೆದವ್ವ

ಅಪ್ಪಗೆ, ಹರಿಗೆ

ನೋವಿನ ಹರೆಯದ

ಸತಿಗೆ,ತೊದಲ ನುಡಿಯ

ಕುಡಿಯ ಇರಿವಿಗೆ....

ಓ...ಗೊಡದೆ ಗಡಿಯ

ಕಾಯ್ದ ದೇವರಿವರು,

ಹೇಳಿ ಗೆಳೆಯರೆ

ನಮನ ಯಾರಿಗೆ....?

ನಮನ ಯಾರಿಗೆ

ಹೇಳಿ ಗೆಳೆಯರೆ....?

"ನಮನ ಯೋಧಗೆ..

ಇರಲಿ ಗೆಳೆಯರೆ"

ದೇವರಿವರು ದೇಶಕೆ.

"ಜೈ ಜವಾನ್ "

Vishalakshi is a Resident of
Cottage 113, Suvidha

BOOK TALK

Kiragoorina Gayyaligalu (The Dragon Ladies of Kiragur)

Kannada Short Stories by K P Poorna Chandra Tejaswi

J Gopalakrishnan

I have recently re-read "*Kiragoorina Gayyaligalu*" (The Dragon Ladies of Kiragur), first published in 1991. This book is a compilation of four hilarious stories written by the renowned Kannada writer and novelist K. P. Poornachandra Tejaswi (1938-2007). He was also a photographer, painter, naturalist, and environmentalist. He belonged to the Navya movement in Kannada literature and is a recipient of the Sahitya Academy and Pampa Awards. He is also the son of the great Kannada poet *Rashtrakavi* Kuvempu.

The title story '*Kiragurina Gayyaligalu*' is a novelette that deals with caste struggle and women's liberation while portraying the lives of ordinary people in a remote hamlet called Kiragur somewhere in the Sahyadri mountain range. While

the men of the village spend their time drinking and smoking, the women are strong, hard-working and beautiful. No one dares to confront the women as they are smart and sharp-tongued. Their leader is Danamma, the wife of Subbayya. An illicit country liquor shop at the outskirts of the village, run by Shankarappa, the grama-sevaka and Ooralli Hegde, the black magician, is the object of the village women's ire.

The story begins with a storm that has been blowing for three days and nights in the village causing a huge wild jack tree to be uprooted near the house of Seege Gowda. He employs two Harijans, Maara and Siddha to cut and remove it but they fail due to its massive size and solidity.

Meanwhile, Shankarappa conspires with Hegde to cause a rift between the Harijans and the upper

caste Vokkaligas. As a result, five Vokkaliga men of the village including Seegegowda, his son Subbaiah, Bhyrappa and Kalegowda have to spend one night at a police lock-up and suffer great humiliation. Knowing that the Harijans had made a complaint, they decide to sever all ties with them, causing tension to rise in the village. Seegegowda now employs Sones and his helper, a Malayali, to cut the tree and they somehow manage it. While trying to remove the logs Bhyrappa and Subbayya injure their backs.

A turning point in the story is when a huge log of the cut tree inadvertently starts rolling and enters the Harijan area of the village. This incident makes Danamma a hero and protector of the people. In a way, this incident becomes the catalyst for Danamma to further inflame the inner feelings of all the women in the village towards the men, turning them into volcanoes that could erupt at any time. Danamma discovers that women are at the receiving end of the evils of castes, customs, marriages and Panchayats.

The injured men refuse to get treatment from Karia, the Harijan healer of the village. Instead they try other methods including electric-current treatment from a quack in the town. As none of the treatments are effective, Kalegowda finally seeks the help of Karia, who points out that as others had already tried their hands, the injury might have aggravated and he may have to try his special method using feet to massage the injured backs. This was not acceptable to the upper-caste men – how can a Harijan's feet touch them? Instead, Kalegowda tries the trick on Bhyrappa's back, getting himself injured in the process. With the help of Shankarappa, he finds a new herbal healer called Namboodiri who settles in Kalegowda's house for the treatment. A few days later, Nagamma, Kalegowda's frustrated wife, elopes with Namboodiri. The uproar that ensues at the panchayat called by the elders, the violence against women, their revenge and the vandalism of the liquor store form the climax of this hilarious story.

At the end of the story, the author narrates: "Don't think that the story ends here. A story is just a snap-shot of life that is flowing continuously. The destruction of the liquor shop by the *gayyalis* of Kiragur had somehow stirred up a farmers' movement. All the village women, who were tired of their drunk husbands, stood up. Riots began in front of all the liquor shops".

In a way, Tejaswi begins the story with incidents that do not instill goodwill towards the women, but by the end they gain the respect of the reader. The village life portrayed in this story is women centric. It is a way of life that says that women have a life of

their own and they need not be submissive to the male hegemony. They fight for their life and identity.

In *Krishnegowdara Ane*, the author himself is a character and observer of the happenings in his village Mudigere near Chikmagalur. The villagers find fault with a female elephant owned by Krishnegowda for all the troubles in the village. The story is a beautiful and humorous take on the man-animal conflict that is still being faced by villagers across the western ghats. It also cleverly narrates the corruption, inefficiency, negligence and sheer irresponsibility of the government departments.

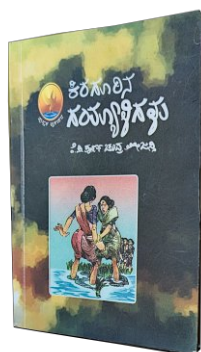
Maya Mriga is a humorous investigation by two friends who visit a graveyard at midnight to check on the existence of ghosts. There they encounter a scabies ridden stray dog sleeping on the ashes of a funeral pyre,

who they suspect is the embodiment of death. While returning home, they discover that the dog is following them. In order to escape from its pursuit, they devise a decoy but that leads to an inexplicable end.

Rahasya Vishva (Secret World) is the coming-of-age first-person account of a little boy who visits his grandparents in Shimoga during summer holidays. One day, he goes out with his cousins to learn to ride a bicycle. Cycling down a slope alone at high speed, the boy feels that the bicycle has a mind of its own and he has no control over it. The bicycle seems to aim itself towards a huge woman named Rangamma walking by the road and hits her. The boy is aware that she is the village prostitute but does not know what that means. Rangamma scolds him profusely and drags him home to complain and claim compensation. However, as soon as they enter the house, her demeanour changes dramatically. Instead of complaining, she tells the grandmother that the boy had fallen off the bicycle and she helped him. The woman's change of mind perplexes him. The author concludes the story by saying that "from that day onwards, a secret world began to form within me, something that I could not tell anyone about, but could tell only to myself".

The title story *Kiragoorina Gayyaligalu* also is an acclaimed 2016 Kannada-language drama movie directed by Sumana Kittur. The film was shot in Kanakapura and Harohalli. An interesting aspect of the movie is the Kannada spoken by the five female lead characters.

As they are married to men in Kiragur and come from different villages, they speak slightly different dialects from each other. It is available on YouTube.



KIRAGOOORINA GAYYALIGALU
By: K P Poornachandra Tejaswi
Pustaka Prakashana, Mysore
Twentyseventh Printing: 2017
Pages: 116 Rs.90



Please click here to view
'Kiragoorina
Gayyaligalu'

J Gopalakrishnan (Cottage 181B)
lives in Suvidha

Carnatic Music Concert and Bharat Vachana

January 11, 2025

Vidushi Samudhyata, Vidwan Vishwajit and Professor Prakash provided 3 hours of music and entertainment to attendees thanks to HV Gayatri and Hema Bhargava of 185-A and B, who had invited them to Suvudha.

Samudhyata provided the Carnatic music concert, which was a feast to the ears due to her excellent rendition of well loved

keertanas and kritis, ably supported by the mridanga and the violin players.

The Bharat Vachana following coffee was a combination of music and story telling - the vachana being sung by Samudhyata and the explanation of the lines in English by Professor Prakash in his own



engaging style. The 18 days of the Kurukshetra war in the Mahabharata were described with special focus on Bheeshma's bravery and spirited fight during the war and his fall on the 10th day with Vyasa commenting that by that time Swarga was full with the spirits of the dead. Professor Prakash's commentary brought in different works from English literature especially Shakespeare, Kannada Sahitya and our everyday lives including cricket.



PHOTOS: LATHA KRISHNAN

Sankranti Celebration

January 14, 2025

Sankranti was celebrated in colour, music and good food at Suvudha. The short program of music included happy Janapada songs such as Bandevu Naavu, Nimbiya and Ghamma Ghamma from the Bhavageethe group, green thematic decorations of sugar cane, banana and other plants, flowers, rangoli and mango leaves, and a perfectly delivered speech by Nalini on the significance of Sankranti called by different names all over India. Nilima proposed the Vote of thanks. This was followed by a Yele Oota or a feast on banana leaves for 55 people in the Banquet Hall. There was Ellu bella Sakkare for all and the menu on the leaf included 2 Pongals, a sweet, rice, pooris and the curries to go with

them. Altogether, an enjoyable celebration indeed!



PHOTOS: J GOPALAKRISHNAN



“Generally Speaking”

February 8, 2025

Suvidhaites had the pleasure of meeting and interacting with the STARS; Lt. Gen. Dr. Madhuri Kanitkar PVSM, AVSM, VSM (Retd) and Lt. Gen. Rajeev Kanitkar PVSM, AVSM, VSM, SM (ret) on Feb 8th 2025. This charming and illustrious couple are both Three Star Generals, who have rendered distinguished service to our Nation while wearing the olive-green Army Uniform. They are both recipients of the President's Gold Medal awarded to the best passing out cadets from AFMC and NDA respectively. They were in Suvidha to spend some time with their family; our shareholders - Nilima & Vivek Kadambi.

During their career spanning almost 4 decades the Kanitkars were posted to many different Army bases and hospitals. They were posted together in the same city, only for 14 years! However, despite the absence of email or mobile phones in the good old days, they managed to stay connected and committed to one another. They will share highlights of their exciting and challenging journey, in their book titled “Growing Together without Growing Apart” to be published shortly.

About 60 Suvidha residents attended the get-together and

heard the Generals talk about some of the most challenging phases in their lives. There was a lively Q & A session followed by a High Tea hosted by Dr. Nilima & Dr Vivek. Here are some of the highlights of their talk.

Dr. Madhuri talked about the humongous and daunting responsibilities she handled



PHOTO: LATHA KRISHNAN

during Covid Times. She was in charge of the All-India Defence Medical Support Operations by the Army Chief. They had to set up Isolation Units over-night and large Covid Care Hospitals within weeks. This was nothing short of a war - a war against Covid Deaths. She also coordinated the efforts to supply Oxygen to hospitals across India using military logistics support. She also spoke about the pressures of single parenting while he was posted to non-family stations and juggling a demanding medical career as the first Paediatric

Nephrologist in the Army Medical Corps. She touched upon the Women in Uniform who are playing important and increasingly larger roles in the Armed Forces today, where gender is not considered a limitation, while merit and capability are.

General Rajeev spoke about the impact of the Cloud Burst and Mud-Slide disaster in Leh - Ladak when he was the Brig-Q posted there. The Army was the first responder as always during any Natural Disaster in the country. He recalled with sadness how hundreds of lives, including his own men, were lost overnight. He coordinated the rescue efforts by the Army on the ground for civilians and trekkers stranded in the mountains. Within 48 hours of the disaster, the Army was able to build a temporary Bridge across the raging muddy waters of the Indus and Zaskar River thus restoring mobility and connectivity. He also spoke about the Kargil war and his postings to troubled areas of the Nation's Borders.

Both the Generals appreciated our beautiful green Suvidha and suggested that we make this a completely Plastic Free Campus for harmonious, peaceful, and active living for senior citizens.

History of Aviation

February 15, 2025

Suvidha Events Committee organized a presentation by Dr Ravi Rajamani (son of Wing Commander Rajamani and late Trichur Rukmani of Cottage 73-74) on the topic - A Brief History of Aviation: Conventional and Novel.

About 45 Suvidhaites attended the talk at the Banquet Hall. A Vaidyanathan of Cottage 89-90

introduced Ravi to the gathering. Ravi graduated from IIT Delhi, did his Masters at IISC and then moved to the USA to get his PhD from the University of Minnesota. He is an elected fellow of FSAE and FIMEchE and a member of the Connecticut Academy of Science and Engineering (CASE). He has written two books and has over 20 patents in his name. Currently he is an independent consultant working on applying

model-based and data-analytical solution techniques to aerospace and other complex systems. He is a visiting professor at the University of Connecticut and lives in Connecticut, USA, with his wife Dr Meera Nanda, who is a well-known writer and historian of science.

In the talk and presentation to Suvidhaites, Ravi traced the history of aviation right from learning to fly from birds to the

electric flights and the future of flight with slides and videos.

He started off with ornithopters, the earliest ideas of flight from Leonardo da Vinci to light gliders, and more seen at the Smithsonian to the Wright Brothers' flight in 1903. He also debunked some of the myths of flight in India due to the impracticality of Pushpaka Vimana and other such flights. Then he progressed to different smaller aircraft and finally to the jet engine and airliners. When he moved to the electric (First Electric aircraft in 1973 and hydrogen powered flight (1988) while continuing with the development of helicopters, airships and balloon flight and finally, the Solar impulse from Abu Dhabi in 2015 -2016 all eyes and ears of the audience were riveted on him and the screen.

PHOTO: J GOPALAKRISHNAN



Certified electric aircraft currently are few. Airbus, Honda, Hyundai, Toyota are all working on this technology but they have to consider whether they are financially available.

Carbon fibre aircraft bodies, local start-ups like Sarla Aviation, drone technology, General Aeronautics Bengaluru and several startups trying out ideas

including using steam were all touched upon as Ravi ended the presentation with a summary. Several people in the audience including his father Wng Cmdr Rajamani, actively posed questions to Ravi and discussed different aspects of the development of aviation. Tea and biscuits were served to all.

Shivaratri Celebration

February 26, 2025

The air rang with soulful bhajans, the stage dazzled with colours and lights and the audience sat on the new green benches at the Narayana Ranga Mandira venue - This was Shivaratri - Suvidha Style!

There were two sets of bhajans led by Mangalamma and Vivek Kadambi, who also anchored the function in his inimitable style, a song written by Kuvempu, *Anandamaya ee jagahrudaya* by the *Bhavageethe* group and a short interview with Mrs Vimala Rai of Cottage 120 about the beautiful Mysore painting on the stage. This painting of Shiva, Parvathi, Nandi and Bhringi was

painted by Mrs Rai in 1992 under the tutelage of Subramaniam Raju, a great artist at the Chitrakala Parishad.

She narrated the moving story of *Bhringi* to all present - *Bhringi*, an ardent devotee of Shiva used to accompany Nandi daily to collect flowers from the garden to worship Shiva. Wanting to be faster than Nandi in collecting flowers, *Bhringi* prayed to Shiva for another leg, which Shiva granted. Poor

Bhringi got another leg but it only made him slower.

The evening finished with *Bilvashtakam* by the Kadambis and general Mangalaarathi followed by Prasada.

PHOTOS: C B PRABHAKAR



Breast Cancer Screening

February 27, 2025

Breast Cancer Screening with free Mammogram Screening for the female seniors as well as the support staff was organised by Mr and Mrs Bette Gowda and Jayanthi Simon through Poorna Sudha Cancer Foundation. The founders of Poorna Sudha are Mrs Poornima and Mr and Mrs Simon.

PHOTO: Rajeshwari Subramanya



Geriatric Fitness Assessment

February 27, 2025

The Physiotherapy Department of St John's Medical College, Bangalore conducted a Geriatric Fitness Assessment of the seniors of Suvidha and advised accordingly.

PHOTO: DR NILMA KADAMBI



ICC Championship Trophy Finals

March 9, 2025

Suvidhaites came together to cheer the Indian Cricket team.

ICC Championship Trophy Finals "India vs New Zealand" was shown on the Big Screen in the Banquet Hall and cricket fans in Suvidha were there to cheer

them. There was a selection of small eats and dinner available at the Suvidha Kitchen for those who wanted to dine there while enjoying the game. When the India team won, there was joy all around with people hugging each other and sharing drinks and food.

Image by Yogendra Singh from Pixabay



Ugadi Celebration

March 30, 2025

It was celebration time again in Suvidha with food, music and decorations! This was the harvest festival Ugadi and everyone assembled in the Banquet hall ready for some music, poetry and *Yele Oota* - feast on banana leaves.



Bhavageethe songs Deva Ninna Beduve and Baruthide Ugadi Baradinda were soulfully sung by our singers Rajeshwari and Prathima followed by some poetry from Vishalakshi about the festival and a great speech from Nalini before everyone settled down to a great meal.



NEW SHAREHOLDERS

Arunkumar Shetty and Shalila

Arunkumar Shetty and Shalila live in Cottage 15 of Suvidha. They also have Cottage 5 registered in their names.

Arun is a Mechanical engineer with extensive experience in Petrochemical, refining, drilling and oil exploration areas. He is the Director of an engineering company called CLEARSEP TECHNOLOGIES (I) Pvt. Ltd based in Mumbai. In his leisure time he plays Golf and goes swimming. Shalila is a



homemaker and takes care of everything in the homefront.

Both Arun and Shalila say that they love the greenery and landscaping of Suvidha and enjoy the various events that are held here.

Arun and Shalila were also living in Mumbai, prior to becoming shareholders in Suvidha.. They have 2 daughters - Anushree Shetty, who is in the USA and Anjushree Shetty who lives in Mumbai.

NEWS AND EVENTS - SUVIDHA STAFF

Sreedhara Murthy S *Our New Maintenance Manager*

February 10, 2025

Sreedhara Murthy S has taken charge as the new Maintenance Manager at Suvidha from February 10. He belongs to Dablapura, about 40 kilometres away from Bangalore City. He studied Electrical Engineering in Chintamani Government Polytechnic College. He started working in 1985 in Asian Electricals Company in Hyderabad. Later he became interested in the developing telephone industry and landed a job in a SwedeIndia Ltd Company in Whitefield and left it after 5 years when the company closed



down suddenly. He managed to move to Micron Ltd after that which dealt with electrifications for different projects. From there he moved abroad to Muscat, Oman to work in a civil contracting company and later HVAC company where he got to know our Estate Manager Sreekanta, who used to work in Larsen and Toubro Limited. Then he moved to Dubai to work in China Railway Company, where he was in charge of MEP work for different projects.

Both in Muscat and Dubai, Murthy took his family along with him. His wife, Pushpalata worked in Dubai and the children, Akshay

and Anusha went to school there. But they moved back to Bangalore in 2012 to avoid the 5 year domicile problem when the children apply for higher studies. Pushpalata continues to work in a sister concern of the BMTC, in which she worked in Dubai. Murthy came back in 2014.

Akshay has completed Master of Physiotherapy in St John's Medical College. Anusha is finishing her MBA in Aviation in Jain University.

"Supporting the management in the maintenance of Suvidha and helping the elderly living here are the main attractions for

me to take up this job. I did not want to run after money anymore and wanted to make myself useful while keeping my mind and body active. This job is ideal for that. I am 58 years old and looking forward to growing old here," says Murthy.

Farewell to Mallana Gouda

March 5, 2025

Mallana Gouda, our maintenance manager, left for a better future after working in Suvidha for seven years. He came in 2018, six months after his marriage and took up his accommodation at the staff quarters of Suvidha with his new bride Vibha Lakshmi.

"My experience in Suvidha has been very good. It is a wonderful place and wonderful people live here. I learnt a lot from here and it has made me confident to face future challenges, which I will do considering that I am planning to start my own facility maintenance business," says Mallana, whose brother is a government employee and sisters are homemakers.

Mallana, who hails from a village near Badami, came to Suvidha with 10 years of experience in Bangalore and this was his seventh job after receiving his diploma as an



electrical and tech support technician. He worked with Essar Group before coming to Suvidha. His specialty was working on installation and repairs of transformers as a testing engineer and maintaining the electrical facilities in multi-storied buildings.

In Suvidha, as Maintenance

Manager, he led a team of two plumbers and two or three electricians as available. This team and he faced every difficult situation that arose whatever the time of day or night it happened. "I could face every challenge in my scope of work. I am satisfied that I have worked to the best of my ability. I have been happy working here and I am happy as I leave because I am satisfied that I did my best here. I am looking forward to my future with the wonderful experience I had here. I will be staying in Kengeri and starting my business also near there. I can offer my services for Suvidha residents even after leaving here because they can call my personal cell number," remarks Mallana.

TSR and Suvidha bid a fond farewell and wish Mallana and his wife Vibha all the very best in their future endeavours.

READERS' RESPONSE

Thank you, TSR. Great issue as usual. (Great Art page, too, haha!) A nice tribute to Nina!

Satish Rao, Cottage 67
Suvidha

Wow, nice newsletter. What a sad one though: three residents' death notices.

Ravi Rajamani, Cottage 87
Suvidha

Just went through the 'TSR'! As always, its splendid pictures are a sight to behold! Reading about

our dear departed souls brought tears to my eyes! You have faithfully covered all the events that have taken place in the last quarter!

A FABULOUS work of art is this 'Journal' God bless you!

Iris Rajiva, Cottage 73
Suvidha

I wait for each issue. Thank you for sending it regularly. Keep up the great work you are doing. Om

Roopa Rameshi, Cottage 155
Suvidha

First look - looks great! Lots of info and material to read in detail. Love the dancer cover!

Rashmi Murthy, Cottage 146
Suvidha

The TSR Issue 1 of 2025 is very well produced. Thank you.

Kindly continue to share it with me in future too.

Hari Sundaresh. Ex Resident of Cottage 46
Coimbatore

As always, a very nicely put-together and readable issue!

Geeta and Jaisim, Cottage 126
Suvidha




USEFUL INFORMATION

Please click on the company logo for details.




ASSISTED LIVING SERVICES

 HEAL AT HOME 1800 121 2323 /080-3355 4554 Elder Care Critical Care Nursing Trained Attendants	 care-comfort-convenience +91 7288818181 / 939 2682922 Home Care Healthcare assistance Daily Care Emergency Care	 +080-4580-6666 Elder Care Emergency Services Concierge Services
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HOME NURSING SERVICES

 THE HOME HEALTH SPECIALIST A Mahindra Collaboration 1800 103 4530 /41410029: Physiotherapy Nursing Caregivers Stroke Care Lab Tests	 080 45683738/080 30752584 Registered Nurses Nursing Care Doctors Physiotherapy Lab Tests	 Quality Care at Home +91 88800 04422 Nursing Care Physiotherapy Home Hospitalization Doctor Visits
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MEDICINES - HOME DELIVERY

 88677 81822 & 99860 03614 Neighbourhood pharmacy on Kanakapura Road offering same day delivery of medicines	 India Ki Pharmacy An e-pharma portal that offers prescription, Over the Counter (OTC) medicine and other health products.	 +91 9606980670 Health and Well-being Centre SUVIDHA - Contact us for Prescripion Medicine and OTC medicines
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TAXI SERVICES

 080 5077 1881 & 98453 65245	 Ravi Gowda 09980451515	 Ramesh 99010 51113
 Narasimha Raju 9900327822 / 9980627163	 Srinivasa Murthy S V 93809 72256	