

# THE SUVIDHA REVIEW

AUTUMN, October 2022

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## EDITOR'S NOTE

**A**s we approach the last quarter of this year, autumn harvests and trees laden with flowers and fruits delight the eye and the heart wherever we happen to pause in our little slice of heaven, Suvidha. We have a photo report of the vegetable garden with inputs from our Head Gardener Shivalingiah. Abundant supply of the various organically grown vegetables has indeed made the food from our Suvidha Kitchen tastier than usual. We have also featured the people who cook the vegetables for us - our good old new Head Cook Panduranga and Assistant Ningappa.

Our Autumn Issue comes to you after the AGM with a report on it and brief profiles of the two new directors, Mr Vaidyanathan and Dr Nalini Shenoy, in the Board. We have also introduced our new full-time healthcare professional, Nurse Shanawaz Begum. The Suvidha Story continues with experiences of the early settlers.

A round up of events that happened in the last quarter, a photo essay, grandkids' corner and more await your attention.

So, dive in and enjoy!

Latha Krishnan

## EDITORIAL TEAM

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ABOVE: A bunch of red and green chillies growing organically in Suvidha Vegetable garden.

COVER: A branch of the Rubber Fig with its beautiful leaves in Suvidha

PHOTOS: J GOPALAKRISHNAN

## FROM THE MANAGING DIRECTOR

Dear Fellow Suvidha Shareholders and Residents,

**A**t the outset I would like to thank you all for the support you all have given me in the past year. I am also thankful that your support has continued after the recent AGM, which was well attended and had remarkable participation from you all. I look forward to accomplishing together with you all, our goals for making Suvidha a great place to live in the evening years of our lives.

After the AGM, we have two new Directors in the Board, both of whom are introduced in this issue. Our agricultural ventures undertaken by the Landscape Committee and staff members fill us with pride and gratitude. Our Kitchen Committee and staff are also doing a commendable job. Other committees such as the Cultural Committee, Health and Well Being Committee, Maintenance Committee and our staff members are all dedicatedly carrying on the work of keeping Suvidha buzzing and healthy. Thanks to all of them. I need to specially mention the excellent work of Ramesh, our water-works technician, and his assistant Mahesh, in painstakingly locating and resolving a major water leakage problem in early August.

Starting with the Independence Day in August, we have been celebrating various festivals including Janmashtami and Ganesh Chaturthi. The highly popular Gamaka Vachana came back to entertain

us all.

We had our first Open House after the AGM. We intend to have one such every month to discuss various issues concerning our lives in Suvidha.

Healthcare has been a major concern and is currently becoming better and more streamlined with a dedicated helpline number and our resident Nurse, Shanawaz Begum, who is also introduced in this issue. We will continue to have tie ups with BGS hospital and St John's hospital and explore further options of services that are favourable to shareholders and residents of Suvidha.

We are exploring various revenue generation ideas. Currently, the ideas that were presented in the recent AGM are being worked on in terms of preparing feasibility studies and detailed project reports etc. which will be eventually presented to the shareholders for their approval to take them forward. We will keep you all updated about the progress.

Thank you again for your invaluable support to me and the Board.

Season's greetings and warm festival good wishes to each one you!

Wishing you all a blessed festive season ahead.

Venugopal Shetty



# Eighteenth AGM of Suvidha on July 31, 2022

The Eighteenth Annual General Meeting of the members of the Suvidha was convened on Sunday, the 31st of July 2022 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 2020-21 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.

Around 100 people attended the 3 hour long Virtual AGM on July 31. It was conducted in a professional manner with active participation from shareholders with live chat sessions going on while

presentations were happening in their pre fixed order.. In addition to a presentation by the MD on the current status of Suvidha and his vision for the future, there was a robust Question Hour and the MD graciously answered all questions posed to him.

After the conclusion of the successful AGM, email voting commenced and went on till the morning of August 2. The outcome of the voting with the resolutions passed and not passed was emailed to all shareholders the same evening.

At the AGM, the members of Suvidha appointed two new directors Mr A Vaidyanathan and Dr Nalini Shenoy to the Board of Directors. We introduce both of them to you, our dear readers.



## New Directors

### A Vaidyanathan

Vaidyanathan is an accomplished Technocrat Professional with specialization in product design, technology solutions and pioneering innovative solutions. He is an Engineer with MBA from IIM Bangalore with over three decades of comprehensive corporate experience covering various aspects of Management - Product Creation, Marketing, Finance and Strategy.

As a serial entrepreneur, he has set up his third venture in IoT space in the domain of Environmental Sciences ([www.paqs.biz](http://www.paqs.biz)).

He is involved in several institutions in various official capacities. These include ELCITA, ELCIA, ESDC and others.

As a Director of the Board, Vaidyanathan reiterates his belief that he is a custodian or trustee for all in Suvidha and will work accordingly.



### Dr Nalini Shenoy

Dr Nalini Shenoy is a paediatrician with 40 years of experience. She has done her MBBS, MD (Paediatrics), and DCH from Kasturba Medical College, Mangalore.

An experienced clinical practitioner, Nalini has worked in Nigeria as Consultant Paediatrician in Government Service for three and a half years. She has also worked for a year in a private hospital in Kerala.

In late 1990s she moved to Bangalore and set up her practice in South Bangalore while also being a visiting consultant at various premier hospitals.

Dr Nalini is extremely popular with her young patients and their parents. She believes that as director, she can effectively use her people skills and contacts for the betterment of Suvidha.





*The Suvidha story continues with a different perspective this time. We had told you in the last issues about the acquisition of land, planning and construction of the Village and the Gruhapravesam in early 2010. In this issue we share the experiences of the first settlers.*

# Suvidha - Life Begins

## *The trials and tribulations of early settlers' life in the village*

**I**n June 2010, Mr and Mrs Jayaram Shetty took up residence in Cottage 85 in Suvidha. They were the first residents. Sadly, after the passing of Jayaram, Jayanti sold her Suvidha shares. According to those who knew them, the Shettys were a loving and friendly couple, who enjoyed their stay in Suvidha as long as they were here. They were also helpful to those who came after them in arranging for the delivery of groceries and medicines.

The second couple who came to live in Suvidha was Professor Sankar and Mrs Padma Sankar. They were living their retired life in a crowded area of Pune City when they heard about Suvidha in Bangalore. "We were attracted to Suvidha due to the concept of owning shares, the large area of the project with open spaces and noiseless privacy, and that the consortium of medical doctors, who established it,



During construction in August, 2007 - Suvidha lake in the foreground and Vaderahalli lake in the background

The Rajus moved in sometime in August 2010 after the interiors of their cottage 71-72 was completed. Mr Raju remembers that electricity and water connections were functioning well and the buggies were plying. Professor Sankar helped set up the generator. "Dr Subba Rao, the MD asked my advice and from Pune I told them how it could be done. They followed my advice and set it up. They used to call me 'scientist' after that because they needed scientific help particularly for setting up the water supply system, which used to break down almost daily. Ramesh was then part of the construction team working here. He was later absorbed into Suvidha staff," remembers Prof Sankar.

The residents enjoyed walking around Suvidha lake and all over the project looking at the cottages in various stages of construction. On Sundays Dr Subba Rao visited and they discussed the progress of the project. "We had many discussions about various issues. We would all together solve problems if any arose," says Raju. All the residents agree on how the smart Administration Assistant Girija helped them in various ways once the office was shifted from Bangalore Hospital to Suvidha. Booking the Suvidha



Ashok and Lakshmi Dey's cottage (#44) in 2011

would provide excellent medical facilities including Assisted Care Living, physiotherapy rooms, etc," they say. They came to their Cottage 101-102, on July 1st 2010, with two sleeping bags and didn't have even a gas stove. They began the interior work of their cottage and went to Pune to return in December. By that time the Rajus and the Deys had moved into their cottages.

Early settlers in Suvidha since 2010 (PHOTOS: LATHA KRISHNAN)



Padma Sankar and Prof Sankar (Cottage 101-102)



GK Raju (Cottage 71-72)



Dr Lakshmi Dey and Ashok Dey (Cottage 44)





Suvidha Lake in the making - November 2008

car for outings became faster and easier and altogether things became better once the office started functioning properly. The Board also inducted Ashok Dey as the COO and director to take Suvidha forward.

Housekeeping services, which was outsourced and consisted of two boys coming from outside Suvidha to do thorough cleaning for all the occupied cottages. Later it was changed to Suvidha's own house keeping ladies serving them. The Kitchen also started functioning in December 2010, but the Deys, who came to live in Cottage 44 on November 4, did not use Kitchen services right from the beginning. They shared their story of finding and living in Suvidha.

Ashok Dey and Dr Lakshmi Dey, who was then working happily as a medical officer in Central Power Research Institute in Bangalore, heard about Suvidha from Jaisim, the architect, who was known to them since 1970s. They came to see the place on Jaisim's invitation in 2006, when the project had just begun.



The Central Park and Cottages 73 to 80 - September 2012

"I was horrified the first time I saw the site of Suvidha because it was a brown piece of land with not a single plant on it except the few trees on the South Western corner. On the way back to Dollar Colony, where we lived at that time, I berated Ashok all the way for agreeing to buy shares in Suvidha. His reply was, "I have a gut feeling about the place. You wait and see. It will become very beautiful!" So, I commiserated and hoped that his words would come true. And I am so glad it has!" says Dr Lakshmi.

"Jaisim chose this cottage for us and we are eternally grateful to him for that. I followed my gut feeling; went to Bangalore Hospital the next day and booked 44 for us," adds Dey, who is also grateful to our founders. "What amazes everyone who hears this

is that in a country like ours not a paisa's graft was paid to anybody to get the fundamental rules amended and exceptions added to the Land Act to ensure that a retirement facility could come up in the green belt. Thanks to the efforts of the founding fathers of Suvidha, anywhere in Karnataka in any green belt anyone can set up a retirement facility," explains Ashok Dey.

Construction started in 2009 and in 2010, Dey used to come every week to see the progress of their cottage. After they moved in, Dr Lakshmi's first patients were the construction workers and later the residents who moved in. Thus, from a paediatrician she became a geriatrician.

Deepak Rai was the Landscape architect who was against manicured gardens. "Ahalya Shetty and Deepak together started the greening in 2010. We brought plants and trees including 400 saplings to Suvidha. Deepak provided a crew and brought two



Cottages 139 to 142 by the Pond under construction - ca. 2008

truck-loads of plants and trees from our bungalow site. The progeny of those plants can be still seen flourishing in Suvidha," the Deys inform. They remember that many people came forward to provide tree saplings especially the teak and mahogany all along the periphery. And the lake was the genius idea of Dr Shekar and while being a great environment and useful asset to us also helped us to fulfil the rule of building in 15 percent of land.

"Suvidha has grown organically and is unique", they declare warmly. "It has attracted a great variety of people with different skills and backgrounds. All those who live here have their perspectives and they definitely have Suvidha's interests at heart. This love has rubbed off on our staff also as they work together to keep it running smoothly".

Cottage 57-58 (Jinka and Raji Subramaniam) after sunset in 2013





# Suvidha - Trees and Avenues

## Muthu Jaali Avenue

**M**uthu Jaali is the local Kannada name of the Red Powder Puff (*Calliandra haematocephala*) flowering tree on the avenue stretching down from Cottage 93 to 100. Muthu means pearl and the Powder Puff flower,

although beautiful, doesn't look like a pearl. The pearls are on the root of the tree, where there are nodules that look like pearls and contain the rhizobium bacteria, which colonizes the plant cells and converts atmospheric nitrogen into ammonia

using the enzyme nitrogenase and then provides organic nitrogenous compounds to the plant.

There is also mycorrhiza, a fungus, which grows in association with the roots of the plant in a symbiotic or mildly pathogenic relationship. The consortium of rhizobium and mycorrhiza captures nitrogen from the ambient air and phosphorus from the rock bed to provide essential nutrients to the plants and the soil around it. So, the Muthu Jaali is enriching the soil from under while providing us the delight of seeing beautiful flowers all through the year. Red and pink powder puff flowers adorn this avenue and some parts of Suvidha.



## Nimba Circle

**N**imba is the Sanskrit name of the Neem tree or *Azadirachta indica*, or Indian lilac. At the Nimba Circle and around it we have 8 neem trees including 2 wild neem trees. The Nimba or Neem tree belongs to the mahogany family *Meliaceae* and is native to the Indian subcontinent and most of the countries in Africa.

It is a highly medicinal tree with all its parts used in various ways. The root, stem, bark, leaves, fruits, seeds are all put to use as unguent, oil, powder, etc. Neem parts are bitter and astringent, provides cooling effect, and are anti-microbial, antipyretic, anti-pruritic etc and are used in the treatment of skin diseases, infectious conditions, fevers, worm infestations, itching etc. The very air around the Neem trees is said to be so healthy that no infections can assail people living in their vicinity.



# Two Faces of Terror

Satya Murthy Subba Rao

## Sorrow

It is quiet here.  
After the blast, I knew I would find  
An unstilled violence  
In the blood-stained street.  
The sun burns bright  
Fierce as fire  
And the eagles float  
Scanning for pickings  
People hide, terror-stricken.  
Who set off the bomb?  
Where hides the scoundrel?  
Oh my son,  
How you have become  
Once again that seed  
That grew within my body,  
One September night.  
Will the faceless coward know  
What grief I bear  
In my unending life?  
Tears will not cease,  
Nor memories fade.  
Sleep, my child,  
An eternal sleep  
In another world.

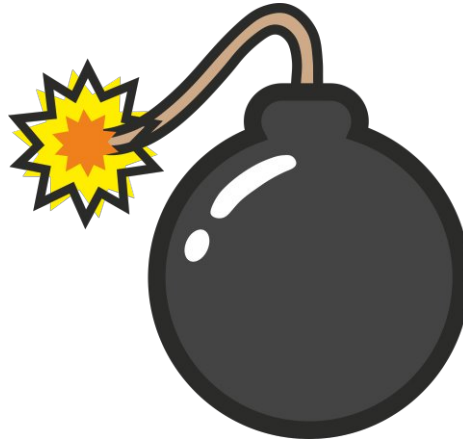


Image courtesy: Pixabay

## Exultation

Every blast a note  
In the symphony  
Of the war I wage.  
Infidels be dead,  
You belong not here.  
Can death and grief  
Mock my valor and pride?  
No reward can match  
The destruction wrought,  
The blood, the cries.  
I know not my Master  
Only the Cause.  
Mine are conquering hands  
I care not for the woman  
Cradling her dying son.  
My hands are washed  
With blood, not tears.  
History will count the numbers slain,  
Women widowed,  
Children orphaned.  
It will call me a coward,  
Not knowing my Cause.  
I am the victor.  
It matters not  
That I stand condemned.

Satya Murthy Subba Rao (Cottage 139) lives in Suvidha

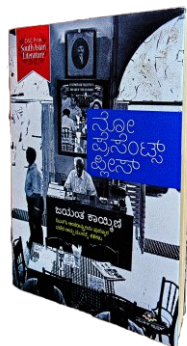
## BOOK TALK

# No Presents Please - Short Stories in Kannada

J Gopalakrishnan

A sampler of modern Kannada fiction, Jayanth Kaikini's *No Presents Please* is a collection of sixteen short stories based on the lives of migrant workers in Mumbai. These stories, depict the lives of ordinary people — lonely bachelors, struggling labourers, young couples, — and shine a spotlight of black humor on them.

The first story, *Kannadi illada Ooralli* (City Without Mirrors), is about Satyajit, a Bengali in his forties, single, free and as he says, wedded to his city. One day he is accosted by an old man who wants Satyajit to meet his thirty-nine-year-old divorced daughter, who has a doctor's certificate to confirm her virginity. The story has an



**No Presents Please**  
Jayanth Kaikini  
Ankita Books,  
Bengaluru  
First Edition: 2019  
Pages: 240 Rs. 250

unexpected ending with Satyajit looking perplexed and the father in an increased state of desperation. It's a moving story — amusing yet empathetic and touching.

The title story *No Presents Please* is about a young couple Popat and Asavari Lokhande, both brought up in orphanages. To plan their wedding, they meet under an unfinished flyover, "the iron spikes of the columns stretching on either side seemed to be piercing the sky". There, they discuss wedding invitations. Their discussion deepens as it goes, whom to invite, words to be used in the invitation, caste, their surnames or lack of it, which leads to a surreal climax. It is a short tale, quiet and sweet, but reveals delicate human emotions.



Most of the stories in this collection take place in the chawls or tenement homes of Mumbai, filled with noise and bustle and a thousand smells. It is hard to even imagine the pain, joy and fear experienced by the inhabitants every day. The variety of stories is extraordinary including the variety of places, jobs, ages, situations, emotions, and backgrounds. This book is a full tapestry of life in Mumbai's chawls; it's glistening and dirty all at once. It's exciting and heartbreaking. It's fast and slow, frightening and gripping. A silent character in several of the stories is

the ubiquitous Irani Cafe of Mumbai with its chequered table cloths and large mirrors on the walls with plenty of light and air circulation.

Jayanth Kaikini is a Kannada poet, short story writer, playwright, columnist and film lyricist. He has won the 'Karnataka Sahitya Academy' award in 1982, 1988 and 1996 for his short story collections. Kaikini is regarded as one of the most significant writers in Kannada today.

*J Gopalakrishnan (Cottage 181B) lives in Suvidha*

## Higher studies in the USSR of the 1990s

**Text and Photos: Nilima Kadambi**

Indian students have sought education in Russia since the 1950s and medical education especially for higher studies has been immensely popular. According to current statistics Ministry of External Affairs, 11,33,749 Indians are pursuing studies abroad including about 5000 pursuing medical education in Russia.

In the late 1980s and early 1990s, several students applied for undergrad, postgrad and surgical training in the USSR. Dr Vivek Kadambi and I, were among them with scholarships to augment our knowledge with surgical training in our chosen

disciplines. Our life and experiences of undergoing training in Moscow remain fresh in our minds even after all these years.

We left for Moscow in April 1990 with our 14-month-old daughter Pooja and returned three years later, after witnessing the end of USSR and the birth of a new country, Russia.

We were students at The Third Russian Medical University, Moscow. This



At the Zagorsk Church on the outskirts of Moscow, June 1992

hospital and training facility was famous for Dentistry and Surgical Super-Specialities.

It was an adventure right from the time we left India and landed there on a cold snowy April evening. In the first three months after our arrival, we had to learn the Russian language. With the help of our Russian teacher, we advertised for a 2 BHK to rent and a nanny for little Pooja. When that happened, life became better.

Olga, Pooja's nanny was truly a Godsend for us because she took not just Pooja but all of us under her wing. She was our own Mary Poppins. Olga taught us how to get talons or coupons for food,

cigarettes and vodka from the government. Our landlady, who was a chain smoker, let me give my ration of cigarettes to her in exchange of a discount on the rent.

With a house to live in and Olga to take care of Pooja, life took a better turn for us. Pooja loved Tyotyа Olya meaning auntie Olga, who in turn loved little Poojinka, who was for her, Chyorni Volasaya Kookalka, meaning black haired doll. We then started our training in earnest and started getting to know the people around us.

Once we learned Russian and how to communicate and commute, we had a great time travelling all over the place on weekends. We were treated very warmly. They admired

Indians because we had a long tradition and culture. Music was a great way to communicate with them and Vivek enjoyed several music sessions consisting of Hindi, English and Russian songs with Russian music lovers.

It was in Moscow that we learnt invaluable skills and techniques in our respective surgical fields. I honed my skills in intra-uterine surgery to correct the

deformities of a child even before birth. In paediatric surgery they were offering nine sub specialties. They could not understand that I wanted to know all the specialties but finally agreed and I did three months rotation on all the specialties including paediatric trauma, burns, and more neo natal surgery. Super specialization was the norm there.

Vivek's micro eye surgery training was also an amazing experience. He was fortunate to train at the newly built S.N. Fyodorov Eye Microsurgery Complex, a clinical and research ophthalmological centre founded by Russian eye surgeon Svyatoslav Fyodorov. The centre was famous for the refractive surgery



At the Lenin Square in Astrakhan, August 1990



procedures performed in a way aimed to be similar to an assembly line, with six patients on operating tables rotated from one doctor to another, each of them responsible only for one part of the procedure. Each surgeon perfected the assigned part of the procedure and moved forward to the next.

The training both of us received there has indeed contributed to us having rewarding careers in India after our return. During those three years, we would



At the boat jetty, July 1990

come for a holiday to India every December. That annual break from short dark cold days was very welcome. I would tell our families not to cook cabbage,

potato, and beetroot and not to give us bread during the time we were here. Till today I get a kick from seeing fresh vegetables arranged in heaps in the markets in India.

Not only markets but everything about life as we

knew it changed for us and the people of the Soviet Union on the morning of December 26, 1991. On Christmas day, the last leader of the Soviet Union, Mikhail Gorbachev, stepped down and the hammer-and-sickle flags over the Kremlin were replaced with the red-white-and-blue of the Russian Federation.

We were fortunate to see history in the making from socialism to democracy. On December 25, 1991 we went to sleep in USSR and woke up next morning in Russia. We also experienced the crash of the rouble to its lowest and high inflation setting in and its consequences. Being young and full of hope when we were there, we remember our time there with warmth and affection for a great country and its people.



Pooja with her nanny Olga Bobilova relishing a meal in Olga's apartment. Olga's husband Vitali Bobilov looks on

*Nilima Kadambi (Cottage 47-48) lives in Suvidha*

## Enchanting Sikkim - Nature beckons

**Text and Photos: Prathima Shetty**

When we, a small group of friends from Suvidha, decided to go on a trip to Sikkim, we had no clue we would be feasting our eyes on the untouched and well preserved natural beauty of lush green mountains and amazing waterfalls. Our flight took us to Bagdogra about 120 kilometres from Gangtok. It was during the drive from airport to Gangtok City through the mountains, we got the first glimpse of what our trip would be like.

The people of Sikkim are very friendly and honest. They also keep their surroundings clean and are environmentally conscious. We rarely saw any trash throughout the trip. We were pleasantly surprised when one of the Sikkimese employees of the hotel we

stayed, started speaking to us in Kannada. Then there were more in other hotels too! They were the ones who had come to Bangalore for training and jobs and had returned home to work in local resorts and hotels and were excited to speak to us in Kannada.

Our intermittent sightings of the Teesta River flowing a few thousand feet down in its full gleaming glory in the valley between the lush green mountains as we drove through the winding roads was mind boggling. So were the regular rush of big and small waterfalls cascading down the mountains as we drove past them and some even flowed across the road down into the valley thousands of feet below.

Blending in with local attire



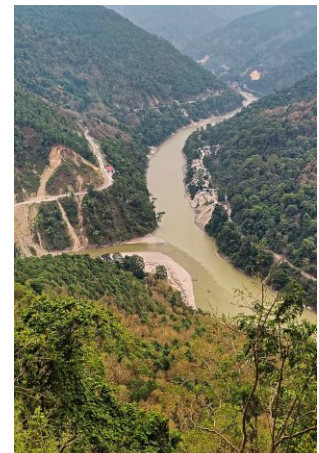
At the Buddha Park of Ravangla



Zero Point at an altitude of 15,300 ft and close to China's border.



Confluence of Teesta and Ranjeet Rivers also known as Tribeni





Some of the interesting places to see in Sikkim are Nathu La, Valley of flowers in Yumtang, zero point which is the furthest the civilians can visit, Buddha park in Ravangla, vastly spread out tea estates and natural hot springs. We tasted local food like Thupka, Momos, Chow Mien and Rice.

Overall it was a great experience visiting Sikkim and I would certainly recommend it to those who love Nature.

*Prathima Shetty (Cottage 121) lives in Suvidha*

## GRANDKIDS CORNER

### Aadya Amogh (5 Yrs)



Aadya is the grand daughter of Shankara Narayana and Suma Shankara Narayana of Cottage 135. Aadya is the only daughter of her parents Amogh and Nisha. She studies in UKG in Delhi Public School Bangalore South. She goes to school from Suvidha and is a familiar and welcome sight for residents every morning to see her with her grandfather. Aadya is very interested in learning the flags of countries and is always trying to colour the various flags and asking questions about those countries. She loves to paint pictures. Two of her colouring and painting work are featured beside her photograph showing her standing on the weir bridge. In Suvidha her favourite pastime is watching birds and butterflies as she walks around or sits in her favourite spot, which is the bench on the bridge across the overflow weir of the lake.

## NEWS AND EVENTS

### Independence Day

August 15, 2022

**C**elebrated with patriotic fervour, Independence Day celebrations at Suvidha was modest due to Covid fears arising in Karnataka. The short ceremony started just after 10

with the hoisting of the national flag by our Chief Guest of the day Dr Rukmani of Cottage 73-74 followed by singing of the national anthem. Our MD, Mr Venugopal Shetty then welcomed the gathering and introduced us to Dr Rukmani and her various achievements. Dr Rukmani then delivered a short and poignant speech about her memories of the first Independence Day and where we have all reached after 75 years. Sweets were distributed after the function to all residents and staff.





# Janmashtami Celebrations

August 20, 2022

With the fabulously decorated images of Krishna and Radha witnessing the goings on, Janmashtami celebrations began with Shanti Paatha followed by a small talk on Sri Krishna bhakti by Dr Sandhya Ravi of 187 A. Residents then performed Tulsi Archana. Bhajans and Aarthi songs were sung by the Bhajanai group.

Children of our staff members



dressed in Krishna and Radha costumes presented themselves to the delight of the spectators. Bhimraya's little son Prashanth stole all hearts as little Krishna.

Dr Nalini conducted the event beautifully and delivered the vote of thanks after Naivedya and Aarthi



## Ganesh Chaturthi

August 31, 2022

Suvidha welcomed the Mangal-Murthy, our beloved Lord Ganesha to Suvidha Village with a fitting celebration on 31st August 2022. The Cultural and Social Events Committee went all out to make it memorable for all attendees, all of whom assembled and were seated in the Clubhouse Hall by 10 am. Then there was lighting of the lamps followed by Om-kaar and an Invocation song by Dr Vivek Kadambi. Ganapati Ashtotra, Shata-Namaavali and Archane and bhajans by the Bhajana Mandali group followed that. Before 11 am the entire group went on Group Nagar-Bhajan (a beautiful tradition practiced in rural India on auspicious occasions) singing devotional songs around the Village.

The Suvidha Bhajana-Mandali and Suvidha Serenaders led the simple devotional songs and

everyone repeated the words clapping along. Those finding it difficult to walk; were seated in the decorated buggies, one of which carried a small Lord Ganapati Vighraha and accompanied the Nagar-Bhajan. When the Group returned to the dining hall, there was Ganapati Aarathi followed by Prasaadam distribution. The Maha-Prasaadam was sponsored by members of the Sunset-Club and the Suvidha Cultural & Social Events Committee for all the attendees and staff on duty. In the



evening of the same day there was Aarathi to Lord Ganesha and everyone chanted 'Ganpati Bappa Moriya, Pudchiya Varshi Lavkar ya'. Hot Badam Milk was served as prasaadam.



## Open House

September 17, 2022

An Open House was held in the Suvidha Clubhouse Banquet Hall on 17.09.2022 at 11 AM.

About 35-40 persons actively participated and there was healthy debate on the agenda points regarding our Health Centre and healthcare services of which detailed emails have been sent to

all shareholders and residents.

The important conclusions after the Open House were:

1. As seniors, we should keep good health and invest in our well being
2. Residents were urged to update and complete their electronic health records in Suvidha Database.
3. Revised timings of Suvidha Health Centre and the 24/7

Emergency Medical Support provided by the Nurse by calling the helpline number put up on every cottage door, and revised tariff of healthcare services from the centre were informed to all. 4. End of life Care Guidelines in Suvidha were explained and the concept of a Living Will was discussed. In the email, a sample of such a will has been sent as attachment.



# Gamaka Vachana

September 25, 2022

The very talented duo, Smt Samudyata and Shri Prakash, who performed for us two years ago came back to entertain us with "Draupadi Vastraharan" for this time's GAMAKA VACHANA rendition. It



was as delightful as before and everyone enjoyed the rendition tremendously.

Attendees enjoyed their GAMAKA performance and both of them were presented plants as mementos by our venerable elder Dr Shekar. Everyone then partook of the special vegetarian festival

luncheon, which included Obattu and Payasa.

## NEWS AND EVENTS - SUVIDHA STAFF

### Panduranga - Our New Head Cook

August 01, 2022

Panduranga came to Suvidha eleven years ago. From the day he came he has been working as a cook in the Suvidha Kitchen. At first, he was the Head Cook to the few residents and visitors who had their meals from the Kitchen. A few years later, when the number of residents increased and parties and events grew in number, a new cook, Balakrishna, was brought in and Pandu became Assistant Cook. Pandu remained as Assistant till recently. "Now, after 10 years and

9 months of service to Suvidha, I have become Head Cook again and I pray that I will live up to everyone's expectations," smiles Panduranga.

Pandu, who hails from Murdeshwar in Udipi District, had worked for about 3 years in a restaurant on Old Airport Road in Bangalore. As a young man he had assisted in a Paan shop at the KSRTC bus stand in Bellari. The owner of this shop recognized his hard work and gave him a shop for himself in Gangavati. When new developments happened in Bellari and the bus stand was

moved, Pandu too moved to Bangalore with his young family, consisting of his wife Veena and two sons, Harsha and

Ashwin, both of whom are currently pursuing their higher education in Bangalore.



### Ningappa - Our Kitchen Assistant

August 01, 2022

Ningappa, Pandu's assistant in the Kitchen, hails from Gulbarga. He joined Suvidha 10 years ago as a mere 13-year-old and began work as an office boy. In 2014 he was moved to the Kitchen to assist in delivery of meals, etc. He lives in Bangalore with the families of his sister and brother since some years back he lost his parents.

Ningappa serves food to diners and packs the carriers for delivery



of meals. He is also the main delivery person for meals to residents.

In the years he has been working in Suvidha, his quiet nature, his careful driving of the buggy, his good manners and pleasing way of greeting the elderly have been noticed and appreciated.

He is a pleasant sight around Suvidha during meal times and we hope to see him around for a long time to come.



# Shanawaz Begum - Our New Nurse

August 13, 2022

**S**hanawaz Begum belongs to Bengaluru and started her nursing career in Ramakrishna Nursing Home in July 1995. She continued in the same organisation and was promoted as Nursing Supervisor. She was later designated as Nursing Supervisor cum Administration Executive OPD and Ward Management for Ramakrishna Super Speciality Hospital and was also Insurance coordinator at the Hospital while

she also worked for MediAssist India TPA Pvt limited.

Shanawaz joined as a full time Nurse at the Suvidha Health Centre and resides in the Village to provide emergency medical assistance to residents.

Shanawaz's normal duty hours are from 9 am to 2 pm for all routine check-ups/ tests. From 2 pm to 9 am, she is



available if required for any emergencies that may arise. She is always available on the Suvidha Health Centre Help Line Number: +91 96069 80670.

In the short time that Shanawaz has been here, she has become an important and integral part of healthcare services in Suvidha.

# Shivalingaiah - Our Head Gardener

**S**hivalingaiah, Head Gardener at Suvidha has been with us for the past seven years. He hails from a farming family in a village off Kanakapura Main Road in South Bengaluru. Having been farmers for generations Shivalingaiah grew up cultivating crops such as millets, ground nuts, pulses, chillies and vegetables and caring for farm animals. His parents, brother, sister and their families have also been involved in the lucrative sericulture business for many years growing mulberry trees and rearing silk worms in about 35 Guntas of land. The children of the family including his son and daughter also lend



their hands in farming amidst pursuing their education.

Shivalingaiah's son, Siddaraju is studying for a diploma in mechanical engineering at APS Polytechnic college, Bangalore. His daughter Jayashree is studying in the Class 10. His wife, Thayamma, manages the family shop that

sells farm produce.

Almost a year has passed since the landscaping committee and our gardeners under the supervision of Shivalingaiah started a vegetable garden in Suvidha. Rows and rows of different vegetables have been planted and harvested in the past

months. About 35 kilogrammes of purple brinjals were harvested and used in the kitchen. A few kilogrammes of the same as well as about 20 kilos of tomatoes were also bought by residents. Similarly, 60 kilograms of tomatoes, as well as several kilograms of green and red chillies, squashes, bottle gourds, ash gourds, ivy gourds, ridge gourds, pumpkins, radishes, beans, ladies' finger, different types greens were also harvested. About 30 kilograms of recently harvested cabbages were used in the kitchen as well as sold to residents and a few outsiders. White brinjals, another recent harvest, amounting to six kilograms became tasty dishes for Suvidha diners during a recent luncheon feast.



Suvidha Organic Vegetable Garden



Bunch of tomatoes



Lush green cabbages



Purple brinjals growing in abundance

PHOTOS: J GOPALAKRISHNAN



## REMEMBRANCE

### Mythily Sampath (1939 - 2022)

September 08, 2022

**M**ythily Sampath of 181 A attained Nithya Shanti on September 08, 2022. She was 83 years old and had been ailing for more than a month. She is survived by her only son Anand Sampath, who is a shareholder of Suvidha and lives in the USA.

Mythily Sampath had a lifelong voluntary career with the Girl Guide movement in India. She authored over 30 books, conducted training camps for teachers over 3 decades and was passionate about the wellbeing of the girl child. She was a trailblazer of sorts and was among the first cadets to learn to fly a trainer aircraft. She also pioneered blood donations for women during her childhood. Her lifelong association with the Bharat Scouts and Guides was recognized by her being awarded the Silver



Elephant, the highest award for Scouting in India by the 8th President R Venkataraman.

In recent years, especially after the demise of her beloved husband, Dr Sampath in November 2020, Mythily had kept

to herself in her cottage and was hardly seen outside. Earlier, she had been active and was involved in several ventures of the Ladies Club and those relating to the staff of Suvidha. Every year she used to present the ladies staff saris, sweets and drinks and provide school stationery including bags for their children. She hand-stitched cloth bags and gifted them to Suvidha residents to store meal coupons. She was meticulous in her dealings with everyone ranging from staff to residents. She was an excellent and gracious hostess and always had goodies ready for anyone dropping by their home at any time of the day.

She will be missed by many of us who knew her well and enjoyed our interactions with her till the end.

## READERS' RESPONSE

The Editor of any publication carries a special responsibility in the collection, arrangement, editing and finally deciding the contents of the published work. So, kudos to you Latha for this excellent issue of the TSR. Every one of the sections is very well researched and packed with information.

I read the whole issue at one go and was amazed to know the history of the founding and evolution of "Suvidha" to its present glorious state.

**T S Rukmani, Cottage 73-74**  
Suvidha

Enjoyed the magazine. Thank you,  
**M J Aravind, Cottage 173-174**  
Bangalore

Lovely issue. Specially loved the fresh work by grandchildren of Suvidha and young participants in

world environment day.

Editing and layout looks good as usual.

**Dr Ashok Shanthamallappa, Cottage 165-166**  
Bangalore

Such variety! And it is unputdownable!

Also reminds us of the times, when as children we would wait for our favourite magazine.

**Jyothi Kumar, Cottage 1115C**  
Bangalore

Best Editor's note in TSR.

The team is doing a wonderful job. It is a pleasure to read TSR.

Thank you for making it special, adding all kinds of topics. Looking forward to read the next issue.

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

Congratulations on the release of this Issue!

As always – beautifully crafted – design and content.

Great job Team!

**Sandhya Ravi, Cottage 188A**  
Bangalore

I enjoyed reading the Monsoon Issue, especially the Russian story. Well done TSR team!

**Nilima Kadambi, Cottage 47-48**  
Suvidha

As usual a wonderful production!

**Geetha Sudarshan, Cottage 42**  
Suvidha

Well translated poem. Appreciate Gopal's work. Delighted to read TSR.

**Satyamurthy Subbarao, Cottage 139**  
Suvidha

Very nicely done!

**Devika (Resident), Cottage 15 A & B**  
Suvidha



## USEFUL INFORMATION

Please click on the company logo for details.

### COTTAGES FOR RENT

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



[Suvidha Cottages for Rent](#)

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