



Suvidha.... where the good life gets better !

SUVIDHA NEWS

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Thought for Today: <http://www.thoughtfortoday.org.uk/todays-thought/>

➤ **From the MD's Desk:**

Dear Suvidhites,

A warm Independence day greetings to all of you.

We are in the midst of the AGM process. I would therefore keep this communication very short and very neutral!

The STP has started trial runs; initial assessment of its working is encouraging.

We are in the process of helping our employees get membership of a new family insurance scheme that Government of India is launching on Independence Day.

I urge all Suvidhites to make every effort to attend the AGM on 9th September. If this is not possible please exercise your franchise by using the e-voting facility to the fullest.

Regards
Shobhini.A.G



SNL Archives: All back issues of Suvidha News Letter are available at: <http://suvidha.co.in/news-letters.html>

Note: Download the desired back issue for activating the hyperlinks in the document. Then read it at leisure.

➤ Event Highlights:



16-07-2018: Talk on Dance Movements as Therapy

Ms Gisela and Mr Hiroo Advani of Cottage # 23, arranged the screening of a short film on Dance Drama and their daughter, Ms. Nalini Prakash gave a talk on Dance Movement Therapy. This dance drama is the creation of Spring Link, a multi-arts organization that has a mission to interpret, create, perform, and present performing, visual and literary arts of India and the diaspora. Ms Nalini Prakash, is a certified dance/movement therapist who worked at Saint Elizabeths Hospital in Washington DC for 7 years where she provided direct clinical treatment services in dance/movement therapy to general and forensic psychiatry inpatients as a component of the hospital's overall program of mental health care and treatment. Nalini has a master's in performing arts and a master's in dance/movement therapy. She is also a certified movement analyst and used her skills in Laban Movement Analysis and dance therapy to reduce violence and resolve conflict. As an aquatic therapist, Nalini developed the first-ever outbound aquatic dance therapy program at Saint Elizabeths Hospital. Nalini is currently a research fellow pursuing a doctoral degree as part of Drexel University's graduate program in creative arts therapy. For further details contact:

https://www.youtube.com/watch?time_continue=25&v=XwIHhXbY0Hw



20-07-2018: Study of wetland contour and water body around Suvidha

The students from Global Academy of Technology, Bangalore completed their 10 day study of wetland contour and water body under the guidance of Dr. C V Srinivasa. The report on findings is awaited.



20-07-2018: Open House on ACF proposal

On 20-07-2018 and 28-07-2018, Open House Programmes were arranged to discuss and seek clarification about planned ACF in the first floor of our Club House. All issues connected with the proposal were discussed / explained in detail.

An open house was convened on 20-07-2018, to answer the queries and those that came up via emails. This event was video recorded and presented at this link. <https://youtu.be/XXBe6Hlln-c>

Further the Board convened another open house to answer the queries. The link below takes you to the video recording of the discussions held on 28-07-2018 at Suvidha. <https://www.youtube.com/watch?v=qca9PvEE0lw>



21-07-2018: A trip to Bio Diversity Park

One day trip to Bio Diversity Park at Jnana Bharathi Campus at Kengeri was arranged by Dr. A N Yellappa Reddy. Seniors had an outing to spend some time in the nature and greenery. The whole trip was very enjoyable.



21-07-2018: Thanks-giving to river Tungabhadra

Mr. Veeranna Chigateri, cottage # 105-6, had arranged a grand buffet dinner with a large spread. The Suvidites enjoyed the evening with gaiety. According to the host the programme represents his thanks-giving to river Tungabhadra that started flowing in its original glory at his native place after so many years of dry spell.



31-07-2018: REimagiNEWaste3 – hackathon

Ms. Gayitri Handanhal conducted REimagiNEWaste3 – hackathon on waste management at Suvidha. She shared details of her current involvement with the theme “Water, Waste and Livelihood” and elaborated her experience while conducting hackathon on waste management in collaboration with Centre of Product Design and Manufacturing of IISc.



05-08-2018: Suvidha AGM 2018 Adjournment

The scheduled 14th AGM of Suvidha was adjourned on technical grounds. The Board has decided to hold the adjourned Annual General meeting on Sunday, the 9th September 2018.

Website: <http://www.suvidha.co.in> Phone: 91-080-26951000 / 212 Email : contact@suvidha.co.in



10-08-2018: Movie Time

Venue: - Club House Banquet Hall of Suvidha. The movie was "**Chalti Ka Naam Gaadi**," a 1958 Hindi Comedy Movie of 173 minutes duration with English subtitles. The film featured Ashok Kumar with his two brothers and gorgeous Madhubala. Music was composed by Late Sri Sachin Da and the songs transported the audience to good old times. The evergreen melodies sung by Kishore and Asha were so refreshing to the ears.

Thanks to the Team of Residents who sponsored the Snacks and Drinks on this evening.



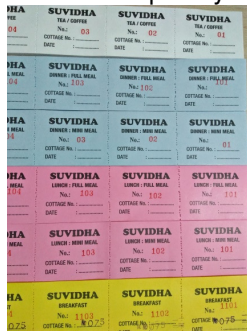
➤ Suvidha On The Move :

16-07-2018: Iron clad electrical outlets were fixed in the Kitchen to supply power to newly located Dosa batter grinders. These grinders were shifted and commissioned on 28th July 2018. The old unused wet grinder with coconut scraper was shifted to the store room and the canteen area was rearranged to make space for drying the washed vessels.

01-08-2018: New saree uniforms were distributed to the House Keeping ladies as well as the lady Gardners.



02-08-2018: Coupon System was introduced to deliver Breakfast, Lunch and Dinner at Cottages. Features of the new coupon system are as follows: [1]. Different colour coded Coupons have been issued from the Office as per the request from the Residents. [2]. The Coupons will have the Cottage Number as well as serial Number for accounting purposes. [3]. The resident will have to fill in the date whenever the meal is delivered in exchange for the Coupon. [4]. One Coupon is valid for One meal only. [5]. Please keep the Coupon inside the bag and hang it out of the cottage door. Or he may also handover the Coupon personally to the food delivery boy. The Kitchen committee wishes to immensely thank Mrs. Sampath of Cottage 181A for hand stitching the Coupon Bags and supplying them free of cost.



05-08-2018: Prof Kiran P Kulakarni, who is a doyen of water body and environment management, inspected the lake and initiated scheduled booster dose of Effuclean treatment with the help of our garden staff.

06-08-2018: According to our Civil Engineer, Mr. Prasad the specialised retrofitting work at 176 & 67 has been completed. They have used recently introduced beam reinforcement compound for the first time at the Village.



15-08-2018: Cottage Information: Many shareholders requested to include information about the cottages that are available for rent as well as for second sale. Accordingly the Suvidha office has brought out four tabulations that enumerate the required details. Click on link below for details:

https://drive.google.com/file/d/1wtbsTESyWSFqIJ_ZqUvCpNi7yNNBINO/view?usp=sharing

➤ Suvidha Staff News:

To strengthen our technical team, we have recently added two new staff members as Technicians. The details are as under. We warmly welcome to Suvidha and wish them a satisfying career in Suvidha.

Mr.Bhimaraya (ITI Holder, 6 years experience in electrical line) joined as a technician on 20th July 2018.

Mr.Vinod Kumar L (ITI holder, 2 years experience in electrical line) joined as a technician on 1st August 2018.



Mr. Bhimaraya



Mr. Vinod Kumar

➤ Suvidha Family News:

Warm welcome to Mr. Gopalakrishnan and Mrs. Latha, who relocated from Dubai on June 1st 2018 to set up permanent residence in Suvidha (Cottage 181B).

Hailing from Kerala and having lived in Dubai for the past three decades they are looking forward to a happy and relaxed way of life in Suvidha. In his capacity as a product specialist and technical manager for analytical instruments, Gopal has travelled widely. He is a voracious reader of English, Malayalam, Tamil and Bengali literary works and is now attempting to learn Kannada.



While Latha is also earnestly learning to speak, read and write Kannada she is an avid quick crossword enthusiast. Latha has been a professor of English Literature in Madurai and then in Dubai as a freelance feature writer since 1994 providing content for various publications. The Indian languages that she can read, write and speak include Malayalam, Tamil and Hindi.

Latha is very thrilled by Suvidha right from day one. Being a lady of letters, she has put her thoughts in a poem. We present it here for your enjoyment as well!

Suvidha Mornings

We Suvidhites wake up to birds twittering
Owls hooting and crows cawing
Or a far away peafowl mournfully calling
And as more of nature's sounds add to the mornings' music
Some of us are out walking
Along the lake that reflects the glorious morning colours
The ever present cormorant is on his high perch
Seeming to scrutinise all around him
The ducks are out sometimes with their ducklings
Who delight us every time we stop to look at them
Here is one of us meditating quietly
Here is another chanting a mantra
Just as the group in the Mantapa break into morning prayers

Sonorously waking up the spirits of all who harken to them
 Here is the couple walking
 To the library to join others at Yoga
 And there's the one walking by himself singing beneath his breath
 And another listening to Carnatic music wafting out of cottages
 And there are some more of us in their gardens tending to plants
 Wherever we are within this little Paradise
 All of us Suvidhites welcome the mornings
 Thankful we are here to enjoy them
 Amidst nature's bounties made better by man
 Our Suvidha mornings are precious
 And they keep getting better every day.

➤ **Suvidha Talent Corner:**

- **Birds of SUVIDHA:** This is a series of beautiful and at times stunning pictures of birds that are either resident of or visitors to our Village. Mr. Ashok Dey, a permanent resident of SUVIDHA since November 2010, has been able to photograph as many as 109 different species of birds in the Village.



BLACK DRONGO

Regular walkers around our Lake have, sometime or the other, seen the **Black Drongo (*Dicrurus macrocercus*)** aka **King Crow** perched on a tree. Slim and agile, measuring 28cm-31cm from beak to tail, it appears as dark and glossy with blacker upperparts and shiny blue-black throat and breast. It is quite easily identified by its long, deeply forked tail. Both sexes look alike and if you look closely when the bird is sitting still, you may also be able to see its white rectal spot and dull eyes.



The species is distributed widely throughout the subcontinent. Perched on trees, power and telephone lines it keeps a vigilant lookout for grasshoppers and other insects it feeds on. It is also known to occasionally hunt small birds. In open country it rides on the backs of grazing cattle and pounces on insects disturbed by the

animals' hooves moving through the grass. The species is considered highly beneficial to agriculture for the numbers of insects it preys upon. It flies with strong flaps of the wing and is capable of fast manoeuvres that enables it to capture flying insects.

The breeding season is mainly February and March in southern India and extends until August in other parts. The nest is a flimsy-bottomed cup built with fine twigs and fibres and cemented with cobweb and is built by both the male and the female. Both sexes share all domestic duties. The species tends to protect its nesting territory, variously estimated to be around 0.3 to 1.2 hectares. Its extremely territorial nature accounts for its aggressive behaviour towards much larger birds, and it does not hesitate to launch dive-bombing attacks on birds of prey 'invading' its territory. It is this behaviour that has earned it the name "King Crow". Its habit of driving away predators from near its nest encourages other birds like babblers, bulbuls, orioles, etc., to nest in the vicinity.

A reasonably good mimic, the Black Drongo is also known to imitate the cry of predators like the Shikra to put mynahs to flight and steal their prey.

- **Butterflies of SUVIDHA:** India has over 1,500 species of butterflies. Mr. Ashok Dey, a permanent resident of SUVIDHA since 2010, has been able to photograph and identify 59 species of butterflies inside our Village until now. Our Newsletter will carry this series comprising pictures and descriptions of butterflies of SUVIDHA.

APEFLY

The **Apefly (*Spalgis epeus*)** with a wingspan between 20-30mm is a dainty little butterfly distributed in the plains and coastal areas of peninsular India and from Uttaranchal through Nepal, Bhutan to Arunachal Pradesh and the Northeast. It is also found in Myanmar and Sri Lanka. It prefers forested areas with moderate and heavy rainfall up to altitudes between 1,200-1,300 metres. Its flight is fast and erratic and it keeps among the bushes.



This species lays its egg singly on the underside of leaves and twigs amongst colonies of mealy bugs. The emerging larva burrows into the body of one of the young mealy bugs and eats it from within, leaving only the

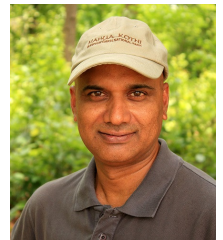
outer shell. This continues as long as the larva grows and larva is covered with the white excretion of its victims. The pupa resembles a monkey's face when looked from above and slightly in front. That is why this butterfly is called the Apefly.



➤ **Suvidha Nature Notes:**

Nature Notes is a new column, which will feature observations of our resident Naturalist, Mr. Sarath Champati. He will bring you stories about our beautiful birds, reptiles, insects and trees of Suvidha, every month. We thank him for his interesting contributions to our news letters.

Mr. Sarath Champati, is an Associate Director-Conservation, for Evolve Back Resorts and Lead Trainer for the Karnataka Ecotourism Board. Mr. Sarath has been a wildlife enthusiast for the past 30 years. He regularly leads wildlife tours to Africa, Arctic and Antarctica for Planet Wildlife, a company specializing in worldwide wildlife travel.



Singers of the Night - Frogs!!

This Monsoon has blessed us with good rains and life in many forms has been thriving in our beautiful Suvidha! Immediately after the rains arrive, we begin to hear the croaking calls of many of our friends, the Frogs! Some of you may have wondered, how do they suddenly appear from nowhere? Where were they during the summer or the whole of the year after the last rains?!

The first rains trigger the emergence of these beautiful creatures from their state of 'aestivation' (or tupor), which is a state of dormancy similar to hibernation, characterized by inactivity and a lowered metabolic state. Many of them would have burrowed in the mud waiting for the next rains! And when the rains arrive, they emerge with gusto and express their happiness to be back in action again! They also vocalize a lot in this period as they have to find mates! Can you imagine that an 'Indian Idol' is playing out in the darkness of Suvidha every night after the first Rains?! The males have to sing their best songs to impress and attract the females! In fact, every Frog species has a unique call and females of the same species keep their ears tuned in for the best songsters who will sweep them off their feet!

Frogs are an important part of our ecosystem as they control pests and other insects. As they breathe mostly through their skins, they are environmental barometers because of their sensitivity towards small changes in the

environment. In fact, the 'sixth mass extinction', which has been confirmed by scientists across the world, has been heralded by the extinction of the 'golden frog' in Panama. Globally about 70% of all Frog species are facing extinction and in India, sadly the story is the same. (ref: 'The Sixth Extinction' by Elizabeth Kolbert).

India has about 400 species of Frogs of which an astonishing 159 species have been discovered (mostly in the Western Ghats) only in the last 16 years! In other words, we are not even sure how many species we actually have and many may go extinct even before we know them! It goes to show how rich our biodiversity is in our country!

In Suvidha, I have identified about 7 Frog species so far; prominent among them are the 'Skittering Frog' found in our lake; Common Indian Toad (in picture) found everywhere in the village and the Common Indian Tree Frog, which you may find it perched vertically on your walls or sometimes in your bathrooms! I am sure, they are many more species which can be revealed by a more detailed survey.



So next time you are walking about at night, do listen to the lovely songs of the male frogs and appreciate their efforts to woo their females and thus continue to play an important role in our ecosystems!

Happy Frogging! Sarath Champati

➤ Readers' Corner :

Some significant verses in the Īśāvāsya Upaniṣad

Courtesy: Dr. T. S. Rukmani, PhD, D Litt., Resident of Suvidha Village, Cottage # 73-74
(Presently, the author is a Distinguished Professor Emeritus, Concordia University, Montreal, Canada.)

The Īśa Upaniṣad belongs to the Vājasaneyī branch of the Yajurveda and gets its name from the first word of the first verse of the Upaniṣad which runs as follows:

**Īśāvāsyamidam sarvam yat kim ca jagatyām jagat,
tena tyaktena bhuñjīthāḥ mā gṛdhaḥ kasyasvid dhanam.**

The rough translation would be: "Whatever there is in this whole world is pervaded by Īśa (God) therefore enjoy (not by over indulgence but) with a sense of detachment. Do not covet another's wealth". As this is the fulcrum of this small Upaniṣad of 18 verses I think it is important to comprehend its underlying significance.



Notes: There is a general feeling amongst people at large that because Hinduism talks of individual mokṣa in its philosophical literature there is no fellow feeling and therefore Hinduism lacks in ethics.

But the above verse amply demonstrates that while emphasizing individual liberation Hinduism also lays down this cardinal rule of distribution of wealth in a wise manner emphasizing the rule of restricting one's selfish interests for the larger good of society. Paul Deussen, a renowned German Vedānta philosopher echoes this sentiment when he states that the first verses [of the Īśopaniṣad] are notable for including ethics of one who knows the Ātman.

No other Upaniṣad lays down the cardinal rule for living harmoniously in the world like this first verse of the Īśopaniṣad. Most of the trouble comes when humans seek to exploit the common benefits for their own self aggrandizement. One sees the growth of this phenomenon in the repulsive consumerism that has taken hold of humans across the globe. No wonder that Gandhiji once remarked: "If all the Upaniṣads and all the other scriptures happened all of a sudden to be reduced to ashes, and if only the first verse in the Īśopaniṣad were left in the memory of the Hindus, Hinduism would live for ever."

What Gandhiji was emphasizing was the attitude of detachment even in the act of enjoying the world. The statement not to covet the wealth of another is the most important operative clause here. While one may develop a sense of control while experiencing the objects in the world, the jealousy that pervades the mind seeing another's prosperity is an even greater sin. Thus in Gandhiji's mind these twin concepts of detachment and respect for one's fellow being must have been paramount when he made that profound statement. One also wonders whether the economic theory of 'trusteeship' that Gandhiji advocated owns its origin to the idea contained in this first verse.

One more important fact about this first verse is that it is a precursor to the Gītā verse which exhorts all to act with a sense of detachment. I am sure you all remember that verse which runs as follows:

**Karmaṇyevādhikāraṣṭe mā phaleṣu kadācana,
mā karmaphalaheturbhūḥ mā te saṅgo'stvakarmaṇi**

which means: One's attention should only be in performing action for its own sake and not keeping the result in mind. It also warns against using that as an excuse for not acting at all. While the Īśopaniṣad emphasizes the mind's attitude towards all actions in a general way applicable to all humans, the Gītā covers the mental attitude of an individual specifically when acting in the world. The Gītā, being set in the context of the 'Kurukṣetra-dharma-yuddha' it is but natural that the emphasis is on the individual and towards the action of the individual itself. The Gītā also does not want the individual to abandon the path of action totally like the Upaniṣadic advice to take up total renunciation through sannyāsa. The Īśopaniṣad scores however because it adds an ethical dimension of fellow feeling to the attitude of action.

By now you must be curious to learn more about the individual verses of this Upaniṣad on which so much has been said above by so many eminent intellectuals and spiritual leaders. There are only 18 verses in this Upaniṣad; but each of them is pregnant with meaning beyond the literal. I shall just pick out a few from the 18 verses which I consider important for this brief paper.

The second verse in contrast to the first allows for anyone who wishes to continue a worldly life fulfilling his/her desire to do ritual deeds and reap its fruits. In that sense it is a compromise between the path of ritual and the path of knowledge which is advocated here; it runs as follows:

**kurvanneveha karmāṇi jīviṣecchatam samāḥ,
evam tvayi nānyatheto'sti na karma lipyate nare**

Meaning: One should wish to live a hundred years by doing karma (ritual); for such a one that is the only way wherein karma does not cling to one.

Notes: What the Upaniṣad wants to emphasize, according to Śaṅkarācārya who commented on this Upaniṣad, is that by doing ritual prescribed by the Vedas one can desire to live a hundred years (this is just a metaphor for a long life). After all, the Upaniṣadic path of liberation is an arduous one and is bound to be followed by only a very few. Therefore in order to accommodate the vast majority of humans the Īśopaniṣad allows a path of karma provided the ritual is prescribed in the Vedas. One also needs to understand that in general in all sacrifices there is built into them a sense of selflessness as there is an abandoning of desires saying "nedam mama" (this is not mine) before offering various objects into the fire. So in a way the path of detachment, advocated in all action in the first verse, is also emphasized in the second mantra/verse.

The sixth and the seventh verses state explicitly the message of the Upaniṣads as:

**yastu sarvāṇi bhūtāni ātmanyevānupaśyati,
sarvabhūteṣu cātmānam tato na vijugupsate: (6)**

He, who sees all beings in the Self itself and the Self in all beings, feels no hatred towards anyone.

**yasminsarvaṇi bhūtānyātmāmaivābhūt vijānataḥ,
tatra ko mohaḥ kaḥ śokaḥ katvamunupśyataḥ (7).**

When the one who is liberated sees all beings as the very Brahman (Self) then what delusion or sorrow can remain for him who sees oneness alone.

Notes: These two verses can also be understood as the ethics of Vedānta. As there is no distinction between oneself and another, that can be conducive to a harmonious relationship amongst all. Observe also the subtle shift in meaning in the seventh verse which expands on the idea given in the sixth. Thus while the sixth verse talks of the way one should lead

one's life in the world seeing everyone as the Self itself, the seventh talks of that as a direct experience of one who has actually followed that path and has attained liberation. One is theory and the other is actualization of that experience.

Verses 8-14 continue to draw a distinction between the path of karma and the path of knowledge in varied ways and points to the different results that follow from these. I skip those verses and come to the verses 15 and 16 which take you to a higher plane of meditation and pray for the ultimate realization to dawn on the meditator.

Verse 15 is one of the most sublime in the entire Upaniṣadic literature. It runs as follows:

**hiraṇmayena pātreṇa satyasyāpihitam mukham,
tattvam pūṣannapāvṛṇu satyadharmāya drṣṭaye:**

The face of Truth (Brahman) is hidden by a golden vessel. O Sun, please remove that for me as I have led a truthful life; that will enable me to see it (the Truth).

Verse 16 mentions the result of this meditation as:

**pūṣannekarṣe yama sūrya prājāpatya vyūha raśmīn samūha tejaḥ,
yatte rūpam kalyāṇatamam tatte paśyāmi yo'sāvasau puruṣaḥ so'hamasmi :**

O Prajāpati, please remove your rays, reduce the glare/brightness so that I can witness, by your blessings, that sublime form of yours. I am that very person that is present in the Sun. This last line (in bold) states the message of the Upaniṣads clearly and it cannot be said any better. Verse 15 emphasizes the fact that one needs to lead a "truthful life" in order to reach the highest plane of self-realization. The end can only be commensurate with the means. Such a person will be rewarded with the result which is stated in verse 16.

Notes: The Upaniṣads advocate two kinds of meditation: (1) where a duality is maintained between the meditator and the object of meditation while (2) the meditator identifies himself / herself with the object meditated on. In verse 15 we see this duality being maintained and the end result is for the truth in the object of meditation to be revealed to the meditator. Subsequently the meditator becomes Brahman himself / herself as mentioned in the last line of verse 16.

The aim of these short articles on the Upaniṣads in our Newsletters is to draw the readers' attention to the richness of our heritage. I have already dealt with parts of the Bṛhadāraṇyaka, Chāndogya, Taittirīya and Kena Upaniṣads in the previous Newsletters. I shall continue with the other not so well known Upaniṣads such as the Aitareya, Muṇḍaka, Māṇḍūkya, Kauṣītakī and others in the coming issues. I do hope you are getting some idea of the kind of values that our ancients were fervently advocating in our age old spiritual literature.

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ANNEXURE - 1

➤ **Door-Delivery Service Providers for Suvidha :**○ **VEGETABLES**

- **Healthy Farm Fresh:** For vegetables and fruits: Contact: Mobile: 9632488467 / 9632389467. You can order your requirements on their website also. Website <http://www.healthyfarmfresh.com>
- **Organic Vegetables:** For your requirements of organic vegetables, you may contact Mr. Gautam Hegde at Ph.No: 8147978284. Scheduled days of his visit to Suvidha are - Tuesdays and Fridays.
- **BigBasket:** For your groceries, Vegetables, fruits, House Cleaning products etc., order online at www.bigbasket.com . All details are available on the website.

○ **MEDICINES**

- **Religare Medicals:** Register with Religare to buy your medicines. Senior citizens get 10% discount. Contact: 080-22956228 / 29. Senior citizens get 10% discount.
- **Shantha Pharma:** For supply of your medicines to your door-step, contact 8867781822 / 9986003614. The shop is located on Kanakapura Road about 5 Km from Suvidha. Senior citizens get 10% discount.

○ **ASSISTED LIVING SERVICES**

- **Home Medical Care Services:** They provide dependable service of a Doctor, Physiotherapy, Nursing or Trained Attendant. Please visit for details - www.portea.com or contact - Tel No: 080-33554554
- **Nightingale Home Health Services:** Nightingales, renowned for providing personalised medical care for old since 1996, is well acknowledged and acclaimed for its facilities and services. Guided by veterans, this institution has been recognized nationally for its meritorious services. Specialized home health care service provides 24/7 expert dementia care; stroke recovery care, pulmonology, wound care and physiotherapy at home services. Their general services include Doctor on call, Nurse on call, Bedside attendants, Dental services at home, Lab. Investigations, Home infusion therapy, pharmacy service and post-operative rehabilitation, Remote health monitoring, Colostomy and Tracheostomy and Tube feeding. In addition, the company provides essential life saving equipment on hire. Get in touch: Toll free No. 1800-103-4530; Tel. 080 453003300: Website: www.nightingales.in
Branch Manager Aishwarya at Jayanagar - Tel: 080 41410029
- **Beautiful Years Koramangala** - Mobility Aids, Making homes elderly friendly (Toilets, Alarms, Cameras, Non-Slip coatings, Bathroom Modifications and Grab Rails etc.
Tel: 08069400333, 9986928141(Saurabh and Pavitra): Website: <https://www.beautifulyears.com>
- **Agencies providing the attendants / home help:**
 - **Apna Care :** Tel: 080-30752584 ---- <http://apnacare.in>
 - **Health Heal and Home Nursing :** Contact Mr. Rohan: 9620416503 ; 080- 23203333
- **Pavan Surgicals** - For BP Monitors and Mobility Aids, Wheel Chairs - Manager (Naveen) Tel: +91 9844682309

○ **TRANSPORT**

- **Special-Needs Taxi Services:** It is only to be seen to believe it. Please visit website for complete details: www.kickstartcabs.com – or contact Tel: 8105600445
- **Balaji Taxi Services** – Reliable taxi services are being provided by this agency. For booking and other details contact – Mr. Srinivas – Land line 080 50771881, Mobile – 9845365245
- **Auto Riksha Services** – Reliable Auto services are being provided by Mr. Narasimha Raju. For booking and other details contact – Mobile: 9900327822 / 9980627163

○ **PEST CONTROL**

- **M/s. Maker Pest Control:** They can provide pest control services at your cottage. For details contact at Ph.No. 080 26608519, 9886743177 ; Email - makerpestcontrol@gmail.com

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ANNEXURE - 2

LIST OF HEALTHCARE PROVIDERS IN BANGALORE

PROVIDER	Contact Details	Registration Fee	Attender Helper	A N M Trained Nurse	Qualified Nurse	
Spandana	Ms. Sunanda / Ms. Ratna : 9845803616 : 080 25531122 / 23	One year Rs. 15,000 to 35000	Rs. 15,000/pm	Rs.17000 To 35000		Long term Satisfactory service
SUMUKHA	Mr. Narayanaswamy 9880024265 : 080 22441963		Rs. 1000 – Rs. 1500 per day		Rs. 2000/ day Rs.40 to 45000/ month	Immediate service
Portea	Mr. Tausif 080 42734996 : 18001212323 [IVRS]		1200/ Male 1100/Female	1350 to 1450		
Lakshmi Home care	Lakshmi : 7338204385 9844968809 Mr. Manjunath 9741712857	750/week 3000/month 36000/Year	600/day 18,000/M	700/day 21,000/M	Rs. 1000/day	
Zoctra.com	Ms. Pryanka 9152432219		600/900 18-27000/M	Rs.1200 – 2000/Day Rs.55,000/ Month		
Ashwini	Mr. Sunil 9972201432 Ms. Anitha 994583545		1000/24hr duty 16000/Month	1800/day 40,000/ Month		Immediate action
Sagar Healthseva	Ms. Prabhavathy or Vipin 9886543235: 080 41710009	3,000	800/24hr 18000/M	950/Day 25 -30000/ Month	45,000/= Month	Immediate action
Esha Saraswathi	Ms. Hamsi : 9663701126 Ms. Kavitha 9945369185	10,000/Y 5000/6M	750.Day 15,000/M	17000/M	25000/M	
Nightingales	Ms. B L R Aishwarya 41410029: 18001035530		25000/M	Rs. 2000 to 2500/ 12Hrs 4000/ Day		
Apna Care	Ms. Bhavya /Ram 080 30752584		750 - 859 / day 20- 22000/ Month		Rs.35000/ 12hrs duty Rs.52000/ 24hrs duty	
Health Heal	Mr. Rohan / Mrityunjay 9629416503 : 080 23293333	To Sign Agreement	600/day 18000/M	1000/D 30,000/M	1400 to 1500/Day	Provides Med. Equip : Lab test

ANNEXURE-3

Charges and Guidelines for Admission and Maintenance of ACF at Suvidha Health Centre.

The ward at the Health Centre has been refurbished to admit a senior from the Village who requires attendant care. By definition this facility caters only to those patients who are stable and need only attendant care. Acutely ill patients cannot be looked after in this facility. In this context following guidelines and tariff have been fixed by Suvidha Management.

1. **Admission Criteria:** A resident will be admitted from another hospital after reviewing the records and the discharge summary by the Resident Doctors; when such a request comes from the spouse or a caretaker of the resident patient.
2. The decision of the Resident Doctor regarding admission to this unit is final.
3. **Time frame:** Duration of admission varies from a day to a maximum of 15 days. Requests for stay beyond 15 days will be treated on a case-by-case basis.
4. Short interval Day Care admission for intravenous fluids or respiratory care is also allowed on a working day; when the Day Care Nurse services are available.
5. **Medical Care:**
 - a) Health care Management and follow up of these long term patients will be out of purview of the resident Doctors; and as such their original medical team should be in charge of the patient. And the nursing staff of Suvidha will play no role in medically managing these patients on daily basis except for providing non-medical assistance or guidance.
 - b) **Attendant / Nursing care personal:** Should be outsourced before admitting the patient as per the contact list provided in the Annexure – 2 above. Prevailing approximate rates are as under:

Attendant Rs. 15000 to 30,000/ month;
Trained Auxiliary nurse Rs.17000 to 35,000/ month and
Qualified Nurse Rs. 30,000 to 52,000/ month
 - c) Room Rent: Rs. 1,500/day which includes short term stay
 - d) Drugs and medical accessories that are available will be provided as an emergency measure and same should be replaced by the party or remit MRP value of the drugs and the accessories.
 - e) When specialised Medical care, Consultation, Services, Equipment, Furniture or Fixtures are required (ie Post- operative care); it is the admitting resident's responsibility to make these arrangements as well as to make payments for these external services. The office will assist in procuring these services. For patients who require specialised assisted care by an outside agency (ie physiotherapy), the duty nurse or Suvidha office will provide the necessary assistance in procuring such services. The contact details of agencies will be displayed on the notice board in the ACF. The charges for such services will be borne by the patient.
 - f) **One attendant** only is allowed to stay with the patient. The food for the patient and the attendant will be borne by the admitting Resident. Food may be ordered from the Suvidha kitchen or brought from home.
 - g) **House Keeping:** Suvidha Housekeeping staff will attend to cleaning routine once a day. Taking care of soiled linen and health care waste and other services are to be outsourced and paid by the patient attendant at actuals.
 - h) The **privacy of the residents** in the dormitory must not be violated at any time.
 - i) In case of any ambiguity in the rules of ACF, the decision of Suvidha Management is final and binding.

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