



SUIDHA - Where the good life gets better

## SUIDHA NEWS

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

Dear Suidhites,

The end of another year is almost upon us. Year's end is neither an end nor a beginning but a going on, with all wisdom that experience can instill in us. We hope your year has been happy, healthy and prosperous. In the face of significant challenges, we made significant progress. I thank each one of the Shareholders for reposing confidence in us, continuing support and extending their helping hand in the hours of need.

What we have done during this last quarter is just a miniscule of a job. While there is much work to do and there may be further challenges ahead, we end 2018 stronger and with better service to our Residents / SHs. There are plenty of bright spots that lead us to 2019. We pledge to serve our SHs, Residents/Non-Residents, with renewed enthusiasm. We are looking forward to strengthening our ties with our SHs. We continued throughout the last quarter of the year to simplify our job processes and to manage through the adversities. As a strong, easily accessible management and well organized team, we can serve our SHs better, build deeper relationships and help restore confidence.



The New Year will bring in its own mix of successes and challenges, but our direction is clear and we know what we must do. Our job is to continue to focus intently on what we can do to better the lives of our SHs, with best service, managing our costs, re-building our faith, and doing our part to keep SUIDHA moving forward.

To highlight significant areas of improvement I present the following:

- Spick and span Kitchen for which I am thankful to the Kitchen Committee Team.
- Two rooms are getting ready in our Health Centre for the needy SHs during the convalescing period post hospitalization. Our Health Care Committee with the support from Dr PMC has done a wonderful job.
- Repairing of Roads: Using contract labour and not allotting the work to a contractor we could minimize our expenditure. Thanks to our Civil engineering Dept.
- Completion of construction of a bridge over causeway near STP with the help of a donor.

Website: <http://www.suidha.co.in> Phone: 91-080-26951000 / 212 Email : [contact@suidha.co.in](mailto:contact@suidha.co.in)

- Procuring garden benches for which I am immensely thankful to the following donors: Dr PMC, Dr Iris, Mr P K Nayak, Dr K S Shekar, Ms Prema Chari, Ms Geeta Sudarshan, Mr Vijaykumar Aluri, Mr Aradhya, Ms Raji Jinka, Mr Suresh Babu, Mr Papanna Gowda, Mr Babu Somashekar, Dr Asha Jain, Mr Rajashekar B, Prof Rukmani, Mr Devidas D Prabhu and Dr Mohan Rao.
- Changed all the Street lights to LED Bulbs with the help of a donor. Our Maintenance Department did a wonderful job in cleaning the domes and fixing the bulbs.

These are only illustrative and not exhaustive. Individual Committees will brief you with the progress made.

I appreciate all of you for extending your support to this infant team. I also take this opportunity to appreciate the great work done by our supporting staff all through this year.

### **A Big Thank You and Wishing You and Your Family Members A Happy and Prosperous New Year 2019.**

Come, participate and enjoy the New Year Festivities at Suvridha and be a partner in ushering in the New Year and new life in Suvridha.

With best wishes,

**C. B. Prabhakar**  
Managing Director

### ➤ **Suvridha Events:**

#### ✚ **16-11-2018: Open House**

Open House was conducted to discuss various issues. The following were discussed in particular.

- Repairing of Roads
- Completion of construction of a bridge over causeway near STP.
- Need for Garden Benches at various locations in the village. The response to donate benches was very spontaneous.

#### ✚ **17-11-2018: Samoohika Satyanarayana Pooja**

As was done in earlier years, **Samoohika Satyanarayana Pooja** was held in Club House. It was attended by all residents, local shareholders and friends and guests of Dr. KS Shekar. Many Residents and Shareholders took part in the pooja. A grand lunch was arranged by Dr.KS Shekar and Dr. Manjula Shekar. Some snaps taken on this occasion are presented at the following link.

<https://photos.google.com/share/AF1QipNpi5ejboClgUYWqhDw8UB7i1FjuykTbvWvw0E-zV7C-HXxvUDKjggaDoFsnxvIdg?key=enFVSIB6bXIQdIZMeDJ3TC1LTlgzblFpdHNpaGZR>



#### ✚ 20-11-2018: Dematerialization of Suvidha Shares

CDSL (Central Depository Services Limited) were invited to update all shareholders on dematerialisation of shares and opening of DMAT accounts. Many shareholders actively participated in the discussions and got their doubts cleared.

#### ✚ 22-11-2018: Classical Music Recital by Ms. Laasya Chakravarthy

All residents were entertained with delightful Classical Music Recital by Ms. Laasya Chakravarthy daughter of Lt. Col M G Jayaram (Retd) and Mrs Roopa Jayaram of Cottage 15AB. The residents were served a sumptuous lunch. All in all it was a very enjoyable get together. Our thanks are due to the hosts for their friendly gesture. A few snaps taken on this occasion are given at the link below:



<https://photos.app.goo.gl/XMuevBBafqke3CGw5>

#### ✚ 07-12-2018: Birthday Celebrations of Mrs. Pushpa Prabhu

On this joyous occasion, Mr Devi Das Prabhu, cottage # 53-54, invited all the Staff of Suvidha for a grand lunch. The function was well attended.

In the evening, all the ladies of the village were invited to join hands in the celebration of 83<sup>rd</sup> birthday of his wife Mrs Pushpa Prabhu . Well over 40 ladies responded to the invitation. It was a grand birthday party with tasty snacks.



#### ✚ 10-12-2018: Health Care At Suvidha - Dr Prashanth Reddy of BGS Hospital

After the new management took over the Suvidha Board, the Health Care Committee along with Dr PMC, invited Dr Prashanth Reddy to make a detailed presentation of his health care proposals. For the benefit of suvidhites, Dr Prashanth Reddy has arranged an Open Session and presented a detailed proposal along with his team members. In this interactive session many queries raised were answered. The visiting team requested all the Share Holders/ Residents to go through the brochures and get in touch with Dr Reddy and his team to know more about the project.

#### ➤ Suvidha On the Move:

##### a) Kitchen Committee: Chairperson – Mr. Veeranna Chigateri

We have been meeting the requirements of the SHs /Residents whenever they hosted or had programs involving Suvidha kitchen.

- Breakfast / lunch / Dinner menu has been taken care of and will be finalised shortly.
- Kitchen stores containing grocery etc have been cleaned. We have completed the inventory of the stores. Kitchen area and adjacent rooms have been cleaned. We will undertake the pest control of the kitchen and adjacent stores, shortly.

- In Dining area new suggestion book /new register has been kept.
- The Kitchen Committee has introduced the hot water kettle, water jugs with glass holders - for the convenience of diners.
- Coupon system was introduced a few months ago; and we are facing some teething problems. We are currently in the process of setting right the issues faced by the residents, by meeting them personally and discussing the same .We expect the residents to extent their cooperation in bringing the system into regular use.

The buffet breakfast, introduced six months ago, has been put off for reasons of frequent lunches & dinners hosted by Residents.

b) **Office Management Committee** – Chairperson – Mrs. Prathima Shetty

During the last month, the following tasks on hand have progressed as under:

- Published the google sheet to all shareholders and reiterated the process of handling maintenance queries.
- As per the decision to conduct Soft Skills training to our staff, we have identified potential trainers who are in the process of creating the training material now.

c) **Internal Complaints Committee** – Chairperson – Mrs. Aruna Aluri

Internal Complaints Committee of Suvidha, had their first meeting with all the lady employees from office, Housekeeping, Landscaping and Security in the Banquet Hall on 11th December2018 at 4-15 pm and apprised them of the creation of Internal Complaints Committee with the sole purpose of taking care of their problems on the job front. Mrs. Satya Prabhakar and Mrs. Malathi Somashekar spoke in Kannada with case examples and explained the procedure for lodging their complaints if any.

It was clearly explained that they need not hesitate to complain in genuine circumstances to protect themselves and that after proper investigation into their complaints appropriate actions would be taken by the Suvidha Management.

➤ **Suvidha Cottage Info:**

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 as on 15-12-2018. Click on the link below for details:

[https://drive.google.com/file/d/1DU\\_cQF1baDgxqfd168iml38tp8WGGqnl/view?usp=sharing](https://drive.google.com/file/d/1DU_cQF1baDgxqfd168iml38tp8WGGqnl/view?usp=sharing)

### ➤ Suvidha Birds & Butterflies:

- **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 113 different species of birds in the Village.



### BOOTED EAGLE

The **Booted Eagle (aka Booted Hawk-Eagle)** *Hieraetus pennatus* breeds in Baluchistan and the Himalayas. The species is a winter visitor to peninsular India. I saw it for the very first time only last month, circling overhead in our Village. Measuring between 45 - 53 cm from beak to tail, it is a smallish eagle which is kite-like in appearance. Its wings are comparatively long and narrow and its tail is long and square-ended.



It has small white shoulder patches at the base of leading edge of wings. Forehead and lores (region between eyes and nostrils) are buff white with black streaks. Head, underbody and under-wing coverts are whitish, brown or rufous respectively in pale, dark and rufous morphs.

The species feeds on small mammals, birds and reptiles.

- **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 80 species of butterflies inside our Village until now. Our Newsletter will carry this series comprising pictures and descriptions of butterflies of SUVIDHA.

### ORIENTAL PEACOCK PANSY

While the **Oriental Peacock Pansy** *Junonia almana almana* is considered 'common' and is widely distributed all over the sub-continent and Myanmar and Sri Lanka, I was able to sight this species for the first time only last week. With wingspans ranging between 60 - 65 mm, this species is easily identifiable while basking because of its two large ocelli (eye spots) and two smaller ocelli on its Upper Hind wings and Upper Forward wings, respectively. It settles on tall grass or bushes with its head pointing downwards and after settling opens its wings abruptly displaying the large ocelli, thereby surprising any predator. The underside, as will be seen from the attached picture, mimics dry leaves and acts as a camouflage.



While the species has been seen at altitudes of around 2000 m, it is more common at the edges of dense forests at lower elevations, in the plains and in gardens.

➤ **Readers' Corner :**

## The Muṇḍaka 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.)

### Continuation of Chapter One of the Muṇḍakopaniṣad:

I had covered the first section of chapter one of the Muṇḍaka Upaniṣad in the last issue. I continue with the second section of chapter one in this issue. The first section had already classified worldly knowledge comprising the Vedas and its limbs like code of rituals, grammar etc as lower knowledge, the higher being knowledge of Brahman. So in the second section the Up. starts off by describing the significance of rituals and how exactly they are performed, as well as stating the result that will accrue by their performance which have all been classified as lower knowledge (aparā vidyā).



The first mantra of section two states the overall purpose of performing rituals as leading to the fruits of karma (karma-phala) and lead to a series of births and deaths. Starting with the third mantra there is a graphic description of how the sacrifices are performed and the phenomena that accompanies the performance. Thus the third mantra states: "When the fire being set ablaze, the flames shoot up, one should offer the oblations into that part that is in between the right and the left" (trans. Swami Gambhirananda). One presumes this is a description of the Agnihotra sacrifice which is a commonly performed ritual in the morning and evening. Of course the modern day version is very different from the Vedic version and is a much simplified one. But in the Vedic version which the Muṇḍ. Up describes this is not an easy path as many obstacles are presented to the correct performance of the rituals. Thus the Muṇḍ. states that Agnihotra needs to be accompanied by the Darśa, Paurṇamāsa, Cāturmāsya and Āgrayana sacrifices. It should have many guests and sacrifices to Viśvadeva and has to be done in the prescribed manner. Otherwise it will destroy the seven worlds which the sacrificer would have gained by correct performance of the ritual. The seven worlds are considered to be bhūr, bhuvā, svar, mahā, jana, tapas and satya.

The fourth mantra even gives names to the flames that shoot up; they are classified as seven and are called Kālī, Karālī, Manojavā, Sulohita, Sudhūmravarṇā, Sphuliṅginī and Viśvarucī. They are pictured as the seven tongues which eat the oblations that are offered in the fire. The fifth mantra states that these oblations in turn transform into the rays of the sun and then lead the sacrificer to Indraloka. Immediately thereafter, mantras seven and eight decry these sacrifices which have the limited result of reaching Indraloka, staying there for some time and then being born again on earth. Thus mantra seven states specifically that ignorant people thinking that this is bliss, eventually undergo continuous birth and death (etachchreyo ye bhinandanti mūḍhā, jarāmṛtyum te punarevāpi yanti). Verse eight beautifully describes the plight of such people as the blind being led by the blind; such foolish people live within their ignorance and thinking themselves to be very learned get tossed about without any direction like the blind being led by the blind (avidyāyāmantare vartamānāḥ svayam dhīrāḥ paṇḍitam manyamānāḥ, jaṅghanymānāḥ pariyanti mūḍhā andhenaiva nīyamānā yathāndhāḥ). These foolish people lack understanding of the truth that leads to liberation (mokṣa).

Mantra 1.2.10 summarizes the effect of performance of ritual, before describing parā-vidya (higher knowledge) and its benefits. Thus it says: Thinking that the rituals (mentioned in the Vedas and Smṛtis) to be the highest, they do not comprehend the other means which leads to liberation. They, after exhausting the pleasures earned in Indraloka again come back to the world. Having mentioned the limited benefits that accrue from performing rituals the Upaniṣad concludes this section by stating that those who have adopted the path of sannyāsa and those householders who have their senses under control, they proceed through the path of the sun and become one with Brahman / Puruṣa.

You can notice in the above description of the sacrificial rituals a lot of imagination has been used to connect living beings performing these rituals with the way those rituals transform into the rays of the sun that eventually lead to Indraloka. Most of the names like Kālī, Karālī, etc are found much later in Purāṇic literature and makes us wonder whether they are later interpolations. The early Upaniṣads like the Bṛhadāraṇyaka, Chāndogya and Tattīriya and even the middle Upaniṣads like

the Kena, Kaṭha and Īśa do not have any resemblance to Purāṇic material in general. This makes us wonder about the date of the Muṇḍ.Up. One can notice the path of the sun being used freely in the Upaniṣads and the Muṇḍ. Is no exception. The sun represents light and brilliance and is pictured to lighten the path of the one to the other world in accordance to whether he had followed a ritualistic life or a renounced life. The goals alone of the two will differ whereas the agent that leads them both is the sun or the rays of the sun. You will also notice this fascination for the sun and its rays leading one to a good place being reiterated in legends like Bhīṣma of Mahābhārata fame who was wounded severely lying on a bed of arrows for the advent of uttarāyaṇa so that he could be led by the sun's rays to Brahma-loka.

The concluding two verses bring the necessity of a guru, front and centre. Those of you who have been following the Upaniṣadic literature presented in the previous Newsletters would have noticed notice that the Upaniṣads which I covered in them like the Īśa, Kena, Kaṭha and Māṇḍūkya were practically silent about the need for a guru to instruct them in Vedāntic thought. The Kaṭha does mention Naciketas approaching Yama and asking him to teach him of the secret and meaning of life. But even there Yama is not acknowledged as a guru but as one who is competent to speak of this matter. So when the Muṇḍ.Up puts the guru as a must for the śiṣya to learn the secrets of Vedānta we learn that the guru has become an important part of Vedāntic philosophy. This could again point to the fact that this Up. was composed slightly later when the teachings needed to be clarified by someone who was part of the tradition and who had experienced the truth.

To come back to the two verses in question it states that a thoughtful person, disillusioned by the continuous play of karma and repeated births and deaths, should approach a teacher (guru) well versed in the Vedas and who has realized Brahman with sacrificial sticks in hand as an offering to the guru (tad vijñānārtham gurumevābhigacchet, samitpāṇiḥ śrotriyam brahmaniṣṭham). By using the word 'samitpāṇiḥ' which means sacrificial sticks this Upaniṣad seems to accommodate a combination of karma (rituals) with jñāna. There are two schools of thought in Vedānta, one which like Śaṅkara advocated that 'knowledge is the only means for mokṣa'. The other which promoted a combination of niṣkāma-karma combined with knowledge for attainment of mokṣa.

While early Upaniṣads disregard ritualistic karma, it seems that those seeking the ultimate truth found Śaṅkara's rigid prescription of only knowledge as a means as well as the description of the ultimate truth as 'nirguṇa' (without any qualities) very difficult to follow. So as a compromise rituals along with meditation were admitted into the Vedic/Upaniṣadic lore. This again points to a late date for this Upaniṣad.

The Upaniṣad concludes its second section of the first chapter, requesting the guru to accede to the request of the disciple but only if he is calm in mind and his senses are under control. To such a one the guru should impart the knowledge which he himself has gained.

The next issue of the Newsletter will start with the first section of the Second Chapter.

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## BEYOND BETRAYAL

Compiled by Dr. P M Chandrasekhara, Resident Doctor, Cottage # 75

**BETRAYAL**  
**Didn't see that coming?**

**It can happen in your personal relationship, professional life, among friends and family or community. Betrayal is more common than one would like to believe.**



The experience can be quite something. That sting of betrayal. It's never the enemy who causes it - always a friend, family member, colleague or partner. And you can only helplessly watch as your trust is broken into smithereens like a glass that can never be repaired. No matter what the reason, it leaves you hurt, angry, shocked and let down or depressed.

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## **Tell me why?**

It's natural that when we feel comfortable with a person, we expect the relationship to last long. Thanks to the instincts that we are born with, we tend to value trust in our relationships. And fact be told, we often place faith in a person because it makes us feel good. With this implicit belief in an individual or among friends, we tend to get forget that there will be times when people will have their motives and or agenda, that may make them behave in hurtful ways. Betrayal is rather common.

However, how each one of us deals with that at of betrayal can be varied. Everyone deals with betrayal differently. Typically, we go through a cycle, where we get into denial mode, then comes the phase of acceptance of the reality, followed by emotional turmoil when we feel anger, revenge and other negative emotions. It then comes full circle when we understand, accept and attempt to move on with life" says Dr. Rachna Khanna Singh, HOD Psychology and Holistic Medicine, Artemis Hospital, Gurgaon.

Breach of trust can rock even the best of relationships and send the victim onto the path of depression. Feelings of isolation may set in, and the sufferer could develop social phobia. Feeling of hopeless, worthless and sorrow are common companions. Studies demonstrate that the closure you are to the person who let you down, the greater the anguish you experience.

Some people learn to internalise the anger, while others find means to externalise the emotion, "You feel lot of pain, sadness and disbelief when you internalise it. Externalisation could lead to verbal or physical abuse on oneself and other person". Explains Dr. Rachna - During the phase of anguish, it's natural for one to feel emotionally unstable, dealing with the prick of abandonment and the terror of the present or future.

When fragile trust is crushed, it becomes difficult to repose faith in anybody. It can take a long time to rebuild self-confidence and self-esteem to move past the incident.

## **Moving on**

In any relationship – whether it's personal or professional – when we trust someone, we instinctively expect them to be thoughtful, understanding. And when we are stabbed in the back – for love, lust, money, fame, security, political gain, whatever- we naturally feel betrayed and disappointed. But we cannot live with that feeling forever. In time, we need to deal with the feeling and move on with life. Because there is more to life than an incident of betrayal – no matter how grave or unpardonable.

## **Face the reality**

It is important to introspect and understand what led to the betrayal. Sometimes, emotions cloud our thinking when faced with a painful circumstance. Some soul searching can help with an unconditional acceptance of the reality.

## **Pour your heart out**

It is normal to feel outrage and experience intense hurt when you have been taken for a ride. It is essential to vent your emotions; talk to friend or pour your feelings onto a journal, instead of escalating the feelings of negativity.

"A therapist can help guide you on how to manage the feelings of betrayal. You don't need to wait for a breaking point to seek professional help. Reaching out in the initial stages will be a lot better, especially if you are suffering from depression, suicidal thoughts or low confidence", suggests Dr. Rachna.

## **Eat, Meditate, Smile**

It's easy to slip into negative feelings by being alone, watching sad movies, reading depressing stuff, or listening to melancholic music. Foster positive emotions by doing things that make you feel confident. Meditation and relaxation exercises can help cope better with the situation. Eat health to keep your immune system strong, which may otherwise take a beating due to severe stress.

## **Rebuild trust**

A betrayal trust is tough to rebuild. It takes a while to repose faith in others, especially when you have been betrayed multiple times. Remember that while there are people who have hurt you, there are also others who are trustworthy. Take

small steps to regain trust and rebuild the shaken confidence in you. Gradually, you can surround yourself with people who inspire faith in you. There is nothing wrong with being more cautious, but don't get paranoid. Let there be balance.

### **Don't look back in anger**

Though the situation may seem dark and uncertain, spending a lot of time worrying about the past can be of little use. Instead of being consumed by negative thoughts, feel excited about what the future has in store for you. Work on building a happier lifestyle and attempt to focus on goals that make you happy. Take this incident as a learning experience, something that can help you grow into a better individual.

### **Forgive for good**

Harbouring bitter feelings restrains your personal progress. Forgiveness gives you freedom from the past and the pain associated with it.

"Although forgiving someone can be one of the best things to happen, it doesn't happen easily in reality", avers Dr. Rachana. "For that you have to do a lot of work on yourself to get the peace of mind that will help you to forgive. It is a journey of self-realisation, and it comes from within. With therapy, you can reach the state of forgiveness in a shorter duration."

**Acknowledgement** : Suja Natrajan: DH; 16-06-2016: "Beyond Betrayal".

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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](http://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](http://www.portea.com) or contact - Tel No: 080-33554554
- **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>
- **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](http://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
- **Nandi Taxi** - Mr Ravi Gowda. Tel: Cell & Whatsapp: 09980451515
- **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](mailto:makerpestcontrol@gmail.com)

**ANNEXURE - 2**

**LIST OF HEALTHCARE PROVIDERS IN BANGALORE**

PROVIDER	Contact Details	Registration Fee	Attender Helper	A N M Trained Nurse	Qualified Nurse	
<b>Spandana</b>	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
<b>SUMUKHA</b>	Mr. Narayanaswamy 9880024265 : 080 22441963		Rs. 1000 – Rs. 1500 per day		Rs. 2000/ day Rs.40 to 45000/ month	Immediate service
<b>Portea</b>	Mr. Tausif 080 42734996 : 18001212323 [IVRS]		1200/ Male 1100/Female	1350 to 1450		
<b>Lakshmi Home care</b>	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	
<b>Zoctra.com</b>	Ms. Pryanka 9152432219		600/900 18-27000/M	Rs.1200 – 2000/Day Rs.55,000/ Month		
<b>Ashwini</b>	Mr. Sunil 9972201432 Ms. Anitha 994583545		1000/24hr duty 16000/Month	1800/day 40,000/ Month		Immediate action
<b>Sagar Healthseva</b>	Ms. Prabhavathy or Vipin 9886543235: 080 41710009	3,000	800/24hr 18000/M	950/Day 25 -30000/ Month	45,000/= Month	Immediate action
<b>Esha Saraswathi</b>	Ms. Hamsi : 9663701126 Ms. Kavitha 9945369185	10,000/Y 5000/6M	750.Day 15,000/M	17000/M	25000/M	
<b>Nightingales</b>	Ms. B L R Aishwarya 41410029: 18001035530		25000/M	Rs. 2000 to 2500/ 12Hrs 4000/ Day		
<b>Apna Care</b>	Ms. Bhavya /Ram 080 30752584		750 - 859 / day 20- 22000/ Month		Rs.35000/ 12hrs duty Rs.52000/ 24hrs duty	
<b>Health Heal</b>	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

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