



26th JAN
HAPPY REPUBLIC DAY!

SUVIDHA NEWS

SUVIDHA - Where the good life gets better

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

➤ **From the MD's Desk:**

Dear Suvidhites,

I'm delighted to note that the Solar Project has taken off. The systems are working well. As you know, the installation was completed more than a year ago. Official delays prevented us from switching on the system. It is always a concern that 'non-use' may adversely affect the system. But there are no adverse effects of this delay. The next challenge is to make sure that BESCO does its billing properly. We have reached out to BESCO already to try and make sure that we will not have too many issues in the billing process. Participants in the scheme will be sent a contract to formalize the process. Kindly sign it and send it back to the office to complete the paperwork.



I would also appeal to all residents and visitors to ask for the buggy only on health grounds, particularly during functions. Our budget limits the numbers of buggies and drivers. On special occasions, there is an exponential increase in the demand for buggies. The budget does not permit a matching increase in buggies and drivers, as this increased demand is very temporary. I request everyone's cooperation in addressing this issue.

I would also bring to the notice of all SH that we are approaching March and 'Pay Hike' time! The number of residents has increased and this calls for more personnel, particularly in the housekeeping department. The Government is hinting about a substantial increase in the minimum wages. All this will put pressure on the outgo of the company. We will do everything possible to keep the outgo under check.

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:

✚ 17-01-2018: Sankranthi Musical Evening

Suvidha celebrated the harvest festival with the melodious rendering of classical music and bhajans by Vidushi Pusthakam Ramaa and her two daughters. The music programme was arranged by Smt Vimala & Sri Yellappa Reddy, who were on a brief stay in Suvidha. The programme was immensely enjoyed by the Suvidhites. We thank Smt Vimala & Sri Yellappa Reddy for this kind gesture. Here is the link to Photos taken on the occasion; courtesy Sri S V S Sastry, of Cottage 115B - <https://photos.app.goo.gl/Ha0xwe1dEhEvMJGd2>



✚ 24-01-2018: Movie Time - Send Me No Flowers

Send Me No Flowers is a 1964 American comedy film, directed by Norman Jewison and starring Rock Hudson, Doris Day, and Tony Randall. The screenplay by Julius J Epstein is based on the play by Norman Barasch and Carroll Moore, which had a brief run on Broadway in 1960.

The comedy movie was thoroughly enjoyed by one and all. Thanks to Mrs. Githa Jaisim and Prof. Krishanrao Jaisim who sponsored this program and made the evening a great success!

✚ 26-01-2018: 69th Republic Day Celebrations

The Republic Day was celebrated with customary formality and reverence. The National flag was unfurled by Mrs. Gayitri Handanahal as chief guest and spoke about the importance of Indian Constitution. The gathering was welcomed by Mrs. Shobhini Ashoka Gurudas, Managing Director of Suvidha. Mrs. Ramaa Subba Rao being the Master of Ceremony, conducted the program well. Here are a few photos taken on the occasion.

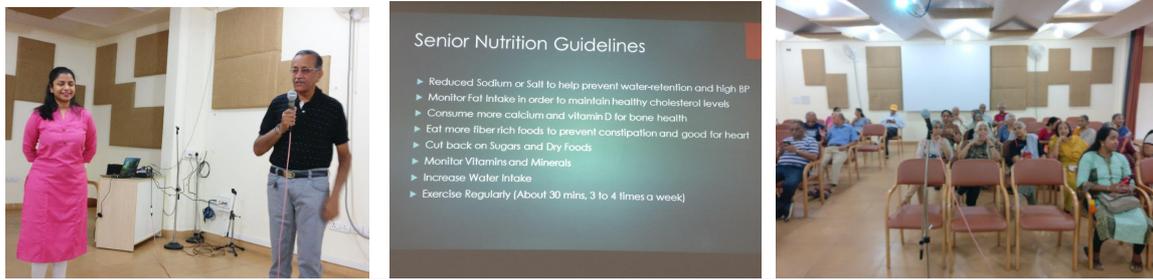


Following the flag hoisting ceremony, after a short tea break, Suvidha Open House programme was conducted. The MD presented an update on the recent happenings in the Village as well as the progress achieved in various projects on hand. The Open House then discussed some queries from the floor.

✚ 28-01-2018: Talk on Nutrition

This is a very informative talk with special reference to healthy nutrition for healthy living of aged persons. Certified Nutritionist Ms. Kirti Bhotika made a detailed presentation of issues involved and answered specific questions in the concluding interactive session. In the post lunch session, 20 residents underwent check-up

tests based on which the participating residents were counseled. Thanks to Dr. Raghavan Narayanan who compered the programme and introduced the main speaker.



03-02-2018: Karṇa : The Tragic Hero in the Mahābhārata

On Saturday the 3rd February 2018, the Suvidha **Study Circle** organised a talk on - Karṇa: The Tragic Hero in the Mahābhārata. Prof.TS Rukmani of cottage 73-74 presented a critical view of Karna as a multi-dimensional personality who deserves a detailed discussion of various events in his life before attempting to evaluate and pass judgement on such a great personality. It was a very gripping talk that enthralled a large gathering of Suvidha Shareholders and invitees. The Q&A session too was a reflection of the deep interest of the audience. You may listen to the talk at the following link.



https://drive.google.com/file/d/1dWMM-DDapMtv_sVRP_cPi0kXyKvTLDWbu/view?usp=sharing

➤ Suvidha On The Move :

- **Progress report on STP renovation work:** The challenging task of STP restoration is shouldered by Mr Ramani (cottages # 93/94), Mr SM Subba Rao (cottage #139), Mr. Mallanna Gouda (Maintenance Engineer) and other support staff. At present the unit is undergoing testing and stabilization. Plans have been drawn to divert the filtered water from the STP to water the garden from Cottage #148 onwards. Suvidha appreciates the dedication of the team and wishes them early success. Work is progressing smoothly and is expected to be completed soon.
- **Book Reading Club:** Has made a good beginning with ten members initially and is definitely growing in numbers since highly learned seniors are taking active part in the programme.
- **Cottage Information:** Many shareholders requested to include information about the cottages that are available for rent as well as for second sale. Accordingly the office has brought out three tables that will enumerate the required details. Click on link below for details:
<https://drive.google.com/file/d/1PA5tStLfu1fawTaP0Ynod3j28BMBxc3V/view?usp=sharing>
- Happy Progress report on Solar Power System at Suvidha, adds a note on the subject posted by Mrs. Shobhini Ashoka Gurudas, our Managing Director on 12th February 2018. It goes like this

I am delighted to report to you that the solar project has gone online. Fortunately we got the permission from BESCO though after an inordinate delay. This delay was a systemic issue; every effort was made by the Board to expedite the process, but with little success. I thank all of you for being patient about this delay. I would like to thank Prof Sankar and members of the Solar Committee for their help in making this project a success. Hereby, I attach a report written by Prof Sankar, that clearly explains the basis for this project. I am sure you will find it illuminating. Very soon we will be sending a formal agreement to all the participating Shareholders. This will formalise the process of sharing the revenue generated by the solar system between the company and the participating shareholders.

Click on link for report:

https://docs.google.com/document/d/1rSH4q_F7f9hIAcl7h71S8uaowcjj-89QMI7yCJfZUqc/edit?usp=sharing

- **Landscape Development:** Mr. Yellappa Reddy, the mentor of the Landscape Activities took time to arrange a grand tour of the village along with his senior professional colleagues to have a holistic grand plan to

develop new landscape areas in three stages. The first stage of the plan has been estimated at a cost of Rs. 50,000/= and he has already remitted the amount from his private sources to procure the plants and other accessories. The areas that are included under this stage are the area around the security cabin, the triangle area, the central park as well as the big park in front of cottages 150 to 160.

- Mrs. Githa Jaisim's effort to help the seniors in preparation and registering their Will document has yielded good results and on 17th of Feb 2018 the second phase of the programme is scheduled.
- Thanks to Mr. Papanna gouda who donated a discarded iron stand and converted it into a nice buggy battery charger stand on 10th of Feb 2018.



- The Viewing Deck is becoming popular in the evenings after introduction of timers for the illuminating lights and providing the seating arrangements. On recent Lunar eclipse day ie. on 31st January 2018 the Viewing Deck was full and the residents took full advantage of the grand view from there.
- The garden yield this year included three tractor loads of high quality organic manure from the three-heap-method manure pits adjacent to the STP. This yield is apart from the compost manure produced from the twin digesters to take care of the organic waste from the kitchen.
- The Buffet programme that was introduced on Sunday the 7th January 2018 is gaining popularity among the residents and could be called as a successful new programme to look forward. During the Open House programme on 26th January 2018, it was decided to hold the buffet breakfast programme on 1st and 3rd Sunday of the month.
- On conclusion of Republic Day Lal Bagh public show, opportunity was given to collect several exhibits free of cost to the senior residents and to their most respected senior doyen Mr. Yellappa Reddy.
- Likewise Dr.[Mrs] Srimani Rajagoplalan also donated her rare collection of plants and the compost to Suvidha.

➤ **Suvidha Talent Corner:**

Under this banner, we introduce to our readers, the contributions of our Suvidha family members who have developed substantial special skill-sets as hobbies. Hope you will all enjoy such presentations. We welcome all such talented members to participate in this endeavour.

- **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-WINGED KITE

The **Black-winged Kite (*Elanus caeruleus*)** is one of the smaller raptors (birds of prey), measuring between 31-35 cm from beak to tail. The species is widely distributed all over the sub-Himalayan region of the sub-continent, Sri Lanka and Myanmar. It is often seen hovering high above our Village and, infrequently, perched on the big trees around our lake, looking for prey.

The bird is coloured ashy grey above and is white below with a black line above its eyes. It has black patches on its shoulders which are conspicuous while it is at rest as well as in flight.



This species is generally found in well-wooded areas as well as in stretches of sparse deciduous forest. It is known to avoid dense jungles and arid plains. It feeds on locusts, crickets, lizards, mice, etc. It nests

practically all the year round. The nest is loose and untidy like that of the crow, built with twigs lined with roots and grass and located on small trees. Both sexes share all domestic duties.

- **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.

DAKHAN COMMON BUSHBROWN

The **Dakhan Common Brown (*Mycalesis perseus*)** is a medium sized, inconspicuous butterfly with a wingspan between 38-55 mm. As its name implies it is mostly brown with the wet season form distinguished by a white line running from the leading margin of the forewing to the tornus (the posterior corner) of the hind wing. A series of black spots with white centres (known as eye spots) is enclosed in the area between this line and the wing margin. But as this butterfly flies in an unstable manner always keeping very close to the ground it is difficult to follow it continuously for long and hence it is not easy to identify in flight.



The species is widely distributed all over the subcontinent in deciduous, semi-evergreen and evergreen forests as also bamboo forests. It is also found in open areas and grasslands if some shade is available. It is on the wing throughout the year and has been seen in hilly regions up to heights of 1700 metres. It feeds on tree sap, rotting fruit and dungs of herbivores.

- **Paintings:** Dr. Narayanan R, is a popular gynecologist and a resident of Cottage No. 107 at SUVIDHA. Dear readers, you have enjoyed some of his paintings over the past two years. They were captioned under the heading, "Flora of Suvidha". To bring in a change, he now intends to capture the beauty of wild life by sketching a few familiar scenes. Hope you will enjoy !



"Zebra stallions going for the throat! The fight is to gain the affection of a filly, but it seldom results in death."



➤ **Readers' Corner :**

“The Poet’s Anxiety” and “The Call of Truth”

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.)

This is a continuation of the article on Tagore and Gandhi in the Jan 2018 Newsletter

This a continuation of the article on Tagore and Gandhi article focusing on the letters exchanged by Tagore and Gandhi when Gandhi started his non-cooperation movement.



“The Poet’s Anxiety”

In “The Poet’s Anxiety” Gandhi justified his Non-cooperation Movement both to the poet (Tagore) and to the others as a “protest against an unwitting and unwilling participation in evil”. In his “The Call Of Truth” Tagore wrote to Gandhi about his fear of mob violence taking over. “The danger inherent in all force grows stronger when it is likely to gain success, for then it becomes temptation.”

This speech full of idealism was probably the only bitter attack on Gandhi by Tagore. He calls his attention to the expansion of the soul from within to make the country “of our birth more fully our own”. Recalling his experience during the Bengal Swadeshi Struggle of 1905 he mentions how futile the picketing, burning, and other non-cooperation actions were then and implying it will not be different now. Responding as an aristocrat to the exhibition of angry feelings of the mob he was cautioning people against reacting emotionally for “emotion by itself, like fire only consumes its fuel and reduces it to ashes; it has no creative power”. The wild excitement he saw in the people only shouted to him, “it did not sing to me” he said.

He praised the Mahatma in this speech as the embodiment of Truth, and as one who has felt “so many men of India to be his own flesh and blood. ...All honour to the Mahatma who made visible to us the power of Truth.” Gandhi had claimed that India could gain Swaraj within a year at the Congress session of September 1920. Tagore refers to this claim and says the “gain...is indicated by name, but is not defined.” Thus “the object of the temptation has been magnified through

its indefiniteness, while the time and methods of its attainment have been made too narrowly definite." Tagore felt that the Mahatma was trivializing Swaraj as something to be won through shortcuts. "For this task...the economist must think, the mechanic must labour, the educationist and the statesman must teach and contrive. In a word, the mind of the country must exert itself in all directions." He expects Gandhi to give a call for all the "forces of the land to be brought into action....Freedom is in complete awakening, in full self-expression."

Tagore was not able to see, because of his frustration, the greater symbolism of the spinning wheel. "Where...is the argument that in our country Swaraj can be brought about by everyone engaging for a time in spinning?" The command to burn foreign cloth, which could have "gone to women whose nakedness is actually keeping them prisoners," calls for opposition and a valiant fight as it is bad economics. Tagore was not against the revival of India's handicrafts because he himself had worked for it in the past. But he failed to understand that through the symbol of spinning and weaving Gandhi, who was greatly influenced by John Ruskin's idea of true political economy which is "the proper management of the nation's labour," "communicated values of spiritual dynamism, of the importance of manual labour, of solidarity between the rich and the poor, of the protest against the tyranny of modern machinery (technology) and the economic exploitation of the poor by the rich." Tagore, the idealist, believed that "what is harmful to the world is harmful to each one of us." But he should have known that in the community of nations that comprise the world, there is place only for equal partners.

Gandhi combined in himself a religious zeal along with infinite patience and a feel for the dramatic. A man of the masses, he derived his strength from the electrifying following he received from them. Tagore whose genius was in writing and not in action could espouse a cause for some time but could not sustain it for long. He also had the advantage of giving vent to his emotions in literary works, which he did after every quarrel he had with Gandhi and earlier after his withdrawal from the Bengal Swadeshi movement. "Tagore was no Gandhi; he lacked the latter's infinite patience...his genius for strategy and his unrivalled gift of leadership."

Tagore was reliving his Bengal Swadeshi movement days and could see history repeating itself. No one believed that Swaraj would be achieved in a year. An incorrigible idealist that Gandhi was, he knew the pulse of the people and was "obliged on occasions to over-dramatize a situation and exaggerate certain aspects of it to rouse adequate mass fervour". Gandhi, as Erik Erikson said "heard the clamour of the people when he listened to his inner voice." Gandhi succeeded initially for "country folk as well as townsmen, shopkeepers and substantial farmers[;] labourers in tea gardens as well as lawyers, teachers and students heard and responded to Gandhi's call for a new sort of political campaign." As Tagore had feared, the undesirable manifestation of pent-up rage did lead to violence of speech and action until Gandhi had to call off the Non-cooperation movement in February 1922.

The Great Sentinel

Gandhi responded to Tagore's "The Call of Truth" in Young India by calling him "The Great Sentinel". He practically agrees with Tagore's assessment saying, "It is good, therefore, that the poet has invited all who are slavishly mimicking the call of the charkha boldly to declare their revolt,"but denies that there is any blind obedience on a large scale to his leadership". He also bemoaned the fact that the educated did not understand the truth underlying spinning and weaving. Gandhi's response was that of the average Indian. He speaks on behalf of the honest worker who starved because there was "no work to buy food with." Tagore and his elder brother, Bara Dada, were zamindars and Gandhi might be hinting at that when in his reply he says, "India lives in her seven and a half villages, and the cities live upon the villages....The city people are brokers and commission agents for the big houses of Europe....The cities have cooperated with the latter in the bleeding process that has gone on for the past two hundred years."

Tagore could not but be reminded of his grandfather's association with the British, in earlier years, in this passage. It is quite possible that Gandhi himself had that in mind when he wrote it. There was a connection between swadeshi, that is, producing enough cloth "for the wants of India and distributing it," and Swaraj that is independence; "boycott of foreign cloth was a means of relieving the chronic underemployment in the hungry millions." For Gandhi any economics that hurt "the moral wellbeing of an individual or nation are immoral and therefore sinful." Gandhi passionately defends his non-cooperation hitting hard at Tagore's misgivings: "In burning my foreign clothes I burn my shame, I must refuse to insult the naked by giving them clothes they do not need instead of giving them work which they solely need." In answer to the poet's description of swadeshi and non-cooperation being narrowly nationalistic, Gandhi declared it to be "a message to the world." He ended this "proud and poignant" reply with some verses from the Bhagavadgītā. Rolland has aptly pointed out the contrasting visions of these two great men when he says that Tagore "lives in eternity but the demands of the present are imperious."

Before writing "The Great Sentinel" Gandhi visited Tagore in Calcutta on September 6, 1921, in the presence of C.F.Andrews whom both respected and loved. Gandhi came to seek support from Tagore for his movement. Tagore as proof of his reservations pointed to a scene outside his home: "Come and look over the edge of my verandah"---Gandhi

looked down---“and see what your non-violent followers are up to. They have stolen cloth from the shops...they have lit a bonfire in my courtyard and are howling round it.” Gandhi as reported by Leonard K. Elmhirst reminded Tagore of his own participation in the Bengal Swadeshi movement and said “My Swaraj movement is the natural child of your swadeshi.” When Gandhi requested him to take to spinning he is reported as smiling and saying, “Poems I can spin, songs I can spin, but what a mess I would make, Gandhiji, of your precious cotton.”

This article will be concluded in the next issue.

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FAITH IS NOT ANTI-SCIENCE

Compiled by Dr. P M Chandrasekhara, Cottage # 75

***Faith is like a small lamp in a dark forest
It does not show everything at once.
But gives enough light for the next step to be safe***

***Fear knocked at the door
And faith answered, “No one here.”
Faith is not anti-science
It is just beyond the comprehension of science
Faith is beyond human judgement***



Without you, God will not do man’s work. Without God, you cannot. Man cannot do God’s work. God’s energy + man’s effort + man’s faith = Result that is comparable to a miracle.

Ram’s energy plus Hanuman’s effort plus faith in Rama’s energy... Krishna’s energy plus Arjuna’s effort plus Arjuna’s faith in Krishna’s energy... Shri Ramakrishna’s energy plus Swami Vivekananda’s effort plus Swami Vivekananda’s faith in Ramakrishna’s energy or enlightened wisdom transformed humanity.

The energy of Jesus Christ plus Mother Teresa’s effort plus her faith in her Good Shephard’s energy...

Each of the above caused miraculous possibilities. A house can be run with residential or domestic power connection. But a factory necessitates a commercial connection. Similarly, your personal energy reserve is enough for day-to-day existence. But, if your purpose is beyond ‘me, mine and myself’, then you need a higher source of energy.

Newton’s first law of motion states. “An object at rest will remain at rest, unless acted on by an unbalanced force”. Essentially it means “effort alone can cause change” And, it is faith that bridges the divine energy with human effort to bring about a miraculous change.

What makes the child hurl himself into the air at the call of his Daddy,”Jump? “What made Hanuman to utter the name of Rama and transcend every obstacle?. What made Mother Teresa repeatedly say, I know God will not give me anything I can’t handle?” What made Arjuna say, “What else will I seek than your mere presence Krishna?” What makes a seeker to pledge his entire future to the grace of his Guru? What made Draupdi, while being disrobed, raise both her hands and call out to her Lord? What makes him repeatedly utter, *Insha Allaha?*” What make her say in her daily prayers, “They will be done, on earth as it is in heaven?” What else but faith!

The story goes... A man dreamt one night that he was walking along the beach with the Lord. Many scenes from his life flashed across the sky. In each scene he noticed footprints in the sand. Sometimes there were two sets of footprints. Other times there was one set of footprints. This bothered the man because he noticed that during the low periods of his life – when he was suffering from anguish, sorrow, or defeat, he could see only one set of footprints. So he said to the Lord, “You promised me Lord that if I followed You, You would walk with me always. But I noticed that during the most trying periods of my life there has been only one set of footprints in the sand. Why, when I have needed You the most, You have not been there for me?” The Lord replied “The time when you have seen only one set of footprints were the times when I carried you in my arms”. Faith is that trust that He will either walk with you or carry through.

The set of your faith is your heart. You are the sole architect of your faith. It is inside out. It is self-authored. Nothing that can enter you through your 5-senses can touch your faith, for your sense organs do not have access to your heart. Faith is beyond sensory perception. It is not a result and effect of data analysis. Experiences validate faith; they don’t cause

faith. Faith is not a progression. It is not something you graduate into. It happens in a moment. It is an epiphany. It is a *story*, it is a sudden flash of awareness.

Faith is the intelligence of the heart, while belief is the intelligence of the mind. The heart seeks no proof. The mind is never satisfied with the amount of proof. The heart uses every experience to strengthen the roof of its faith. The mind uses every experience to weaken the very foundation of its belief. Faith grows with time. Beliefs weaken in time. True, not all can have faith in faith. Every truer than that is, none can completely believe his beliefs.

Faith is not anti-science; it is just beyond the comprehension of science. Faith is beyond human judgement. The beginning of every journey, every path, and every voyage, is one of a faith – the faith that we will reach, we will arrive, and we will succeed. Faith is the ability to trust what you are not able to see, the ability to believe what is not yet, the ability to “accept the truth” that, which cannot be proven. If faith is believing in what you cannot see, then the reward of faith will be that you will one day see what you always believe in. Faith may be beyond our comprehension, but the result of faith is there for all of us to see.

Once, Hanuman told Rama, “Oh Lord, there is superior to Thee.” Astonished, Rama asked Hanuman, “What is that thing, oh Hanuman, that is superior to me?” Hanuman replied, “Hey *Prabho*, *Thou* had crossed the river with the help of a boat. But I crossed the ocean only with the help of the power and strength of Thy Name. The stones floated on the ocean in Thy Name only. Therefore, Thy Name is superior to Thee.”

It is not the “object of faith”, but “Faith” that creates miracles. The object of faith is just incidental. It was “Abba” to Jesus; it was ‘Jesus’ to Mother Teresa; it was ‘Krishna’ to Draupadi; it was ‘Allah’ to Prophet; it was “Drona” to Ekalavya; it was ‘Rama’ to Hanuman, and it is “Hanuman” to many of his devotees. Yet, all of them have experienced the miraculous power of faith in their lives, which confirms that it is not the ‘object of faith’, but it is the faith in the object ‘that creates miracles.

Faith transforms an ordinary vibration of thought, created by the finite mind of man, into a spiritual equivalent. Faith is the only gate through which the cosmic force of infinite intelligence can be harnessed and used by man. Like ideas, which are more powerful than the mind that gave birth to them, faith too is more potent than the “object” on which the faith is directed.

However, man made a great error of judgement. Whenever he experienced the miraculous happenings that faith unfolded, he credited the result to his ‘object of faith’, not realizing that it was his ‘faith in the object’ that was unfolding those miracles. Due to this error of judgement, he did everything from rituals, offerings and sacrifices to please his ‘object of faith’. He even changed his “object of faith” periodically; from one form of God to another.... He focussed on everything but his very faith. It isn’t a question of how powerful your “God” is..... it’s a question of how powerful is your ‘faith’ in God. The power of the object of your faith is derived from the power of your faith in the object.

Faith is transference of responsibility. Faith is in knowing that “The Force that brought me in, will also see me through”. With no faith, you will know fear. When you know faith, there will be no fear. Faith and fear cannot coexist, like the profound English proverb iterates, “Fear knocked at the door and faith answered, “No one here”. Let faith in and fear will get out.

Choices are born out of human intelligence and consequences are born out of His intelligence. Faith is in knowing that His intelligence. Faith is in knowing that His intelligence prevails, always.

Faith is in knowing that sometimes your plans will be upset, so that He can execute His plan for you, His plans are always right for you. That is why, in faith you don’t ask, “Why is this happening to me?” But you do ask with faith, “By putting me through all this, what are you preparing me for, my Lord? What is the bigger picture my Lord that I am not able to see yet?” The force that brings you to it will also bring you through it.

While sorrow looks back and worry looks around, faith looks up. Faith is the basis of your relationship with the force above.... The force beyond... the force within.

Like the little ones, with faith, take the plunge.... Into a future that’s awaiting you.

Acknowledgement: Largely from **Faith: Mahatria Ra:**
Infnithoughts : Vol. 6 : Issue 6 : 14 – 18 :September 2017.

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➤ 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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