

Courtesy Mr. SVS Sastry



A premium retirement village
.... where the good life gets better

SUVIDHA NEWS

Volume Number: 5-07

For Private Circulation Only

Date: 15-07-2018

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

➤ **From the MD's Desk:**

Dear Suvidhites,

Greetings !

Suvidha is looking lush green and resplendent with the rains. The trees planted earlier have grown well. More and more tree saplings, including fruit bearing trees, are being planted. The landscaping committee has been working very hard. The result of this hard work is there for all of us to see. I thank them and many other volunteers in the Board and outside the Board who have made this possible for all of us to enjoy the lovely ambience. The water conservation efforts have borne fruit. The lake did not go dry even in summer this year - a phenomenon not seen in the last several years.

One more step in the green initiative is the successful implementation of the solar project. As was envisioned, we meet about 85-90% of our energy needs with solar energy. It is a win-win situation for the company as well as the investing Suvidhites.

We are doing our little bit to save trees by going paperless. Most of our office communication is by email. One more step in this direction is opting for e-voting in the forthcoming AGM. I must thank all of you for your cooperation in this endeavour.

The STP will become functional very soon. Our thanks are due to Mr Ramani, Mr Subba Rao and Mr Ashok Dey for their unconditional support to this project. This will add to a 'cleaner' Suvidha and will augment our water conservation efforts.

We would like to see Suvidha as 'carbon positive' organization. Our activities must enrich the environment. I am sure with continued encouragement from all of you, we will reach there.

The AGM notice has gone out. The main agenda item is the Assisted Care Facility proposed to come up in the 1st floor of the clubhouse. Most of you would have seen the 'heated' debate on the subject. This is welcome. It shows that democracy is alive and kicking in Suvidha. My only appeal to all of you is to examine the 'facts' - a lot of what



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

is conveyed to SH is incorrect. Please take some time to examine the explanatory statements put out by the Board. You are welcome to independently check the veracity of the statements made there. Please note that getting some revenue, using wasted space judiciously and helping ourselves and the public, cannot and should not be called 'commercial' activity that is against the ethos of Suvidha. It is an essential activity that will make us financially and socially stronger and enhance the ethos of Suvidha.

I urge all of you to participate in the AGM either by attending it or by keeping in touch through our website and the e-voting portal. Please exercise your franchise so that we can function as a truly democratic organization. I hope to see a near 100% voting this time!! This is possible, if you make up your mind to vote.

Best wishes and kind 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:



24-06-2018: Open House Briefs

MD Mrs. Shobhini A Gurudas chaired and conducted the meeting. At the outset she mentioned that the Board had decided to go for **e-voting in the forthcoming AGM**. She listed the advantages of e-voting are:

- It is a green initiative - saves paper and trees and is a natural extension of avoiding printing annual reports;
- It is safe – since only two companies with experience in the field are certified and authorized to conduct e-voting event.
- It is fast - the scrutinizers get the results almost instantaneously; and
- It is convenient - anyone anywhere in the world can cast their vote using many media - any type of computer - PC, laptop, tablet etc or even a smart-phone.

She invited Mr Harish from CDSL, the agency authorized to undertake the e-voting to give a presentation on the process of e-voting. Mr Harish gave a succinct and clear presentation of the process and demonstrated the web portal used for e-voting. He also mentioned that an app on a smart-phone can be used for e-voting. Several questions were answered and doubts cleared. The house received the idea of e-voting very well. More details are given at https://drive.google.com/file/d/1ijvUYexBCAYKRMi5KHfNe_eIKGuUjfHI/view?usp=sharing

As a follow up of discussions on the **Vision Statement**, it was pointed out that varied suggestions came forth from SH and it was basically very difficult to get a consensus. The house felt that we should have a short crisp statement only. It was agreed that the short statement 'Making a good life better' put up under the logo at the entrance is good and that this should be recognized as our vision statement in the website.

MD confirmed that **work on the walkway** in the central park would begin in about 2 weeks' time.

Mr Nayak distributed to the house **extracts from the court register** in Mrs Shailaja Yale case and made the point that the complainant had absented himself only once. At the meeting, as there was no time to peruse the document, MD promised to look into the matter and get back to the SH.

The issue of **security vulnerability** from some windows that can be opened from outside the cottage was raised. A request was also put in for installing railings on some of the approach ramps where they were not in place. MD promised to rectify this on a priority.

In reply to a clarification sought by one of the SH, it was mentioned that the cost of meters installed to enable **net metering** was 4 lakhs and that it was included in the 55 lakhs that the company spent on the solar

project. Mr Chigateri raised the issue of **naming the library**. The house did not understand what the issue really was and felt that the matter must be closed.

MD pointed out that some residents leave their **cars parked in front of their cottages** for long periods of time. The house requested the office to send a circular requesting residents to put the car back in the parking area soon after dropping passengers at cottages.

✚ 28-06-2018: Equipping the ACF Facility at Suvidha Health Centre:

Wooden and steel furniture that are required to refurbish the ACF facility room at the Health Centre were procured and arranged. Additional wall mounting fans, nurse call facility and extension of intercom are being attended to apart from purchasing the sundry items. The following Annexures give more details.

Page-16 Annexure-3: **Charges and Guidelines for admission and maintenance of ACF at Suvidha Health Centre.**

Page-15 Annexure-2: **List of Healthcare Providers**

✚ 28-06-2018: Quality of Drinking Water

There was a setback for filtering the bore well water and the residents noticed the change in the taste and the physical quality of the water. On thorough inspection and chemical analysis it was found the filtration was faulty due to damaged filtration membrane. Immediately as an alternative arrangement, the drinking water was outsourced for the first time in the history of SUVIDHA and the supply chain was maintained till new set of membrane and the its accessories were procured from Bangalore and Chennai respectively.

✚ 28-06-2018: Construction of Compound Wall

The project of construction of compound wall and inflow and out flow drains has been completed and the water has started flowing after passing through the stagnation pit.



✚ 30-06-2018: Design of Wetland

Dr. A N Yellappa Reddy has envisaged a wetland at the village with technical support from Global Academy of Technology, Bangalore headed by Dr. C V Srinivasa. Essentially, Wetland areas are marsh, fen, peat land with water that is static or flowing. Water is one of the primary factor controlling the environment and is associated with plant and animal life. Together, they offer the world's most productive environment and are the well springs of biodiversity and primary productivity upon which countless species of plants and animals depend for survival.

Under the envisaged project comprising of 5000 acre area covering up to NICE road has been identified as watershed

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



Email : contact@suvidha.co.in

catchment area that would act as a potential water supply source for a part of the City when it ends at Vaderahalli Lake. Suvidha Village is covered under this envisaged project.

On 30th June 2018 the members of the project comprising of Dr. C V Srinivasa, Dr. Mayaja NA, Ms. Khushbu K Birawat, and Mrs. Theja SN, conducted a site visit under the guidance of Dr. A N Yellappa Reddy. The visiting experts found that the Village has about 30 acres of lush greenery as well as 3 acres of water body. It has bounty of flora and fauna with diverse species living together and making a healthy ecosystem. The experts also appreciated the fact that the pioneer Architect has made sure to keep the natural rock, elevations, trees etc. untouched, and built the cottages around the nature. Every hillock has its own biodiversity, which supports the root hierarchy to be maintained, which in turn makes rain water infiltration easier. Small plant life, which is visible in the crevices of rocks, indicates life or presence of water to sustain the life. Various holes were noticed in the rocks that houses several burrowing animals, in turn helping the percolation of rain water and recharging the underlying aquifer. Hence, “ Jala, nela, shila” ; the foundation of all existing life forms can be found at one place, which are enriching the biodiversity at the Village.

The team was pleased and surprised to notice Brahmavriksha, near the club house. It is the oldest among all the trees at SUVIDHA. Its root system is as large as its canopy. Efforts are made to create a percolation pit for rain water infiltration along with an exercise to determine the age of the tree with the help of Birbal Sahni Institute of Palaeobotany, Luknow UP.

The team also observed a few of the plant varieties such as Shwetarkka, which is the Sun's favorite, accommodates rich biodiversity, also Turbilinea Arjuna grows wherever water flows and its bark and leaves act as a heart tonic for all fish and aquatic animals to survive. Architecture of tree is well structured naturally to reduce the impact of the torrential rain. Gananmukhy, Girimallika purifies and infiltrates water. Among many benefits of plants, sound absorption is one and at SUVIDHA they observed various plants, which act as acoustic barriers. Phytofilters – airfilters, radiation level indicators etc. Phytofilters have soft hair on its upper leaves, which traps the particulate matter of air when wind blows over the leaves. Dilinea pentagena (Bhavya), acts as a natural rain gauge, which is used by the Tribes to predict the rain fall pattern. Pioneering crops – which gives life to other life forms, which maintains the ground level temperature are also found at the Village. Also, in a single hillock, one could notice about 350 species of grass, herbs and shrubs with a huge variety of ant species. The rain water that a hillock can facilitate is enormous with perfect purification. None of the plants face water scarcity and surplus recharging is occurring due to presence of number of ant hills in a single hillock. The recently introduced float garden at the Lake also helps to purify water. In addition to these wetlands 3 acre flat near STP is having all physical parameters to develop Wet land to treat a rain water and facilitate to enhance in filtration of rain water to underground acquires these wet lands also have immense potential to trap heavy metals like mercury, lead etc and organic and inorganic chemicals.. Dr. A N Yellappa Reddy observed that there is scope to establish wetlands and incorporating appropriate columns of activity carbon as well as structural designed plant community of regular intervals to perform unique function of treating rain water. It is opined that by incorporating glow worms in the habitat depending upon its response to the maturity of the wetlands by evolving a biota to recreate the bio system. He is planning to incorporate habitations which are existing in and around Vajramuneshwara temple. The visiting expert team has provided the itinerary of the field survey by their students that starts from 10th July 2018.



30-06-2018: Rare Python

Rare python measuring between 10'-12' was found near our staff quarters at around 9:30 PM on Saturday, 30 Jun 2018 by Mr. Vasanth of Accounts section. According to Mr. Ashok Dey and Mr. Champati Sarath, this is indeed a Rock Python! It's amazing that we find it from time to time in Suvidha! It is a rare snake to be found in Bangalore area!! We are indeed so fortunate to have such rare animals in Suvidha! Incidentally our garden staff were sensitized about the harmless non-venomous nature of the snake and instructed them not to harm the python.





30-06-2018: 2nd Childhood programme

Dr. Prashanth Reddy and associates in their 2nd Childhood Programme, conducted two interesting activities for the benefit of the residents of SUVIDHA.

1. Soap making session – They conducted a soap making session where a total of 22 seniors engaged in this fun activity to make a natural hand-made soap. Attendees of this fun workshop engaged in jolly conversations with each other and had a very pleasant time. Participants included one of Suvidha member's grand daughter as well, who made the event even livelier. At the end the organizers got a very positive feedback on this community engaging activity like the previous candle making workshop where residents could make a custom souvenir with friends and bring home.

2. Hearing screening session. : The preventive hearing loss screening had an otoendoscopic examination of the ear was conducted by Dr. Prashanth Reddy and then followed by pure tone audiometry conducted by Amplifone. A total of 30 residents had an otoendoscopic examination and around 20 seniors had audiometry screening done. During screening two were diagnosed to have significant hearing loss which needs a hearing aid. Many of them had high frequency hearing loss which needed a 6 month post follow up during the subsequent session. The Hearing screening was done free of cost and the residents were treated with tasteful cookies and lemonade.

Here are a few photos of the event: <https://photos.app.goo.gl/DCKNVCBHyosirGAL9>



01-07-2018: Open House Meeting on ACF

On Sunday the 1st July 2018, Open House Meeting was called to share the ACF Task Force findings and update the residents about the proposal. The entire presentation and the discussions were recorded as well as video graphed. The details of the proceedings are presented at the following link. Kindly see this video so that you can make an informed decision when the resolution comes up for voting in the forthcoming AGM.

<https://www.youtube.com/watch?v=UI5Oor9c2nQ>

A text file in PDF format explaining the proposal is also presented at the following link.

https://drive.google.com/file/d/1KP6c_0EYCOQi7kT6v0areSMhrezzgAXf/view?usp=sharing

➤ Suvidha On The Move :

30-06-2018: Repairing the floating garden. The colourful floating garden donated by Dr. A N Yellappa Reddy drowned due to damage to the pipes underneath. The whole float was taken out and new pipes were fitted and floated again. The damaged flora may take sometime to get back original glory.

30-06-2018: Common User Group mobile phones: Additional 18 mobile phones have been distributed to the staff of SUVIDHA to provide a better communication system as the BSNL intercom system is failing very frequently. The new list of contact numbers is available with Suvidha Office.

03-07-2018: As per the annual maintenance contract the **pest control programme of the Kitchen** area was conducted in the afternoon hours and the kitchen was closed for the mandatory hours.

05-07-2018: BESCO conducted annual installation of major power supply mains including transformer system without any adverse observations. The residents were informed in advance that for four hours the power supply will not be available on that day.

06-07-2018: New Magazines for the Library and the TV Room. Subscriptions for three magazines namely, National Geographic, Caravan and Down to Earth have been renewed and these magazines have started arriving.

08-07-2018: New Sign Boards: All faded sign boards have been replaced with new ones all along the roads of the Village.



08-07-2018: Landscape committee decided to shift the three-heap-pits situated near the STP that converts the discarded garden green into manure so as to avoid the smell. The new location will be at a higher place next to STP and the existing area will be developed as a small patch of greenery near the STP.

15-07-2018: 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/1OUxQqmlOQDT5zzZmojexiqFwANAYlqS/view?usp=sharing>

➤ **Suvidha Family News:**

06-07-2018: 90th Birthday celebration of Brigadier E Pardhasaradhi was celebrated on a grand scale by his family and friends. The two hour programme, from 5 to 7 pm, was attended by a large number of well wishers and friends who were treated with heavy snacks with a wide spread of variety.

14-07-2018: Brigadier E Pardhasaradhi celebrated on a grand scale the 88th Birthday of his wife Late Sharada Pardhasaradhi. On this occasion he sponsored the breakfast to all the residents of Suvidha Village. All appreciated his magnanimous gesture.



➤ **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.

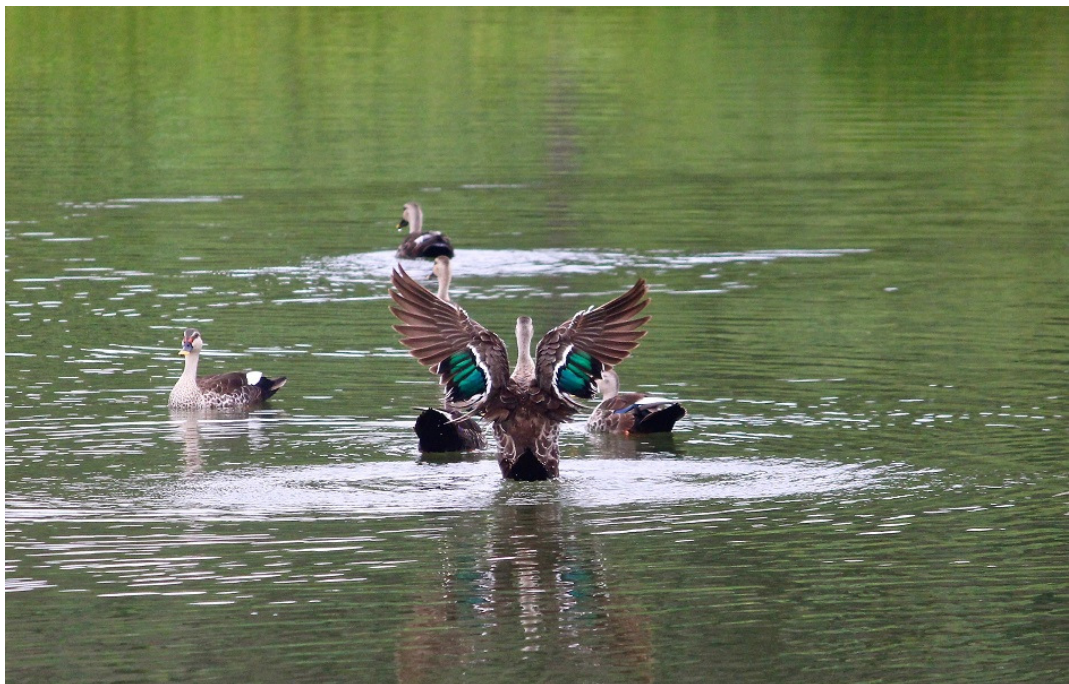


Indian Spot-billed Duck

Those of you who have been reading my column in this Newsletter since 2014 may recall having seen my piece about the **Indian Spot-billed Duck (*Anas poecilorhyncha*)** in the May 2014 issue. Most of you must have read Sarath Champati's interesting piece on the same species in the June 2018 issue.

Why then am I writing about this same species all over again?

It is because while I was out birding by our Lake in the morning of July 10, I was lucky enough to see and photograph a natural optical phenomenon, which I found both fascinating and quite intriguing and wanted to share with all of you. Please look carefully at the two photographs below:



The attached pictures were shot in very quick succession -- with a gap of less than a second. You will find that in the first photograph the colour of the speculum or wing bar of the bird with its back to the camera is purplish blue while in the second photograph that same wing area appears as metallic green!

Not being able to understand why the colour of the speculum had changed so radically within a second, I immediately referred to my mentor in all these matters -- Sarath Champati, our resident naturalist. Sarath explained that the colour had changed because of the change in the viewing angles of the bird's wings caused by its flapping and also because of the iridescence of the bird's plumage.

So the next time you see a colourful bird flap its wings rapidly in bright sunlight, watch out for this phenomenon.

(For those of you interested in photography, the first picture was shot at ISO 1600, aperture f 5.6 and shutter speed of 1/2000 and the second at ISO 1/1250, aperture f 5.6 and shutter speed of 1/1600. As my camera was on 'auto focus' mode as it normally is when I 'shoot' objects in motion, it did all the work :)

- **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.

Common Four- ring

The **Common Four-ring** (*Ypthima huebneri*) is widely distributed on the sub-continent and in Myanmar and Lanka. On the wing from March through November, this species prefers forested hillsides as well as hilly country up to altitudes of 1,500m.



With a wingspan of 30-40mm, it tends to bask in the morning sun with its wings spread out and once it is warm enough to be active it hops around in short bursts. Being a modest flier it tends to rest often, keeping close to the ground.

The species visits wet soil in the summer and on hot days in other seasons. It is a frequent visitor to flowers, spending a long time on them probing deep on each flower. It is also found on small herbs and shrubs when they are flowering. The female lays its eggs singly on the undersides of blades of grass.



➤ **Readers' Corner :**

What Are Causes And Effects

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

Due to some health problems I was not going to contribute to the July Newsletter. However since I had participated recently in an interesting event organized by a group called "Synthesis" in Bombay, Vijay Kumar persuaded me to write about that event. So here is a brief summary of that programme. This took place under the auspices of "Synthesis" on the 25th of May 2018 in which I was a participant.



Some of you might have heard of this group which is a freewheeling interdisciplinary talk show with a philosophical approach to comprehend the world from a long term and varied perspective. It chooses different concepts, ideas and topics and scholars from varied disciplines bring in their understanding of the chosen topic from different epistemological angles. With that in view two or three scholars from different disciplines are invited to share their ideas on a specific topic.

The topic for discussion on the 25th May was "Causes of Causes of Causes". There were three of us invited to participate in this 'Synthesis Talk'. I was invited as a scholar of Indian philosophy and the other two were: Prof. Anil K. Gupta (ex-Professor, Centre for Management in Agriculture, IIM Ahmedabad) and Prof. L. S. Shashidhara (Professor Biology, IISER, Pune).

The main questions debated were:

1. Are causes always outside or are they contained within?
2. What is the ultimate cause of everything that happens?

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

3. Are causes always in the past?
4. Are causes and effects different kinds of 'entities'?
5. Can an effect be a cause?
6. Is an effect always 'a posterior' to the cause?
7. Is a cause independent of the effect?

I shall not be able to give you a summary of the more than an hour of discussion that took place. I shall just take up the first heading given above and give you an idea as to different views which were expressed.

The possibilities of varied explanations that are plausible for even such everyday ideas that we take for granted such as 'cause' is amazing. The first heading listed above asks the question whether causes exist outside the effect or effects are contained within the causes themselves. Now this question can have at least two or even three ways of answering it.

Now stop reading further and why don't you readers first try and guess what those answers could be from a purely common sense point of view.

OK. I hope you gave it a thought and have arrived at some answers. Maybe it was one of the following:

So what could be the different ways in which causes can be related to the effects? Let us say to begin with that the effect is within the cause. Of course I just cannot make that statement without an adequate reason for it. My logic would be that not everything can come out of everything. For instance you cannot squeeze oil out of sand grains however much you may try. Oil can only be produced from oil seeds which already contain the oil within them. So one can be perfectly right to state that the cause (oilseeds in this case) contains the effect (oil) within itself. To take a second example one can argue that a statue made out of marble can only be sculpted out of marble and not out of iron or granite. In both the above examples the material cause or the material from which the product is extracted (oil) or made (statue) is what determines the outcome of the effect. This is called 'satkāryavāda' in Indian philosophy and has its adherents in ancient Greek philosophy and modern day western philosophers as well. It means that the potential to create the effect (kārya) is already existent (sat) in the cause (kāraṇa).

Let us come to the second option i.e. an effect is altogether a new product and is not inherent in the cause at all. For example a cloth that emerges from a collection of threads is supposed to be a new product. The logic is that a collection of threads is not a cloth and the threads are only in contact with each other. This is termed as 'asatkāryavāda' i.e. the effect is a new product altogether and does not exist (asat) in the cause.

Then we have the theory of conditional becoming (pratītyasamutpāda) which says that the effect comes into being conventionally and only abides for a single moment. This is the theory that the Buddhists adhere to. To use Prof Hiriyanna's example: Let us say a changing object is represented by XA and it becomes XB under certain conditions. The common element is X in both. But Buddhism will dispute the fact that X persists in both the first and the second stages. For the Buddhist change is total and the conventional view that an existent something (XA) brings about some other thing (XB) is incorrect. Buddhism does not believe in something which is permanent (Being) to cause another Being, the effect. Thus there is no 'Being' in Buddhism but there is only 'Becoming'. To give an example, when a seed causes a sprout to spring forth, the change into the sprout is something totally new and there is nothing of the seed left in it according to the Buddhist. The Buddhists further add that this change only lasts a moment which is known as 'kṣaṇikavāda' (theory of momentariness). The reason why it is so called is rather complicated and I am not going into it here. These are the prominent theories of cause and effect in Indian philosophy.

In order to get some perspective let us turn our attention to modern causation theories in Western philosophy as well. Aristotle the Greek philosopher who lived in the fourth century BCE, believed in four causes which more or less corresponds with what is mentioned in Indian philosophical schools. He mentions these four different kinds of causes as: efficient cause (like a potter who fashions a pot), the final cause which means the purpose for which the object is made (like carrying water etc., in the pot for which it is made), the material cause in which the change occurs (like the clay in which the pot takes shape) and finally the formal cause (the pot acquiring the distinctive form of a pot). But these Aristotelian theories have been questioned in modern Western philosophical schools.

Bertrand Russell for instance declared the concept of cause a 'relic of a bygone age'. The main contention by the moderns is that instead of calling causes and effects as 'substances' one should just refer to them as 'changes in the state of things'. They would say for instance that "succumbing to malaria is a change and it is caused not by a mosquito as such, but by a certain mosquito which is also a change or event". There is also another set of thinkers who "consider it quite possible that certain changes involving the minutest constituents of matter have simply no causes at all". However these are in the realm of speculation and as of today there has been no fool proof logic to assert that change occurs without something to cause that change. The vocabulary might change as calling an effect as a change but to assert that

the effect just came into existence without a cause is still not a philosophical possibility. It is quite possible to argue that change has happened without any causality but that cannot be substantiated. One can only surmise that there is no cause but another explanation would be that the cause was present but it escaped our attention.

As for the discussion amongst the three of us on that day, as a philosopher I was convinced that it is mandatory to have a cause for an effect to occur at all times. Ex-Prof Anil Gupta (Centre for Management in Agriculture, IIM Ahmedabad) on the other hand argued for a random causation of events and used some examples from the Agricultural sphere to buttress his arguments. However the problem boiled down to “even when one calls the causes random or otherwise there eventually has to be some cause to account for a change or an effect”. Prof. L. S. Shashidhara (Professor (Biology, IISER, Pune) while admitting causes for changes, argued for a scientific connection between cause and effect. But that does not satisfactorily account for the contrary examples when “the cause being present the effect does not happen”. For instance, it is well known that even though cancer cells are present in every individual, not all but only some people get cancer. The fact of the matter is that human science, which is what biology is all about, cannot explain everything in a purely scientific manner unlike the physical sciences.

So at the end of the day the three of us had to come to the conclusion that causes in some form or the other have an important presence in our explanation of many things that occur. This then only reinforces what the Indian philosophical schools and the Greek philosopher Aristotle had already stated many centuries ago. These foundational causal theories still hold the day till some revolutionary new satisfactory theory takes over in the distant future. Is it possible? Well I leave it to your imagination.

Each of the other questions listed above and many more were also debated animatedly. All in all it was a fulfilling experience and the joy and excitement of an intellectual quest was indeed palpable.

@@@

ENGINEER YOUR PATH TO JOY – Part V

Compiled by Dr. P M Chandrasekhara, Cottage # 75

Humans are designed to be happy. But when the life gets in the way, as it does for all of us at times, we need to reset and reinstate our natural happiness mode. Happiness in the modern world is surrounded by myths. Much of our understanding of what happiness is and where to find it is distorted.

When you know what you are looking for, the quest becomes easy. It may take time to unlearn old habits, but as long as you stick to the path, you will get there.

A MODEL FOR HAPPINESS

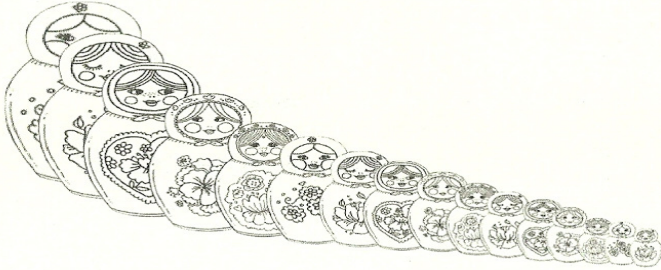
Who Are You?

This, no doubt, is one of the most pivotal questions you ever ask. You spend your entire life serving you. Buying things, fighting fights, arguing, loving, feeding, exercising, earning, and learning to satisfy needs for an image of you – a person that doesn't even remotely resemble the real you. It's no wonder that your true needs are never satisfied, perhaps never addressed or even identified to start with.

The illusion of Self is one of the deepest multi-layered illusions humankind has ever needed to decipher. Philosophers as well as psychiatrists have all tried to see through this illusion. And yet nearly all of us still wear masks on top of masks. The illusion starts a belief that you are your physical form. A layer deeper, you identify with a persona that is nothing like you [your ego], and then, at the deepest layer, you get deluded about your place in raw world. Like a Russian matryoshka doll, who you really are is hidden beneath layers of illusions that should be uncovered, one by one.



When you uncover these, first you'll find out who you're not. Then you'll keep shedding layers until you reach the one that's solid and real, the one that will withstand the tests of **perception and permanence**. The perception test is based on a simple-object relationship. If you are the subject able to observe objects around you, then you are not the objects you are observing. If you are looking at this magazine, then by definition, you are not this magazine. The only way to see planet Earth is to form a vantage point outside it. Easy?



The perception test is based on a simple subject-object relationship. If you are the subject able to observe around you, then you are not the objects you are observing. The permanence test, on the

other hand, relies on a simple question of continuity. If a quality or a description that you can associate with yourself changes while you otherwise remain unchanged, hence that quality isn't you. If you were once a teacher and now are a writer, then those are changing states and neither is the permanent you. Likewise, your thoughts don't define you; you are not your thoughts. This holds up to the tests. Your thoughts don't define you; you are not your thoughts. Thoughts pop in your head like images on a screen. You're not the image, and you're not the screen. The fact that you observe them is evidence that they are a different entity altogether. Neither do your thoughts survive the test of permanence: you don't stop existing in the few brief moments you manage to stop thinking. The moments when they cease to exist, while you do, and the moments when they change, while you stay constant, are the evidence that they are a separate entity from you.

Who You Aren't?

Before we get to who you are, it's easier to strip away the layers that you obviously are not. Your body is the form the whole world identifies as you. Your facial Features, fingerprints, and DNA uniquely identify you. Everything you *are* is associated with this body. It must be you – it surely isn't anyone else!

But be honest now; have you ever looked in the mirror and felt that it wasn't you looking back? Have you ever watched yourself on video and thought, *that looks weird* or I really can't relate to the way I look? Have you ever heard your voice on a recording? Did not sound like you? Even if you are not felt unrelated to yourself in that way yet, you surely will as you age or when your physical form changes while you continue to feel the same inside. In addition your physical form is almost entirely replaced, sometimes many times over, every few years. So which one of those ever morphing forms is you? Think about the test of perception. If your body is you, then how can you see it and observe it? If it is the object – who is the subject?

Remember! => You are not your body!

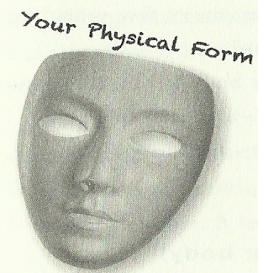
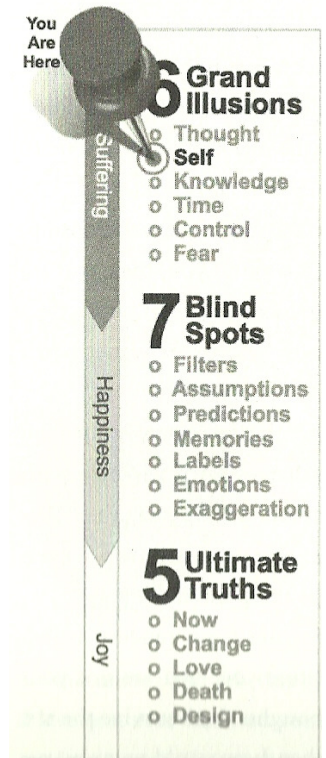
That body, though not you, takes so much of your attention. Many of us spend a lifetime caring for it. If you rent a car to go on a trip, would you start to believe that the car is you? Your body is the physical avatar that takes you through the physical world, a vehicle, a container. Nothing more! That vehicle, however, isn't nothing. It's important. If you were allowed to own only one vehicle your entire life, you obviously would take care of it. Still, whatever you did with it and regardless of how often you were seen in it, you would never think of it as you. As if the illusion of the physical isn't distracting enough, you distort things even further by adding more masks, until the real you fades beyond recognition.

May be you are your emotions, as in *I am "in love"*. Who were you before you fell in love? What if your love grows? Will there be more you? What if it stops? Do you vanish?

**You are not your emotions: You're not your beliefs:
You are not your family tree: You are not your achievements: and
You are not your possessions.**

Anything you ever observed isn't you and everything that has ever changed in your constant presence isn't you either.

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



The Real You

The illusion driving you to protect all of the possessions in your life is an attempt by your physical form to control the physical world around it. The real you is unaffected by that physical layer and all that it contains. A sudden loss of status, for example, wouldn't bother you as much; you would be identifying with the real you and not the temporary illusion of you. Thus, to reach the state of uninterrupted joy, you need to accept that everything in the physical world will eventually vanish and decay, but the real self will remain calm and unaffected. Connecting to that real self to see through the illusions of the physical world delivers the ultimate experience of peace and happiness.

Who Do You Think You Are?

In trying to establish who you are not, we uncovered a lot of masks that we wear to create an identity. These masks represent the next layer of the Illusion of Self. Then can all be summed up in one word that has tormented since the day we became a society. The word is **Ego**.

Ego is not used here to mean arrogance but rather to mean a sense of identity, a persona – the way you see yourself and believe (or with) that others see you. Your addiction to maintain your image is then intermixed with as addiction to attention. Once we start wearing masks to reinforce our egos, we spend the rest of our lives playing roles. .Every identity becomes a role. There are roles of old and young, led by the social expectations that when we get older we should behave differently than when we were youthful and playful.

The Masquerade

For each role there is a look, a dress code, a lingo, a peer group, an enemy to hate, trendy topics to discuss, facial expressions to fake, and common sorrows to worry about. Our assumed identities become our whole lives, and we start to believe them – even more than others do. When our self-image is attacked or threatened in any way, our instinct engages to protect our ego. Our instinctive fight response makes us argue and quarrel, and our flight response makes us withdraw and become depressed. Ego isn't always about vanity. Often the images people build of themselves are negative. They believe deep inside that they're worse than they really are. Negative personas can be driven by feelings of diminished self-worth, self-pity, guilt, or shame.

Undress

Like Russian matryoshka doll, you'll need to remove the layers one by one, trying to distinguish the real you from the role you assumed over the year, until you find your pure self. Until then, *undress*. Remove all the masks of the ego. See how much we put on every day to serve nothing but our ego? See how little is left to carry around if you strip off all the images that you constantly work to maintain? See how light you feel without them?

This is the concluding part. Hope you enjoyed reading ☺

Acknowledgement: Excerpts from Novel : Solve for Happy : by Mo Gawdat L : Published by North Star Way : 2017.

About the Author: Mo Gawdat is the Chief Business Officer at Google's. In the last ten years he has made happiness his primary topic of research. In the 2014, motivated by the tragic loss of his son, Ali Mo began pouring his findings into his first book, **Solve for Happy**..

-oOo-

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

@@@

ANNEXURE - 2

LIST OF HEALTHCARE PROVIDERS

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/M	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.

----oo000oo----