



SUIDHA - Where the good life gets better

SUIDHA NEWS

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➤ From the MD's Desk:

Dear Suidhites,

Greetings !

It has been an important month in that the ACF work has shown significant progress. I must thank the ACF committee for putting in a lot of hard work. You will hear the details of the proposal within a couple of weeks. When you see and analyse the offer, you will see that we have got a very good offer. I urge all of you to support this essential requirement for Suidha, both as a value add to our services and a source of income that will keep the MF under some control.



The civil work on the weir and the compound wall are completed. I thank the structural engineer Mr. Nagendra and technical committee members Mr. Satyamurthy Subba Rao and Mr. Venugopal Shetty for all their efforts and monitoring the construction. I also thank the maintenance committee headed by resident Director Mr. Sastry. We are now well prepared for the monsoon.

The lake water testing has confirmed that there is no pollution. I thank Mr. Kiran Kulkarni an analyst who helped us with this. Continued monitoring will be carried out.

The first payouts from the solar project have gone out. Please see the annexure wherein Prof. R Sankar has given a detailed report on calculations employed for disbursement of benefits.

Regards,
Shobhini A.G

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➤ Event Highlights:



06-06-2018: Roof Top Solar Project:

On this eventful day, M D declared successful completion of **Roof Top Solar Project** at the Village. Though the physical infrastructure was in place by April 2017, we were unable to connect the system to the Grid as BESCO was taking time to grant necessary permissions. There was a further delay of 3 months before the necessary ledger entries were made. During the last three months, the production of energy has been good. When sun shines bright, one can expect approximately 12% return on the investment. In practical terms, Suvidha will gain about Rs. 55000 per month for its share of Rs. 55 lakhs which will help to keep the maintenance fee (MF) under check to a certain extent.

Prof. R Sankar has submitted a detailed report on solar project's functioning and has been enclosed as an annexure to the June News Letter.



Prof. R. Sankar

In this context Mr. Ashok Dey recalls the history of the project and extends hearty congratulations to Prof. Sankar, Mr Ramani, Dr. K Lakshman, Dr. Rajanna Sreedhara, Mr Subba Rao, Mr Uday Kumar and the technical staff as well as the committee for their help with the solar project. He elaborates the history of the project as follows:

- Prof. R Sankar (Cottage # 101), for having conceived the project, helping the Board to market it to the participating shareholders, personally supervising the installation of the solar units on the rooftops of cottages -- despite his 85+ orbits around the Sun, he actually climbed on to the roofs to personally check many installations!!
- Dr K Lakshman, who was the MD when the project was conceived, for his unwavering dedication to seeing it through -- despite the opprobrium being heaped upon him and his colleagues on the Board by the naysayers who firmly believed that they knew best.
- Dr Rajanna Sreedhara for having tirelessly followed up with the powers that be to ensure that the bureaucratic hurdles were all crossed to enable us to receive the power tariff credits from the utility company that we have now begun to receive.
- And all the other members of the earlier and present Board who, to a person, stood by Prof. Sankar and Dr Lakshman in what seemed like a thankless exercise from the beginning until today.



19-05-2018: Patient / Consumer Education

Suvidha Study Circle organized a talk by **Dr. Uma Tekur** on **Patient / Consumer Education**. This talk dealt with awareness of medical prescriptions, usage of drugs and other associated information. The talk of 45 mins was followed by Q & A session. The program was much appreciated. We thank Dr. Uma Tekur for taking this initiative.

Dr. Uma Tekur retired as Director Professor in the department of Pharmacology Maulana Azad Medical College (MAMC) Delhi in 2017. She has over 40 years of experience in teaching medical professionals and health care providers at prestigious institutions like UCMS and MAMC Delhi, JIPMER Pondicherry etc. We are lucky to have her as one of our permanent residents (Cottage No 122) in Suvidha.



20-05-2018: Sugam Sangeeth and Gazals

Bhaava Lahar a musical ensemble of Sugam Sangeet and Ghazals was arranged on **20th, May 2018**. This Musical Ensemble was presented by the troupe of Ms H R Leelavathi from Mysore, a pioneer in the field of Light Music. This Music Programme was sponsored by Mrs Malathi Somashekar & Mr Babu Somashekar of Cottage # 163 & 164.

Ms H R Leelavathi learnt Carnatic Classical Music from Sangeetha Vidyanidhi Late Sri N Chennakeshavaiah and Bhavageethe, Hindi Bhajans and light music from Late Sri A V Krishnamacharya. She was also inducted to Rabindra Sangeet through her Guru Sri Robin Ray from Kolkata. She is "A" Top grade music composer of All India Radio, Mysore. Apart from singing she is a gifted writer authoring books on Music. Recognising her talent, Government of Karnataka selected her as its ambassador to World Kannada Conference in 1983. She headed Kannada Sangeet Nritya Academy as its President during 2001 to 2004.



20-05-2018: Open House Meeting

1. **Suvidha Lake Water Quality:** As per the agenda regarding the Lake Water quality issue was taken up. MD informed everyone that one of our senior and well respected known ecology and bio-diversity expert resident, Dr Yellappa Reddy had introduced Prof. Kiran P Kulkarni (a water treatment expert) for this purpose. She mentioned that suggested Bio-enzymes were added to the lake to clear the waters of the green algae on the surface. The result appears to be encouraging and would take some time to take full effect.

Mr Vaidyanathan added that his team had walked upstream from the Vajramuneehwara temple end, to verify if any garbage, sewage or industrial waste is being dumped into the water stream. They could not spot any such issues and the water appeared to be clear from the Vajramuneshwara temple down to our lake. Further, following the results of the water samples which were collected and sent for laboratory tests, the results indicated that the tested water was good with no contamination.

2. **Clarifications sought in the last Open House.** MD clarified the matter raised by Mr. Nayak, in the previous OH regarding the Legal Suit proceedings of Mr Yale. Based on the official documents retrieved by the legal office, MD stated that in 2017, Mr Yale's legal counsel had sought 5 postponements, while Suvidha legal counsel had sought 3 such postponements. This was contested by Mr Nayak, to state that he had documents to prove that only 1 postponement by Mr Yale. MD held her grounds to state, since she was in possession of official documents it was 5 postponements. Most members present at the OH considered this as a futile discussion, and the topic was dropped.
3. **Ongoing Suvidha Projects.** MD clarified on the ongoing Suvidha works. Dr Mohan Rao's questions regarding the costs and current status regarding the ongoing compound wall-cum-weir construction at STP area and the water stream entry from the Vajramuneehwara temple down to our lake. MD stated that both the compound wall and Weir projects were about 70% completed. She was of the opinion that it should be completed by 2nd week of June 2018. The total costs for both the compound walls and the Weir project was estimated at Rs. 23 Lakhs. Regarding the STP refurbishment MD called upon Mr. Subba Rao to give updates; it is expected to be completed by end of May 2018. He explained that since it was a refurbishment project, older equipments, civil structures such as water wall structures when tested, various problems cropped up due to disuse and age. This was resulting in delays and cost increases. The estimated cost of this project was Rs.12 Lakhs.
4. **Discussions came up on the composition of the Open House (OH) Forum.** Question regarding inviting the residents in rental cottages to attend the Open House meetings. It was finally decided that the management would evolve a system where such matters would be discussed only in the presence of the SH, either earlier at the beginning of the OH meeting or after the non-SH's were asked to excuse themselves post general discussions. By a show of hands, overwhelming majority wanted the OH to be opened to all Residents including the Non-Resident SHs on a visit to Suvidha.

5. **MD briefed about the staff children education fund proposal**, broached by the Kitchen Committee. She mentioned that it was Dr PMC's initiative which was being taken forward by Ms Jyothi Udaykumar. Currently, various shareholders were voluntarily giving cash to staff for their children's education fees. At first most members felt that it was a good initiative. Mr Ashok Dey and Dr.Lakshman wanted it be equitable. This was generally turned down by many participants at the meeting. Finally, by a show of hands the proposal was turned down.
6. **MD brought up the subject of Health Centre** to answer Dr Mohan Rao. She explained that the current Health Centre was in the process of being converted into a two room ACF for the time being. Two rooms with beds and attached toilets in the centre would be refurbished. Two resident doctors, including DR PMC and Dr Lakshmi Dey would be in attendance. Additional personal caretakers (medical attendants) could be arranged at the patient's cost from external providers. Dr Lakshman explained if the patient was serious and the medical attendants could not manage, the patient would be transferred to an outside hospital. Mr Ashok Dey wanted a list of all good, verified medical attendants providing companies to all Suvindhites. Dr Lakshman, mentioned that such a list was already in place with the office, as an example it included Nightingales and Sagar Health Seva Foundation. He explained that however, no one would be in a position to categorize or evaluate such companies. Dr PMC also pointed out that these were listed in the monthly Suvidha Newsletter also.
7. **Regarding Assisted Care Facility.** MD mentioned that the ACF committee was still in the process of finalising their presentation and the company would inform the SH's once it is ready.
8. **Security issues** were highlighted by many participants. Some Suvindhites mentioned thefts of personal valuables at their cottages. All wanted stronger measures to contain this serious issue Ms Ramaa Subbarao, Resident Director, assured all that she would personally carry out an investigation into the cases of thefts after obtaining more details from individuals who were so affected. She also pointed out that she was in the process of re-evaluating the current Security providers, Black Belt and possibly imposing some financial penalties for staff shortages in terms of accountabilities.



02-06-2018: Movie Time - Ventilator

The Movie "Ventilator" was screened to a full audience on Saturday 2-6-2018 in our Suvidha Club House. The movie is a 2016 Marathi Comedy-drama of 143 minutes duration with English subtitles. The movie portrays a common scenario of an old man terminally ill being admitted to a hospital where he was put on ventilator in an ICU. Outside the family members anxiously await the doctor's messages from time to time. What transpires among the family members as time goes on was very vividly brought out. It was watched with utmost interest by all in the audience. It was a very gripping theme.

The programme was sponsored by Mrs. and Mr. Prabhu's who served a variety of snacks during the interval. And also took care of cleaning the hall during the night hours so as to facilitate the next day's Buffet programme without any inconvenience. Thanks to Mrs and Mr. Prabhu for their kind gesture.

➤ **Suvidha On The Move :**

- a. **16-05-2018 Lake treatment against Algae:** Prof Kiran P Kulakarni, who is the doyen of water body and environment management, inspected the lake and suggested Effluclean treatment. EM.1-Effluclean Micronutrient [EM] : EM technology uses a natural and probiotic process against a wide range of algae growth where genetically engineered aerobic and anaerobic microorganisms are used to detoxify the water bodies. On 16-05-2018 under his supervision, the technicians from the company as well as our garden staff sprinkled Maple EM.1-Effluclean, the liquid concentrate on to our two water bodies using our boat. Within 10 days or so, the growth of algae receded and the offensive smell disappeared. Repeated subsequent water testing results also confirmed that the lake body contamination is under control. On 12th June 2018, Prof.. Kulakarni inspected the water bodies and expressed his satisfaction and confirmed that our lake is safe and does not need further treatment. Photos of showing the sprinkling of Maple EM.1-Effluclean are given below.



- b. **01-06-2018:** Following the discussions held during the recent Open House meeting, Dr. Mohan Rao has taken the initiative to compile a list of agencies that provide **home health care** in various categories and tariff rates. He has also listed the other services that they offer and also their promptness in providing the service after registration with the agency. The list of agencies that provide home health care in Bangalore is attached at the end of this news letter for general information and guidance. Please note that the figures mentioned are only indicative and may vary with time and context.
- c. **02-06-2018: Civil works:** Smt. Gayathri of #185A had pointed out that there is only one ladies toilet in the clubhouse for the lady staff of the company. She suggested converting the bath room into a toilet as suggested by the lady workers during health sensitization programme that was held in the month of March 2018. Accordingly MD took up the issue and now they have two toilets for use in the Club house.
- d. **04-06-2018: Prompt Action by our Maintenance Department.** At about 1.30am, the security person on rounds, noticed a pipe burst and a huge water leak under Cottage # 74. He immediately informed the technician. The repair team with their supervisor arrived at 2.30 am and started digging. By 3.30 am the defect was rectified and by 4.30 the water started flowing as usual. The residents of Cottages down the line slept in bliss without knowing that the normalcy was restored without their knowledge by our dedicated maintenance staff.
- e. **08-06-2018: Kitchen cleaning programme:** The members of the Kitchen Committee under the guidance of expert Ms. Indu Champati took out all the unwanted things from the stores and gave a good scrub. All the necessary store material were re-arranged in a systematic manner and an inventory is in place.
- f. **10-06-2018: Civil Works:** The big task of reconstruction of the breach in Compound Wall at STP as well as behind cottage #115 has been completed and the water has started flowing through the new channel. The designing involved water dampening culverts to dampen the force of water as well as prevent slit entering the lake. In addition a way to clear the obstructing debris has also been incorporated. At 115 site water main protective as well as protective civil work is underway. When the initial plan was drawn at least six grown up trees were to be axed to make way for the project and Prof. A N Yellappa reddy cautioned that lack of shade following axing the trees would encourage uncontrolled algae growth under the direct sunlight. Accordingly the project was redesigned and protected the trees and at the end the project is completed without axing a single tree; thanks to Mr. Ashok Dey, Mr. Sarath Champati and our team of experts.

Civil construction behind 115 cottage:



Civil construction at STP Site:



- g. **12-06-2018: Intercom system** at the Village was down and BSNL officials worked tirelessly for four days to rectify the same to some extent. According to the sources, the mother board at our exchange got corrupted and became dysfunctional due to frequent short circuiting and physical damage to the cable. Now they have sourced a newer and safer version of Mother Board and it is undergoing testing and installation.
- h. **13-06-2018: Work of refurbishing the STP** is progressing well following completion of water proofing of all the five tanks. The old unused filtration pipes and the unit has been removed and scrapped. New blowers and the other components have arrived. It is expected that the project may be completed by end of this month.
- i. **Cottage Information:** Many shareholders requested to include information about the cottages that are available for rent as well as for second sale. Accordingly the Suvridha office has brought out four tabulations that enumerate the required details. Click on link below for details:

https://drive.google.com/file/d/1LXtxRiYjqHt_TSn_OdTCu5kZo9qRN03T/view?usp=sharing

➤ **Suvidha Family News:**

23-05-2018: Farewell: Ladies of the Village joined together and arranged a farewell function to convey their best wishes to Mrs. Meenakshi and Mr. Ramamurthy of cottage No. 166 who is relocating from SUVIDHA to a new location called Serene near International Airport.

08-06-2018: Dr. Mohan Rao celebrated his 81st Birth Day in a great style by arranging a grand lunch to all the Suvidites.

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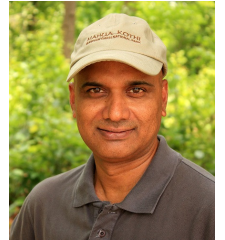
12-06-20118: Sad demise of Smt. Narasamma: Smt. Narasamma aged over 90 years, mother of Smt. Jaishree of Cottage No. 36 expired at about 2.30 pm and the last rites were performed at 8.30 am on 13-06-2018. On 8th June 2018, she had a minor fall and became unconscious. She was nursed at home and there was small improvement in her condition which was stable to a great extent. However she took her last breath at 2.30 pm. on 12th June 2018. We express our hear-felt condolences to the members of the bereaved family.



➤ **Suvidha Nature Notes:**

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

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



Spot-billed Ducks

We, the fortunate souls living in Suvidha, know how blessed we are to be in this very lap of nature, enjoying the peace and tranquillity of our surroundings and observing the beautiful Nature around us. But sometimes we may not even notice the unfolding stories around us....

Over the past two months, there was much action in the otherwise calm waters of our lake and in the air, which even the regular walkers were oblivious to! It had all the ingredients of a Bollywood masala film: intense courtship, love, betrayal, jealousy and a happy ending too!



There were three main actors in the initial stages of the drama and then four at the end. These actors are the **Indian spot-billed duck** (*Anas poecilorhyncha*), an attractive large, brownish duck with a conspicuous yellow

tipped black bill with an orange spot at the base of the bill (hence its name). In flight, one can see a bright green 'window' on its sides. Spot-billed ducks are found commonly in many of the water bodies throughout India. These ducks are "dabbling ducks" meaning that they do not dive for their meals but instead stick their heads underwater with their tails in the air to forage. Spot-Billed Ducks will also graze on dry land for their food, which is normally grass. They also eat seeds, snails and aquatic plants.

So what was this drama all about? We first noticed not just the usual pair, which we normally see every season, but two males and one female. The male, which was 'un-attached', looked younger and was desperate to woo the female, which was already paired with the older male. He was trying all kinds of tricks and maneuvers to woo the female. I noticed the three birds in flight many times and the rival male desperately trying to break up the pair by barging in between! Spot-billed Ducks are fast and powerful flyers and it was a treat to see these aerial battles!



The younger male's overtures notwithstanding, the original pair continued to maintain their bonding and we could see that they remained in the secluded corner of the smaller pond for many days, which indicated that they built their nest there (where they did for many a season). And finally, after a long wait, one fine morning in May, the female ventured out into the larger lake with her 12 cute-furry ducklings in tow! We were so thrilled and excited to see the ducklings!! The father of these cute balls of life was trailing the mother at a little distance keeping a vigilant eye on them, as any proud father would.

This tranquil setting was suddenly disturbed by the 'rejected' male! We actually saw him with another female in the far corner of the lake but as soon as he saw the mother with her babies, he lost his cool! He flew threateningly towards the family and landed with a splash near them and chased the mother around and even pecked at her a couple of times! A few times the mother was forced to take to flight and she would make a circle and come back to her babies. This went on for more than an hour! It was almost like the rival male losing his cool when he saw his lady love bringing out her babies and introducing them to the world! How dare you betray my love?! But not once did he touch the ducklings! He was only upset with the mother! The father looked like a nice guy but could do nothing to ward off the more aggressive male!

I never saw anything like this in my decades of watching birds! By noon, the birds settled down and the mother was no longer 'molested' by the rival male. We could spot her for a couple more days before she walked her ducklings (by now reduced to about ten) away to the bigger lake (we presume).

It was so amazing to see this family drama un-fold in our own lake! One cannot imagine that they are almost human in their emotions and behavior! Now we can see three birds regularly and sometimes four...there is a good chance a pair will breed again, since the monsoon has arrived and the lake is full.

So watch out for a new set of most cute ducklings anytime soon! Thanks to Mr. Ashok Dey, Cottage-44, for the wonderful pictures. Bye... **Sarath Champati**.

➤ **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.



Tawny-bellied (aka Rufous-bellied) Babbler

8 cm from beak to tail, the **Tawny-bellied (aka Rufous-bellied) Babbler (*Dumetia hyperthra*)** is distributed throughout peninsular India and Sri Lanka. It is coloured olive brown above and a rusty fulvous (reddish yellow, tawny) below. Both sexes look alike.



The species inhabits lightly wooded thorny scrub and tall grass country in flocks of 5 or 10. The individuals keep in touch with each other by means of feeble but sharp cheeping calls, resembling those of sunbirds and harsh tittering notes when alarmed. They feed on insects and larvae and also on nectar of flowers. Their nesting season is between May and September. The nest is a neat ball of coarse grass and bamboo leaves lined with softer grass and rootlets. Entrance to the nest is by a hole on the side.

- **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.

Danaid Eggfly

A fairly common butterfly, the **Danaid Eggfly (*Hypolimnas missipus*)** is widely distributed on the Indian sub-continent, Afghanistan, Myanmar and Sri Lanka. With a wingspan between 70-85 mm the species prefers lightly wooded country, deciduous forests, thick and moist scrub and parts of human habitations where there is greenery.

The female of the species has adapted to survive by mimicking an unpalatable species -- the Plain Tiger -- in both appearance and behaviour. Unlike the male, the female does not fly high or fast but flies steadily and untiringly. It can attain high speeds when disturbed but then its flight becomes erratic. It keeps on flying about in search of a mate and, after mating, keeps searching for larval host plants to lay its eggs. As the male is generally sedentary while the female keeps wandering, it is likely that it is the female of the species that seeks out the male.



The male of the species seems to have high site-fidelity. It is found resting on either the ground or on a low bush with wings spread out, guarding its territory from other butterflies of its own species and other species.



Danaid Eggfly ♂

The species feeds almost exclusively on nectar especially from the now widespread *Lantana*. The species' favourite larval host plant is *Portulaca*. The female of the species can be seen circling the host plant, inspecting its phenophase* and checking out if it is safe from armies of ants that can destroy the butterflies eggs and caterpillars as soon as they arrive.

(*An observable stage or phase in the annual life cycle of a plant or animal that can be **defined** by a start and end point. **Phenophases** generally have a duration of a few days or weeks. Examples include the period over which newly emerging leaves are visible, or the period over which open flowers are present on a plant.)

➤ **Readers' Corner :**

**Instruction from guru to śiṣya
regarding how to lead a sane life and realize the ultimate Truth.**

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

In the earlier two Newsletters we got acquainted with the dialogue between a father (Audalaka Āruṇi) and his son (Śvetaketu) as well as one between Yājñavalkya and his wife Maitreyī regarding the ultimate Reality Brahman. The Taittirīya Upaniṣad (Taitt.Up) approaches the very same subject in a different manner through instruction from a guru to students passing out from his āśrama after their graduation. I have deliberately used modern terminology like 'students passing out after their graduation' in order to draw attention to the fact that such ceremonies were held at the end of the prescribed education and some salutary advice was given to those preparing to enter life in the lived world even in ancient times. It is a long oration almost like all modern day graduation ceremonies and I decided to give you a flavour of that in this issue (Taitt.Up.I.11.2-4.)



The emphasis here is to help the young student to mature into a person seeking self-realization after going through all the stages of life. In an atmosphere wherein total renunciation and the sannyāsin was being raised to the highest level in society, this instruction strikes a cautionary note by emphasizing the need to mature by experiencing the different stages in human life. The Sanskrit social scientist had divided the stages of life into four called the life of the

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student (brahmacarya), a householder's life (gr̥hastha), a period preparatory for sannyāsa (vānaprastha) and finally sannyāsa (total renunciation). Thus the instructor starts his address to his students by firstly pointing to the values they should uphold in the world and then goes on to urge them to seek the ultimate purpose of life which is mokṣa. The guru starts off like this: "Speak the truth; practise dharma; do not desist from learning; having given the ācārya his dakṣiṇā go out into the world and help in preserving the continuity of the race. In other words there is an emphasis on marrying and preserving the family which is that of the gr̥hastha or householder's life before ascending to the next stage of life. The ācārya continues to tell the students not to deviate from speaking the truth; there is also an emphasis on self preservation when the student is told that he should not hesitate to protect himself from any calamity. The most important message for the graduate is to engage in good work and not to stop self-study as well as dissemination of knowledge.

Note: One can notice the concern of the ācārya for the students to live a virtuous life when in the world from which they would have been separated practically for 12 years while living in the guru's āsrama. Thus the emphasis on speaking the truth etc. The guru continues his advice by saying "Do not neglect your duties towards your ancestors nor towards the devas. Treat your mother as a deva; treat your father as a deva; treat your ācārya as a deva; treat your guest as a deva; only do such deeds as are not blameworthy and not others; only follow our good deeds and not the others".

Note: One needs to note that the guru is asking the student to only follow whatever good is in him and not the others. This exhibits a humility and modesty on the part of the ācārya who is willing to admit that, he like all other humans, also can have some defects. His greatness is in admitting it and cautioning the student not to imitate him in all his behaviour.

The guru goes on to say: "You should respect such wise people amongst us whom you meet and honour them. Give whatever you can afford and whatever you offer, offer it with respect, in a friendly manner and not through arrogance. When you have any doubt as to a course of action to be followed in a particular instance, take the advice of wise persons who are living nearby. They know the customs and duties; they are independent thinkers; they are gentle and understanding. This is our advice for leading a moral and sane life in the world".

Note: There are always wise persons in the society one lives in and the ācārya is exhorting his outgoing students to identify such persons and to follow their advice in times of doubt. It is significant that he does not claim to know everything and does not ask them to come to him for advice when in doubt.

Having come to the end of some worldly advice the Taitt.Up ends that part of the conversation between ācārya and śiṣya by reciting the invocation mantra "om sahanāvavatu; saha nau bhunaktu saha vīryam karavāvahai tejasvi nāvadhītamastu mā vidviṣāvahai" (I.11.1-4). The ācārya now prepares the disciple for the higher knowledge of Brahman. He first impresses upon the disciple the need for knowing Brahman as that which enables one to reach the Supreme Truth. He first defines the term Brahman itself as "satyam jñānam anantam brahma" (truth, knowledge and infinite); he goes on to say that this Brahman resides in the secret place of the heart and one who knows this all knowing Brahman enjoys all desirable things. From that Brahman was produced space, from space air, from air fire, from fire came water and from water came earth.

The Upaniṣads believe only in a singular ultimate reality and all that one sees in the universe is then traced back to Brahman as the originator of all that. It is also interesting to notice that the ancient sages by observation have identified the five basic elements earth, water, fire, air and space as the basic elements. While the four elements excluding space/ether is also mentioned in Greek philosophy, ether or space translated as ākāśa is unique to Indian philosophy. Indian philosophy does not stop at that but traces the birth of herbs/plants (oṣadhayaḥ) etc., from the earth which in turn produced food and food in turn gave birth to humans. Having explained the first term satyam in the definition as Brahman and the second term as knowledge of Brahman which enables one to be omniscient he explains the term anantam as the creation of an unending series of animate and inanimate lives.

After ending the eleventh section of chapter one on that note he goes on to analyse the various forms of Brahman in the subsequent chapters (II.1-9) starting with the annamayakośa (covering of food). The five kośas are mentioned as annamaya (food-cover), prāṇamaya (breath-cover), manomaya (mind-cover), vijñānamaya (intelligence-cover) and ānandamaya (bliss-cover).

Note: The idea is that one needs to ascend from a lower plane to a higher one in order to finally realize Brahman. The planes are listed as that comprising of food, prāṇa (breath), manas (mind), intelligence (vijñāna) and bliss (ānanda). Those who just stick to worldly interests like food and other comforts will keep reincarnating repeatedly in the world. It is the same with the coverings of breath and mind. Once an enquiry starts with the intelligence (vijñāna) then one is able to gradually ascend to the realm of Brahman. It is only such a one who has finally realized that there is a need to sincerely pursue the quest for Brahman-realization that will then reach the ultimate goal in life. This is the summary of chapter II.1-11.

The three Upaniṣads - Bṛhadāraṇyaka, Chāndogya and Taittirīya - are the oldest of the extant Upaniṣads and present the message of the Upaniṣads in many different ways. I have just given in a nutshell the summary of the two important chapters of the Taitt.Up so that one is able to understand the many different formats of conversations/dialogues that take place in the Upaniṣads to drive home the message of the ultimate Truth.

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ENGINEER YOUR PATH TO JOY – Part IV

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

Every day of your life, new events will unfold. New expectations get set, and new Happiness Equation demand solutions. Most of us randomly move to a different state with each passing event. We have all made a few steps forward to happiness... before plummeting into confusion. We have all found a shortcut by having fun for a brief moment... before experiencing a patch of suffering.

Remember => you should never settle for anything less than joy.

But reaching uninterrupted happiness is not as easy as spending a night out with friends. These are illusions to bust, blind spots to fix, painkillers to reject, and finally, there are truths to ponder and grasp.

It is time to start your happiness training. **There are six grand illusions** that keep you in confusion. When you use these illusions to try to make sense of life, nothing seems to compute. The suffering runs deep and last long. Next, **seven blind spots** delude your judgement of the reality of life. The resulting distorted picture makes unhappy. Eliminate the six illusions, fix the seven blind spots – and stop trying to escape – and you will reach happiness.

Bust the 6 Grand Illusions

Fix the 7 Blind Spots

Hang on to the 5 Ultimate Truths

Grand Illusions: Six grand illusions submerge using confusion and hinder our ability to make sense of the world. Life becomes a struggle. Most attempts to solve the Happiness Equation fall because we use illusions as inputs, unable to see the world for what it is, and wonder why life has to be so cruel. When we see through those illusions a weight is lifted, our vision clears, and happiness becomes a frequent visitor.

That Little Voice in your Head: Listen! Can you hear that voice? The one that is right there in your head?

Specific elements may differ, but the endless stream of chatter is something we all share. It worries us about what is yet to come; it belittles us; it disciplines us; it argues, fights, debates, criticizes, compares, and rarely ever stops to take a breath. Day after day we listen as it talks and talks. While having voice in your head is pretty normal, that doesn't make it a good thing. You shouldn't ignore the unhappiness, pain, and sorrow it's causing us.

The Voice is not you: If there is one thing that will change your life forever, it is recognizing that the voice talking to you is **not you!** Even if this point seems simple, it should revolutionise the way you approach your thoughts. When you believe that you are your thoughts, you identify with them. What you do with those thoughts is up to you. **You don't have to obey.**

When you finally realize that you aren't your thoughts, you'll have seen through the most profound illusion of Thought. You are not your thoughts. Those thoughts exist to serve you. But if the voice isn't you, who is it? Please feel free to call your

voice what you want. The exact nature of it is irrelevant. What matters is that you recognise it exists, acknowledge that it isn't you, and understand how it behaves. Here it is "BRAIN". Brain interfaces with your senses and controls your reactions. It's capable of complex analyses, mathematical calculations, and logic, but also the negative kind of incessant chatter that holds you back from happiness. The voice inside your head is your brain talking, even though you're the only one who can hear it. Why does it talk? Like other organs your brain is there to perform a specific function. At its most basic, the brain's task is to ensure the safety and survival of your body. Thoughts engage to add an extra layer of protection when the brain plans to keep you away from possible danger. By constant dialogue, brain attempts to arrive at the best possible decisions. There are two models of thought looking at the issue at hand from different perspectives and with varying skill sets, discussing it on the center stage of your head.

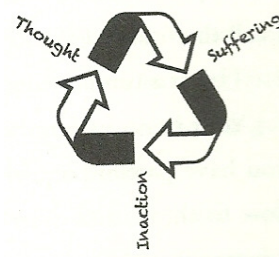
Who is the Boss? Since dawn of humanity, our brains have assumed full responsibility for our existence. We accepted our brains as our undisputed leaders. It is indisputable that your brain does some things very well, but it shouldn't be given the freedom to deliberate everything. When it manages reflexes and mechanical functions, it does so without thinking. This is true for all vital functions - thought is completely left out. The work of your lungs, glands, heart, liver, and other organs is mechanically run by your brain, but isn't the result of conscious thought – you don't spend hours dwelling about them or even have the ability to command their functionality. Accept your brain as the undisputed leader when it comes to mechanical operations, but when it comes to thought, *you* should be in full control. Your brain's job is to produce logic for you to consider. When the thoughts are presented, you should never lose sight of the question. *Who is working for whom?*

Remember => you are the boss. You get to choose.

This means tell your brain what to do, not the other way around. Just as you are now instructing your brain to focus on the words on this page, you can always tell it what to focus on. **You just need to take charge** and act like the boss.

Remember => I am, therefore *my brain* thinks.

Useful Thinking : A study has shown that the incessant thoughts of the lit up the midline regions of the brain, while the paying attention to the present moment activate the right side of the brain, and regions different from those used for insightful thinking. Incessant thought, being just a simple brain function, offers strong evidence that our thoughts are no way who we are – they don't define us. Once again, ***you are not your thoughts***. Your brain produces thoughts, as a biological function, to serve you. And discovering that each of those types of thoughts happen in completely separate brain regions means that we can be trained to use one type more than the other. We need a lot of attention to the present when we perform tasks, and we need problem solving. Those are very useful functions. What we don't really need is the narrative component of thought, the useless, endless chatter – the part that makes us feel a bit crazy and keeps us trapped in suffering.



Suffering Cycle:- During the olden days whenever our ancestors recognized a threat in the hostile environment, they adopted a physical fight-or-flight response. In the modern world, most of the events represent threat only to our psychological well-being or to our ego. Frequently no proper survival mechanism can protect us from such threats. In the absence of a satisfactory response, our brains tend to bring the unresolved threat back over and over in a constant stream if incessant thought. As per the Happiness Equation, the repetitive loop of thinking of an event, comparing it unfavourably to our expectations leads to suffering. Our inability to take action triggers the recall of thought over and over in an endless **Suffering Cycle**. We can disrupt this Suffering Cycle by neutralising the negativity at each of its nodes. Taking the best possible action, regardless of the results is an obvious way to disrupt the cycle. Once an action is taken, our minds focus on the executional elements of what need to be done, a different part of our brains is engaged, and our thoughts shift to monitor the result of the action rather than incessantly focus on the same thought.

Managing Voice: Your brain belongs to the category of "controlled" device because you have partial control over it. You can tell it what to think about, how to think, and event to stop thinking altogether. You just need to practice that control until you master it. It's doable.

There is an important detail to keep in mind, though: deeper thoughts happen in the unconscious part of your brain. Unlike your conscious mind which traffics in words, your unconscious mind developed long before you could use words, so visual images and sensations are its currency. This matters because there is no image that corresponds to the word **no**. Your unconscious brain can't process a negative. In your *conscious* mind you can simply negate a concept, as in 'no suffering'. As far as your unconscious mind goes, you can't think of *no suffering*; you can think only of *happiness*. Instead of trying to think about not being at a job you dislike, think about another job altogether. Instead of thinking about ending a relationship, think about the new one you would like to start. That's the way to shift thinking into happy thoughts.

Remember Happiness is always found in the positive side of every concept.

To be Continued..

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..**

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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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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