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

➤ **From the MD's Desk:**

Dear Suidhites,

Greetings!

I'm happy to say that the lake water is not contaminated according to the recent Test Report. As suggested by Dr. A. N. Yellappa Reddy, the issue has been referred to Prof. Kulkarni, who will be guiding us in the treatment of the lake water.

Water conservation by the Suidhites and our staff in recent times has been good and I thank everyone.

The two rooms in the present Health Centre are being modified / equipped to make them suitable for providing assisted care, until the new ACF becomes functional.

Regards,
Shobhini.A.G



SNL Archives: All back issues of Suidha News Letter are available at: <http://suidha.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:

🚩 22-04-2018: Open House Programme

The programme was held from 11.30 am onwards with good participation of the residents and the Directors. The points that came up for interactive discussion were [1]. Reply to Dr. K S Shekar's letter; [2]. Update on construction of compound walls; [3]. Update on the Landscape works. [4]. Water conservation projects.

Under other topics, Mr. Hiroo Advani, a resident of Suvridha, suggested that the Company should have a *Vision Statement*. MD readily agreed and stated that she will initiate the drafting, so that others could contribute their ideas before finalising the Vision Statement of the Company. Prof. Rukmani requested for few more garden benches near the Lake.

🚩 25-04-2018: A Memorable Visit to an Ashram

A day's tour programme was arranged for Suvridhites to Shivanahalli Ashrama located in serene settings adjacent to Bannerghatta Reserve forest. Thanks to Dr. Yellappa Reddy, Former Chief Conservator of Forests, Karnataka, presently residing in Suvridha, who took interest in arranging this tour. For the write up and photos we thank Sri P K Nayak of Cottage # 167 and Mr.CB Prabhakar. Please click on the links to view the ashram details and the photos:



Photos - <https://photos.app.goo.gl/Ac7PkHNPqf6QKGeR9>

Ashram Details - <https://drive.google.com/file/d/1urCWq18JyPkySS2E2mT7EFb5vWvKDhWz/view?usp=sharing>

🚩 04-05-2018: 3rd Innings – Carpe Diem

This is a programme on enriching 3rd Innings through *carpe diem* approach - "Enjoy yourself while you have the chance". Dr. Prashanth R Reddy and Ankita Parihar, from IIM Bangalore, held an interesting interactive session with the senior residents of Suvridha with practical demonstration of extra curricular activities that can be adopted to add flavour to 3rd innings. Thanks to Mr. and Mrs. SVS Sastry for hosting a working lunch for the participants. Photos of the event could be viewed here - <https://photos.app.goo.gl/MVtCEqzBxKCeCB2E2>

🚩 13-04-2018: First Landscape committee meeting:

MD along with Dr. A N Yellappa Reddy, Mr. Sharath Champati, Dr. Narayanan and Dr. P M C met on 13-04-2018 and discussed the present and future landscape activities in detail. Mr Reddy offered to assist in procuring various services and facilities through his contacts: He contacted the authorities who are empowered to sanction subsidy for the Drip Irrigation. He instructed to draft an application in this regard with an overall estimate of Rs. 20 L. to cover entire village with drip irrigation using untreated water. Mr. Champati and Dr. Yellappa Reddy discussed about the modalities one could select with respect to labelling of rare trees after identifying them by the experts in the field. Mr Champati mentioned that he can be of help in arranging for photo identification of plants, census and in creating registers. Instead of labelling, he suggested a digitised catalogue which can be made into an app. They also suggested various methods to recharge the ground water in Suvridha. A discussion on water conservation followed. An official circular could be sent by the MD to announce stoppage of watering the potted plants kept on the verandas of cottages. The residents will be requested to use water for their garden prudently and to take care of these potted plants kept in their cottages by themselves. This announcement will be made in the next open house as well.

Orchid Farm: Mr. Nageshwar has submitted an estimate for the Orchids at SUVIDHA. It is around Rs. 55000 to Rs.75000/-. M D has decided to wait till the next Landscape Committee meeting and see how it is possible to reduce the estimate to a reasonable amount.



15-05-2018: Celebration of his Mother's Birthday by Brig Parthasaradhy



To commemorate his mother's birthday Brig (Retd) Pardhasaradhy of cottage # 84 hosted a Buffet Breakfast to Ladies of Suvidha today. The function ended with honouring all the ladies who were present. This has been a very unusual and touching event for all Suvidhites who attended the function.

Here is the link to photos taken on the occasion.
<https://photos.app.goo.gl/Q4kzsJmNMwwVP0LB2>

➤ Suvidha On The Move :

- a. **30-04-2018: Pest Control Programme at the Kitchen Area:** After several quests, one pest control service agency has been selected to undertake pest control in Kitchen area on a regular basis for next one year.
- b. **06-05-2018: Water Tank cleaning programme:** There are four main storage and treatment tanks in the pump house. Annual cleaning up of these tanks without disrupting the water supply to the cottages is underway. On Sunday the 6th May two tanks were cleaned by a team of six members and the other two tanks will be attended to on Sunday the 13th May 2018.
- c. **06-05-2018: ACF at the existing Health Centre:** MD, Dr. K Lakshman and Dr. R. Narayanan visited the Health Centre and conducted a detailed tour along with Dr. P M C, with an idea of upgrading at least two rooms, designated as ward No I. and Ward II of HDU. Took a decision to equip these two rooms with basic facilities like [1]. I C U Cot; [2]. Side cupboard. [3]. Drip Stand; [4] Fan. [5]. Attendant cot. [6]. Bed side commode [7]. Walker. [8]. Suction apparatus; [9]. Vital monitors and [10]. Oxygen concentrator. It was decided that the responsibility of providing medical, nursing care and house keeping facility have to be taken care entirely by the resident who admits the sick resident.
- d. **Change of Security agency:** Ms. Rama Subbarao, who is in charge of the security facility at the Village is busy with interviewing other security agencies to replace the present service provider who has become recalcitrant.
- e. **Clearing of the Construction Debris near the Phase 1a Cottages:** Ms. E I Technologies who were the contractors of Phase 1a project at last cleared several loads of the construction debris. Now the area is ready for further landscaping activities.
- f. **Construction of the Compound wall:** The progress of the civil work was greatly hindered due to lack of approach road which can take heavy trucks as well as the J C B. Hence a new road was constructed just outside the perimeter wall to move the required construction material as well as the boulders. Status [a] Compound wall near the STP is progressing well and the final beam is in cast. Approximately 70% of the work has been completed. [b] Compound wall behind #115 is progressing rather slowly since the contractor is facing several constraints to augment the civil work. As on this date about 60% of the work has been completed.
- g. **Kitchen Equipment:** There were several unused kitchen equipment cluttering the space as well as sheltering many insects. On Tuesday the 8th unused multi door vertical deep freezer, horizontal deep freezer as well as the big wet grinder were moved out of the kitchen. In its place a vegetable cutting table and a SS stand were brought in.
- h. **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/1p6xxFHHafv5w0q0Eveoh-iQYquMLPzsN/view?usp=sharing>

➤ **Suvidha Family News:**

02-05-20118 : Sad demise of Smt. Lalita Raju: At about 3.30 pm. an urgent call was received from the Cottage 71-72 and the medical team reached immediately to find that Mrs. Lalita Raju had expired for some time ago. Entire Village residents and the staff rushed to extend their heart felt condolence to Mr. G K Raju who was found to be in full control of the sad situation. The last rites were conducted next morning at about 8.30 am. On his insistence a very simple condolence meeting was held at 5.00 pm on 03-05-2018 to pay the last respects to the departed soul.



➤ **Suvidhites in News:**

We are proud to inform you that Prof. Krishna Rao Jaisim, the Chief Architect of our Suvidha Village, has acquired yet another feather in his cap recently in May 2018. He has been felicitated in Bangalore for his outstanding contributions in the field of Architecture. We send out to Mr. Jaisim our hearty congratulations on this occasion. More details are given below for your information.

A celebration of design thinking in Bengaluru

Bengalureans got a taste of Design ConFab, a knowledge platform created to celebrate and propagate the 'spirit of design' by engaging with some of the most creative and capable minds from the fields of architecture and design from across the country. Presented by the Global Jaquar Group, it was an opportunity to learn from and share the experts' design philosophy over a one-day interactive session, while also providing design professionals a forum to meet and network with like-minded professionals.

Organised by Architect and Interiors India and Global Jaquar Group, the platform aims to cover all aspects of the topic from the viewpoints of architecture, real estate, and communities. With increasing pressure to improve all facets of building design, making structures responsive in every sense is a default mandate. Aply, *Contextual Responses* was the subject for the keynote address, delivered by eminent architect Sanjay Puri. Another highlight of the event was the panel discussion on the topic *Design to Sustain or Scale: Designing for Diversified India*, led by architects and designers such as Shahrukh Mistry, Gayathri Shetty, Naresh V Narasimhan, Najeeb Khan, Nisha Mathew Ghosh, Husna Rahaman, and Namith Varma shared their views. Also at the event, Architects Krishnarao Jaisim, Tilak Thomas and Shahrukh Mistry were awarded Special Recognition by the Jaquar Group's Director and Promoter, Rajesh Mehra.

Planned to be a regular feature, Design ConFab is enroute to becoming one of the most productive and impressive gatherings of architects, builders and design consultants.



➤ **Suvidha Talent Corner:**

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

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



BLACK-HOODED ORIOLE

The **Black-hooded** aka **Black-headed Oriole (*Oriolus xanthornus*)** is distributed widely over the sub-continent and in Myanmar and Sri Lanka. What prominently distinguishes this species from the Golden Oriole* is its glossy black hood in sharp contrast to its golden yellow body. 25cm from beak to tail, it is the about the size of the Common Myna.

* (covered in my column in the December 2015 issue of this Newsletter)



The species is arboreal and generally sighted singly and sometimes in pairs in leafy trees around our Lake. It feeds on insects, fruits and berries and the nectar of flowers. Its nesting season is between April and July. Very interestingly, Orioles of both species and other mild-mannered birds such as Doves and Babblers often build their nests on the same tree in which the bold, aggressive and pugnacious Black Drongo builds its nest, presumably relying on the Drongo to ward off marauders.

- **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.

GRASS DEMON

The **Grass Demon (*Udaspes folus*)** is distributed in South India upto south Gujarat, Madhya Pradesh, Himachal Pradesh to the Northeast, Nepal, Bhutan, Myanmar and Sri Lanka. The species prefers deciduous and semi-evergreen forests. Has been seen at altitudes upto 1,500 m in the Himalayas and 2,400 m in the hills of South India.



With wingspan ranging between 40-48 mm, it has a fast, erratic and winding flight. It flies in shady areas dappled with sunlight, among bushes and close to the ground. It basks with its hindwing pressed flat across and its forewing held at an angle above the hindwing. Soon after it lands on the ground it tends to flash its wings, thus becoming quite conspicuous and easy to identify. It visits gardens for flowers and to lay eggs on food plants. More frequently sighted during the monsoon months, it is generally on the wing from February to March and from May to October. Both sexes look similar.

➤ Readers' Corner :

Upaniṣads on Self Realization

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

I had written about a dialogue between a father and his son in the Chāndogya Upaniṣad in the last issue. Since some Suvīdhites requested me to continue with the dialogues in the Upaniṣads I am presenting another dialogue between the sage Yajñavalkya and his wife Maitreyī given in the Bṛhadāraṇyaka Upaniṣad (Br. Up. IV.5.3-15).



Yajñavalkya is one of the most revered sages in the Indian tradition. He proved himself to be the most learned in the court of Janaka when there was a discussion on the ultimate Reality. He had two wives called Kātyāyanī and Maitreyī. Between the two wives Maitreyī was spiritually inclined and was eager to learn about Brahman. Yajñavalkya having decided to renounce the world and become a sannyāsin approached his wives Kātyāyanī and Maitreyī in order to take leave of them by settling his worldly affairs between them. It appears that Kātyāyanī did not raise any objection to this arrangement but Maitreyī not satisfied with worldly treasures asks Yajñavalkya this important question: "Sir, if indeed this whole earth full of wealth be mine, shall I be immortal through that or not". Yajñavalkya had to tell her that she would be wealthy but there was absolutely no hope of immortality through wealth. Then Maitreyī rejects all the wealth and requests her husband to teach her that alone through which one can become immortal.

Yajñavalkya was pleased with Maitreyī and started his instruction on what she wanted to know. He also instructed her to meditate on the meaning of what he was saying during his teaching. Yajñavalkya lays the foundation as follows: It is not for the sake of the husband that he is loved but for one's own sake that he is loved. It is not for the sake of the wife that she is loved but for one's own sake that she is loved. It is not for the sake of the sons that they are loved but for one's own sake that they are loved. He adds nine more examples, and in every case mentions that they are all loved and cherished not for their own sakes but for the love for one's own self. The most important statement in this dialogue is the expression "ātmanastu kāmāya sarvam priyam bhavati" (it is for the sake of the ātman that all is loved). In other words Yajñavalkya is pointing to the fact that there is only one reality which is ātman and the so called love for other things appears as such due to ignorance. He then mentions how this Self/ātman needs to be realized. The threefold instruction is as follows: "O Maitreyī this Self has to be realized". He answers the implied question as to how this could be achieved by adding: "śrotavyo mantavyo nididhyāsītavyo maitreyī" (The Self should be heard of, reflected on and meditated upon). When this method is followed the Self will be realized and all things will be known.

Then follow a number of similes to drive home the message. I have briefly listed them below:

- When a drum is beaten one cannot grasp the various external sounds separately; but by grasping the general note of the drum or the beater of the drum the sound is grasped.
- When a conch is blown one cannot grasp the external sound separately; but by grasping the general sound of the conch or the blower of the conch the sound is grasped.
- When a Vina is played one cannot grasp the external sounds separately; but by grasping the general sound of the Vina or the player of the Vina the sound is grasped.

The emphasis in all these examples is on the underlying Self which enables us to grasp everything in the world. He now changes track and uses other ways of drawing attention to the diversity which arises out of this one reality.

- Just as from fire kindled with damp fuel, various kinds of smoke come forth so also from this great being come out the Vedas, history, mythology, Upaniṣads, food, drink, all the worlds, all beings and everything else. Everything is like the breath of this Supreme Being.

Then follow many more examples to illustrate this point. Some of them are:

- Just as the ocean is where all waters meet,

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- as skin is the goal of all kinds of touch,
- as the nose is the one place of all smells,
- as the tongue is the one place of all tastes,
- as the eye is the one goal of all colours,
- as the ear is the one goal of all sounds,
- as the mind is the one goal of all intentions,
- as the intellect is the seat of all knowledge,
- as the hands are the place with which all work is done,
- as the feet are the place of all movement,
- as a lump of salt is without inside or outside and is just saline in taste,
- so also is the Self without inside or outside but just whole intelligence / consciousness.

Having come out of the elements (as separate) it disappears again along with them. After attaining this oneness there is no more (separate) consciousness. Thus said Yājñavalkya to Maitreyī.

I think most of us would have been totally confused by the above teaching of Yājñavalkya and Maitreyī gives vent to the same feeling when she says: You have completely confused me, Sir, and I do not really understand this Self (which you are talking about). However Yājñavalkya refuses to accept that he has confused her and so goes on to say: I am not confusing you. (Just know) that this Self is something which is immutable and indestructible. He then goes on to talk about the holistic nature of everything and instructs Maitreyī in the following manner:

When one sees duality as it were (i.e. which does not exist in truth) then one sees the other, one smells the other, one hears the other, one thinks of the other, one touches the other, one knows the other. But where everything has become one's own self, by what and by whom should one see, smell, taste, speak, hear, think. Also through what should one know that owing to which all this is known.

Yājñavalkya then elaborates: That 'self' is to be described as 'not this', 'not this'. It is incomprehensible as it cannot be comprehended; it is indestructible as it is never destroyed. It is unattached, never feels pain and never suffers injury. Indeed by what should one know the knower? O Maitreyī, this is the instruction that I have given to you. This is indeed the path to immortality. Saying this Yājñavalkya left for the forest.

The aim of all the Upaniṣads is to emphasize the One immutable, indestructible paramātman and instruct on the methods by which to realize this Self. Different Upaniṣads approach the subject differently and in varied ways give the same instruction. You saw that in the Chāndogya Upaniṣad presented in the April issue and you can now compare this Brhadāranyaka Upaniṣad teaching with that and see how they have approached the same subject. The interesting contrast is that while in the Chānd.U the pupil was a young man here it is a young woman. There seems to be a larger message suggested by choosing Maitreyī here. It seems there was no distinction drawn between who needs to be instructed in this age old wisdom. Everyone is entitled to this Truth and attain the highest knowledge of the Self by following the path laid down.

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ENGINEER YOUR PATH TO JOY – Part III

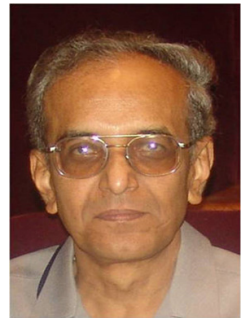
Compiled by Dr. P M Chandrasekhara, Cottage # 75

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.

What is Happiness? continued from April 2018 News Letter

Remember → Happiness starts with a conscious choice !



Life doesn't play tricks; it's just hard sometimes. But even when we're always given two choices: either to the best we can, take the pain, and drop suffering, or suffer. Either way, life will still be hard. Keep that in mind. You know **what to do**. Now I'll show you **how to do it**.

Although it can take its thinkers through years of suffering, seeds of thought grow and grow until they become angry monsters. And yet we believe in our thoughts and let them take hold. Happiness depends entirely on how we control every thought.

But contrary to common belief, we don't just experience two moods, happiness and sadness. Depending on the kinds of thoughts we entertain, we may fall into a wider spectrum of states:

- Allow your thoughts to be affected by illusions and you'll be stuck in the **state of confusion**.
- Think negative thoughts and you'll end up in the **state of suffering** (unhappiness).
- Suspend your thoughts by having fun and you will find yourself in the **state of escape**.
- Think positive thoughts and agree with the events of life and you'll reach the **state of happiness**.
- Rise above the clutter of thought, grasp life for what it truly is, and you'll perpetually live in a **state of joy**.

The State of Confusion

Do you sometimes feel that sadness is engulfing you as if you're struck in quicksand? When you feel that life is against you and you deserve to be miserable, you are in a state of confusion. Our confusion is caused by illusions that we all learned to accept in early childhood. We learned to navigate the world believing the illusions are real. Thus, your judgement will lack objectivity, your attempts to solve for happiness will always yield incorrect results, and resulting confusion will lead to deep suffering. Why do we learn to live with those illusions in the first place?. When we're caught up with an illusion, there is no point trying to solve the "Happiness Equation. Life becomes so confusion that we don't even bother. We start to accept that we're supposed to be unhappy. Then our suffering lasts longer and runs deeper.

State of Suffering

When a sad thought takes hold, we suffer. The we let it linger. Why do we let thoughts prolong our pain when we really want is to be happy? Why do we allow ourselves to worry about a test result when worrying will have no impact on the final outcome? Why do we obsessively recall an incident from the past, tormenting ourselves with regret, when our suffering can't affect what's already happened? Why we let our thoughts deprive us of our childlike default state – being happy? The original design of the human brain included features that ensured the survival of our species. Those same features have turned into *blind spots* that delude the way our brain operates today. Distracted, our brain rarely ever tells us the truth, and that constantly ruins our Happiness Equation.

The State of Escape

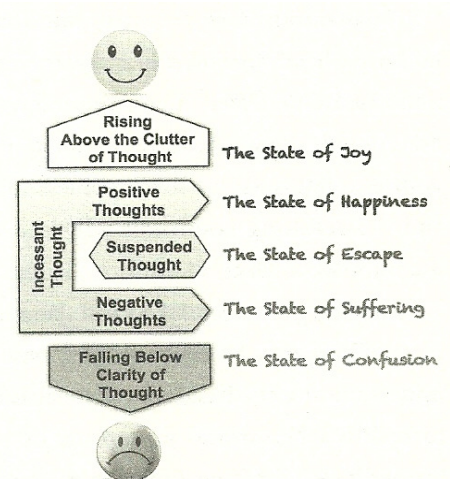
Speaking of fun, the modern world's favorite pastime, here is a big misconception that derails us away from happiness we seek : **often what feels like happiness actually isn't!**

We can miss the distinction between *happiness* and *fun*. We swap out true happiness for weapons of mass distraction : partying, drinking, eating, excessive shopping, or compulsive sex.

Biologically speaking feeling good plays an important role as survival machine. Our brains use it to drive survival behaviours that do not relate to immediate threats. To achieve that, our brains flood our bodies with serotonin, oxytocin, and others feel-good chemicals during acts they want to encourage us to do more often.

And so fun is useful, but some people seek it in desperation, to *escape*, because they're afraid of their difficult thoughts. In that sense, the fun they chase is like a **painkiller**, to blunt the suffering. Fun is an effective painkiller because it mimics happiness by switching off the incessant thinking that overwhelms our brains – for a while.

Remember - With no thoughts, we return to our default child-like state -> happiness !



As soon as the immediate pleasure fades, however, the negative thoughts rush back in and re-establish the suffering. So we keep coming back for more. Just as with painkillers, when the effect of one fades, you pop another one until, eventually, taking regular-strength painkillers fails to numb the pain. That's when we try to inject more extreme pleasures into our life : extreme sports, wilder parties, and all forms of excessive indulgences. The more intense the high, the quicker the effects will fade and the deeper we will plunge back into suffering. When that cycle becomes too much to bear, some resort to desperate measures and chemically numb their brain using real drugs or alcohol in a final attempt to find silence inside their head. By resorting to fun as an escape, we leave our Happiness Equation unresolved and ignores the core issues that makes us unhappy. Fun, then, despite its short jolts of elation, truly becomes an inhibitor to genuine happiness. But fun is not all bad. As a matter of fact, fun in itself is not bad at all.

A wise use for fun is as an **emergency off switch** to allow for momentary intervals of peace so that you can get the voice in your head to chill, meanwhile interjecting some reason into the endless stream of chatter. Whenever you feel the thoughts in your head getting negative enjoy a healthy pleasure – say a workout, music, or a message – and that will always flick off the switch. And even wiser use for fun is when you actively schedule regular doses of healthy pleasures, which I define as pleasures that do not lead to hurting others or hurting you eventually. Fun, then, can be less like a numbing pain killer and more like a **happiness supplement** that you take regularly to stay healthy. One should realise that we can improve only on that which we measure. So set yourself a *fun quota* like a daily target of music and a weekly target of comedy, workouts, and other feel-good activities. With enough pleasure in your life, the extended peaceful intervals make it harder for your brain to hijack your day with its uninterrupted streams of chatter. However remember: Fun and Pleasure in any form are only ever a temporary state of escape – a state of unawareness. So never stay there for too long. Zoom through as fast as you can on your path to genuine, enduring happiness.

State of Happiness

Happiness is all in a thought – the *right* thought – one that aligns with reality and solves the Happiness Equation positively. When you see the truth of your unfolding life and compare it to realistic expectations of how life actually unfolds, you will remove the reasons to be happy and realize, more often than not that everything's fine, and so you feel happy. For each event of our passing life, we solve the Happiness Equation correctly when we bust the illusions and fix the blind spots. But to stay happy regardless of the twists and turns of life, we should aim to reach an even higher state.

The State of Joy

Those who reach joy are not only accepting of life as it actually is but are utterly immersed in it. They are like the artists and writers – and engineers. They are so in harmony with present moment that they enter a realm of timeless bliss called “Flow” – only they flow with every tiny thing that life throws their way. They reach a state of uninterrupted happiness or *joy*. When navigating an unfamiliar neighbourhood, you constantly assess your current location on the map to find your way around. This is similar to what you do when you solve your Happiness Equation, thinking event as your life unfolds.

And that's the case with joy. It emerges, first and foremost, from a deep understanding of exact topology of life. It comes as a result of having analysed the Happiness Equation; with its wheels of motion, *always* behaves as it *always* has and *always* will. As a result, you set realistic expectations; then, even when life is harsh, it no longer takes you by surprise because you realistically expect a bit of harshness along the path. Annoying bumps on the road also arise when navigating a familiar path. – they are not pleasant, but they are predictable, so you pass them calmly with no stress. The long time it takes you at the checkout counter of the supermarket, you realise, is what you should expect. And so should you expect work to be demanding your manager to be annoying, and the money to run out at the end of the month. It's just how things are – bumps on the road of life. No surprises. If fun suspends your thoughts, and happiness arises when your brain agrees with the events of your life, then joy is when thoughts are no longer even needed because the analysis has ended, and equation has permanently been solved. The biggest myth about joy is that it's reserved for monks who give up on the fast track of life. But that's not true. Joy can be woven into everything that you do – even in the most stressful of all lifestyles.

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 ***@@@***