



A premier retirement village where the good life gets better !

SUVIDHA NEWS

*Happy
Deepavali*

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

Dear Suvidhites,

Time flies!!!

Yes, we are already into the third month since the day of induction of New Directors in to the Board. The new Board constituted various committees to look into the day to day affairs of the Company. As mentioned in my first letter to all Shareholders, the Resident Directors are regularly visiting Suvidha Office and attending to various day-to day issues concerning SHs. Doors are kept open for ideas and suggestions from well-wishers and Suvidha Shareholders for bettering the lives of Suvidhites.



As a first step towards betterment of life in Suvidha, the Board in consultation with various committees has taken up the following works:

1. In consultation with Dr P M Chandrashekar, our Health Care Committee has started discussing with Dr Prashant Reddy of BGS Global Hospitals about setting up a proper health care facility in our Health centre.
2. Filled up the potholes on the road leading from our Main Gate towards the City, enabling smooth flow of vehicles.
3. With the help of generous donation of Rs. 43000/=, from Mr. Hiroo Advani and Mrs. Gisela Advani, cottage 23, we are in the process of changing the bulbs of our street lights from CFL bulbs to LED bulbs which save nearly 12 to 13 thousand Rupees per month in our Electricity bill.
4. Bridge Work on the causeway from Southeast corner of Suvidha towards west is undertaken. The cost involved in this project was Rs 2.80 Lakhs. However, with the donation from Dr Jinka family, no cost was borne by the company.

We are thankful to Advanis and Jinkas for their timely help. We are also thankful to Dr K S Shekar for donating 10 chairs to Manjula Gaana Mantapa, Dr PMC and Dr Iris for donating two Garden benches, Anonymous Donors who came forward to refurbish Health Centre, repairs to the Treadmill at Gym etc. and Aluris - Ms Aruna & Mr Vijay Kumar who graciously donated gift items to all the staff members during the Staff Sports Meet. We are thankful to them for encouraging our Staff.

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

Suvidha Management is in the process of taking up the following projects which were initiated by our previous Board:

1. Walkway in the Central Park.
2. Rest Rooms on the Lake Side – Necessary for morning and evening walkers and also very much needed for Senior Citizens during the musical concerts at Manjula Gaana Mantapa.
3. Patchwork on the Village Roads.

Cultural Activities and Sports have brought people together. They have the power to unify diverse populations and in many cases have sparked positive social change. Starting from Mid October, with the commencement of Navaratri (Durga Pooja) and ending with Staff Sports in the first week of November, it was time for various Cultural and Sporting Activity in Suvidha. It was pleasant to see Share Holders joining together in these activities. These functions not only brought joy to Suvidhites, but reverberated in the mind and life of Suvidhites.

Finally, it was our endeavour to keep books of account open to SHs. In this direction, we are mailing (y)our Company's un-audited MIS Statement shortly.

During the course of our journey three of our directors, Dr K Lakshman, Dr Narayanan and Mr S V S Sastry submitted their resignation. We have already initiated steps to induct Mr J S Virupakshaiah as an Independent Director in place of Dr Lakshman. Mr Virupakshaiah is liaisoning with the Government Officials in resolving our Land Matters. His induction in to the board will go a long way in settling the land matters.

I appreciate and thank the outgoing Directors for the services they rendered to Suvidha. I wish them all the best in their future endeavours.

I also thank all the SHs, my Board Members and our entire Staff for lending their helping hand during the past two months of my journey. I look forward to their co-operation in the forward journey too.

With best wishes,

C. B. Prabhakar
Managing Director

➤ **Our New Directors:**

It is our pleasant duty to introduce our new Directors who have taken up their office recently. Here below brief highlights of **Ms. H V Gayitri** are presented for information of all shareholders. We wish her all the very best in her role as Resident Director and as a member of Senior Management of Suvidha.

Ms. H V Gayitri, Waste Impact Trust, is a Resident Director on Suvidha Board. She is also the Chairperson of Suvidha Housekeeping Committee. Apart from House Keeping, this committee looks into Waste Management and Water Management as well. Being a dynamic person she is always on the move conducting workshops / Hackathons in her favourite area of Waste Management.



Work profile:

Key Skills:

- Strong team spirit and relationship-building skills
- Strong implementation and project management skills
- Strong business development skills
- Good teaching and training skills

Work Experience: 43 Years

13 Years in Social Sector - Areas served:

- Livelihoods for rural Below Poverty Line women through Self Help Groups– Own initiative
- Safe Drinking Water in rural India – Naandi Foundation
- Municipal Solid Waste Management – Waste Impact

6 years as faculty in leading Fashion Institutes.

24 years in Fashion Export Industry at various senior managerial levels.

For the last 4 yrs her interest has been Solid Waste Management. She believes that we all have to come together and find end to end solutions to this problem. Waste Impact collaborates with some of the best players in the waste sector helping them to scale and impact.

In order to come up with innovative, inclusive solutions she has organised two Hackathons together with Indian Institute of Science - which she called 'REimagiNeWaste'. Two solutions from the Hackathon are being incubated under her mentorship and 3 of them are on the verge of piloting. Now - all set to conduct REimagiNEWaste3. The theme is 'Waste, Water and Livelihoods.

➤ Event Highlights:



18-10-2018: Ayudha Pooja At Suvidha

Starting from Ayudha Pooja Celebration on 18th of October it was time for festivities in Suvidha. Various Cultural activities were held and the response was overwhelming. Like every year this year too Pooja was conducted invoking the blessings of Goddess Durga to all the Suvidhites. On this auspicious occasion lunch was hosted to Suvidhites and Staff by the five newly elected Directors. Here are a few snaps taken on this occasion: <https://photos.app.goo.gl/X1vtEopeaDzb2ZXt6>



01-11-2018: Kannada Rajyotsava 2018

Sunset Club of Suvidha has been in the forefront in organizing the celebration of Kannada Rajyotsava (Karnataka Formation Day) at Suvidha every year since 2014, on November 1st of every year. This year too we celebrated it on Thursday, the 1st of November. Very interesting traditional cultural programs have been arranged. All Suvidhites, their guests and the Staff Members were served breakfast and lunch - complimentary from the Sunset Club. The Karnataka State flag was unfurled on this occasion. The highlights are as under:



- **Dollu Kunitha** - This traditional dance is a popular drum dance of Karnataka, accompanied by singing. The dance showcases strength, muscle power, and a spirit of endurance. The theme is woven around the presiding deity of Shri Beralingeswara. It presents both entertainment and spiritual edification.

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- **Kamsale:** This traditional dance is a unique folk art performed by the devotees of God Mahadeshwara. Kamsale is a musical instrument made of brass. Its origin is traced to the Mythological period. Photos: <https://photos.app.goo.gl/mnqahVKRrweLwcyo9>
- **Sugama Sangeetha:** In the evening at the Manjula Gaana Mantapa, Ms. Seema Raikar, a playback singer in Kannada Film Industry and an exponent of light and semi-classical music, rendered a variety of songs written by well-known Kannada poets and Jnanapeeth Awardees and also Kannada film hits. Photos: <https://photos.app.goo.gl/kJzCpzw36T9C4knD8>



02-11-2018: Deepotsava – Lighting of 2500 Lamps

Dr. A.N. Yellappa Reddy, Retd Chief Conservator of Forest and our Landscape Advisor and resident of cottage#117, in co-ordination with Bangalore Environmental Trust and Indus Herbs organised this programme. 2500 Lamps filled with herbal oils were lit on the banks of our lake. The smoke emanating from these flames were meant to kill the viruses and bacteria across Suvidha Village. We thank Dr. A N Yellappa Reddy for arranging this unique programme for the benefit of our village.

Photos: <https://photos.app.goo.gl/RtVDCPU4PQrtYfW8>



03-11-2018: Suvidha Staff Sports day

Ladies of Suvidha village arranged an afternoon of fun filled games for ladies and gents of our Staff members to celebrate the Sports Day. All the departments like- Security, Gardening, Housekeeping, Canteen, Maintenance, Project and Admin participated enthusiastically in all the games. Residents too took part in a sportive spirit. All in all it was a day of fun and frolic in an informal ambience. Apart from prizes for the winners in the games, all staff members were given a set of three smart looking plastic bottles as gift sponsored by Mrs. Aruna Aluri and Mr. Vijayakumar Aluri of cottage 66.

<https://photos.app.goo.gl/HR2VoVFGNBEPx5uw7>





04-11-2018: Talk On Garbage Segregation

Dr. Meenakshi Bharath is not only a **Gynaecologist and Fertility specialist** but also a green campaigner, an advocate for Clean India (much before the Swaach Bharat campaign started), a strident voice for garbage segregation / reduction and recycling. **Prevention is better than cure** has always been her mantra and knowing that garbage produces so many diseases made her take up this not so glamorous task. Garbage segregation is not difficult and she loves to demonstrate how all of us segregate everything in our life.

We thank her for sparing her valuable time to visit Suidha and share her views and tips in dealing with Garbage Segregation and treatment. The audience found the presentation very educative and interesting. The link below presents a few snaps taken on this occasion. We thank our Resident Director, Ms Gayatri H for taking initiative to arrange this meeting. Photos: <https://photos.app.goo.gl/3x2Vw5YJXfoRH5Ks5>



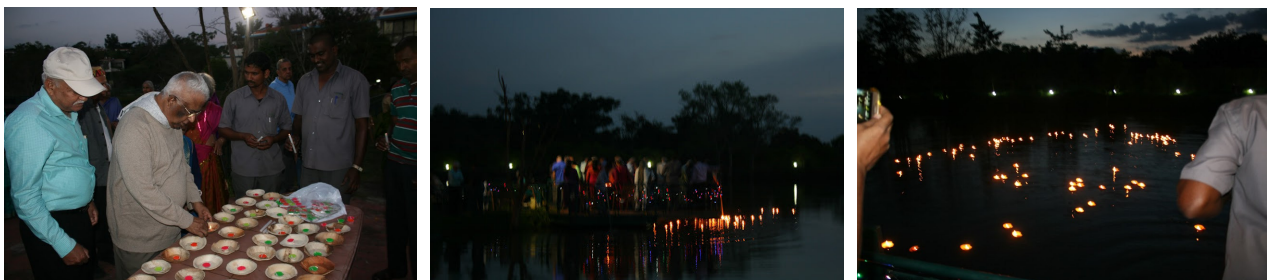
04-11-2018: An Evening of Music

A spontaneous Karaoke music session was sponsored by Dr (Mrs) Punita Rangaraj and Dr Rangaraj of Cottage # 125. A group of enthusiastic residents and others participated. There was a joyous ambience and all enjoyed the evening. Photos: <https://photos.app.goo.gl/FPzY7uFjnwVuWCGm8>



06-11-2018: Deepavali Celebrations In Suidha – Floating Diyas

Like last year about 250 Diyas sponsored by Dr (Mrs) Manjula Shekar and Dr K S Shekar were lit & floated by Suidhites, their relatives and friends and the Staff were floated in our lake. After floating Diyas a short musical programme was presented by our Residents. Sweets were distributed - courtesy Mrs Vasanthi Nayak and Mr P K Nayak of Cottage # 167. Photos: <https://photos.app.goo.gl/47YoGvxTF5FG1XgM7>





14-11-2018: Movie Time – Hera Pheri

It is a Hindi Comedy Movie of 156 minutes duration. **Hera Pheri** (English: *Chicanery*) is a 2000 Indian Hindi language comedy film directed by Priyadarshan starring Sunil Shetty, Akshaya Kumar, Paresh Rawal and Tabu. It is the remake of 1989 Malayalam film Ramji Rao Speaking. It was voted as the best Bollywood comedy film of all time in an online poll conducted by The Indian Express.



The movie was sponsored by Prabhus: Mrs. Pushpa and Mr. Devidas Prabhu of cottage # 53-54. Thanks to Prabhus for this generous gesture.

➤ Suvidha On the Move:

a) **Housekeeping Committee:** Chairperson – Ms. H.V. Gayitri

House Keeping Committee is a newly re-constituted committee. Apart from house keeping, this committee looks into Waste Management and Water Management as well.

- The committee has had several meetings to discuss the needs of Suvidha in the areas of concern. We have made several visits around the campus to assess the present situation. We also went to other residential complexes where waste is managed well, to explore possibilities of adapting their best practices to our needs.
- The Housekeeping Committee invited members of the Landscaping, Kitchen and Office committees to hold a joint meeting to discuss issues concerning all four committees. Mr. Prabhakar, Mr. Veeranna Chigateri, Mr. Vijayakumar Aluri, Mr. Subba Rao, Dr. Yellappa Reddy, Ms. Ramaa Subba Rao, Ms. Geeta Jaisim, Ms. Latha Krishnan and Ms. Gayitri Handanahal attended the meeting. The primary objective of this initiative is to work out systems for effective **Waste Management and Water Management in Suvidha**. The Joint Meeting generated awareness of problems and solutions in the said areas. Ms. Gayitri Handanahal presented the issues identified and possible solutions for discussion by the attendees. All the members present enthusiastically participated in the discussions. A brief report on the deliberations is presented at this link.

<https://drive.google.com/file/d/1t2-ijo0xem5ktMk4LSHIs4Eqfp7g4yAh/view?usp=sharing>

- On 4th November we had a very lively and eye-opening session with Dr. Meenakshi Bharath on Waste Segregation and sustainable practices. Photos: <https://photos.app.goo.gl/3x2Vw5YJXfoRH5Ks5>
- We are in the process of planning a new waste management system for Suvidha about which we are very excited. We hope to be sharing the details soon.

b) **Office Management Committee** - Chairperson: Ms Prathima Shetty

After the committee was constituted in September 2018, the following have been taken up.

- **Service Request Tracking System:** With a view to streamline the procedure for receiving and processing service requests, a system has been put in place about a year back. The operational efficacy has been reviewed and found to be satisfactory. However, a few modifications for enhancing transparency to the end user have been identified. Details are being worked out.
- **Review of Office Procedures:** To ensure proper utilisation of Office Resources, a review is initiated to establish Job Descriptions and Standard Operating Procedures (SOPs) for various tasks taken up by Suvidha Office.

c) **Introduction of LED Bulbs:** Electricity charges incurred on Suvidha village street lighting is a major monthly expenditure. Mr. Hiroo Advani of cottage #23 took upon himself to explore the market for LED street lighting and zeroed on to Crompton brand 9W LED bulbs which consume much less power compared to the present CFL bulbs and at the same time give out brighter light. Mrs Gisela and Mr Hiroo Advani

donated 610 LED Bulbs at a cost of Rs. 43000/- for replacing all the street lamps across Suvidha. This will contribute to a recurring save of approx Rs 13000/- a month in our Electricity Bill. We thank the duo for their generous gesture. Photos showing the Advanis changing the first street light are presented at the link given here: <https://photos.app.goo.gl/y9JmTerK5BhNLIiX9>

- d) **Bridge Work on the causeway** from Southeast corner of Suvidha towards west is undertaken. This is taken up to facilitate uninterrupted traffic on this perimeter road. The cost involved in this project was Rs 2.80 Lakhs. However, with the donation from Dr Jinka family, no cost was required to be borne by the company. This indeed is a very generous contribution to Suvidha which goes to highlight that we have many suvidhites among us who love to see that Suvidha is always progressing from strength to strength. Our heartfelt thanks to Dr. Jinka family for this kind gesture. Here is the link for photos of the bridge underconstruction: <https://photos.app.goo.gl/uauVH8BNp3odFw798>



➤ **Suvidha Cottage Info:**

Many shareholders requested to include information about the cottages that are available for rent as well as for second sale. Accordingly the Suvidha office has brought out four tabulations that enumerate the required details as on 15-11-2018. Click on the link below for details:

<https://drive.google.com/file/d/1wBoQ2W3DI5BLxv-L5P6mK0MhSHR7rA8S/view?usp=sharing>

➤ **Suvidha Family News:**

25-10-2018: To celebrate 150 days of being in Suvidha, Latha and Gopalakrishna, cottage 185B, invited Suvidha Residents to share their joy in an informal get-together and lunch on Thursday, 25th October, 2018 at the Banquet Hall of Suvidha Club House.

28-10-2018: Mr. Ashok Dey, cottage 44, hosted a grand lunch to celebrate Dr. Lakshmi's 85th birthday at the Club Banquet Hall on Sunday, October 28, 2018. Lunch was preceded by a presentation titled "Butterflies of SUVIDHA". The presentation as well as the lunch were very much appreciated.

11-11-2018: Mrs. Nagaratna and Mr.Papanna Gowda hosted a sumptuous lunch in Suvidha Banquet Hall to introduce their son and daughter-in-law who were in Suvidha on a visit.

➤ **Suvidha Birds & Butterflies:**

- **Birds of SUVIDHA:** This is a series of beautiful and at times stunning pictures of birds that are either resident of or visitors to our Village. Mr. Ashok Dey, a permanent resident of SUVIDHA since November 2010, has been able to photograph as many as 113 different species of birds in the Village.



YELLOW-BILLED BABBLER

The **Yellow-billed (aka Whiteheaded) Babbler** *Turdoides affinis* is a resident of Peninsular India (from the Godavari an Penganga rivers in Andhra Pradesh south through Karnataka, Tamil Nadu, Kerala to Kanyakumari) and Sri Lanka. Measuring 23cm from bill to tail, it is distinguished by creamy white lores (the region between the eyes and the nostrils) forehead and crown and dark mottling on throat and breast. It is generally seen in dense scrub and in orchards, urban gardens as also in more open and drier areas. It feeds on insects and vegetable matter and occasionally on other small animals.



Its nesting season is between January and November with two peaks in March to June and October-November. Communal and co-operative nest building is common among babblers. The nest is an open bowl of twigs and rootlets built low in bushes. Both sexes share parental duties and other adult members of the flock also feed the fledglings. The species is parasitized by the Pied Crested Cuckoo.

- **Butterflies of SUVIDHA:** India has over 1,500 species of butterflies. Mr. Ashok Dey, a permanent resident of SUVIDHA since 2010, has been able to photograph and identify 80 species of butterflies inside our Village until now. Our Newsletter will carry this series comprising pictures and descriptions of butterflies of SUVIDHA.

COMMON HEDGE BLUE

The **Common Hedge Blue** *Acytolepis puspa*, with a wingspan between 28-35mm is a small, very handsome butterfly with black lines and spots on the undersides of its wings and is a brilliant glossy pale blue on the upper surface. It has no tails on the hind wings.

The Common Hedge Blue is distributed all over India in deciduous, semi-evergreen and evergreen forests, forest edges and paths inside those forests. While attracted to flowers it feeds mainly on bird droppings.

Pictured below is a male specimen of a sub-species called the **Himalayan Common Hedge Blue** *Acytolepis puspa gisca*, which I was able to photograph in our Village last year.



➤ Readers' Corner :

The Muṇḍaka Upaniṣad

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

The Muṇḍaka Upaniṣad (Muṇḍ.Up) belongs to the Atharvaveda. Muṇḍa means one who is clean shaven including the head; though there is no explanation given for the title of Muṇḍaka by adding the affix 'ka' to muṇḍa the meaning changes to 'one who possesses a shaven head', which will then point to a sannyasin in society. My guess is that since this Upaniṣad pays considerable attention to the futility of performing karma for the ultimate purpose of mokṣa the naming was probably done to point out the importance of the role of the sannyasin in the quest for mokṣa. This is of course only a conjecture on my part and there is no reference anywhere for this surmise.



The Upaniṣad begins by pointing to a succession of teachers who acquired the superior knowledge which enabled them to attain mokṣa. The Upaniṣad itself consists of three chapters having two sections in each chapter. Thus there are six sections in all the three chapters.

The first verse starts with the statement that Brahmā the creator of the Universe was the first amongst the gods to manifest Himself. The assumption is that even though Brahmā had attained mokṣa still he decided to be born so that the knowledge he had acquired could also be imparted to all.

Note: One could raise the question as to where were the people to whom this knowledge could be imparted as He was the first to manifest himself. But such questions only miss the central message which is to impart the Upaniṣadic wisdom.

The second and third verses inform us that Brahmā decided to impart this knowledge to his first born son Atharva, Atharva in turn passed it on to Aṅgir who passed it on to Satyavaha of the Bharadvaja line. Satyavaha passed that knowledge on to Aṅgīrasa. Aṅgīrasa's first disciple was Śaunaka, a gr̥hastha (householder) who asked him the question "Which is that thing knowing which all this becomes known" (kasminnu vijñāte sarvamidam vijñātam bhavati). Verse four answers the question by stating that there are two kinds of knowledge which one can acquire: one is called the higher/superior knowledge (parā vidyā) and the other is the lower/inferior knowledge (aparā vidyā). Having stated the two kinds of knowledge what is mentioned in the 5th verse can come as a surprise. Here is the translation of the 5th verse: The lower knowledge comprises the R̥gveda, Yajurveda, Sāmaveda, Atharvaveda, the science of pronunciation (śikṣā), the code of rituals (kalpa), grammar (vyākaraṇam), etymology (nirukta), metre (chandas) and astrology (jyotiṣa). (trans.by Swāmi Gambhirananda). As opposed to this is the higher knowledge by which one attains the Imperishable (yayā tadakṣaram adhigamyate).

It might come as a surprise that all that we consider most sacred like the Vedas and the Vedāṅgas are dismissed as lower knowledge and only that knowledge which pertains to Brahman through which one attains liberation qualifies to be called the higher knowledge. While some other Upaniṣads suggest the inferior status of the Vedas etc, this Upaniṣad has the courage to openly state in no uncertain terms that what we consider as most sacred all belong to the lower kind of knowledge. In other words these are the disciplines that help one to lead a comfortable life in the world but will not lead to the ultimate human goal i.e mokṣa. The knowledge they impart can all be brought under the three puruṣārthas- dharma, artha and kāma. Only when one transcends that lower plane can one reach the higher plane of mokṣa, the 4th puruṣārtha, according to the Muṇḍ. Up. We find this idea repeated in the Bhagavadgītā (2.45) wherein Śrī Kṛṣṇa also exhorts Arjuna to go beyond the knowledge offered in the Vedas which are circumscribed within the three guṇas. That is just another way of describing the same idea of lower knowledge (aparā vidyā).

The 6th and 7th verses of the first chapter of the Muṇḍ.Up describe the knowledge which is gained by dedicating oneself to parā vidyā (higher knowledge). The first benefit is that one has access to the knowledge of Brahman through which the mystery of all that exists and the manner in which the universe originates is described. Using many similes the phenomenon of the universe emerging from Brahman is described. Thus the 7th verse states: As the spider spreads out and withdraws its thread, as the growth of the trees/herbs on earth, like the growth of hair on a living man's body, so does this universe manifest itself from that Undying One (akṣarāt).

The point to note is that the origin of the universe has been a mystery from time immemorial. Human ingenuity to find examples from nature to account for this origin has resulted in some original explanations of which the 7th verse is an example.

The 8th verse attempts an order of creation. Thus it states that through knowledge, Brahman increased in size and from that, food (the unmanifested) was born. From food came Hiranyagarbha (Prāṇa) and from that came the cosmic mind; then issued the five elements and that was followed by the different worlds; then followed the perpetual birth and death that accompanies karma (ritual).

The words in the above verse have a hidden meaning and cannot be taken literally. Knowledge here stands for omniscience (sarvajña) and omniscience in Brahman reveals the way that the universe will be born. Accordingly from Brahman issues forth the first born known variously as Hiranyagarbha, Virāṭ, Prāṇa etc. Till this stage there is no differentiation of all that will come into being later and which is embedded within Hiranyagarbha. The next stage is that of differentiation of everything into name and form (nāma and rūpa). This could be like naming somebody as Kṛṣṇa, Rāma etc, and rūpa is the differentiation into various colours, such as naming grains as paddy, wheat and so on and so forth. The Upaniṣads try many different models of the origin of the universe. In every model there would be the undifferentiated Brahman, then the first undifferentiated born from which will issue forth the differentiation of all that exists. The Muṇḍ.Up presents one such model. With this attempt at conceptualization of the origin of the universe the first section of chapter one of the Muṇḍ.Up comes to a close.

The second chapter begins by describing what is aparā vidyā (inferior knowledge) and concentrates on that and the results that accrue through that knowledge. Since it is rather long we shall deal with that in the next issue.

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Age at Retirement Vs Life Span

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

A study conducted by Dr. Ephrem Cheng, a leading American scholar, on the relationship between life expectancy and retirement age (Age at Retirement Vs Life Span) - The investigation report. The report netted several pension plans for U.S. supermajority groups, including Boeing, AT&T and Ford Motor Co., and found that the later the executive retires, the shorter his or her life! The statistics are as follows:

Retirement Age	Age at death
49.9	86.0
51.2	85.3
52.5	84.6
53.8	83.9
55.1	83.2
56.4	82.5
57.2	81.4
58.3	80.0
59.2	78.5
60.1	76.8
61.0	74.5
62.1	71.8
63.1	69.3
64.1	67.9
65.2	66.8



Almost all large organizations are in agreement that full-time managers who retire at the age of sixty-five usually die within eighteen months! As a result, quite a number of pension reserves have not been claimed.

Dr. Cheng then launched a comprehensive survey and the above statistics concluded that the later you retire, the earlier you die.

Full-time managers face enormous pressure every day, constantly living in the emotional tension, but due to the need to cling to job is intense, so it is easy to push themselves to the edge of collapse. This mental state seriously damages the organs and cells of the body, forming a long-term high-pressure state. Before you know it, your health will be cut short. Thus, at the age of sixty-five, when he retires, all his latent diseases are released and within eighteen months he is gone.

The findings have shocked American executives, so they say life is good enough, and they retire at 50. These senior retirees are not totally out of work. They just re-plan their lives and lives, relax and only take part-time and interesting jobs and stop pursuing power and luxury.

According to the survey, the health decline of these 50-year-olds after they started their second spring has greatly improved. Many of them did not go to heaven until they were 85 years old. According to the survey, this group of 50-year-old retirees had their health greatly improved.

Dr. Cheng pointed out that the sooner you leave the circle of power and money and get rid of the shackles of fame and luxury, the happier you will be and longer you will be able to live a basic life.

Working as a philanthropist, in particular, one is more conscious of living meaningfully and as a result, the immune system is strengthened and the lifeline is prolonged.

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ANNEXURE - 1

➤ Door-Delivery Service Providers for Suvidha :

○ VEGETABLES

- **Healthy Farm Fresh:** For vegetables and fruits: Contact: Mobile: 9632488467 / 9632389467. You can order your requirements on their website also. Website <http://www.healthyfarmfresh.com>
- **Organic Vegetables:** For your requirements of organic vegetables, you may contact Mr. Gautam Hegde at Ph.No: 8147978284. Scheduled days of his visit to Suvidha are - Tuesdays and Fridays.
- **BigBasket:** For your groceries, Vegetables, fruits, House Cleaning products etc., order online at www.bigbasket.com . 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
Website: <http://www.suvidha.co.in> Phone: 91-080-26951000 / 212 Email : contact@suvidha.co.in

○ **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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ANNEXURE - 2

LIST OF HEALTHCARE PROVIDERS IN BANGALORE

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/= Month	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

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