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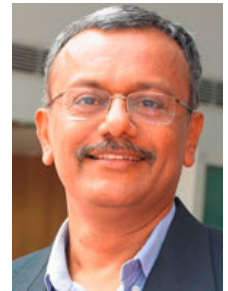
➤ **From the MD's Desk:**

Dear Friends,

We have taken some important decisions this month. All these will have a positive impact on Suvidha.

We had defined roles for our resident directors - Mrs Ramaa is looking after the housekeeping activities. Dr P M Chandrashekara is supervising the landscaping and kitchen activities. Mr Sastry is looking after the functioning of the office and security issues. Mr Chigateri has volunteered to look after the maintenance activities for the past 6 weeks.

Attending to day-to-day administrative issues is difficult for part timers and non-residents. It is clear that a resident is best suited to supervise the day-to-day running of Suvidha. With this in mind, Mr Chigateri is elevated to the position of Chief Operating Officer (COO). He will be in charge of all day-to-day running of Suvidha. He is empowered to deal with the staff to make sure that tasks are completed expeditiously. Residents and SH are requested to contact him for all issues concerning life at Suvidha. He will liaise with the concerned Director / office staff /Estate Manager and attend to the problem / issue posed to him. His phone no is 98450 46830 and his email is armadyn@hotmail.com. Hopefully, this arrangement will make things easier for Suvidhites.



It will certainly make things easier for me!! I am grateful to Mr Chigateri for helping me out. I will continue to look after the financial matters, accounting, corporate and 'development' issues.

Prof Sankar decided to step down from the Members Committee for personal reasons. I thank him, on behalf of all Suvidhites, for the excellent service he has provided to Suvidha, all these years. We will certainly miss him. Never the less I have promised him that we will continue to 'trouble' him and pick his brains on important Suvidha matters on a regular basis.

The recent EGM elected Mr Vijayakumar Aluri, unanimously, as a resident member of Members Committee. Mr Aluri is a knowledgeable and accomplished administrator. Suvidha will benefit from his inputs. On behalf of the Board and all Suvidhites, I extend him a warm welcome and wish him a fruitful stint in the Members Committee.

We started with the idea that we should ensure water in our lake round the year. Consultations with experts have shown that this is a symptom of a much bigger problem - that of our water table going down significantly. We have

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

been advised to attend to this on a war footing; we will work on 'recharging' the ground water in the coming months.

I will be writing to you again soon in the form of minutes of the Open House held on 15th May. We will be discussing some security issues, Phase 1A and its 'value adds' in the form of a canopied resting area around the rock between units 5 and 6 and an observation deck / amphitheatre between units 9 and 10.

Regards,

Dr K Lakshman

➤ **Event Highlights:**

16-04-2016: Sri Rama Navami Celebrations & EGM

Sri Rama Navami was celebrated with distribution of traditional prasada consisting of Kosambari and Panaka during the EGM scheduled on the same day. In the EGM the following resolutions were passed.

ORDINARY RESOLUTION

Item no. 3 Re-constituting the member's committee

The Chairman brought before the shareholders that due to the vacancy created by resignation of prf. Sankar someone has to be appointed in his place. The nomination was received form Mr. Vijayakumar Aluri, one of the residents of SUVIDHA.

After some deliberations the following resolution was passed unanimously by all the shareholders.

“RESOLVED THAT consent of the members be and is hereby given for re-constituting the Members Committee by appointing someone in place of the vacancy caused by resignation of Prof. Sankar, one of the members of the Committee, after taking into consideration the nominations received from the resident shareholders of the Company.”

“RESOLVED FURTHER THAT Mr. Vijayakumar Aluri, resident shareholder be and is hereby appointed as a member of the Members Committee with immediate effect to fill up the vacancy created by resignation of Prof. Sankar.”

“RESOLVED FURTHER THAT the Board of Directors of the Company be and is hereby authorized to do all such acts, deeds and things and to execute all such documents, instruments and writings as may be required to give effect to the above said resolution.”

27-04-2016: Sale of last cottage of Phase-1A of Suvidha

The much-awaited good news came on 27th April with the issue of Share Certificates of the last available cottage # 181-B on sale to Mrs. Lalitha Ramesh. We congratulate her for being a part of this memorable event. We wish her all the best and a happy stay in Suvidha. With the confirmed sale of this cottage, the marketing for the cottages under Phase-1A, has successfully concluded.

06-05-2016: Welcome showers @ Suvidha

On 06-05-2016, season's first heavy rains wetted the parched lands of Suvidha and brought much awaited relief from the heat and dust. With the onset of rains the nature was quick to respond with blooming flowers on the line-up of “Mayu Trees” in front of the Club House.



Mr. CB Prabhakar, resident of Suidha, has captured some of the joyous moments. Click on the link below to view more photos.

<https://goo.gl/photos/v9Rgc7mU7VKLbA86A>



15-05-2016: Open House @ Suidha

The main agenda for this Open House was to strengthen the day-to-day administration of Suidha with the involvement of resident shareholders. At the request of the management Mr. Chigateri Veeranna (resident of cottage # 105) has volunteered to take up this responsibility as Chief Operating Officer. The MD said that Suidha will immensely benefit as Mr. Chigateri has vast experience in administering large organisations. He said that Mr.Chigateri will report to him and will be empowered to independently deal with all matters relating to day-to-day administration of Suidha. This arrangement was welcomed by all shareholders present.

As regards Phase-1A, MD explained in detail about the proposed approach road to the residential dwellings under Phase 1A. He said that architects are working on beatification of the junction between two sets of blocks. The conceptual drawings given below, have also been displayed on the notice board at the club house.



➤ **Suvidha On The Move :**

○ **Progress on Phase-1A:**

Phase-1A is progressing at an even pace. After erection of new streetlights, it looks beautiful.



○ **Water Resources @ Suvidha:** On Sunday the 8th May, the renowned Lake Expert Mr. Subramanya, ME, PhD, visited our Village and examined the geological variances of the lake bed and opined as under.

- Lake is drying up because of lack of inflow and lowering of the water table.
- Trying to do something to keep water in the lake round the year is futile and counter productive.
- Keep the lake 'alive' by allowing nature to take its course. Do not use measures to thwart the seepage process. Do not convert it into a "swimming pool" by putting polythene sheets or cementing or clay fix. Such measures will prevent natural seepage and charging the ground water near the bore wells.
- Focus efforts on recharging the water table in the village. Focus on sustainability of village water sources for the future.
- Recharging can be done by routing rain water through channels into recharging 'pits'
- By introducing some more check dams, slowdown the force of the incoming rain water. At the site of check-dams, undertake measures to encourage the water to seep into depth and recharge the ground water – contact Mr Lingaraju yale of Vyakthi Vikas Kendra – who can guide the process. Similar processes can be used to recharge the lake and our bore-well areas.
- Conserve water – Adopt Drip irrigation, Reuse of 'grey water' – the non-sewage water
- Have some measures to make the whole process scientific: Use Rain gauge – the transmitting type; Assess water table level by drilling a 'measuring' pipe into the ground that helps to measure the upward or downward movement of the water table; Measure the amount of water used – use flow meters.

Shortly we will be contacting Mr Lingaraju. The other measures will be instituted in a phased manner. Conserving water is a priority issue for Suvidha.

○ **Suvidha Maintenance Jobs:**

- a) **Tool Kits for Technicians:** Suvidha acquired two types of Tool Kits: 1]. Tool kit for the Electricians and 2]. Tool kit for the Plumbers. On acquiring these tool kits, it is expected that problem of frequent trips to get an appropriate tool will be solved.

- b) **Mini Air compressor:** Suvidha acquired this very useful gadget recently. In the past on many occasions the services of the Electric Buggy / Bicycle/ Electric Scooter etc., were not available due to flat tyres / low pressure in spare wheels. Repair facilities required under such circumstances were not available in the vicinity. This cute air compressor has an efficient compressor with a mini air tank and is light in weight. It has air pressure measuring and monitoring facilities to ensure safe operation.



- **Suvidha Family News:** Our gardener Sri Venkateshaiah met with a fatal road accident on 18th April 2016. The entire Suvidha work force and the residents paid their respects to the departed soul at a condolence meeting held on 19th April 2016. We also convey our deep condolences to the members of the bereaved family members.



- **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 endeavor.

- **Paintings:** Dr. Narayanan R, a popular gynecologist and a resident of Cottage No. 107 at SUVIDHA, will be introducing us to the fantasies of flora / fauna around the Village through his intricate miniature paintings.



INDIAN LEOPARD

The **Indian leopard** (*Panthera pardus fusca*) is a subspecies widely distributed on the Indian subcontinent. The species *Panthera pardus* is classified as near-threatened since 2008 because populations have declined following habitat loss and fragmentation, poaching for the illegal trade of skins and body parts, and persecution due to conflict situations, although its relatively large population size means that it remains one of the most abundant big cat species on the subcontinent. As of September 2015, the leopard population of India itself was estimated at between 12,000 and 14,000.

Expansion of agriculturally used land, encroachment of humans and their livestock into protected areas are main factors contributing to habitat loss and decrease of wild prey. As a result, leopards approach human settlements, where they are tempted to prey on dogs, pigs and goats — domestic livestock, which constitutes an important part of their diet, if they live on the periphery of human habitations. Human–leopard conflict situations ensue, and have increased in recent years. In retaliation for attacks on livestock, leopards are shot, poisoned and trapped in snares. The leopards are considered to be unwanted trespassers by villagers. Conservationists criticize these actions, claiming that people are encroaching on the leopard's native habitat.

Karnataka has a high number of such conflicts. Bangalore has reported leopard sightings in the recent years and the forest department has captured six leopards from the city outskirts, relocating four of them to various

other locations. As urban areas expanded, the natural habitats of leopards shrunk resulting in leopards venturing into urbanized areas due to easy access of domestic food sources.



- **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 99 different species of birds in the Village.



PIED BUSHCHAT



Pied Bushchat

The **Pied Bushchat (*Saxicola Caprata*)** is a resident of the subcontinent and is found in large numbers in our Village. It is a small bird measuring 12.5 -13cm from beak to tail and is about the size of a sparrow. The genders are easily identified by their totally separate colouring. As you will see from the pictures accompanying this note, the female has dark, earth brown upperparts and rufous brown underparts with rufous orange rump, while the male is almost entirely black except for its white rump and white patches on abdomen and wings.

The bird is generally found perched on a stake or on a bush-top, occasionally diving down after spotting insects on the ground or springing up into the air darting after winged insects. While its common call is a harsh *chek...chek*, in the mating season it has been heard to deliver a pretty whistling 'song', very much like that of the Indian Robin. In the mating season, the male tries to frighten rival males by craning forward menacingly while depressing its tail, fuffing out its white rump and drooping its tail, flaunting its white shoulder patches.

The nesting season of this species is between February and May and the nest is generally a pad of grass lined with hair or wool, in a hole in the ground. The male is known to help in building the nest and feeding the young, while only the female incubates the eggs.

- **Butterflies of SUVIDHA:** India has over 1,500 species of butterflies. Mr. Ashok Dey, permanent resident of SUVIDHA since 2010, has been able to photograph and identify 47 species of butterflies inside our Village until now. Our Newsletter will carry this new series comprising pictures and descriptions of butterflies of SUVIDHA.

COMMON CERULEAN



Common Cerulean

As you will see from the picture the **Common Cerulean (*Jamides celeno*)** is a small (wingspan: 27-40mm), attractive butterfly. As its name implies it is quite commonly found all around the year all over the sub-continent and if you are patient enough you can spot quite a few of them on any morning in our Village. This butterfly prefers partially sunlit areas where it can benefit from both the coolness of the shade and the warmth of the sun, depending on the time of the day.

The butterfly is generally found flitting around bushes and seems to avoid settling down on the ground. When in flight the light-blue upper surfaces of its wing can be seen. But as I have never seen this butterfly bask with its wings spread out, I have not been able to photograph the blue upper surface of its wings.

The species feeds on nectar and that is why it visits flowers of small herbs and shrubs. It was on one of such visits that I was able to take this photograph.

➤ **Readers' Corner :**

Re-Imagine Waste - 01
A First-of-its-Kind - Four Day Hackathon @ IISc Bangalore

Courtesy: Gayitri Handanahal & Dr. Nilima Kadambi



If there is one lesson that Gayitri Handanahal (a Suvridha shareholder and resident of Cottage # 185-B) learnt during her 3 years work in the area of Waste Management, it was that we all have to come together, to solve the growing problem of solid waste generated in Bangalore and all other places in India. It's a problem every one of us has contributed to and created and hence we all have to take on the responsibility for it.

Many NGO's, Urban bodies, and Civic societies have been doing some excellent work in this field - but in isolated silos and at times with huge duplication of efforts or with counterproductive measures! Gayitri was troubled by this sad fact and started looking for innovative ways of bringing all stakeholders together. Seminars or workshops just would not work as these platforms expect minimal passive participation or no participation from the participants who then become just an audience. Her friend Vijayasimha introduced her to the idea of a Hackathon. She then participated in a 4 day Hackathon on Diabetes, at Hyderabad to understand the format. She immediately knew that the Hackathon was the way to go!

The first of the series of Hackathons planned on Waste Management was conducted in collaboration with the Indian Institute of Science, over two back-to-back weekends in Bangalore. This was held on 26th & 27th March and 2nd & 3rd of April at the beautiful green IISc Campus.

The theme and focus was the 'Waste Collector'. The objective was to get talented people with trained minds in diverse fields to use technology to make the waste pickers' life and work safer, to empower them to work smarter and enable them to earn a better lively hood with dignity.

There were about 200 participants. Interestingly Dr. Nilima Kadambi, a Suvridha shareholder, was the first participant to register on-line for this Hackathon. A brief Report on the Hackathon is presented below.

Day 1 – Immersion:

Participants were divided into 5 groups and taken by bus to all sites where waste is being collected, aggregated, segregated, recycled, burnt, and disposed off. The main purpose of the Immersion was to get the participants to experience the sights, smells and conditions in which waste collectors and recyclers work. They got to understand the day to day challenges faced by persons working in waste, many of whom are women and children. They got a first hand understanding of the journey of waste from its point of generation to the dumpsite and the Life Cycle of different materials.

While the 'us' participants were checking out the work places of waste pickers, 36 'them' waste pickers were taken on a tour of the IISc campus.... It was a unique opportunity and experience for them and they were thrilled to be a part of this Hackathon.



There was sharing of experiences amongst all the participants and the invisible ice was broken and the tall dividing walls between "them" and "us" were shattered.

Day 2- Design workshop and team formation:

It began with a session on design process and setting of expectations for the Hackathon. Most of the proceedings were in English with some Hindi & Kannada thrown in. Some of the many multilingual participants including Dr Nilima Kadambi (also a Suvidha shareholder – Cottage # 47-48), went over to the 'Waste picker' group seated in the auditorium and ensured they understood what was happening on the stage. There were 63 problems identified and pitched. Many of these were by the waste pickers and segregators themselves. Teams were formed around the problems pitched and the team members included skill sets needed to find solutions. It was a freewheeling exercise. There was only one rule – it was mandatory to have at least one waste picker in the team. The waste pickers were called the 'Domain Experts' because no one knew waste like them! They live, breath and think waste and hence know it literally like the back of their hard working calloused hands. At the end of the day 32, teams were formed. Nilima – as always- was by far the most popular participant. She facilitated 3 teams of youngsters.



Day 3- Solution Design and Prototyping:

After a week of brain storming and ideating sessions and passionate discussions, the teams got down to business on day03. It was a race against time to bring their ideas to fruition. Starting from 9 a.m on Sat, teams were provided with Mentors, the raw materials, tools and machining facilities to "hack away" at the problem and come up with their solutions, designs and prototypes in the next 24 hours. By mid-night 36 solutions were registered for pitching the next day.

Day 4 – Solution Pitching:

The Semi-finals on the forenoon of 3rd April , saw teams battling it out through "Elevator Pitches" to sell their ideas and product(s) to a panel of jurists comprising seasoned entrepreneurs, activists, venture capitalists, social workers and domain experts. The teams were judged on the basis of their innovation quotient, intent and pragmatism.

The 12 finalists selected from the 36 Ideas Pitched were required to make their final presentations at the SDA later the same evening. The Teams put up a stiff competition to convince the judges of the worthiness, practicality and implement ability of their solutions. The teams were thoroughly grilled on various aspects like the viability and marketability of their concepts and/or products and the social business canvas. All 3 of Dr. Nilima's teams made it to the finals but unfortunately did not win any prize but definitely won plenty of praise.



There were 6 Cash prizes given out to the winning Teams to the Total value of Rs. 3,40,000.

The 45Day Challenge that followed the Hackathon:

At the valediction of the event, the 45Day Challenge was announced with the stated intent of facilitating the teams to proceed with converting their designs and prototypes into marketable products and to find potential takers (read investors!) for their solutions. Further details about the programme as well as the ongoing 45Day Challenge can be accessed on: www.reimaginewaste.in

In keeping with the ecofriendly theme of the Hackathon and the take home message the organisers wished to convey "**Generate Less Waste, Segregate More at source, Compost All organics at home, Minimise Plastic and Avoid Land Fills**" even the refreshments and beverages were prepared and served at this Hackathon was done with intent to minimize the carbon footprint & waste generated! Locally sourced, minimally processed, healthy and very tasty organic food alternatives (like jaggery syrup instead of refined sugar) were served in biodegradable or reusable and recyclable plates and washable steel cutlery. Plastics were conspicuous by their absence, throughout the event!

The 'ReImagineWaste – 01' exceeded expectations and met all the objectives that Gayitri and the organizing Team had set for the Hackathon. Efforts are now being made to incubate some of the solutions presented. Already Gayitri is dreaming of "ReImagineWaste-02....."

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Understanding DISSATISFACTION

Compiled by Dr. P M Chandrasekhara, Cottage # 75



Dissatisfaction is the womb of change.

Dissatisfaction breaks inertia and gets you out of status quo.

The gap between actuals and expectations cause dissatisfaction and dissatisfaction is a powerful motivational force.

When dissatisfaction is a motivational force in your life, then the possibilities are infinite.

You discover immense happiness in getting inspired by dissatisfaction and growing out of it.



Dissatisfaction is the gap between actuals and expectations. Transcending expectations or dropping expectations is an utopian possibility. Hypothetically, even if it is a possibility, then the very want to drop expectations is in itself an expectation, and even in that, there will always be a gap between actuals and expectations, and hence the resultant dissatisfaction. Nobody escapes from dissatisfaction in one way or the other. Since you cannot escape it, you might well learn to deal with it.

There are two ways to deal with dissatisfaction. One approach will break you and the other will make you.

The passive and self-destructive way to deal with dissatisfaction is to keep complaining about situations and people that cause dissatisfaction. Mere complaining from your side without trying to understand the situation or conducting an in depth investigation to study the cause, will only make you an emotional wreck and it will lead you nowhere. If you do not deal with your dissatisfaction creatively, you become frustrated; your frustration will make you tensed; tension will give you worries; and worries will leave you unhappy and unhealthy. Dissatisfaction does not cause happiness. Mishandling of your dissatisfaction causes unhappiness. Mere emotional reaction to dissatisfaction is the way to a stagnant life. Mere wallowing in dissatisfaction would simply repeat the patterns of your life, and you merely live complaining, criticizing and condemning.

There is another way is the active and creative way to deal with dissatisfaction. It starts with the cognitive understanding that dissatisfaction is the womb of change. Dissatisfaction breaks inertia and gets you out of status quo. Dissatisfaction is the basic motivation that gets you out of bed every morning and gives you something to look forward to. Dissatisfaction is the single most dominant factor that propels proactive change. When dissatisfaction is a motivational force in your life, then the possibilities are infinite. The gap between actuals and expectations is the opportunity for growth. You discover immense happiness in getting motivated by dissatisfaction and growing out of it. This striving to bridge the gap between fulfilling expectations versus growing expectations is what makes this circus called life truly worth it.

Dissatisfaction with yourself

Growth is a journey of actualisation and maximisation of one's potential. You feel dissatisfied with yourself when you do not actualise your potential, when you do not live up to what you know you are capable of. You also feel dissatisfied when you do not maximise your potential, when you no more feel challenged.

This form of dissatisfaction is a wake-up call. Something within you is screaming, "Raise the Bar". Something within is crying, "Hold yourself to standards greater than what you have settled for". In facing your dissatisfaction square in the eye and in rising beyond it, you grow in your own eyes. When more is possible, why settle for less?

Dissatisfaction with leadership

Parents, teachers, coaches, bosses are all leaders because they take responsibility for the performance of others. Their prime responsibility is to help others to actualise and maximise their potential. They want you to get a 100. Their feedbacks come from their standpoint that you are short of 100. That is their dissatisfaction with you. However, you tend to evaluate your current performance vis-à-vis your previous performance. You are elated because you feel you have moved from 61 to 64. You want your leader to celebrate your progress, while your leader is striving for your perfection. So, you are dissatisfied with the dissatisfaction of your leader. But imagine, if your leader too gets contented and celebrates your progress, if he too is satisfied with your 65, then the loss will be yours. While you can motivate yourself on the grounds of your progress, you certainly need to be led by a leader who is dissatisfied with anything less than 100. Nothing like growing in the right hands. Nothing like a leader who refuses to settle for anything less than 100 and now that's truly your gain. Everyone who made it to the top, at some point in their life, would have been led by an "unreasonable" leader!

Dissatisfaction with the team

Without consistently raising the bar of expectation and thus the dissatisfaction levels, you can never enhance the performance of your team. The fact is everything can be improved. The fact is that everyone's best is yet to be achieved. So, where is the question of satisfaction? So, if the results are achieved, then question the possibilities of improving the process. If the process is right, then demand greater results. Keep challenging the members of your team beyond their perceived limits.

As a leader, your responsibility is not in pampering your team with your gentlemanliness. Your prime responsibility is in creating them. Even when you are satisfied with the person in the team, you must remain dissatisfied with the performance of the person in the team.

Stones have to be chiselled, wood has to be carved, iron has to be forged and men have to be pushed. The rule of leading a team to their peak performance is pretty simple. "If the target is achieved, then the target is wrong". Keep reminding them and yourself, "Compared to what is to be done, what has been done is not good enough."

Dissatisfaction in relationships

The curse as well as the blessing of relationships is that "when more is given, more is expected". More is expected from those who give more. As a result, there is a perpetual gap between how much is expected of you and how much you are able to fulfil. With every expectation fulfilled, expectations rise further. Expectations fulfilled become "expectations upgraded" and never "expectations dropped". Thus, dissatisfaction is inherent in relationships. It becomes a never-ending catching-up game. It becomes a curse when the weight of dissatisfaction caused by unfulfilled expectations eventually kills the relationship. It becomes a blessing when the responsibility of fulfilling expectations grooms a greater giver in you. Remember, you can never do enough for someone you love. If you truly love someone, then the lifelong lingering has to be: "What more can I do? What else can I do? How else can I do?"

Dissatisfaction with Life

Dissatisfaction with life is the most challenging of all dissatisfactions because it doesn't necessarily stem from a single cause but from multifarious causes. Two prime causes for dissatisfaction with life are: One, you feel as if you are living someone else's life by suffering the consequence of other's choices. Two, you are unable to comprehend any rationale between cause and effect in your life; you feel you are a victim of inexplicable randomness in life.

Most creations do not have the consciousness to question life. Man has an evolved consciousness that questions life and hence experiences dissatisfaction caused by the gap between 'where he finds his life' and 'where he wants it to be'. Man will not passively accept the effect but will question the cause. Well, that's the very design of life. It is through this questioning and seeking that you outgrow your ignorance. That's how you mature. That's how you begin to understand the power of choice and the need to make those daring choices. That's how you begin to understand the design of life. That's how you understand where you are aligned and where you are not. That's how you begin to seek the presence of that infinite Force, which is behind the seeming randomness. That's how a spiritual orientation to life happens.

It is through dissatisfaction with life that you actually evolve Higher, Deeper and Beyond. Dissatisfaction with life will first lead you to you, and eventually will lead you to Him.

Design your Destiny

Great people are always happily dissatisfied.

Being happily dissatisfied is the way of greatness.

Be satisfied that you are dissatisfied. It will create you.

Acknowledgement : Largely from "Destiny Designing : Dissatisfaction" by Mahatria Ra : Infinithoughts : Vol. 4, 12 : P 14 -18 March 2016

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RECENT FINDINGS

a]. Gene is linked to happiness:

Washington: How happy we feel about life may be encoded in our genes, according to a new global study that identified genetic variants associated with feelings of well being, depression and neuroticism.

b]. Lifestyle Tip: Postpone retirement to live longer:

Washington: Working past the age of 65 could lead to longer life, according to a new study which suggests that retiring early may be a risk factor for dying earlier.

C]. More elderly women in India than men:

According to the 'Elderly in India 2016' report, the number of elderly men exceeded the number of women until 1991 Census but the trend has been reversed in the past two decades. Women outnumbered men among the elderly population for the second consecutive decade, which is a major concern as the fairer sex is "more vulnerable" in old age. In India, older women account for 5.3 crore in comparison to 5.1 crore elderly men. The sex ratio among elderly population in 2011 is the highest at 1,033 since 1951. Experts say, "This is also a major concern for policy makers as elderly women are more vulnerable on all fronts compared to elderly men." Among the states, Kerala has the highest proportion of elderly population in its population at 12.6% followed by Goa at 11.2%. Karnataka's elderly account for 7.7% of the total population in the state.

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➤ Door-Delivery Service Providers for Suvidha :

- **Religare Medicals:** Register with Religare to buy **your medicines**. Senior citizens get 10% discount. Contact : 080-22956228 / 29
- **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.
- **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>
- **BigBasket:** For your **groceries, Vegetables, fruits,** House Cleaning products etc., order online at www.bigbasket.com . All details are available on the website.
- **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. Medewell's recent acquisition of Nightingales has enabled the company to retain its heritage of compassionate care and professional integrity. Nightingales is now geared up to offer a Pan India Healthcare delivery platform with a focus on specialized home care for chronic disease management that adheres to standard protocol and best medicine practice. 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
- **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
- **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
- **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

➤ Picture Gallery:

A picture says a thousand words. So goes the common saying. Hereunder, we have presented the recent major events in pictures to transport you to that very event with just one click. So relax and enjoy!!!

Recent Picture Archives:

- Ugadi Celebrations @ Suvidha - 08-04-2016 : <https://picasaweb.google.com/110142373058695926282/UgadiAtSuvidha8Apr2016?authuser=0&feat=directlink>
- Cancer Awareness For Women - 12-03-2016: <https://picasaweb.google.com/110142373058695926282/MedicalCampSuvidha?authuser=0&authkey=Gv1sRgCPa5gNb2nY7UOq&feat=directlink>
- Handing Over of Cottages in Phase-1a - 14-01-2016: <https://drive.google.com/folderview?id=0BzTGYY9kvPaEWC1xeIM3YzEta2M&usp=sharing>
- Visit to Lepakshi - 13-01-2016: <https://drive.google.com/folderview?id=0BzTGYY9kvPaEV0q1WHVHNkJPJRW&usp=sharing>
- New Year Celebrations - 31-12-2015: <https://goo.gl/photos/zMwKULuQKcWvyseA>
- Veena Recital programme - 19-12-2015: <https://goo.gl/photos/wgay2AzNnAsrMcrn8>
- Suvidha Staff Sports Meet - 05-11-2015: <https://goo.gl/photos/Y9Fuq5aj5KkL.v4mD9>
- Kannada Rajyotsava Celebrations - 01-11-2015: <https://plus.google.com/photos/117291397490350207875/albums/6206267834016872353?authkey=CLDa94IC2oixmqE>
- Sugama Sangeetha - 01-11-2015: <https://goo.gl/photos/csUshmrBcc99EmH8>
- Odissi Dance by Dr. Parvathi Rajamani - 26-09-2015: <https://goo.gl/photos/YtNvHidZMWUz4AA9>
- Felicitation of Dr KS Shekar – Chairman, Suvidha - 26-09-2015: <https://goo.gl/photos/JaooNLp1rsbz3Uv86>
- Ganga Puja - 25-09-2015: <https://goo.gl/photos/ZFq8QoGiipruq7W27>
- Vinayaka Chouthi [Chathurthi] - 17-09-2015: <https://goo.gl/photos/6G2T8Z1hSPJfoUw5>
- Onam Celebrations - 30-08-2015 - <https://goo.gl/photos/sKUt3guyN8ntPT218>
- Carnatic Musical Concert - 29-08-2015 - <https://goo.gl/photos/DywWmWSMk28SD6d98>

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- O Heritage Tourism - 28-06-2015 - <https://plus.google.com/photos/117291397490350207875/albums/6165675296988262817?authkey=CKf5tZbEgOOY8wE>
- O Talk by Dr. T. S. Rukmani – Session 4 - 07-06-2015 - <https://drive.google.com/file/d/0BzTGY9kvPaEb2RDLXlpa08wekk/view?usp=sharing>
- O The Glory of the Upanishads- Dr. T Hegde - 31-05-2015 https://plus.google.com/photos/117291397490350207875/albums/6156908851599629313?authkey=CKicwc_hk7vIQQ
- O Talk by Dr. T. S. Rukmani – Session 3 - 10-05-2015 - <https://drive.google.com/file/d/0BzTGY9kvPaEbWdNYU9Sd3RBZ1E/view?usp=sharing>
- O Talk by Dr. T. S. Rukmani – Session 2 - 26-04-2015 <https://drive.google.com/file/d/0BzTGY9kvPaEMFhBV1JFWDhjdA/view?usp=sharing>
- O Talk on Patanjali's Yogasutras – Session 1 - 12-04-2015 <https://drive.google.com/file/d/0BzTGY9kvPaEZkNNNTRUMkdsczg/view?usp=sharing>
- O Open House : 5-04-215 <https://dl.dropboxusercontent.com/u/54985496/Suvidha%20Open%20House-150405.pptx>

➤ **SNL Archives:** You can access all the back issues of Suvidha News Letters at the following link:

<https://docs.google.com/document/d/1jzr58WNw0bpaMUox4lxqstyqa9k09gYL4zxDcnbU3tw/edit?usp=sharing>