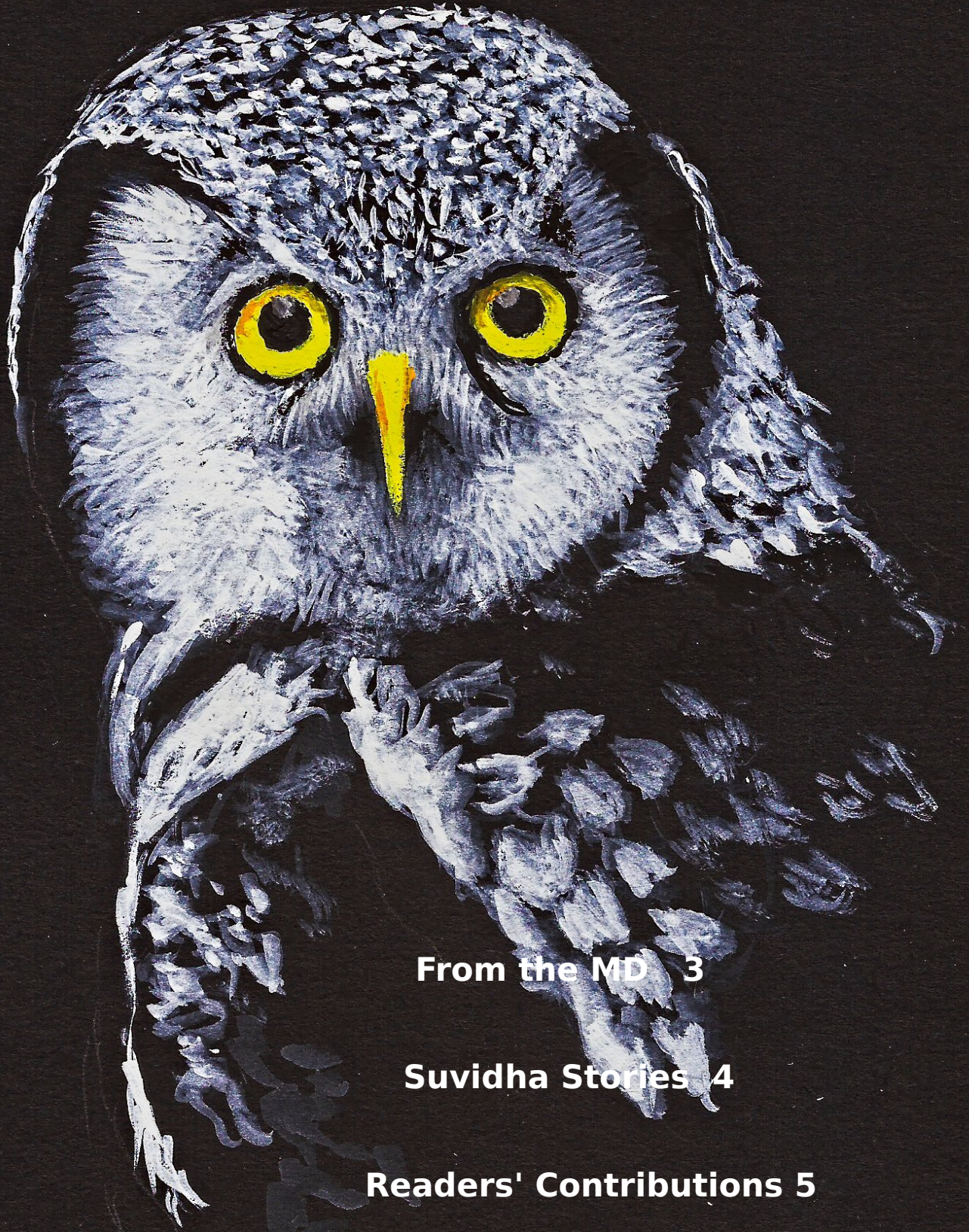


THE SUVIDHA REVIEW

MONSOON, July 2023



From the MD 3

Suvidha Stories 4

Readers' Contributions 5

News & Events 12

EDITOR'S NOTE

My heartfelt thanks to all those who send us your valuable feedback in writing, calls and in person about TSR issues. Each comment means a lot to us, as it encourages us to strive to do better and to bring more variety to TSR in terms of content. Please keep your remarks coming.

This time we have two wonderful pieces of reminiscences from two of our valued shareholders, poetry from a new resident of Suvidha, and more pictures and content to inform and entertain you. We did not have too many events in the last quarter but we have many new talented residents making our community life more pleasurable and vibrant. We welcome you all warmly to our midst and urge you and all readers to contribute to TSR, your quarterly newsletter.

While this issue was taking shape I was glad there would be no Remembrance page but sadly that was not to be. We lost our dear Professor Sankar on July 14 and several Suvidhaites wanted to pay homage to the great man through our pages. I thank each one who has contributed to the additional pages of tributes to Professor Sankar.

Warm regards,

Latha Krishnan

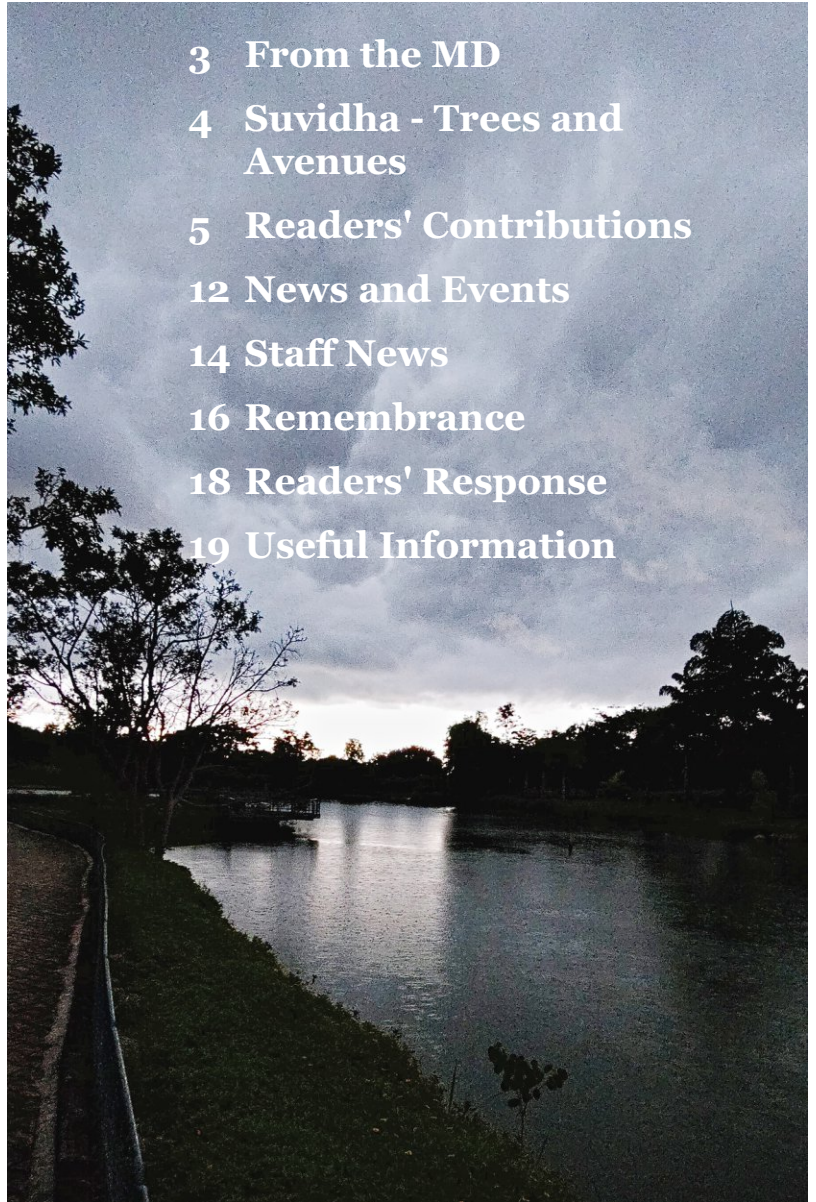
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CONTENTS

- 3 From the MD
- 4 Suvidha - Trees and Avenues
- 5 Readers' Contributions
- 12 News and Events
- 14 Staff News
- 16 Remembrance
- 18 Readers' Response
- 19 Useful Information



ABOVE: Monsoon clouds over Suvidha on a July evening

PHOTO: J GOPALAKRISHNAN

COVER: "A wise old owl sat on an oak; The more he saw the less he spoke; The less he spoke the more he heard; Why aren't we like that wise old bird?"
- Unknown

PAINTING BY: DR R NARAYANAN

FROM THE MANAGING DIRECTOR

Dear readers of TSR,

As I ruminate on what message to give you all in this monsoon issue of TSR, soft rain is falling on the plants and trees outside and a cool breeze is blowing.

Every bit of our beloved Suvidha is resplendent in flowers and leaves of almost every colour. It is indeed the beauty around us, which has inspired our new resident Hari Sundaresh to come up with some excellent poetry. We are fortunate that more people like Hari have opted to make Suvidha their home in their evening years.

As you are already aware in the EGM, the resolution to shift the health center from its current location to the Clubhouse building in the basement with a big majority. Hence, the work was taken up promptly by the Maintenance Committee with a challenging deadline of 6 weeks. Kudos to the Maintenance team and the Estate Manager for their concerted efforts, and the support of the Health & Maintenance committees, the project was completed in time and within budget. The new facility in the basement of the Clubhouse with a new ramp and glass Canopy has turned out to be an elegant addition to the Clubhouse

Elevation. The new facility was inaugurated by our own founder chairman, Dr Shekar. Dr Shekar addressing the gathering, expressed his appreciation of the efforts of the management and the staff in executing this work in a timely manner and within budget. He also expressed his confidence in the Managing Director's and the board's abilities to work in the best interest of the community and that Suvidha was in 'safe hands'.

The focus of the board would now be to convert the erstwhile Health Centre building into Cottages and sell shares of these cottages. The proceeds from the sale of these shares will be used to

contribute towards the completion of the Clubhouse roof and ground and first floor civil works. Currently all the required steps are being taken in this regard.

We are receiving enquiries for cottages for rent and sale regularly, which I think is a good sign that we are going about it in the right manner. Currently we have new shareholders and many renters in residence in Suvidha. They contribute to our community actively making friends easily and enjoying their stay among us. I thank each one of them for choosing to stay in Suvidha.



Some of our staff members have bid goodbye to us but others have taken their place. TSR is keeping you informed of the changes. This issue is also giving you the stories of two of our invaluable members of the maintenance department – Ramesh and Mahesh. I would like to reiterate that all the board members and I appreciate the work these two and the other staff members of our office, housekeeping, landscaping, kitchen, clinic, do for us with dedication and commitment.

All the committees are doing their work well and trying their best to make our lives easier and better in whatever way they can. I thank them all. We will be having an Open House soon to update

you on completed and upcoming projects.

Wishing you all a good quarter ahead,

Venugopal Shetty

Suvidha - Trees and Avenues

Cherry Bridge

The Cherry Bridge on the Western side of Suvidha over the stream that comes from Vajramuneeshwara temple area is named after the fully foliated flowering and fruiting *Gasagase tree* (botanical name: *Muntingia calabura*)

bedside it. The tree is also called Singapore Cherry, Jamaican Cherry, Panama Cherry, Strawberry tree and Jam tree . It is a fast growing tree reaching a height of about 12-15 ft and spreads its branches like an umbrella.

This tree is native to southern Mexico, the Caribbean, Central

America, and western South America south to Peru and Bolivia.

The abundant fruits are round, 1-1.25 cm wide, with red or sometimes yellow, smooth, thin, tender skin and light-brown, soft, juicy pulp, with very sweet, musky, somewhat fig-like flavor, filled with exceedingly minute, yellowish seeds, too fine to be

noticed in eating. Fruits contain hundreds of tiny seeds. The tree has the reputation of thriving with no care in poor soils. Wherever it grows, fruits are borne nearly all year

The leaf infusion is drunk as a tea-like beverage.



PHOTO: J GOPALAKRISHNAN

In traditional medicine, its flowers can be used as an antiseptic and to treat abdominal cramps.

The timber from the Jamaican cherry is reddish-brown, compact, durable and lightweight and can be used for carpentry. It can also be used as firewood..

Orchard Road

The Orchard Road stretches from the Cherry Bridge to the Bamboo Bridge. It is a long road with the lake on one side and shady sylvan glades on the other. A favourite place of morning and evening walkers and the occasional jogger in Suvidha, it is named after the orchard on it.

The orchard has been planted with several fruit trees including lemon, orange, papaya, banana, guava, avocado, pomegranate, and bread fruit.

Many of the trees have provided fruit like bananas and papayas, which Suvidhaites have bought from the landscaping department and enjoyed.



PHOTO: J GOPALAKRISHNAN

A Visitor from Nowhere - 1945

Ashok Dey

It was a rainy evening in Madras and there was the usual power outage. My brother Tu and I were sitting on the floor in the little kitchen in our home having dinner by the light of oil lamps. Tu was four and I was seven. Ma had cooked a delicious cabbage curry and dal which we were eating with chapattis that she had made. I always wolfed down my food, while Tu dawdled over his. He sometimes even closed his eyes while eating.

The front door leading out of our living room to the ground floor veranda was open and we could hear the steady rain. Ma was telling us a story while we ate, when suddenly, the inside of our small house was lit up by bright light of the headlamps of a car and we knew that Appa had returned from work. He normally got down from his studio car at our road-side gate, but because it was raining the car had been driven into the small driveway which also doubled as our front yard. But the car did not reverse out of our gate as it normally would have. And because it was dark inside the house, the driver kept the headlights on and I could hear the engine running.

Appa, who was not normally given to moving fast, came rushing into the house calling, "Minu, Minu". That was Ma's nickname and we had never heard him call her anything else. "Get the boys dressed, we must leave immediately". A very startled Ma asked, "Where are we going?" "I'll tell you when we are in the car."

Poor Ma, quite confused by Appa's extremely unusual behaviour, got Tu and me into the only two light woollen blazers we had - Tu's was blue and mine was brown. Appa helped Tu into his socks and shoes while I wore mine. Ma managed to change her saree to Appa's constant loud refrain, "Hurry, Minu, hurry. We have a long way to go."

The studio car was a Vauxhall and the driver was Mr Menon. He was older than Appa and I never forgot to add the Mr before his name. As Mr Menon reversed out of our gate onto the road, Ma could contain herself no longer. She shouted out to Appa, her voice nearly breaking, "What has happened? Why don't you tell me where we are going?" That's when Appa, sitting in the front beside the driver, turned and said, "Aanu is back!" I was looking at Ma's face. Her eyes were wide, totally startled.

Her mouth was open. And almost immediately she burst into tears. Appa turned in his seat and touched her face and kept saying, "Don't cry. You're upsetting the children." Seeing Ma cry, Tu had also burst into tears. I wasn't crying, but I was very frightened.

[The story that I was able to piece together much later was this: Anandamohan Bose, nicknamed Aanu, was Ma's elder brother. He was a student at the Calcutta Medical College when Japan declared war and very soon started expanding westwards. That was when, in a fit of temper after an argument with his father (my maternal grandfather), Aanu enrolled in the British Army as a medical orderly. Before his parents could recover from their surprise; Aanu was shipped out to the Asian theatre. His parents may have received a couple of censored postcards from him.

After that as the Japanese army marched up the Malay peninsula after Singapore fell, there was no

news of him except for an announcement on the radio which read out the names of persons presumed lost in action. When Aanu's name was read out, the family plunged into gloom from which no one, most certainly not Ma, had recovered until that rainy night in Madras. Appa said that while he was preparing to leave the studio that evening, he had received a call from someone



Source: Imperial War Museums

Troops of an Indian Regiment advancing in column through Malayan country side (circa 1941)

speaking English in an American accent (Appa, a great fan of Hollywood movies since his early youth did recognize it right). That person after introducing himself as an American Air Force officer and after checking out Appa's name gave the telephone to someone who shouted out, "Sudhir, this is Aanu!" Aanu told him how he was a Japanese PoW in New Britain and had been rescued when the U.S. marines had liberated that Pacific Island. His Japanese captors had kept him alive - sometimes feeding him just a carrot per day, only because he was one of the very few medical attendants left to tend to the wounded Japanese. The U.S. Navy had flown him to India via Singapore, Port Blair in the Andamans and had landed in the Red Hills Lake earlier that very same day. Aanu could give the army office only Appa's

name and tell them that Appa worked for a movie studio. The office had then called all the movie studios in Madras and had finally located Appa at Pragati Studios where he was in charge of the processing lab.]

Ma finally quietened down but was speechless throughout that long drive in the rain. When we reached the army encampment on the banks of Red Hills Lake, we were taken to a tent, inside which, was a person in army uniform, who to me seemed very tall, who took Ma into his arms and both of them burst into tears. Appa was carrying Tu who had fallen asleep in the car and I was standing by his side looking at this strange person in whose arms Ma was crying and repeating just two words, "Dada, dada". ("Dada" is elder brother in Bengali.)

Soon, after signing some papers, our Bodo-mama ('eldest maternal uncle' in Bengali) – that's who Ma told us he was, and the four of us piled into our car and started driving home. He pulled out large bars of chocolate from his pockets and unwrapped them for Tu and me. While he kept answering the million questions that Ma and Appa had for him, Tu and I gorged on the chocolate, a great deal of which melted in the heat inside the car and dripped on to our clothes. Our chocolate encrusted blazers could never be cleaned again. They were ruined for ever.

*Ashok Dey (Cottage 44)
lives in Suvidha*

Invasion of the Pressure Cooker

Satish Rao

I was in the drawing room when the explosion shook the kitchen. "Oh God", I thought, "There it goes again!" I sprang up, jumped over the train set, and reached the kitchen just as my sister Uma rushed in and, with the deftness of a juggler, flicked off the gas and hoisted the Thing off the stove.

A major crisis? Oh no. This was the new routine ever since the Pressure Cooker invaded our lives one fateful day in 1963.

Overnight, cooking - once an art - morphed into a major branch of technology. Before, a "spoil" dish merely meant too much salt, or the spices weren't nuanced enough. Now, with the slightest culinary misstep, the fumes from the rasam would merge with the rice, or the rice, bhindi, and Channa would blend into an unrecognizable soup. Crises now happened every day.

All this trouble started one innocuous day when a box was delivered, containing a shiny, sinister Thing that looked like a cross between a bomb and a household atomic reactor. "Call the police!" I yelled. But Uma cooed: "Ooo! The pressure cooker has arrived! My whole day will be different now!"

And was she right! From that memorable day, our whole lives were different. Ours used to be a bucolic home where the most advanced gadget was the alarm clock. Now it was a nuclear lab, with the kitchen the nerve centre of a gripping daily drama. When I

returned from work each evening, the Thing would be hissing ominously in the kitchen. A wicked jet of steam would be searing a nasty patch on the ceiling. The family would be huddled in the doorway, breathlessly watching events.

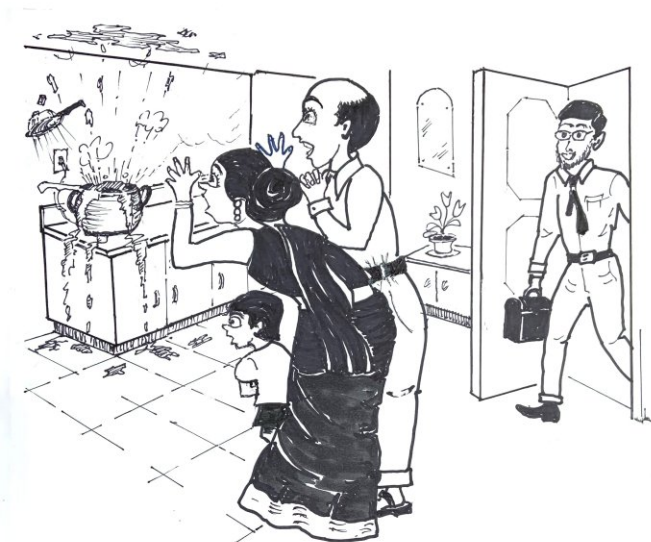
Gone was the daily greeting, "Satish, how was your day?" Instead, I'd be greeted each day with a new tale starting with "Guess what happened while I was cooking today!" I sadly said Good Bye to peaceful evenings.

Don't think I didn't try to dethrone the Thing. I even considered offering an ultimatum - Either the Thing goes or I go! But I wasn't used to living in a hotel. So, there was only one hope teasing the horizon, I thought. One eve when I returned from work, Uma would exclaim, "Satish, guess what happened while I was cooking today ... the pressure cooker exploded!"

Well, folks, as you might have guessed, it never did. Now, sixty

years later, this fearsome gadget is still complacently ensconced in our homes, still reigning in the kitchen - and I still jump out of my skin each time the shrill whistle shatters the peace of the twilight hours.

*Satish Rao (Cottage 67)
lives in Canada*



SATISH RAO

POETRY CORNER

Hari Sundaresh

We feature two poems by Hari Sundaresh, resident of cottage 46. He started writing poems in high school in Pune. His English teacher, Mr Coelho, encouraged him to write more and taught him the different types of poetry, rhyme scheme, etc. Hari went on to become an engineer and has travelled around the world but never stopped writing poetry for his friends and readers. Oh Suvidha! is a sonnet. In the second poem, the first letters of the first seven lines spell SUVIDHA.

Oh Suvidha!

Oh Suvidha, land of
verdant greens and gold,
Where nature's beauty doth
enchant the eye,
And all around us, wonders
to behold,
From mountains tall to
rivers running by.

The forests here are home
to many beasts,
Whose rustling steps doth
echo through the trees,
And birds of every hue doth
sing their feasts,
Their melodies like gentle summer breeze.



PHOTO: J GOPALAKRISHNAN

But man, in his relentless
search for gain,
Doth threaten Suvidha's
pristine grace,
His wanton ways inflict such
lasting pain,
As nature struggles in a futile
race.

Oh Suvidha, may we learn to
love and cherish,
The beauty that surrounds us,
ere it doth perish.

Suvidha - Our Valley of Flowers

Serenity embraces our verdant land,
Unfolding like a tapestry of grace.
Vibrant hues of nature's gentle hand,
In our valley, a paradise takes place.

Dainty Confederate Rose, a
delicate bloom,
Heralding tales of days long
past.
Amidst the green, Chinese Violet
in bloom,
Whispers of history's shadows
cast.

Ipomoea Blue Dawn, the
morning's sigh,
Awakening dreams in the light's
first gleam.
Lustrous Alamanda reaching for
the sky,
Bathing the valley in golden
sunbeam.

Yellow Alder, a beacon of joy and
light,
Brightening the scene with its radiant cheer.
Pink Lotus, a vision of pure delight,
Dancing gracefully, casting away all fear.

Mussaenda, a cascade of ivory white,
Softly gracing the landscape with its grace.
Whispers of White Periwinkle take flight,

A gentle reminder of nature's embrace.

Purple Orchid, regal in its display,
Elegant petals, a royal decree.

Pink Hibiscus, blooming along the
way,
A vibrant flourish, forever wild and
free.

Green Bougainvillea, a verdant maze,
Enchanting the senses with its leafy
embrace.

Yellow Senna, a golden sun's blaze,
Igniting the valley with its radiant
face.

Orange Canna, a fiery burst of flame,
Infusing the air with warmth and
delight.

Tomato Red Bougainvillea, a vivid
name,
Piercing the landscape, a vibrant
sight.

In our valley of flowers, a masterpiece,
A symphony of colours, a tapestry's song.
Nature's artistry, never to cease,
Forever in bloom, where dreams belong.



PHOTO: J GOPALAKRISHNAN

Mr Hari Sundaresh is a resident of Suvidha Cottage 46,

ARTS PAGE

Dr R Narayanan

My art work spans a period exceeding 60 years. The earlier ones are not shown here. Pressure of professional commitment often dictated long intervals between some work. Almost all paintings were done in water colour on paper and the sketches were done with ball pen, pencil and occasionally with colour pencil. They have been seldom displayed in public.

Hope you enjoy them as much as I enjoyed doing them.



Dr.(Prof). Narayanan Raghavan is a trained and skilled Gynaecologist and Obstetrician. He did his MBBS, MD, and Diploma in Obstetrics & Gynaecology with distinction. He was formerly Professor and Head of Department, Obstetrics, and Gynaecology at St.Johns Institute of Medical services, Bangalore and currently is a resident of Cottage 107 at SUVIDHA



Amazing Plants in Suvidha

Vijayalakshmi

We are starting a new series to inform our readers about some of the magnificent medicinal plants we see around us. Ms Vijayalakshmi, Naturopath and resident of #146 shares her knowledge about them. This time we present Pala Indigo (*Wrightia Tinctoria*) and Aloe Vera.

Pala Indigo

Pala Indigo (*Wrightia tinctoria*, *Dudhi* in Hindi, *Beppale* in Kannada) is a flowering plant seen in different stages of growth around Suvidha. The biggest two trees are on the side of the Linaloe Path and beside the boom gate. The flowers have oblong petals and are similar to flowers of frangipani. Fruiting is in August and the fruit is cylindrical, blackish-green speckled with white, long horn-like and united at tip.

Uses

Chop finely ten leaves of the tree and soak them in a litre of Coconut oil in a porcelain, steel or glass bowl with a wide mouth and keep in sunlight for two or three days. The oil will turn indigo in colour. Then filter and store in a bottle. This oil can be used on hair, skin and mouth.



PHOTO: J GOPALAKRISHNAN

Oral hygiene

Gargle with about a quarter teaspoon oil for five minutes first thing in the morning. It makes the gums and teeth stronger and so avoids root canal procedures. Instil a drop into the aching tooth to lessen the pain.

Hair oil

Use it as hair oil to get rid of Dandruff, to prevent or postpone white hairs and hair fall. It cures scalp problems.

Skin

Apply for all types of skin problems from allergy to Psoriasis.

Apply externally for all pains, swellings, cuts, wounds, bleeding, etc.

Channapatna toys are made from the wood of this tree. The timber is high in quality and valuable.

Aloe Vera

Aloe Vera is seen all over Suvidha in the gardens of some of the residents.

Health Benefits:

People have used aloe vera gel for thousands of years for healing and softening the skin. Aloe has also long been a folk treatment for many maladies, including constipation and skin disorders. Aloe vera juice contains several compounds known to act as laxatives.

It is an effective moisturizer and ideal to treat burns, acid burns, and skin problems.

Method of usage:

External application: Peel and apply the gel inside. It can be used as hair wash. Consume



PHOTO: J GOPALAKRISHNAN

small pieces of the gel for constipation or acidity.

Aloe Vera Juice

Trim the pointed edges off of the sides of an aloe vera spike from a plant. Carefully peel off the skin on the flat side of the leaf and remove the gel from inside. This gel is the edible part of the plant. Ensure the skin is completely removed. You can rinse the gel under running water to help remove all traces of skin.

Once you have the gel, you can toss it in a blender. Blend until smooth, then add water until it reaches the thickness you like. The result is a fresh, clean-tasting beverage.

Drink the juice on its own, add it to smoothies or into lemonade.

BOOK TALK

Up Against Darkness

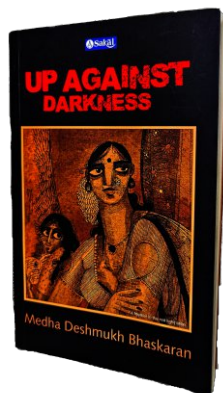
A riveting story that will move and inspire anyone who aspires for a better world

Latha Krishnan

We know about them; we may have seen them sometimes, but how many of us think about sex workers and their children? How many of these sex workers were trafficked or pushed into this trade? What happens to them when they are ill and worse, HIV positive? What happens to their children who also become HIV positive or when their mother dies? One man in Ahmednagar District of Maharashtra, Dr Girish Kulkarni, thought about these matters even before he turned 20 years old.

Girish not only decided to study their lives, but also help in whatever way he could. His story, the organization he founded with his wife, Prajakta, his brother Manish in 1992 called Snehalaya, and later Snehadhar and Snehankur all of them bettering the lives of sex workers and their children, along with the stories of the different men and women who contribute to running them, make up the well-researched book, *Up Against Darkness* by Medha Deshmukh Bhaskaran.

In her clear, simple style, Medha Bhaskaran has brought to light the harsh and unimaginable realities



UP AGAINST
DARKNESS
Medha Deshmukh
Bhaskaran
Sakal Media Pvt. Ltd,
Pune
First Edition: 2023
Pages: 295 Rs. 499

of the lives of sex workers. She also describes in heart touching detail how Girish and Prajakta did and continue to carry out their work despite many odds stacked against them including societal and political resistance. The entire book is peppered with lines of poetry that Medha has written about the persons, situations and emotions. These make the reading experience even more poignant.

Some of the stories take us through the lives of the sex workers in such graphic detail that we have to pause to understand and assimilate what we are reading. But we do feel good when their tormentors are suitably punished and they are rescued and thrive under the care of Snehalaya. Many of the sex workers have now become peer educators teaching others like them how to be healthy and safe in conducting their profession. One such story is that of late Tai Pawar, to whom the book is dedicated.

This is a book that powerfully tells us about the darkness and how we can go up against it and reach the light through grit and a never say die attitude.

Latha Krishnan (181B) lives in Suvidha

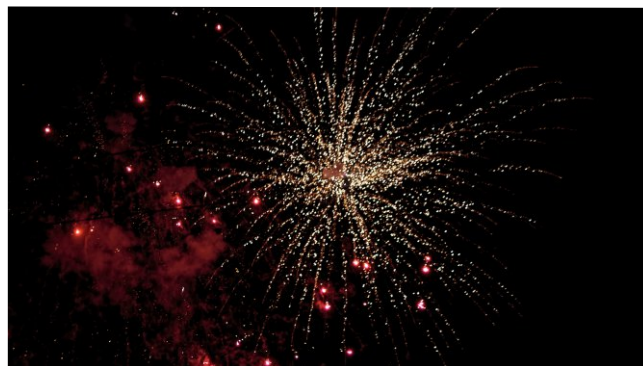
TRAVEL NOTES

Thrissur Pooram - A Festival Spectacle

Text & Photos: Vaidyanathan & Meena Badami

We enjoyed a wonderful long weekend in Thrissur in Kerala on April 30 and May 1 and witnessed the famous Thrissur Pooram. The Pooram has been a wish for many years and this year we managed to do it. It has to be seen and experienced to understand such a

Vadakkunnathan temple illuminated for the Thrissur Pooram



spectacular temple event.

The Thrissur Pooram is an annual temple festival held at the Vadakkunnathan (Shiva) Temple in Thrissur every year on the Pooram day—the day when the moon rises with the Pooram star in the Malayalam Calendar month of Medam. It is the largest and most famous of all poorams in Kerala. Thrissur pooram is

also one of the largest festivals in India with more than 1 million visitors.

The Pooram is said to be the brainchild of Rama Varma IX, famously known as Sakthan Thampuran, the Maharaja of Cochin (1790–1805, who decreed in 1798 to unify the 10 temples situated around Vadakkunnathan Temple and organized the celebration of Thrissur Pooram as a mass festival. He invited temples with their deities to the city of Thrissur to pay obeisance to Lord Vadakkunnathan, the presiding deity of the Vadakkunnathan Temple. And the practice continues to this day.

The rituals during the Pooram, which bring in massive crowds are the Kudamatam, where mahouts of elephants lined up in finery face each other across a large ground and exchange several colourful umbrellas, each more beautiful



Thrissur Pooram falls in April-May every year, set by the Malayalam calendar. The celebrations are held jointly by 10 nearby temples. Kudamatam on caparisoned elephants, Elanjithara Melam a classical percussion concert or melam (ensemble) led by *chenda* and accompanied by *ilathalam* (cymbals), *kuzhal* and *Kombu* and fireworks are the major shows of the Pooram.

and differently themed than the previous; Ilanjithara Melam, when hundreds of percussionists and horn players play vaulting music; Madathil Varavu, a panchavadyam melam, when more than 200 artists, with instruments such as thimila, madhalam, trumpet, cymbal and edakka play them rhythmically and the world famous Vedikkettu or fireworks, which features the latest and the most colourful pyrotechnics.

*Vaidyanathan and Meena
(Cottages 89-90) live in Suidha*

BOOK TALK

Deepa Jhaveri Bags Coveted Mrs Goodwill Ambassador Title at VogueStar India 2023

Aruna Aluri

Our daughter, Deepa Jhaveri won *Mrs Goodwill Ambassador Vogue Star 2023* title in a colourful pageant at Jaipur in April. She wanted to try something different and signed up for Mrs Vogue Star 2023 on an impulse. First, she got selected to represent Bangalore at the State selections. The next day, out of 130 city participants, 80 were selected to represent their states. Deepa was selected to represent Karnataka! At the national level selections on April 16, 15 women out of the 80 were shortlisted and then 6 were selected as winners – Three main title and Three sub title winners. Deepa won the sub title Mrs Goodwill Ambassador Vogue Star 2023.

Deepa was born on September 14, 1974 and brought up in Hyderabad. She finished her MBA Finance and came to Bangalore in 1997 after her marriage to Nilesh Jhaveri. They have two children – daughter Prisha Jhaveri (14), and son Krishiv Jhaveri (9).

The entire family along with the extended families are all very proud of Deepa and her achievement



PHOTO COURTESY: VOGUESTAR

I am truly humbled and honoured to be crowned as Mrs Goodwill Ambassador at VogueStar India 2023. This journey has been incredible and I am grateful for the opportunity to use this platform to spread positivity and inspire others. I believe that together, we can create a world that is kinder, more compassionate, and full of goodwill. I am grateful to VogueStar India for creating a platform that celebrates women and their unique identities, and I look forward to making the most of this opportunity.

Deepa Jhaveri

especially because at 48, she had the guts to step out of her comfort zone and try something she had never attempted before and came out a winner.

*Aruna Aluri (Cottage No. 66)
lives in Suidha*

Vishu and the Elephant Whisperers

April 14, 2023

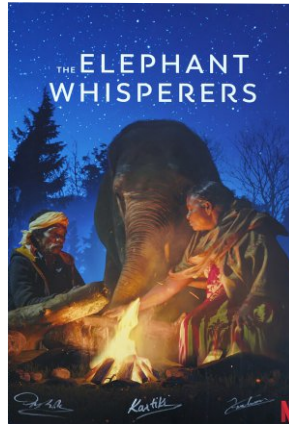
Vishu celebrated across God's own Country - the state of Kerala, was celebrated in Suvidha with *Vishukkani* and *Vishu Sadya*. Special Festival Lunch included traditional Kerala delicacies such as Aviyal, Beetroot Pachadi, and Erissery, along with Coconut-Jaggery Barfi and Paal Paayasam, in addition to Rice, Sambar, Pappadams etc.



PHOTO: SVS SASTRY

Prior to that Suvidhaites enjoyed a screening of the amazing

and fantastic Oscar Winning Documentary "The Elephant Whisperers". Through the



documentary, attendees got to meet the two cute young protagonists; Raghu and Ammukutty the Orphaned Baby Elephants who find a loving home with their human family, an indigenous couple named Bomman and Bellie in the Mudumalai National Park. Later two guest speakers from the Indian Institute of Science, Bangalore - Pachyderm Behaviour Expert Nishant Srinivasaiah and Naturalist Sharath Ahuja, talked to

us and answered our questions about elephants and nature after the film show.

Health and Well Being Centre Inauguration

April 30, 2023

Dr Lakshmi Dey presided over a brief and interesting opening ceremony of the new Health and Well Being Centre in the Clubhouse. The new Centre started functioning on May 1. In the picture are the dignitaries along with the members of Health and Well Being Committee at the



PHOTO: HEALTH & WELL BEING COMMITTEE

newly constructed ramp at the entrance to the Centre.

Residents have been using the new HC more frequently due to the easy access and service. The working hours, guidelines to its services and the updated tariffs for HC services have been emailed to all shareholders and residents as well as displayed at the premises.

Bemisal Baithak

May 1, 2023

Musical treat for Suvidhaites who attended the evening of Bemisal Baithak! Most of us had not seen a Hang Drum or a Hand pan drum as it is called. Neeraj Mistry, who had received it just the day before, played it with such elan and finesse that everyone was mesmerized by its unique sound and rhythm. The Hand pan drum is a favourite drum with the people of Ladakh, Tibet and other Himalayan regions. Some percussionists from other parts of the world have learnt to play it mainly due to the Internet, where

it is extremely popular. The Hang drum accompaniment to the Bhargav Mistry's enchanting sarod pieces



PHOTO: RAJESHWARI SUBRAMANYA

-both classical and contemporary pieces of Indian music transported

the audience to elevated realms of instrumental music. The Sarod with its traditional string sounds and the Hand pan, both played by two masters provided a musical treat to all. The absolute synchronization of the two instruments playing raags like Bhairavi and Lalit Dhvani, was delightful to hear and watch. Undoubtedly none who attended will forget this bemisal baithak anytime soon!

Organic Herbs and Solar Energy

May 14, 2023

During her interesting and free ranging lecture and interactive session on Organic Herbs and Solar Energy held in the Banquet Hall, about 40 Suvidhaites learnt many things from Smt Vijyalakshmi, a practising Naturopath. She began by declaring that Nature around us is a limitless source of elements that can enable good health and also cure ailments. Channelizing/using these has traditionally been a part of daily life across civilizations for ages in our



PHOTO: RAJESHWARI SUBRAMANYA

culture. But modern city life has resulted in people giving up on these sources and becoming dependent solely on lab-based medicines. The right approach would be to use a combination or a harmonious blend of both.

Vijaya, as we call her affectionately in Suvidha, began her presentation telling us about plants and trees that we see around us and how they can be used. She moved on to other plants as well as how to use water and sun and colour therapy for our continued good health, all of which held the interest of the audience.

Painting of Avenue Boards

July 3, 2023

Two residents, Latha Gopal Krishnan of 181 B and Hari Sundaresh of 46 set about painting the names of the avenue boards in white letters. Letters on the sign boards had completely faded and were unreadable.

The boards look fresh and are highly visible now.



PHOTOS: LATHA KRISHNAN



Dr Shekar Turns 84

July 4, 2023

Dr K. S. Shekar, our founder chairman and one of the most loved residents of Suvidha living in cottage 121, turned 84 on July 4, 2023. All day, we Suvidhaites walked up to spend a little time with him and Dr Mrs Manjula Shekar in their cottage and wished him many more years of happiness, peace and good health.

In the evening, CB Prabhakar and Satya Prabhakar of 119 arranged a little celebration at the Manjula Gana Mantapa. Amidst adoring friends Dr Shekar sat happily waiting for everyone to come for the snacks and entertainment. We all sang

Janmadinamidam, the birthday song in Sanskrit. Refreshments and juice were served to all who attended the function and greeted him, even those passers by on their evening walk. It was informal and fun to be all together. Dr Prabhakar Kamath spoke about the greatness of a person like Dr Shekar and how there is so much we can learn from him. Rajeshwari Subramanya and Latha Krishnan entertained those present with Kannada Bhavageethe songs while the cool

evening breeze blew and the sun set lent glittering fire colours to the ripples of the lake.



PHOTOS: J GOPALAKRISHNAN



The Bhagavad gita - A Critical Introduction

July 8, 2023

The Suvidha Study Circle organized a lecture on The Bhagavadgita by Professor Rukmani along with an interactive session where members of the audience participated enthusiastically.

Beginning with describing the Gita as a multi-dimensional text that tells you the manner of sane living, Professor Rukmani went on to point out what it says about consumerism, self reliance, over eating, over sleeping, gifting, performing yagnas and the myriad ways to worship the Supreme!



PHOTO: LATHA KRISHNAN

“Life is an isthmus between two eternities” – Professor Rukmani said and explained further with a quote from the Gita. “While every individual is conscious of the present life, what went before and what will come to be are big enigmas. In the Gita this thought is expressed as, “Unclear are the beginnings of living beings, unclear again are their end; it is only the in-between lives that are known, so why should one mourn for that?” (Gita 11. 28).

Remembering Pushpa Prabhu

July 11, 2023

As he has done in the past three years, Mr. Devidas Prabhu (cottage 54) held a prayer ceremony to remember Pushpaji, his beloved wife on the fourth anniversary of her passing away. Due to the threat of rain, this year the ceremony was held in the Banquet hall. Pushpaji’s smiling flower-bedecked photo with lit lamp and smoking fragrant incense sticks placed lovingly on a table in front overlooked all the Suvidhaites present there. Many came forward to pray and offer flowers at the temporary shrine.

Gita Subba Raju started off the ceremony with a splendid rendering of Narayana keerthana. 9 melodious bhajans were sung by the Bhajane Group led by Mangalamma (#89) and included a

special Sharada Devi Bhajan by the Bhavageethe group of five. Pushpa from office and members of our staff served sumptuous snacks, fruit and coffee at the end of the ceremony.



PHOTO: J GOPALAKRISHNAN

NEWS AND EVENTS - SUVIDHA STAFF

SUVIDHA VETERANS

Ramesh, Our Plumbing Life Saver

Ramesh C H is in the Pump House every morning for about an hour before he begins other jobs in Suvidha. He sees to it that everything there is working properly. Most importantly he ensures all the different tanks that purify bore well water and then reach the big tank from where we get water in our taps throughout the day, are working fully and properly. He also



PHOTO: LATHA KRISHNAN

checks on the Reverse Osmosis drinking water systems and its 4 filters. “Once in 3 years we have to change the regime inside the filter tanks. Salt is added to the hard water to make it softer and then filtered twice more. There are four tanks of different capacities to do the entire work,” explains Ramesh.

Ramesh and Mahesh have done praiseworthy and tough work to find leaks in the system nights

and days together. "Whenever there is a need we do not look at time needed. We just do our work. We get good support from our landscaping department staff also when it is outdoor work. If I am called to work at any cottage I go there as soon as I can and finish it for them," says Ramesh. He is also thankful to our residents who help him to understand his work better and do it better. "Professor Sankar used to be always ready to help me whenever I was stuck with

something in the beginning. Mr Ramani still helps us with the maintenance of the Pump House equipment, all of which come from Chennai and from companies known to him," says Ramesh.

Ramesh came from Tumkur to Bangalore in search of work some 30 years ago. He worked in Electronic City before coming to work in Suvidha. He was a contract worker and learnt plumbing and other maintenance work when construction first

began in 2006. He was inducted as our water technician and general maintenance person 12 years ago.

A year later, he married Lakshmi and came to live in our staff quarters. Now they have a daughter Hema (11 years), and son Sreeshanth (9 years). Lakshmi takes care of his home and children. Their daughter Hema studies in Class 5 and son Sreeshanth, in class 3.

Mahesh, Our Reliable Handyman

Mahesh joined Suvidha landscaping department first as a contract worker but was later absorbed into the maintenance department 10 years ago as an assistant to Ramesh. During these years he has learnt and done almost all the jobs related to plumbing and general maintenance along with Ramesh and by himself.

Mahesh too came as a young

man from a village in Tumkur. He is married to Jyothi and has a 7-year-old daughter Meghna, who is studying in Class 1.

Mahesh has made his career in Suvidha and is known and appreciated by all residents here especially because of his cheerful disposition. He himself prefers to competently finish the jobs assigned to him without bothering about the time of the day.



NEW EMPLOYEES

Akhil Kumar B R

Akhil, our new office boy and buggy operator is a cheerful and willing worker. He is a welcome addition to our staff and everyone is fond of his ready smile and quiet ways. He has been working in Suvidha for the past 4 months. His house is in Thathuguni, where he lives with his parents and younger sister.

Akhil has completed Class 10 and is planning to get into Pre-University College. Akhil likes working here and comes on time at 9 am to begin his duties for the day. "I enjoy the green beautiful place that Suvidha is and all the people here are kind to me," says Akhil.

We welcome Akhil!



Hemalatha N

Hemalatha is our new Accounts Assistant. She has done her 2nd PUC and has been working in Suvidha since June 28, 2023. She had worked here for a short stint about 15 months ago and is happy to be back here.

Hemalatha says she is glad to be back in Suvidha Office. She

intends to do her duties to the best of her ability.

Our welcome and good wishes to her.



Prof Sankar (1933 - 2023)

July 142, 2023

Professor Sankar, one of the earliest residents of Suvidha, featured in TSR twice before for The Suvidha Story and The Solar Power Project, passed away on 14th July.

He leaves a vacuum that can never be filled in the hearts and minds of Suvidhaites who knew him, interacted with him and worked with him.

The Suvidha Rooftop Solar Project owes its success to Prof Sankar's



contributions right from concept to completion.

All those who were fortunate to have known him cannot forget his wry sense of humour, that never waned due to physical ill health or mental tensions.

Professor Sankar leaves his wife, Smt Padmavathy, and his two sons, Ananth and Sriram.

He will be missed by all in Suvidha.

TRIBUTES TO PROFESSOR SANKAR

Growing up with Sankar

Dr Krishnan

Sankar, my brother Kasy and I have been together off and on for over 80 years. In age, we were within 3 years of one another. To quote Kasy, we lived in the same house, in the same room; slept in the same veranda, went to the same school, studied under the same light at home, prayed and



Childhood photograph of Sankar with his uncles and aunt. Sankar has glasses, and next to the lady is Kasy who passed away soon after Sankar. The extreme right is yours truly.

played together, and often rigged up experiments in physics and chemistry at home. I mention my brother Kasy who is not a Suvidhaite because by a strange coincidence (or an agreement between them in another dimension), he died rather

suddenly, less than two hours after Sankar!

Sankar, a pleasant, courteous, friendly and mild-mannered person, was a perfectionist. He was meticulous, precise and disciplined in everything he did and expected the same qualities in others who dealt with him. An exceptionally gifted scholar in Mathematics, he was an exceptional teacher too. One of his erstwhile students put it like this, "The passing of Dr Sankar marks the end of an era of one of the pioneers of Pune University's visionary computer science program launched over 35 years ago! This dedicated teacher committed to inspiring his students with wisdom and cheeky wit, empowered us to take on with confidence what was then the beginnings of the technology revolution in India. His legacy will always be remembered."

Sankar had a special way to deal with jobs in areas which were not his expertise. He simply learned the subject from experts enough to make his own designs which he could defend to an expert! Anyone who studies his work on Solar lighting in Suvidha will notice that he had become a solar cell specialist, mechanical engineer and an accountant, all in one, in designing the system.

Dr Krishnan (Cottage 103), lives in Bangalore

Scientific Mind

Ramani

I have spent many hours with Professor Sankar discussing and dissecting technical and non technical subjects. He had a scientific mind with sharp observation and analytical approach, with a penchant for taking up challenging assignments like the rooftop solar power generation in Suvidha.

Ramani - Cottage 93-94



5.25 kW Solar Roof Top Power System installed on 42 cottages of Suvidha (2017). The original idea to use rooftops for solar power generation was first mooted by Prof R Sankar in 2015.

My Friendship with Sankar

Ashok Dey

One friendly argument that we never did settle until he left for the Great Beyond was who moved into our Village first : the Sankars or the Deys. He never failed to remind me, with his mischievous smile and a twinkle in his eye that although Lakshmi and I had begun living in our cottage before Padma and he moved into theirs, he had taken actual possession of his cottage before I did.

Our relationship began one morning in late 2009, when a stranger called me from Pune, introduced himself as a fellow investor in SUVIDHA who had found out from the project office that I was visiting the Village almost every alternate day to check on the progress of the construction of my cottage. Thereafter we stayed in regular touch via the unreliable telephone connections of those years until we both became permanent residents of the Village in 2010.

We grew to be friends, meeting almost every day during our morning walks in those years when, despite his lungs having begun to show signs of damage, he would bravely make it uphill all the way to the water tank from his cottage and down again around the lake before he returned home.

He was a man of indomitable will power, who never allowed his infirmity to keep him from overseeing the completion of SUVIDHA's alternate power generation project that he planned and almost

single handedly supervised its execution – including climbing up unstable ladders to inspect the installation of photovoltaic panels on the roofs of every single cottage that had opted for solar power.

I used to chat with him for a few minutes almost every morning whenever he was at home, while he sat on a chair in the front verandah of # 101, supervising the tending of his pretty little garden.

Goodbye Professor. I shall miss you.

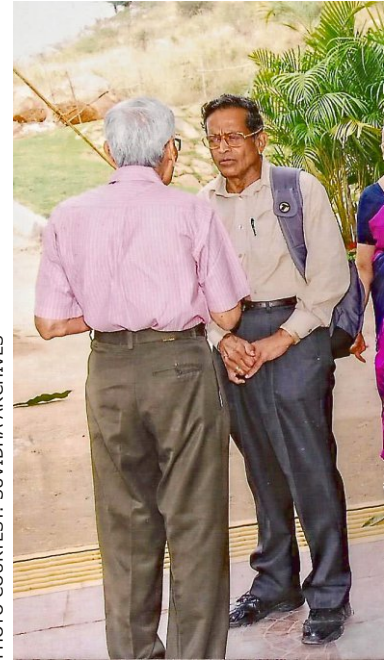


PHOTO COURTESY: SUIDHA ARCHIVES
Prof Sankar at the *Gruha Pravasa* of Suvidha on January 16, 2010

Ashok Dey 44 Suvidha

Fond Memories

S M Subba Rao

After getting to know him over a decade ago, I was privileged to be associated with Prof Sankar's flagship project of Rooftop Solar Power Generation in Suvidha. The mathematics of design of the System flummoxed me, but he put me at ease with his witticism "Let me handle the design. Why should the two of us get a bad name if something goes wrong?!" With his penchant for thoroughness he gave a tough time to the project

contractor Tata Solar (who later admitted they learnt a lot from the Professor).

About a month before he passed away, Prof Sankar asked me to translate the Daasara pada "*Naanyaaake badavanu.....shreenidhe hariyenage neeniruva thanaka.*" He was moved by the simplicity and bhakti of the song. I, in turn, was touched by his desire to learn, despite his age and poor health.

S M Subba Rao 139 Suvidha

Interactions with Prof Sankar

Prof Jaisim Krishna Rao

My relationship with Professor Ramiyer Sankar goes back to the days when he and I met and discussed many issues of retired life, communication, comfort and relationships. Padma Sankar added value in every line of his life.

Once he settled in Suvidha, the great ambition of this wonderful intellectual was how to make this Village free of dependence, especially power. He thought that instead of consuming from the outside state grid, we should produce and add to the main grid.

The Solar Water And Solar Power Grid came to reality in spite of many hurdles. Even to the last day of his life the smile and positive reflections from and off him, none in Suvidha can forget.

I for one shall always be grateful for every step I took with him as not just an experience of learning but a realisation of reality. Very rarely one comes across such individuals in life. As an Architect and Environmentalist I shall forever be his student.

Sankar's spirit shall live with Suvidha for eternity.

Prof Jaisim Krishna Rao, Cottage 126

Prof Sankar, an Inspirational Teacher

Uday Kumar

I met Prof Sankar for the first time in the context of understanding Suvidha Solar project after moving into Suvidha in Nov 2017. I was amazed by his knowledge, detailed planning and meticulous execution of the project which was waiting for Bescom commissioning. Keen on helping him, I started working with him for tracking the solar power generation after the commissioning in Feb 2018. But for his passion and drive, the Solar project would not have seen the light of day in Suvidha.

He strongly believed that understanding basics is fundamental and everything else can be derived from

the basics. He demonstrated this zeal on many occasions like applying astronomical movement of the Sun across the day and over the seasons to arrive at the efficiency of Suvidha solar units oriented in odd ways. He even arrived at the date for Zero Shadow Day in Bangalore from the fundamentals.

He inspired us to put his telescope into action to observe astronomical events. He loved gardening and did many experiments on ways to grow plants with various support structures in the garden area.

I will miss our technical discussions which were filled with good humour and stories.

Uday Kumar, 115 C

Prof Sankar, a Great Friend

Dr R Narayanan

To me Ramiyer Sankar was a diminutive man with a benign demeanour, disarming smile, simple lifestyle and a razor-sharp intellect. I was privileged to have known this mathematical genius and have enjoyed several invigorating conversations on a wide range of subjects both over the phone, sitting across him on his front balcony or standing in the middle of the road with him giving a Pope-like audience from his back balcony.

Gomathy and I will forever miss not only his wise counsel but also his sharp wit, piercing cynicism and

his characteristic tongue-in-cheek humour. His passing is an irreparable loss to us!

Dr Narayanan, Cottage #107

READERS' RESPONSE

Thank you, Latha and Team TSR! The Summer Issue you have brought out is as colourful and beautiful as our Sundar Suvidha!

I feel very blessed to live in this clean, green and serene environment. TSR reminds me of the many blessings we enjoyed in the last Quarter and I look forward to great times ahead!

*Dr Nilima Kadambi, Cottage 47-48
Suvidha*

Wow! Wow! Wow! Wonderful pictorial representation of Suvidha

as it marches along into another season for another Review!

No one can do a better job than this as it is perfect in all respects! Keep it up!

*Irsi Rajiva, Cottage 76
Suvidha*

As always, the TSR team has done an excellent job. Nice and inspiring articles. Love the quality of the photography.

Kudos to team TSR and particularly to Gopal and you.

Keep up the good work.

*Venugopal Shetty, Cottage 119
Suvidha*

You are doing a great job with the TSR. I enjoy reading it.

*Dr Gomathi Narayanan, Cottage 107
Suvidha*

Such variety in the Summer Issue! Very Interesting read! Great Job team TSR!

*Jyothi Kumar, Cottage 115
HSR Layout, Bangalore*

Nice TSR, as usual!

*Satish Rao, Cottage 67
Canada*

We solicit your contribution to THE SUVIDHA REVIEW

Please share short articles (about 400 words) along with photographs about your childhood memoirs, places you visited, interesting books you have read, short stories, poems, achievements of your grand children and any feedback. Please write to suvidha.review@gmail.com

USEFUL INFORMATION

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Please click on the company logo for details.

Finished, semi-furnished and unfurnished cottages in Suvidha are available for daily, short-term or long-term rent. You can recommend retirement living in Suvidha to your relatives and friends or rent accommodation for them during their short visits to Suvidha. For rates, details and status of the cottages please click the link below.



[Suvidha Cottages for Rent](#)

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