



SUVIDHA NEWS

Volume Number: 2-10

For Private Circulation Only

Date: 15-10-2015

Thought for Today

➤ **From the MD's Desk:**

Dear Friends,

Happy Dasara – I bring the Board's best wishes for the festive season. Also, Greetings for Kannada Rajyotsava.

The shareholders took major decisions at the recent AGM. The following is the summary of the decisions taken:

1. Inclusion of the rear balcony into the cottage

Inclusion of the rear balcony into the cottage was approved. There were discussions regarding the uniformity concept of the cottages and it was agreed that the elevation shall not be changed so that the Cottages look very similar. It was agreed that the technical issues related to the above shall be forwarded to the Technical Committee and the decision of the Committee shall be final and binding on the shareholders. Further, the shareholders shall bear the cost involved in enclosing the rear balcony.

Following terms and conditions were agreed upon:

Rear Balcony is defined as the one opposite the present entrance. Only this balcony will be allowed to be covered. The side walls of the balcony have to be left intact. Chajja may be allowed, if asked for. Masonry walls are not to be allowed. Covering by glass or prefabricated panels may be allowed. The cost for the modification is to be borne completely by the shareholder.

Every such request has to be scrutinized and approved by the technical committee which will endeavour to have some uniformity in the process. The decision of the technical committee is final and binding on both the SH and the management.

2. Fix penalties for non-payment of Maintenance Fee

It was discussed that even after levying an interest @18% p.a., there are some shareholders who continue to be in default and this is unfair for the shareholders who are abiding by the rules. Hence, as a penal measure, in case of non- payment of maintenance fees for more than 6 months, following shall be undertaken by the Company:

- A list of defaulters to be published in the newsletter and exhibited in the notice board in the lobby.

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



- Stop providing maintenance services and not resume it until the arrears are paid in full.

3. Maintenance of the garden in front of the cottages by individual shareholders

This was approved. After some discussions, following terms and conditions were agreed upon:

- The company will continue to maintain the landscaping in the common areas, the hedge delimiting the garden area of the cottages, the sides and back of the cottages.
- It will continue to maintain the front of the cottages for those who would like the company to continue what it is doing now.
- Those who wish to 'develop' a garden in front of the cottage within the area delimited by the hedge will have to apply to the Suvidha Landscaping Committee (SLC) for permission.
- The SLC will draw up a large list of permissible plants and will not insist on 'uniformity' of plants in front of cottages.
- Plants growing higher than 4 feet will not be allowed.
- The SLC will consider the request and grant permission for the same.
- The cost for these permitted landscaping changes will be borne entirely by the shareholder. However, SLC (Suvidha Landscaping Committee) shall extend its ordinary support as it does for the other cottages.

4. Collection of fees from SH towards settling BBMP tax / development charges

There is still uncertainty regarding the governmental agency exercising jurisdiction over Suvidha and whether the area falls under the jurisdiction of Kaggalipura gram panchayat or the Bruhat Bengalooru Mahanagara Paalike (BBMP).

We are awaiting a final clarification regarding this matter from the Government. It is likely that we come under the BBMP. If we do, the company may have to pay property tax from 2007 and a one-time Development charges. The amount to be paid may vary a great deal – from about Rs.1 Crore to Rs. 4 Crores depending on the stand taken by BBMP. The company will continue to work towards minimizing this tax burden.

If and when the time comes for us to make the payment, the members gave permission to the company to raise this amount from members, in proportion to their share holdings.

5. Phase 1a.

The construction is progressing well; just a little behind schedule; we will be handing over cottages to the new subscribers by 15th November. We have got subscriptions to 5 cottages in the last two weeks. We have only 5 more cottages left to be subscribed to.

6. New car park

The new car park is nearly ready to be handed over; the target date is 23rd October. We have 6 slots left to be booked by SH. Please do hurry and book them; many of them will be picked up by the new shareholders. We are working on giving a facelift to the entrance to Suvidha. We will have an extended security cabin that includes changing / wash rooms for the staff. The drive way will be done up to make the entrance pleasing.

7. Solar Energy

The solar energy committee is working hard to put the final touches to two plans we have to generate solar energy in Suvidha.

- Roof top panels
- Ground level Solar farm

The workings show great promise – this is a scheme that really generates income for Suvidha. I urge all Suvidhites to actively invest and participate in this project – The design ensures returns for individuals as well as benefits to the company – which means that all of us are collectively benefited. The details of the project will be communicated to you soon.

All in all, it is exciting times for Suvidha and Suvidhites. The Ladies Club, the Sunset Club and many individuals are keeping Suvidha vibrant and lively. I am grateful to the Board and all Suvidhites for making this happen.

Regards
Dr. Lakshman

➤ **Meet Your Director: Dr Narayanan Raghavan, MD, DGO, FICS, MNAMS, FICOG**

As all of you know, Dr. Narayanan, an active senior Suvidhite, has been taking keen interest in Suvidha Landscaping Committee activities and substantially contributed in this vital area. Recently, at the invitation of Suvidha Management, he has joined the Suvidha Board of Directors as an Additional Director. We wish him all the best in his new role. Now let us listen to what Dr. Narayanan has to say in this regard.



“I am by profession a medical doctor, who has specialised in Obstetrics and Gynecology. My wife and I moved to Bangalore in 1977 to work in St John’s Institute of medical Sciences and I retired as professor & head of the department. Since then I have been engaged in private practice.

My wife, Dr. Gomathy, also an obstetrician-gynecologist and I fell in love with Suvidha at first sight and were so enchanted that we became part of it the very same day without a second thought. We have been regular week-end visitors to Suvidha savouring the unique bounty that mother Nature bestows on us and the warm camaraderie of fellow Suvidhites. In return, I have contributed in my own modest way by revamping and help servicing the gym equipment and by volunteering to assist with the SLC. Landscaping of Suvidha is a challenging task and I would like to continue to contribute to this cause. Suvidha has inspired me to revisit my hobby of painting and my paintings of the ‘Flora of Suvidha’ are being featured in our News letter every month.

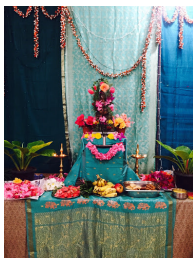
As an additional director, I shall endeavour in my humble way to make Suvidha a more utopian abode for seniors than what it is today. “

➤ **Event Highlights:** Last month witnessed the following interesting events.

✚ **17-09-2015: Vinayaka Chouthi [Chaturthi]**

Residents of Suvidha celebrated Vinayaka Chaturthi (Chouthi) on 17th of September 2015 praying Lord Vinayaka to ward off all impediments to the progress of Suvidha and bestow all the shareholders with health, happiness and contentment in their life.

The members of Ladies club presented a beautifully decorated Ganesha pendal. The Pooja was performed by all the Suvidites including the employees in an exemplary and orderly way.



A glimpse of Alaska: Mrs. And Dr. Lakshman presented an informative and interactive guided tour to the picturesque ALASKA through a well compiled power point presentation. We thank them for sharing their exciting experiences.

Here is the link to more photos taken on the occasion of Ganesh Pooja at Suvridha Banquet hall.

Photos Courtesy - Sastrys and Aluris -- <https://goo.gl/photos/6G2T8Z1ihSPJfoUw5>



25-09-2015: Ganga Puja

With the heavy down pour and gusty winds on 24th night, our lake started overflowing by mid night. It is a wonderful sight to see the lake to its full capacity. The gusty winds also brought down a few trees especially those behind Prof Shankar's cottage and one in front of Smt Vatsala Krishnaswamy's. Later in the morning, a big leak was found in the weir constructed across the lake. But later the leak was plugged. Though there is still a small leak in the weir, the Management is confident of plugging it too.



In the afternoon Ganga Pooja was performed by the First Lady of Suvridha Dr (Mrs) Manjula Shekar. Dr. Shekar, our chairman, joined hands with her to offer "Baagina" to the lake to please the goddess Ganga. All the residents of Suvridha village enthusiastically took part in this function. On 7th October, Fish seedlings were introduced into the lake. Here are a few snaps that give more details.

<https://goo.gl/photos/ZFg8QoGiipruq7W27>



26-09-2015: Felicitation of Dr KS Shekar – Chairman, Suvridha

Following the AGM, Dr. K S Shekar along with Dr [Mrs] Manjula Shekar were felicitated on the occasion of Dr. K S Shekar stepping down from the post of Chairman of the Company.

As the founding chairman, Dr. Shekar was instrumental from concept to realization of his dream project – Sushrutha Vishranthi Dhama, a premier senior citizen's village – one of its kind in India. The farewell was a heart warming event and some senior residents paid tributes acknowledging Dr. KS Shekar's services to the community of senior citizens. His contributions to SUVIDHA will be fondly remembered by the elderly beneficiaries with gratitude for all times to come.



A few touching moments were captured in photos at the link below.

<https://goo.gl/photos/JaoNLp1rsbz3Uv86>



26-09-2015: Odissi Dance by Dr. Parvathi Rajamani



Suvridha Ladies Club organised a scintillating and authentic Odissi dance performance by Dr. Parvati Rajamani, daughter of Prof T.S. Rukmani & Wing Commander (Retd.) Rajamani (cottage#73). She is a well known Odissi dancer residing in UK. She represented India on many occasions. Dr. Parvati Rajamani is currently working in the UK National Health Service as a Consultant Psychiatrist. Besides being a versatile dancer and a well-loved teacher, Dr. Parvati is also a talented choreographer and composer. Here one should complement Prof.



T.S. Rukmani and Dr. Parvati who gave detailed introduction before each dance segment which helped the audience to understand the nuances of Odissi dance postures and enjoy each episode depicted immensely.

This evening programme was sponsored by Dr. K.S Shekar and Dr [Mrs]. Manjula Shekar, while the refreshments were sponsored by Prof. T. S. Rukmani and Wing Commander (Retd.) Rajamani.

Our hearty thanks to the sponsors of this program and refreshments. Please view and enjoy more photos presented at the link below.

<https://goo.gl/photos/YtNyHjdZMWUZf4AA9>



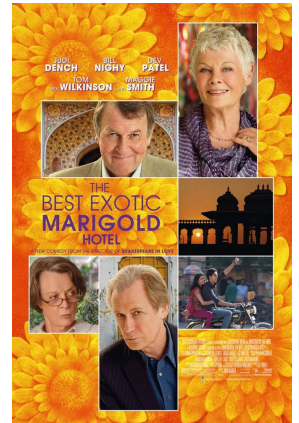
03-10-2015: Celebrating International Day for Elders



October 1st was the **International Day for the Elderly**. To commemorate the International Day for the Elderly, it was decided to screen a movie on Saturday, the 3rd October to facilitate week-enders. Timing of the Movie was 6.30 PM. Venue was Banquet Hall of Suidha.

This Movie and Snacks were sponsored by: Smt Vasanthi Nayak & Sri P K Nayak, Cottage # 167. Our hearty thanks to the sponsors.

The Movie was **The Best Exotic Marigold Hotel**. It is a British Comedy Film about Senior Citizens. The film show was attended in good numbers.



➤ Suidha On The Move :

During the month, the following developments have taken place.

- **Suidha Landscaping (SLC) Updates:**
 - a) On 1st October 2015 Suidha acquired a new weed cutter.
 - b) The park next to the # 84 is complete except for the placement of the flowering pots on the rain water drainage system.
 - c) The landscaping programme on the plot in front of # 115 A belonging to Mrs and Mr. Champati is complete.
- **Waste Management :**
 - a) **Drum Digester:** Mrs. Gayitri Handanahal of Waste Ventures Organisation and the would be resident of Phase 1A, along with Mr. Vasuki Iyengar of Shudh-Labh guided to establish composting of Kitchen waste at SUVIDHA by using a Drum Digester.. The first Blue Drum Digester was established on 19th. September 2015 and the training was given to the concerned staff. After convincing about the success of the programme, the second drum was established on 28th September 2015 and the kitchen waste management programme is being progressed as per the schedule.



- b) **Platform or Heap Method of composting the garden waste:** Mr. Vasuki Iyengar guided us to establish a simple heap method of composting the garden waste. On an experimental approach this method was established near the STP and is being used on daily basis to compost the



garden waste after shredding the plant cuttings. Platform composting is very simple and economical way of composting the garden waste as recommended by Dr. Meenakshi Bharath who is a pioneer in the field of composting.

○ **Suvidha Library:**

As contribution of books from various donors are pouring in, to reorganize and provide additional space, Suvidha Library has been shifted to the ground floor Recreation Hall. The process is on and is being established at the new premises.

➤ **Picture Gallery:**

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

Archives:

- Onam Celebrations - 30-08-2015 - <https://goo.gl/photos/sKUt3gayN8ntPT218>
- Carnatic Musical Concert - 29-08-2015 - <https://goo.gl/photos/DywWmWSMk28SD6d98>
- Heritage Tourism - 28-06-2015 - <https://plus.google.com/photos/117291397490350207875/albums/6165675296988262817?authkey=CKf5iZbEgOOY8wE>
- Talk by Dr. T. S. Rukmani – Session 4 - 07-06-2015 - <https://drive.google.com/file/d/0BzTGY9kvPaEb2RDLXlpa08wekk/view?usp=sharing>
- The Glory of the Upanishads- Dr. T Hegde - 31-05-2015 https://plus.google.com/photos/117291397490350207875/albums/6156908851599629313?authkey=CKicwc_hk7vIQQ
- Talk by Dr. T. S. Rukmani – Session 3 - 10-05-2015 - <https://drive.google.com/file/d/0BzTGY9kvPaEbWdNYU9Sd3RBZ1E/view?usp=sharing>
- Talk by Dr. T. S. Rukmani – Session 2 - 26-04-2015 <https://drive.google.com/file/d/0BzTGY9kvPaEMFhBV1JfWdhjA/view?usp=sharing>
- Talk on Patanjali's Yogasutras – Session 1 - 12-04-2015 <https://drive.google.com/file/d/0BzTGY9kvPaEZkNNNTRUMkdcsczq/view?usp=sharing>
- Open House : 5-04-215 <https://dl.dropboxusercontent.com/u/54985496/Suvidha%20Open%20House-150405.pptx>
- Light Music Programme - 5-03-2015 https://plus.google.com/photos/117291397490350207875/albums/6122968366850694321?authkey=CO3ujLHsqvPtC_A
- Spring Carnival - 15-02-2015 : <https://plus.google.com/photos/117291397490350207875/albums/6116679344584298001?authkey=CLXw0LrBxdCovwE>
- Ladies Picnic - 27-01-2015: <https://picasaweb.google.com/110142373058695926282/LadiesClubSrirangapatna150127?authkey=Gv1sRqCL3- 8mRpcGZwAE>
- Waste Management - 26-01-2015 <https://plus.google.com/photos/117291397490350207875/albums/6109271834004216833?authkey=CLPi0MiW4lbrqgE>
- Republicday Celebrations - 26-01-2015 https://plus.google.com/photos/117291397490350207875/albums/6109272081926882609?authkey=CKz0v4Sw9Y-3_gE
- Light Music Programme - 17-01-2015 https://plus.google.com/photos/117291397490350207875/albums/6105636160068792241?authkey=CPrijvP_0YP31gE
- Discourse on Upanishad : 11-01-2015 https://plus.google.com/photos/117291397490350207875/albums/6104225980469096433?authkey=CM7NieOc5Pmr_QE
- New Year Celebrations – 31-12-2014 <https://plus.google.com/photos/117291397490350207875/albums/6099384845647941521>
- 50th Wedding Anniversary of Dr Shekar 17-11-2014 https://plus.google.com/photos/117291397490350207875/albums/6082717539941833649?authkey=CNXLoJ_HnPvHMq
- Kannada Rajyotsava – 1-11-2014 <https://plus.google.com/photos/117291397490350207875/albums/6078045167637707377>
- Staff Sports – 25-10-2014 <https://plus.google.com/photos/117291397490350207875/albums/6076179498871069585>
- Divali Celebrations - 23-10-2014 <https://plus.google.com/photos/117291397490350207875/albums/6076363233510266001>
- Ayudha pooja celebrations – 3-10-2014 <https://plus.google.com/photos/117291397490350207875/albums/6065922506997420081>
- Gandhi Jayanthi – 2-10-2014 <https://plus.google.com/photos/117291397490350207875/albums/6065621288180490177>
- International Day of Older Persons – 1-10-2014 <https://plus.google.com/photos/117291397490350207875/albums/6065621728240223265>
- Beauty parlour, Library and Banquet Hall inauguration – 27-09-2014 <https://plus.google.com/photos/117291397490350207875/albums/6064320275129696065>
- Ground Breaking Ceremony – 26-09-2014 <https://plus.google.com/photos/117291397490350207875/albums/6063396405392137953>
- Rotarians from Rotary Cantonment - 25-09-2014 <https://plus.google.com/photos/108282941260356382969/albums/6063271329055857393>

➤ **Talent Corner:** Under this banner, we plan to introduce to our readers, the contributions of our Suvudha family members who have developed substantial special skill sets as hobbies. Hope you will all enjoy such presentation. 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.



Anthurium



Anthurium is a genus of about 1000 species of flowering plants, the largest genus of the arum family, Araceae. General common names include **anthurium**, **tailflower**, **flamingo flower**, and **laceleaf**.

The genus is native to the Americas, where it is distributed from northern Mexico to northern Argentina and parts of the Caribbean.

Description and biology:

Anthurium is a genus of herbs often growing as epiphytes on other plants. Some are terrestrial. The leaves are often clustered and are variable in shape. The inflorescence bears small flowers which are perfect, containing male and female structures. The flowers are contained in dense spirals on the spadix. The spadix is often elongated into a spike shape, but it can be globe-shaped or club-shaped. Beneath the spadix is the spathe, a type of bract. This is variable in shape, as well, but it is lance-shaped in many species. It may extend out flat or in a curve. Sometimes it covers the spadix like a hood. The fruits develop from the flowers on the spadix. They are juicy berries varying in color, usually containing two seeds.

The spadix and spathe are a main focus of Anthurium breeders, who develop cultivars in bright colors and unique shapes. Anthurium acherzerianum and A. andraeanum, two of the most common taxa in cultivation, are the only species that grow bright red spathes. They have also been bred to produce spathes in many other colors and patterns.

Anthurium plants are poisonous due to calcium oxalate crystals. The sap is irritating to the skin and eyes.

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

Eurasian Coot



Eurasian Coot

With the rain gods having been very kind to us in the last 6 weeks, our old friends, viz. Little Cormorants, Little Egrets, Pond Herons, White-breasted Kingfishers and Pond Herons, have started visiting our lake again.

A surprise visitor in the last week of September, who stayed in our lake as a temporary resident for over 3 weeks was an adult **Eurasian (aka Common) Coot (*Fulica Atra*)**. Between 32-35 cm from beak to its back (it is practically tail-less), this dumpy looking water bird has a white pointed bill and a white frontal shield on its forehead. Its peculiar scalloped toes, which help it swim quite well, are also characteristic. It is a waterbird found in tanks and lakes not only in the plains of the sub-continent but also in the Himalayas at heights of nearly 3000m.

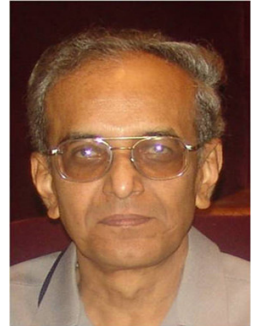
I think our visitor had come prospecting for a suitable site to build a nest which it usually does among matted reeds slightly above water level. But as it has now flown away, I can only presume that it has found a better (more secure) spot for its nest.

➤ Readers' Corner :

HOW TO BE SOCIALLY GRACEFUL?

Compiled by Dr. P M Chandrasekhara, Cottage # 75

Etiquette comes in different shapes and sizes. You have your dining Etiquette, work Etiquette, and even party Etiquette. Etiquette is, of course, simply put, minding your manners. But did you know that there are two ways of doing that ? One way is technical, the other graceful !



In Victorian England, social grace was so stressed upon by the upper classes, that there was little room for anything but precision and etiquette in an individual. Young ladies were especially extravagant in how they carried themselves. A tad too much, wasn't it? But what does grace mean today? Our understanding of 'grace' has certainly evolved with the times.

Being socially graceful is no longer just a feminine quality as it was presumed to be. It is quite the gentleman's quality also. Admitting a mistake, tendering an apology, acknowledging the presence of even most insignificant person around you, gives you power of grace. It takes the steam out of your critical? It is increasingly rare to admit to a mistake. The apology today is a hollow shell [*"I apologise in case any inadvertent offence has been caused or just "sorry"*]. Technical, but graceful. Lack of grace arises from the notion that being open to criticism and apology is a sign of weakness.

We have other options, of course. To kick ourselves or to keep justifying our actions. Both raise our guilt quotient, share of anger, blood pressure, cortisol [stress hormone] levels, leading to mental and physical ailments.

Or we can say "sorry" and open a whole inner world of improvement and healing, as also calmer environment for others. In our inner-world, promises while around in the head like leaves in the wind. I promise to be a better person. I promise not to let you down again, I promise to be kind, good, thoughtful. Then, the mind quietens and grows luminous like the early-morning light. My promises awaken the promise in the universe. I move forward with an Einsteinian resolve to be a person of value rather than a person of success.

An apology is an offshoot of grace. And we need to extend this grace to one and all. To say "sorry" does not demean us, it charts a better, kinder way of being. Kindness is not just a philosophy for the mind and spirit, it is also a configuration of living health, a miracle medicine. It raises the tender-loving-caring hormone oxytocin in the brain and body; it helps the heart function better. It lowers inflammation, decreases pain and reduces the effect of the disease. The soft power of this "sorry" lowers stress and strengthens our immunity. The apology comes from a part of us that wants to make things right. That's the part that we need to grow. Imagine creating a beautiful environment in which every resident looks forward to waking up each morning. Imagine being so caring that we'd have no cause to apologise.

Once, Buddha was walking on the beautiful beach of Ullal. He did not stumble on anybody's outstretched legs. When he ran, he did not kick sand in the faces of those sitting and enjoying the sea breeze. He created no occasion to say "sorry" because he cared enough to live and move in full awareness.

Grace has always been beautiful, but beneath its delicate charms lurks a steely power. An American singer Emmylou Harris once said, "*There's a certain grace in accepting what your life is and embracing all the good things that have been – but there's still an exception of good things to come. Not necessarily what you expected*"

Social grace is a must-have skill to-day. The focus of social grace has changed over the last century, recently with an emphasis on business etiquette and international protocol. Dressing smartly alone does not account for social grace anymore. It is more intangible things like holding doors open for someone, abiding by traffic rules while driving, not making people wait for you, not talking loudly on a phone call, not getting over drunk at a party...

To-day, with new age work culture demanding smooth etiquette, both men and women benefit from attending short certification courses, induction sessions, and soft skills workshops that help in brushing up their skills. There are varieties of responsibilities that modern-day work environment demands and dictates from both employers and employees. At work, corporate etiquette plays a role in developing stronger relationships as well as avoiding negative conflicts of any kind.

“He replied without a hint of hesitation. “ I am not pulling the cat’s tail. “I am just standing on it. He is the one that is doing pulling”. Most of us are pretty much like this little boy, ready at the slightest pretext to lay the blame on someone else. This habit of passing the buck can alone single-handedly reveal the lack of maturity in a person. Mature people do not fix the blame on others, rather they take the blame on themselves and look to remedial actions. This is the core of maturity. Life’s journey might derail sometimes or meet head on with some obstacles at other times. A mature person realises this and is not abashed by it. He uses such crises as catalyst for personal growth and not as an outlet to point fingers at others. The acid test to maturity lies in this ability to connect with his inner self and to be true to his innate human nature that calls for honesty and kindness, generosity and helpfulness, work and sharing, love and friendship, prayer and goodness to all. A tall order, for sure?. But one that will aid in scaling the mountain of maturity. As Marya Mannis rightly said, “The process of maturing is an art to be learnt, an effort to be sustained. By the age of 50, you have made yourself what you are, and if it is good, it is better than your youth.

We live in a world where war of words is rampant. It is no more an isolated incident to see men tearing at each other verbally. Gone are the days where quick wit was put to good use. To-day, man uses the gift of gab frequently for harmful ends. Unpleasant sarcasm, rude references and unkind inferences are often smeared in daily conversations. The proclivity of hurling insults at others is seen as a sign of strength. And if one does not counter-attack such criticisms and negative feedbacks instantly and impulsively, it is construed as a mark of meekness. In such a scenario, sour and scornful words of any kind against a person is severely looked upon and dwelt with no uncertain terms. Indeed, those defaming another unjustly need to be checked and rightly corrected. Yet, the manner in which this is accomplished is a fine art and much care ought to be taken in dealing with denigration. This ability to handle insults and abuses in an unruffled manner is perhaps the test of a real gentleman. When a man sees past irrelevant insults aimed at him and takes lightly on the unfair offender he becomes a fine illustration of a true gentleman. None in the history of the world is as popular as Abraham Lincoln, the 16th President of United States of America, to exhibit this trait of a gentleman to endure insults in a generous spirit. As the newly elected president of America, he stood up for his first presidential address. When he was about to begin, one of the aristocrats in the senate got up and said: “Mr. President, you should not forget that your father used to make shoes for my family”. The whole senate laughed thinking that they had made a fool of Abraham Lincoln. Yet, Lincoln with his usual humility looked at the man and retorted, “Sir, I know that my father used to make shoes for your family and many others here... He was an unmatched cobbler who put the heart into his work. I want to ask you, have you got any complaint?. If you have any complaint, I can make another pair of shoes, because I too am a good cobbler. But I know that nobody has ever complained about my father’s shoes and so I am proud of my father and my lineage!. The whole senate was speechless.

The human habit of snapping at someone, i.e. saying something in a tad abrasive way, tinged with asperity during a serious meeting, is a commonly witnessed phenomenon these days. Apparently in such scenario, it isn’t surprising to see people sliding into this snappy mode, snapping at virtually everyone around. Ironically, people bearing the maximum brunt of these onslaughts are those closely related to them. These snap-happy people can be pigeon-holed in two particular categories. The first comprises those who have in them a rather benign case of snapping. Their innocuous snapping is seen only in spurts, which does not stay longer. May be it’s their emotional upheavals, stemming from the angst over completing the day-to-day tasks, which tries sparking these snappy spasms in them. But that would be only for a few fleeting moments. Hence, their snappiness can be condoned, as none can be expected to be in a perpetual composed and collected frame of mind. But there is that second category of pathological snappers for whom the habit of snapping is something inherent. These grumpy lots are those spite brands, spewing brimstones and snapping at just the drop of a pin. They simply are unable to utter even a single syllable in a refined, polished and polite manner. . Why are these crabby-minded folks suffer from such a chronic case of snapping ailment?. Maybe their bottled-up frustrations, some failures, disillusionment, discontents, etc. which would manifest as snappy outbursts.

The criticism from these people falls into two categories – the constructive kind that aids improvement and the destructive one that is fault-finding. There exists a queer satisfaction that comes from observing and analysing the shortcomings of others. It breeds a sense of superiority and smugness and once this keeps happening, it is difficult to stop.

Many times what we fail to realise is, by not letting go of certain trifle matters, we’d be inflicting mental pain on ourselves, besides incurring some irrevocable losses. May be it is our swollen ego, may be to show off vocal prowess; tenaciously try clinging to certain petty matters, by arguing untiringly, frittering colossal time and energy. This not-letting-go attitude, we see it on several occasions. Well, it’s time we realised this attitude of aggressive holding onto mindless issues/ matters could be quite self-destructive, somewhat similar to nursing an exacerbating canker! For once our mind is polluted by anger or agitation, it’d not only destroy our inner peace / happiness, but even of those closely related to us.

The idea of 'grace' differs across cultures, but the core values of social grace remain the same. No matter where you are, it is important to remember the simple rules; to patiently listen without interrupting, to discuss without arguing, to have the heart to forgive, to embrace and value differences, and importantly, to be grateful. These simple powerful truths go a long way in not just defining your personality, but helping you develop better relationships with colleagues, family and friends. Overall, let's think less and feel a little more. As the Italian writer-actor Luciano de Crescenzo said, "We are like one-winged angels. It is only when we help each other that we can fly".

How to be Socially Graceful?

- At a formal party?. Have a peg or two but no more. Drinking together can be fun only so long as you can count your fingers, walk straight, and not yell madly.
- Made a mistake at your office?. Accept it. There is nothing more professional than that . Everybody makes mistakes. Only the strong have it in them to accept it openly and correct it. Your critics can no more taunt you with what you openly agree to?.
- Travelling on a bus or train?. Make it a point not to yap non-stop over your phone. Your co-passengers are not deaf, and they certainly won't appreciate it no matter how important that call may be for you. Inform the person on the other end that you are travelling and that you will discuss whatever it is once you reach your destination.
- Contemplate : What makes me rude and hostile?. What do I gain?. Is it worth my health?. Reflect in a self-understanding, non-self-berating way.
- Resolve: I allow myself to be reborn today. If I hurt others, may I find the grace to apologise. If people hurt me, may I find the grace to forgive. I promise to be mindful of all that I say and do.
- Ensure that whatever you say or do helps heal, build, inspire – never destroy-another's spirit.
- Memo : No community living, no family, no team can be healthy and happy with a toxic member smouldering in the midst.

Acknowledgement : Meera Seshadri : Leela Ramaswamy : Dorothy Victor : Meera Viayann: Bharat : Shalan Savur :

-oOo-

➤ **Door-Delivery Service Providers for Suidha :**

- **Religare Medicals:** Register with Religare to buy **your medicines**. Senior citizens get 10% discount. Contact : 080-22956228 / 29
- **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

@@@@@