



Courtesy – Meena – Cottage 90

SUVIDHA NEWS
SUVIDHA - Where the good life gets better

Volume Number: 6-03

For Private Circulation Only

Date: 15-03-2019

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

Dear Suvindhites,

We missed the bus last month. News letter didn't see the print. It's because of me. I was travelling outside our country and could not respond to the publisher's call. I am extremely sorry for this.

We had our open house session on 3rd of this month. And very important topics were discussed requesting SHs to come out with suggestions to tide over the situation. As suggested by majority of SHs we requested our Tax Consultants to prefer an appeal in the Service Tax case. The Consultants have assured us of positive response from the Central Tax Department. Let's keep our fingers crossed. The proposal to set up a music system around the lake was dropped. The sponsor of the project was gracious to withdraw the sponsorship as he wants Suvindhites to lead a life of peace and harmony and doesn't want differences amongst us. The Management thanks him for his magnanimity.



It's nice to see our seniors taking the walking track in the Central Park. We are doing up the landscaping there, which is turning out nice.

I have sent a clarion call at this hour of need. Let's all be united and move forward.

With best regards,

C. B. Prabhakar
Managing Director

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

➤ Suvidha Events:

🚩 26-01-2019: 70th Republic Day Celebrations at Suvidha

Our Nation's 70th Republic Day was celebrated with pomp and glory. Group Capt. (Retd.) Shamanna S Kurpad was the Chief Guest. His Key Note address was enchanting with the recollection of his participation in 1965 and 1971 wars with our neighboring country. It really gave colours to the Republic Day. Thanks to Group Capt.

Here is the link to photos taken on the occasion. <https://photos.app.goo.gl/8RPvemxgwrrEyyDK6>



After the flag unfurling ceremony, Mrs. Vasundhara and Mr. B Shivananda Aradhya of Cottage # 20-21, celebrated the birthday of their grandson Master Bilva Abhi Aradhya in our grandly decorated Club House. A very gripping and breath taking Magic Show by Magician Mr Rakesh was arranged to entertain the audience. This was followed by Greetings and Cake Cutting by Master Bilva. Thereafter a sumptuous lunch was served with a wide spread of choices. All in all it was a grand function and Master Bilva received heaps of hearty blessings.

🚩 17-02-2019: Demonstration / Workshop on Ayurvedic Remedies

This program has been organized with kind assistance from Dr Yellappa Reddy, under the auspices of the Bangalore Environment Trust (BET).

Dr Anjaneya Murthy, along with his team from Abhi Ayur Holistic Healthcare and Research Center, consented to conduct the demonstration / workshop on "Everyday herbal and Ayurveda Remedies for minor ailments". The program was well attended by most of the residents.

This individual consultation took place after the general lecture/demo. Those interested in consulting the Ayurveda specialists were requested to keep their personal details ready. Some residents came forward to use this facility.

🚩 03-03-2019: Open House Meeting

An Open House Meeting exclusively for Share Holders was held on 3rd of March 2019 at 11.00 AM at Banquet Hall Suvidha. Since the agenda included major policy issues, the Tenants were not invited to this meeting. The following major items were discussed:

1. Imposing of Service Tax of around Rs 1.70 crores on Suvidha.
2. Receipt of Police Notice from Kaggalipura Police Station with regard to 27 acres of land.

All the Share Holders were requested to take part in the deliberations and give their valuable suggestions to take decisions on the issues concerned. The background of each issue was explained by MD and other Directors in detail and suggestions were sought. In view of the nature of these issues, a task group of directors and other senior shareholders conversant with these issues was formed to chalk out the plan of action.

Fixing of low decibel Music System around our lake was dropped by the donor, Dr. KS Shekar as many of the residents were not in favour of the system. However we thank him for his generous gesture.

➤ **Suvidha On the Move:**

a) **Maintenance Committee:** Convener – Mr. SM Subba Rao

The Maintenance Committee has undertaken the following works since its formation. The Technical Committee was consulted periodically during the execution of these works.

1. Road repairs

The TC identified the areas/stretches where the conditions were the worst in terms of ease of walking, comfort in traveling by buggy and wear and tear on the buggy. The Board had sanctioned an expenditure of upto Rs. 200000 for this Financial Year. The work was completed by employing casual labour under the supervision of Mr. Prasad. The actual expenditure was approx. Rs. 177000.

2. Repairs to compound wall

As residents are aware, the compound wall on the eastern side was damaged recently by a herd of elephants. This had to be rectified urgently (meaning no budget) and here too it was decided to carry out the repair using casual labour under the supervision of Mr. Prasad. We had to build anew a total of 6 panels of wall. The cost incurred was approx. Rs. 49000.

3. Water-proofing of STP

The STP was commissioned on Gandhi Jayanti day in October last, after an expenditure of approx. Rs. 9 lakhs. However, leaks started to appear soon after. A complete strip-down exercise was then initiated to identify the weak spots and reinforcing coats of water-proofing were applied. This entailed further expenditure of Rs.6 lakhs. The work has now been completed and the plant is in continuous operation.

b) **Office Management Committee** – Chairperson – Mrs. Prathima Shetty

Soft Skills Training for Suvidha Staff: In December 2018, the Office Management Committee devised a program to train all our staff in "Soft Skills". Soft Skills are valued because they enable people to function and thrive in teams and in organizations as a whole. The program was successfully conducted in January 2019. The response of staff was very positive. The details are as under.

Keeping in mind our needs, three Soft Skills were identified. They are - Communication, Positive Attitude and Teamwork. Each staff member was trained in three sessions of one and half hours each by our Resident Shareholders with rich educational and working experience. The sessions were conducted in Kannada with not more than twelve members in each session to facilitate individualized attention. A total of over 60 staff members were covered in this program.

Our three in-house trainers were:

Mr. SM Subba Rao (for Communication), Cottage 139
Ms. Satya Prabhakar (for Positive Attitude), Cottage 119
Ms. Gayitri Handanahal (for Team Work), Cottage 185A

All the staff were fitted into 5 groups, looking to the convenience of the administration of Suvidha, as also of our residents and the trainers themselves. The trainers made use of videos, games, role-plays as also classroom instruction. The sessions were invariably held from 3.30 pm to 5 pm, so as not to dislocate the daily work of the Village.

- **The program could not have been implemented without the active and cheerful participation of our three trainers, Mr. Subba Rao, Mrs. Satya P, and Ms. Gayitri H.**
- **We also acknowledge the support of Ms. Latha Gopalakrishnan who helped with the Team Work sessions.**

- We are extremely grateful to all the Chairpersons of the Committees for freeing their staff to undergo training as per schedule and help us in this effort.

While the training was a fair success, there is still much to be done - not all employees were able to attend all sessions due to exigencies of leave, work, etc. Another training session may be required to cover those who missed out. Also, there is a need to review and collect feedback from Staff on changes required in the training and gains accrued. That is an exercise to be taken up at a later date!!

c) **Housekeeping Committee** - Chairperson – Ms. Gayitri H

- The Housekeeping committee which is also in charge of waste management and water conservation had a fruitful February.
- While housekeeping duties and cottage allotments are going on smoothly a new lady has joined the staff members. We will be appointing a couple of ladies soon to augment the present numbers.
- We have successfully completed installation of one large waste composting bin behind the Cafeteria kitchen and 3 similar but smaller bins in the pilot area near Cottages 100 to 119.
- Housekeeping and landscaping staff have been instructed in the optimal use of these bins for composting kitchen waste and dried leaves. All the bins are being utilised properly.
- Following their success we plan to emulate the same all over Suvidha in the coming months. Water conservation continues to be a challenge and we hope to come up with a detailed plan for the same in the near future.

d) **Solar Project in Suvidha** – Reviewed by Prof. R. Sankar

Dear Subscribers to the Suvidha Solar Project,

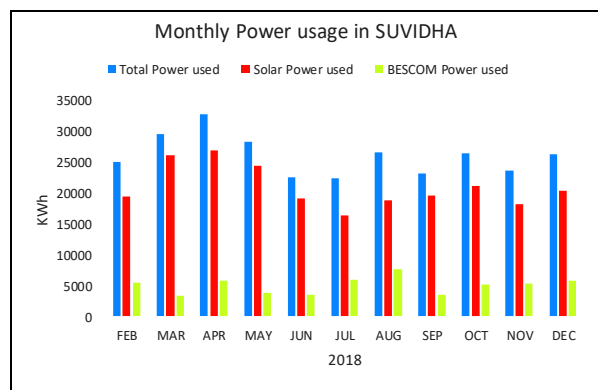
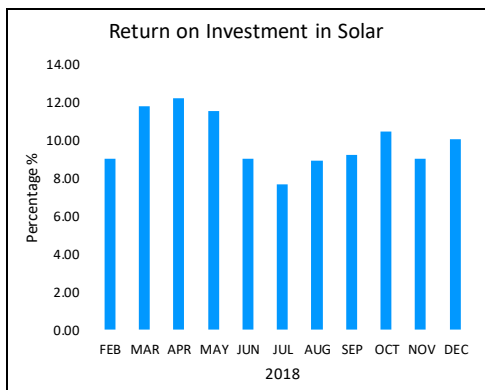
I wish you all a very Happy Pongal / Makara Sankranti / Uttarayana Punyakala.

I take this opportunity to inform you about the performance of our Solar setup which was activated in February 2018 and it has functioned satisfactorily from then on through the whole year. During the last year 80% of electricity usage in Suvidha was supplied by our Solar setup. Also all those who invested in the Solar Project, including the company, got a return of 10% on their investment.

The detailed month wise breakup is shown in the bar charts below.

With best wishes again,

Prof. R. Sankar

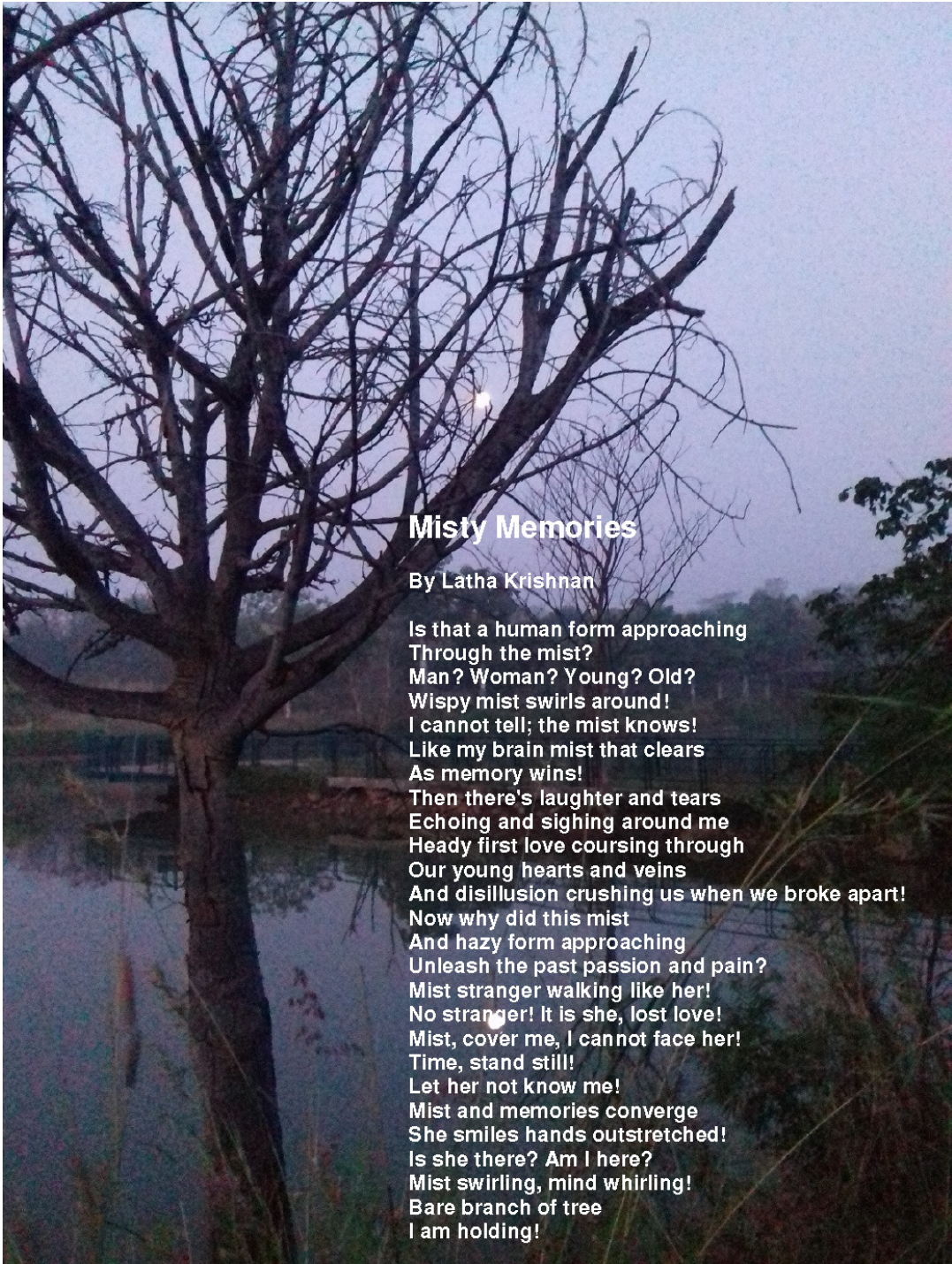


➤ **Suvidha Cottage Info:**

Many shareholders requested to include information about the cottages that are available for rent as well as for second sale. Accordingly the Suvidha office has brought out four tabulations that enumerate the required details as on 10-03-2019. Click on the link below for details:

https://drive.google.com/file/d/1g7kGEjPzwI8RZEU6k0M_i9houi5KcBtJ/view?usp=sharing

➤ **Suvidha Reflections:**



Misty Memories

By Latha Krishnan

Is that a human form approaching
Through the mist?
Man? Woman? Young? Old?
Wispy mist swirls around!
I cannot tell; the mist knows!
Like my brain mist that clears
As memory wins!
Then there's laughter and tears
Echoing and sighing around me
Heady first love coursing through
Our young hearts and veins
And disillusion crushing us when we broke apart!
Now why did this mist
And hazy form approaching
Unleash the past passion and pain?
Mist stranger walking like her!
No stranger! It is she, lost love!
Mist, cover me, I cannot face her!
Time, stand still!
Let her not know me!
Mist and memories converge
She smiles hands outstretched!
Is she there? Am I here?
Mist swirling, mind whirling!
Bare branch of tree
I am holding!

➤ **Suvidhites in News:**

Suvidhite with Sir David Attenborough

Our resident naturalist Mr. Sarath Champati (Cottage # 115A) and his associates have produced a film on Karnataka's bio-diversity. For post-production work they were in London where they had the great Sir David Attenborough do the voice-over (narration). Here are Mr. Sarath (third from left, for those who have not met him) with his lifelong hero, who they honoured by presenting him with the "Mysore Peta".



➤ **Suvidha Birds & Butterflies:**

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



LITTLE RINGED PLOVER

The **Little Ringed Plover** *Charadrius dubius*, measuring between 14-17 cm from beak to tail, has a thick head, a black band around the neck, bare yellow legs and short, dark pigeon-like bill. Both sexes look alike. The species is distributed throughout the sub-continent up to about 1500 m in the Himalayas and in Sri Lanka and Myanmar.



The species is generally found in mudflats, shingle banks and sandpits by water bodies, feeding on insects, sand hoppers, tiny crabs, etc. Its nesting season is mainly March to May.

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

COMMON HEDGE BLUE

Common Hedge Blue *Acytolepis puspa gisca* with wingspan between 28-35 mm is widely distributed in the sub-continent and in Myanmar and Sri Lanka. Although recorded up to altitudes of around 3000 metres it seems more at home in the foothills. In the south it tends to prefer forested areas and the undergrowth of bushes. A weak flyer, it flutters with feeble wingbeats, settles often and does not fly far or high.



➤ **Readers' Corner :**

The Muṇḍaka Upaniṣad

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

Muṇḍakopaniṣad (Muṇḍ.Up) Continued from last News letter.

Having covered the first two chapters of the Muṇḍakopaniṣad (Muṇḍ.Up) in the earlier two issues, we now continue with the first section of the last third chapter of the Muṇḍ.Up. This third chapter summarizes the contents and lessons learnt from the earlier chapters and is not as large as the other two chapters.



The very first verse of the first section of chapter three starts with a beautiful imagery of two birds who are always together, sitting on the same tree. One of them eats the fruits of the tree, while the other just looks on without eating (dvāsuparṇā sayujā sakhāyā samānam vṛkṣam pariśasvajāte, tayoranyaḥ pippalam svādvattyanāśnanyo abhicākaśīti). This verse is pregnant with hidden meanings.

The two birds represent the individual self and the absolute Self. They both occupy the same tree (body) and are always together. One of them (that is the individual self) eats the fruits of the tree, which means that due to its ignorance of not knowing its true nature, it lives in the world believing it to be real, and enjoys the various joys and sorrows (fruits) brought about by its own karma. The other which is the true Self and which is not different from the other self but which it (the self) does not know due to its ignorance, stays as a witness and merely looks on without participating in the experiences.

The third verse then exhorts the learned one to shake off his/her ignorance regarding the highest truth and to get rid off both dharma and adharma in order to reach the enlightened state. This is no easy path and needs constant and prolonged practice of truth (samyagjñānena) through complete self control over the senses (brahmacharya). Verse six lays down the golden principle of adherence to truth. It says: Truth alone wins and not untruth, through adherence to truth one lays down the path called devayāna (path of the devas); it is through this path that the ṛṣis ascend to that highest region where exists the supreme treasure which is attainable through adherence to truth: (satyameva jayate nāṅṛtam, satyena pantha vitato devayāna; yenāṅṛtam tyṛṣayo hyāptakāmā, yatra tatsatyasya paramam nidhānam).

Some of you will recognize the phrase "satyameva jayate nāṅṛtam" which is our national motto and is engraved at the base of the national emblem which is the Ashoka cakra. The emblem and the words "Satyameva Jayate" are inscribed on one side of all Indian currency notes as well. So if any of you have failed to notice the national motto so far, you can now check any of your currency notes and you will see the words 'satyameva jayate' inscribed under the emblem. More than anything else we realize that in the philosophy of the Upaniṣads high value was attached to adherence to truth. The word 'sat' denotes both existence as well as truth in Sanskrit and the Upaniṣad plays on this double meaning by equating the one with the other. It is also significant that Gandhiji after talking about God as Truth did a U-Turn and came to the realization that Truth is God. One consciously and subconsciously realizes what Truth is, but since no ordinary person has seen God, the equation God is Truth is less meaningful than the phrase "Truth is God". So now you know that this important phrase which is our motto is taken from the Muṇḍ.Up.

Verse seven and eight mention the characteristics of Brahman and assure one that Brahman can be realized in this life itself while embodied. This is called jīvanmukti and this is perhaps the only world religion which advocates attaining mokṣa/liberation while living in the world and not post-mortem. Verse eight proclaims that this Brahman can only be realized through meditation which can only come about when the mind is purified through intellectual inquiry (jñānaprasādena). There are two more verses in this section which talk about the benefits that accrue when there is realization of the ultimate.

The second section of the third chapter begins by pointing out the difference between a wise person and one who is carried away by the attractions of the world. The third and fourth verses assert that the Self is not to be attained through

theoretical knowledge or by constant questioning or by one lacking in strength and courage. It is a constant seeking of the truth that will eventually result in the goal. After reiterating these truths in verses 5-7, the eighth verse mentions the state of that one who has attained liberation. It runs as follows: “Just as rivers flowing towards the ocean become indistinguishable from each other, abandoning their respective names and forms once they reach the ocean, so also the individual self, having attained supreme knowledge, becomes one with the Absolute freed from name and form” (yathā nadyaḥ syandamānāḥ samudre’sam gacchanti nāmarūpe vihāya, tathā vidvānnāmarūpādvimuktaḥ parāṭparam puruṣamupaiti divyam).

The last verse (II.2.11) of the Upaniṣad concludes by saying that Rṣi Aṅgiras taught this truth in days gone by. It also cautions one who is not ready for this great teaching to desist from following the teaching in the Up. till such time as he/she is fit to receive it. This is like telling a student who applies for graduate studies at the University to answer the question as to whether he/she is ready for the rigorous teaching that will be imparted at that stage. In this case also the disciple/student needs to have the aptitude and also the requisite preparation to pursue this spiritual teaching.

The Muṇḍakopaniṣad thus concludes its profound teachings regarding the ultimate Truth and the preparation one needs to have before embarking on this rigorous journey.

@@@



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

Chapter 2

Five minutes to a mega memory

In five minutes you can learn how to memorize a list of 30 items so efficiently that you can not only read it back from memory, but also read it backwards! Using a simple, easy, right brain technique, you can burn the items on that list so deeply into your memory that you'll *still* be able to recall them days, even weeks later. Of course it sounds impossible, but you can do it. And if you learn to memorize thirty random items, you can surely memorize any list anybody is ever going to hand you.

Test your memory here

But first, let's test your memory as it is now. This will give you something to compare your new skills with – and to prove to you, absolutely, that right brain techniques really do improve your memory. So let's see how you get on learning the list the old way. Most people are taught that the way to learn something is to repeat it over and over. You repeat it until brain goes into meltdown, then you repeat some more. The theory is that if you repeat it often enough it sticks.

Sit down now and memorize the list of thirty items any way you like. It will take less than five minutes to memorize the list. When the ten minutes are up, go off and play a game for half an hour and enjoy. Rest your mind. Then after half an hour, come back and test yourself, writing down as many of the items as you can remember. Make a note of how many you managed. Do all that now before you read on.

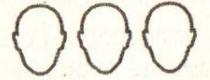
The new way to remember

However awful your memory just proved to be, you can improve it dramatically by using a *different way* to memorize that list. The new way is going to be a lot easier than the old, a lot more fun than the old and interesting thing about this new way is that it isn't all that new. It dates back to the days of the Greek poet Simonides, who lived more than 2,500 years ago.

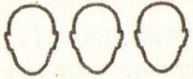


Simonides was very popular with the aristocracy of his time and on one occasion he was invited to attend a victory banquet. It was a very large and boisterous affair, two facts which contributed to the collapse of the floor in the banquet hall. Fortunately Simonides was called away just before the collapse. He returned to a scene of horror. Not only were hundred guests killed, but their bodies were so mangled and mutilated that they were completely unrecognizable. Simonides was asked to help identifying who was who. It looked almost impossible.... Until Simonides suddenly realised he could do the job by remembering where each guest had been sitting.

Never one to waste an interesting experience (however gruesome) Simonides began to wonder if he could turn his discovery into a memory system. It occurred to him that if he could visualize a place in detail, he should be able to imagine items set about that place which should make them easier to remember, exactly like the names of the mutilated corpses. For convenience, he would often visualize a series of places around his house. He would imagine the items on his list as being stored in the various specific places, such as in a



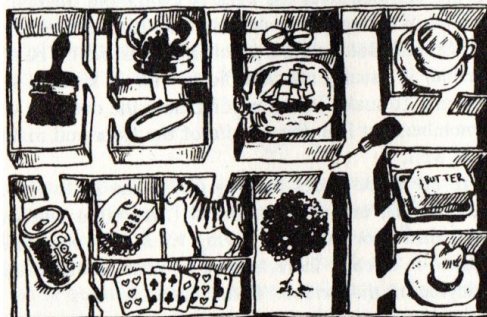
particular cupboard on a particular table, so that when he needed to remember them, he would simply visit the places in his imagination and “see” what had been stored there. It sounds a bit daft, but he tried it and it worked. It worked so well that many of his fellow Greeks started to use the system. It was later taken up by Romans, who used to remember various points in making a speech. That is why, to this day, you still hear speakers using the phrases “in the first place” and “in the second place”.



In Medieval times, magicians went in for lengthy rituals. They believed that if you got a word out of place, something terrible would happen, so a good memory is very important to them. They grabbed hold of Simonides’s system and taught it as one of the black arts, the Secret Art of Memory. The imaginary place they used in their system was called a *locus* – or loci if they had more than one.

Improve your memory here

Imagine your own home. That’s to say, make a picture in your mind. Visualize your home the way you are standing outside your own front door. Try to visualize it as vividly as possible noting the colour of paint, the shine on the brass knocker and so on. Let’s suppose you go through a glass conservatory to get to the front door. Place the *deck of cards* here. Next you step into your front hall. Here you place the *quartz crystal*. There are three doors leading out of the hallway, one right, one left, one straight ahead. Turn right and walk through the door into your living room. Leading from the living room is a door to the kitchen, where you place the *zebra* standing on the kitchen table. One of three doors out of kitchen leads to a walk-ladder where you leave the paper clip. Getting hang of it? Change the examples above so they fit real house. Then, as you move through your home locus, just imagine the various items on your list in the different rooms. Make your mental picture *dramatic*, make it *amusing*. Try to see the specific items in the most appropriate way. So go all the way through your home and all the way through your list until you placed all thirty items. Now comes the moment of truth. Put the list away, take a piece of paper and visualize yourself walking through your home and write down the various items you have placed there. That’s some going for a beginner !



To be continued..

Acknowledgement : Abridged version of the book “Memory” by Herbie Brennan 1977 :published in UK by Scholastic ltd. : Reprinted by Scholastic India Pvt. Ltd. 2011.

-oOo0oOo-

ANNEXURE - 1

➤ Door-Delivery Service Providers for Suidha :

○ VEGETABLES

- **Healthy Farm Fresh:** For vegetables and fruits: Contact: Mobile: 9632488467 / 9632389467. You can order your requirements on their website also. Website <http://www.healthyfarmfresh.com>
- **BigBasket:** For your groceries, Vegetables, fruits, House Cleaning products etc., order online at www.bigbasket.com . All details are available on the website.
- **Kamruth Organics:** Organic fruits , vegetables, milk and milk products, other organic grains and millets. Contact person Mr. Chetan. Mobiles :9886148612 / 9480914769 for your requirements.

○ MEDICINES

- **Religare Medicals:** Register with Religare to buy your medicines. Contact: 080-22956228 / 29. Senior citizens get 10% discount.
- **Shantha Pharma:** For supply of your medicines to your door-step, contact 8867781822 / 9986003614. The shop is located on Kanakapura Road about 5 Km from Suidha. Senior citizens get 10% discount.
- **ASSISTED LIVING SERVICES –** Refer Annexure-2 also for more details.
- **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
- **Beautiful Years Koramangala -** Mobility Aids, Making homes elderly friendly (Toilets, Alarms, Cameras, Non-Slip coatings, Bathroom Modifications and Grab Rails etc. Tel: 08069400333, 9986928141(Saurabh and Pavitra): Website: <https://www.beautifulyears.com>
- **Pavan Surgicals -** For BP Monitors and Mobility Aids, Wheel Chairs - Manager (Naveen) Tel: +91 9844682309
- **Anand Diagnostic Laboratory:** Very reliable; Bowring Tower # 54, Bowring Hospital Road, Shivaji Nagar. Bengaluru -560001. Email: Info@anandlab.com ; enquiry@anandlab.com ; Check for details Website: www.anandlab.com ; For Home Visit: contact Ms.Violet – mobile 9449866287

○ TRANSPORT

- **Special-Needs Taxi Services:** It is only to be seen to believe it. Please visit website for complete details: www.kickstartcabs.com – or contact Tel: 8105600445
- **Balaji Taxi Services –** Reliable taxi services are being provided by this agency. For booking and other details contact – Mr. Srinivas – Land line 080 50771881, Mobile – 9845365245
- **Nandi Taxi -** Mr Ravi Gowda. Tel: Cell & Whatsapp: 09980451515
- **Auto Riksha Services –** Reliable Auto services are being provided by Mr. Narasimha Raju. For booking and other details contact – Mobile: 9900327822 / 9980627163

○ PEST CONTROL

- **M/s. Maker Pest Control:** They can provide pest control services at your cottage. For details contact at Ph.No. 080 26608519, 9886743177 ; Email - makerpestcontrol@gmail.com

ANNEXURE - 2

List Of Healthcare Providers In Bangalore

PROVIDER	Contact Details	Registration Fee	Attender Helper	A N M Trained Nurse	Qualified Nurse	
Spandana	Ms. Sunanda / Ms. Ratna : 9845803616 : 080 25531122 / 23	One year Rs. 15,000 to 35000	Rs. 15,000/pm	Rs.17000 To 35000		Long term Satisfactory service
SUMUKHA	Mr. Narayanaswamy 9880024265 : 080 22441963		Rs. 1000 – Rs. 1500 per day		Rs. 2000/ day Rs.40 to 45000/ month	Immediate service
Portea	Mr. Tausif 080 42734996 : 18001212323 [IVRS]		1200/ Male 1100/Female	1350 to 1450		
Lakshmi Home care	Lakshmi : 7338204385 9844968809 Mr. Manjunath 9741712857	750/week 3000/month 36000/Year	600/day 18,000/M	700/day 21,000/M	Rs. 1000/day	
Zoctra.com	Ms. Pryanka 9152432219		600/900 18-27000/M	Rs.1200 – 2000/Day Rs.55,000/ Month		
Ashwini	Mr. Sunil 9972201432 Ms. Anitha 994583545		1000/24hr duty 16000/Month	1800/day 40,000/ Month		Immediate action
Sagar Healthseva	Ms. Prabhavathy or Vipin 9886543235: 080 41710009	3,000	800/24hr 18000/M	950/Day 25 -30000/ Month	45,000/= Month	Immediate action
Esha Saraswathi	Ms. Hamsi : 9663701126 Ms. Kavitha 9945369185	10,000/Y 5000/6M	750.Day 15,000/M	17000/M	25000/M	
Nightingales	Ms. B L R Aishwarya 41410029: 18001035530		25000/M	Rs. 2000 to 2500/ 12Hrs 4000/ Day		
Apna Care	Ms. Bhavya /Ram 080 30752584		750 - 859 / day 20- 22000/ Month		Rs.35000/ 12hrs duty Rs.52000/ 24hrs duty	
Health Heal	Mr. Rohan / Mrityunjay 9629416503 : 080 23293333	To Sign Agreement	600/day 18000/M	1000/D 30,000/M	1400 to 1500/Day	Provides Med. Equip : Lab test

****@@@****