

THE SUVIDHA REVIEW

SUMMER, April 2023



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EDITOR'S NOTE

Here we are my dear Suvidhaites – back with your favourite news and views provider TSR! The Indian Summer is progressing in all its heat and splendour in Suvidha. While air conditioners hum in some cottages, Suvidha is currently clad in different flower costumes all along the streets, slopes and lakeside. Bees and butterflies, birds and animals, and us, the folks of Suvidha are all in good spirits in spite of the heat. Festivals, picnics, and the company of each other when we walk, sit around and talk, do yoga, dance the Zumba, and sing Bhavageethe or Bhajans, keep us all entertained and looking forward to each new day.

This issue offers you a wide variety of reading material and information. While there is no grandkid to display his/her talent, we have a report on the achievements of the son of one of our shareholders. While Kala Sunder takes you to the onion domes of Moscow, and Latha Krishnan takes you to Vagamon, Geeta Jaisim takes us along on their picnic to Dhatri Vana. A visitor tells us about her visit to our Suvidha!

Please send in your feedback about this issue and your contributions too. Let us make our TSR more vibrant!

Happy reading!

Latha Krishnan

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ABOVE: A beautiful Leopard Orchid at the Vagamon Orchidarium, Kerala

COVER: A rose flower at the Floriculture Project in Vagamon (see page 6)

PHOTOS: J GOPALAKRISHNAN

Dear Fellow Suvidha Shareholders and Residents,

At the outset, I would like to thank all of you for your overwhelming support and trust in the current Board of Directors and passing the agenda of the recently concluded EGM with a huge margin. I would like to also thank all those who participated in the Open Houses we conducted at Suvidha to discuss important issues affecting our lives here. Thank you for believing in me not only as the Managing Director of Suvidha, but also as a committed professional architect in planning and executing the shifting of the Health Centre to the Club House building. I assure you of mine and the Board's sincere efforts to resolve challenges and make life in our Village more comfortable.

I am also glad to inform you that we have signed an MOU with St. John's Hospital, Bangalore. This MOU will facilitate better healthcare services for the residents of our Village. Our nurses in Suvidha Health Centre will receive 24/7 professional support and a doctor's guidance, whenever necessary.

We had several interesting and well-attended events this quarter including Republic Day, Ugadi, and Ram Navami

festivals as well as informative sessions for staff and residents. You can see reports and photos of them in this issue of TSR. All the various committees are putting in serious efforts to make life in Suvidha vibrant and pleasurable. There have also been meditation sessions, picnics, discussions, sharing of travel experiences, religious functions,

movies and more to keep everyone active, which is the hallmark of an ideal senior citizens community.

Suvidha itself is providing the ideal background for all the activities with an abundance of flowering trees lining our avenues and splashes of colour everywhere.

Together let us take care of this slice of heaven that is ours! Let us make Suvidha Retirement Village the best of its kind! After all, this where the good life gets better.



Wishing you all a great Summer ahead.

Venugopal Shetty

Suvidha - Trees and Avenues

Ratnagandhi Avenue

Ratnagandhi Avenue starts at Cottage 124 and ends at 115C. The areas by the side of the street between 125 and 115 and further ahead is colourful with orange, red and yellow peacock flowers and green parrots who visit them every morning and evening for their delicious seed filled pods.

Ratnagandhi is the Kannada name for the Peacock flower or *Caesalpinia pulcherrima*, which is seen in the tropical regions of the world. The flowers are said to be effective against intestinal worms and cure sores. The leaves have purgative properties and used to induce abortion and for fever. Some West Indians pounds the

flowers and leaves into a decoction to treat fever. They use the seeds to cure breathing difficulties and chest pain.



PHOTO: J GOPALAKRISHNAN

Chandana Circle

Chandana Circle is the corner we reach when we go down to the lakeside on the avenue between 123 and 124. Opposite the security box beside the lake are numerous Chandana or Sandalwood trees swaying in the breeze. The big clusters of them along the edge of the lake in

that corner makes this the Chandana Circle. Sandalwood is very sacred in Hindu religion. The wood is used for worshipping the deities. It is said that goddess Lakshmi lives in the sandalwood tree; therefore, it is also known as Srigandha. The wood of the tree is made into a paste by grinding sandalwood

against stone slab, and this paste is integral to rituals and ceremonies, to make religious utensils, to decorate the icons of the deities, and to calm the mind during meditation and prayer. It is also distributed to devotees, who apply it to their foreheads or necks and chests. Sandalwood paste is used for most pujas both in temples and home altars performed in private households.

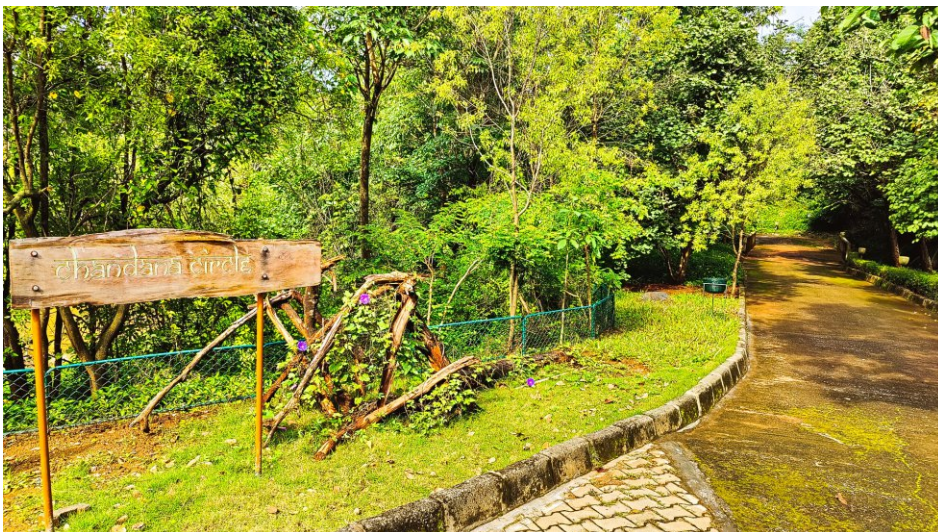


PHOTO: J GOPALAKRISHNAN

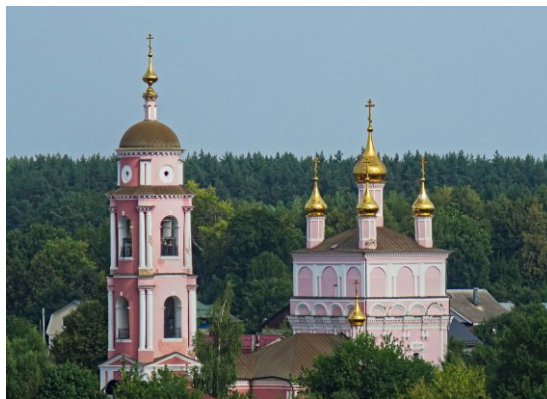
Onion Domes and Crescent Moons of Moscow

Text and Photos: Kala Sunder

Between the 1970s when I studied in Moscow and now, the city's skyline has changed in two cardinal ways. Unremarkable skyscrapers of glass and chrome have come up, but so have picturesque little churches, new and restored, crowned with the traditional Russian domes.

Gorbachev's 'perestroika', meaning reconstruction, was a movement for political and economic reform. The Russian Orthodox Church interpreted it literally, too, and reconstructed neglected churches and built new ones all over the country. The iconic St Basil's Cathedral on Red Square retains its picture postcard status but wherever I go, I see churches in the less exuberant, more traditional architecture. When I send photographs back home, I am often asked, what are Islamic domes and a crescent moon doing on a church?

There are several explanations for the onion-shaped domes (also known as poppy-shaped). The first Russian church domes were spherical, modelled either on the Russian warrior's helmet or the Hagia Sophia of Constantinople (since Kievan Rus adopted Christianity, around 988 CE, from the Byzantine Church). But a large spherical dome could not withstand the weight of the snow that settled on top in more northern regions. Builders therefore modified it into a tapering shape to allow snow to slide off. Perhaps the modification became necessary because it was difficult to build a round dome of wood, the preferred building material in Russia.



Bell tower with helmet shaped dome



Onion domes of Moscow

Heaven. A more mundane explanation holds that the

onion shape is more visible from all directions. And there is a nativist theory, of course, that the Russian dome is shaped not like the lowly onion but depicts a candle's flame carrying earthly prayers to the divine through the cross on top.

The earliest onion domes that have survived date back to the 13th century but they are seen in icons that are older still. In Islamic



Cross with crescent moon

architecture, according to historians, similar domes emerged only in the 15th century. The cross on some domes features a crescent moon. There are several explanations for that too. It is believed that Byzantine was once saved from a surprise military assault when the moon appeared and exposed the enemy. Ever since then, the crescent moon has been a symbol of the Byzantine state and church. Then there is the view that it is not a crescent

moon at all but an anchor, symbolizing calmness in the face of life's storms and salvation through Christianity. Or that it represents a coin used in Byzantine and symbolizes the gift of gold brought by the Magi. And, of course, a triumphalist interpretation that it symbolizes victory over Islam.

While reading about church architecture and history and talking to knowledgeable friends about these disputed hypotheses, I began to wonder, how does it matter whether the distinctive onion domes and gleaming crosses are Byzantine, Islamic or Russian in origin? When even in the middle of a buzzing megapolis they can reach out silently and lift the gaze and spirit? In our Hindu tradition we are rightly warned: Do not seek the origin of a river or the pedigree of a sage. The answers may be disturbing.

Kala Sunder (15C) lives in Moscow

Trip to Vagamon Kerala

Text: Latha Krishnan Photos: J Gopalakrishnan

Undulating tea estates, softly rounded hills with dry meadows awaiting rain and greenery, flowering shrubs lining the winding roads, dry rocks with trickling streams meandering their way downhill, friendly



Scenic view of Malankara Dam

smiling people, churches, mosques, and temples high up, below and amidst the hills – this is Vagamon, a small hill town in Kerala, 1200 metres above sea level, located 100 km south east of Cochin International Airport. It has a cool climate with the temperature between 10-23°C during summer.

The road slowly winds up towards Idukki passing many delightful little towns before reaching Vagamon. We stay at a picturesque mountain resort perched on a hill with tea gardens above and below it and a



A lush pineapple farm on the hills in Vagamon

glittering lake far down in the valley.

Tourist attractions at Vagamon include hang gliding, adventure park and a walk in the pine forest planted in 1926 by a Scottish man called Walter Duncan. Vagamon Orchidarium and Floriculture Project showcases thousands of varieties of orchids, roses, impatiens, lilies, rhodendrons and many other flowers.



Pine Forest planted in 1926

There is a small lake within the project area and places to sit and relax amidst the flowers.

Vagamon also attracts religious tourists in

the thousands during different seasons. Pilgrims of

three religions – Hindus, Christians, and Muslims – have holy hilltop worship centres here.

Murugan Mala, Kurisumala and Thangal Para are all situated on the same stretch of road. We must climb each one by foot. The views from the top of each hill, are worth the arduous climb up and down the rock-strewn paths.

The Murugan temple and a big statue of a peacock are the sights to see on Murugan Mala.

Kurisumala, has statues and cross stations for people to climb and reach the top. It is 640 metres high and takes less than an hour to climb up. A stiff cool breeze makes the climb an almost spiritual experience. The 14 Stations of the Cross, commemorating the last day on earth of Jesus Christ as a man, are symbolized on the hill.

Thangalpara, the Muslim pilgrim centre is a big

rock with a little dargah covered in green velvet, which is reached after scaling the rocky mountain path. This was the place where a Sufi saint Shaikh Fariduddin came from Afghanistan 800 years ago and stayed to help the local population and died there.



View of Kurisumala from Murukan Mala



View of Kurisumala with a church atop



Climb to Tangal Para, a Muslim pilgrim centre

Latha Krishnan & J Gopalakrishnan (Cottage 181B) live in Suvidha

Visitor's Experience of Suvidha

Latha Kumar

A pink dawn awaits! Stepping out into a cool crisp morning in Bangalore was almost as exhilarating as watching the pink sky emerge. The artist in me seeks to capture every inspiration I can find at this early hour, while the pragmatic me wants to get a good walk before the sun begins to beat down! A worthy tussle in my mind, I temper the clicks to once every few minutes.

A half-moon shone over the trees and a gentle breeze made leaves dance! Wanting to get to the lake quickly I walk fast but every turn brings a new view of flora that takes my breath away. It seemed to me that every plant and tree of an indigenous nature was to be found. As I walked birds flitted from one tree to the next, a peacock walked by in a nonchalant manner, and the Drongo let out its rather loud cry. I read up about the Drongo and it is indeed a most interesting bird.

Finally, I reached the lake - it was shimmering silver in the early morning light. Setting off on a path around the lake, I saw fellow walkers in sweaters and woollen caps walking steadily. The conference of the cormorants was yet to begin, a few nerdy birds at their perch waiting for the rest. A white crane skimmed the top of the lake gracefully as some ducks waddling peacefully.

If you are wondering where in Bangalore I am, it is

Sushrutha Vishranthi Dhama, better known as Suvidha Retirement Village. I came here to spend some time with my mother-in-law, who decided to retire and spend her golden years at Suvidha – a little piece of heaven in the frenetically paced lifestyle of Bangalore.



PHOTO: J GOPALAKRISHNAN

A couple of days in this serene campus is hardly enough to whet your appetite. But I shall be back, soon.

Ms Latha Kumar, daughter in law of Ms Devaki, resident of Cottage 15 A-B, visited Suvidha in February and had this to say about her visit

Suvidha to Dhaatri: From one Sylvan Environment to Another

Text: Geeta Jaisim Photos: Rajeswari Subramanya

On 14 th March this year, 19 Suvidhites went on a short trip to Dhaatri Vana which is situated about 60 kms from Bengaluru, on the way to Tumkur. The destination was suggested by our Yoga teacher Srimati Radha, and almost all the Suvidha yoga class went on the trip, joined by a few more friends from Suvidha.

Owned and managed by Sri Ravi and his wife Srimati Sudha, Dhaatri has a peaceful, rural atmosphere, surrounded by areca plantations.

We reached the place at about 8:30 am after a 90 minute ride in a comfortable bus. We had been asked to bring some fruit and flowers for a small puja, and it was with the puja in a 390-year-old shrine, located inside the centuries old house, that our day in Dhaatri started. Sri Ravi was the pujari, who conducted the rituals and showed us the interesting sacred artefacts that he had inherited from his ancestors, along with the old house and temple. Ravi's mother, who is around 84 years old and lives

with them, told us that she has been living in that house since she came there as a young bride after her marriage to Sri Ravi's father Mr Venkanna at the age



Main building of Dhaatri vana

of 14! Mr Ravi is the 7th generation of the family residing in this place.

We then had a sumptuous breakfast, starting with Kashaya and ending with a delicious Ragi laddu, with several tasty items in between. All the food is prepared from organic and local ingredients, much of it from their own farm.

The day was spent in playing many games, ingeniously devised by the hosts. This kept us busy, occupied both mentally and physically – we even had a competition involving drawing of water from a typical village well! – and there was a lot of fun and laughter. In between the games, we were served a snack at about noon, consisting of avalakki, ragi juice and nannari juice. And later there was lunch, another sumptuous



Suvidha residents at Dhatri

spread, with even more varieties of delicious items, all new to our city-bred palates, and all very tasty.

We finished in the evening with hot cups of coffee and tea, and were sent off with bags of vegetables for each of us, as well as a packet of pori/kadalai (in the typical newspaper cone packing!) so that we could munch on it on our bus-ride home!

A memorable day: well-spent, with good food and enjoyable activities, amongst good friends!

Ms Geeta Jaisim (Cottage 126) lives in Suvidha

Honour at the American Super Bowl

Pushpa Prakash

Our son, Dave Prakash was honorary coin toss captain at the 2023 Super Bowl, when the NFL honoured the late Patrick Daniel Tillman Jr, an American professional football player for the Arizona Cardinals of the National Football League (NFL) who left his sports career and enlisted in the United States Army in May 2002 in the aftermath of the September 11 attacks. He served in Iraq and Afghanistan, and died in combat at the age of 27.

Dave was selected by the NFL to represent the 800 Tillman Scholars who embody the legacy of Tillman. Inspired by Tillman, Dave too had left his medical residency to join the Airforce as a combat pilot, not as a medical support personnel but for active combat. He served as a pilot for 12 years, becoming an



Dave Prakash honoured at the Super Bowl

operational test pilot in the B-52 Stratofortress - a long-range strategic bomber capable of

nuclear and conventional operations. Partway through his career, he convinced the Air Force to let him serve as a flight surgeon in addition to pilot. He became one of 11 officers in the Air Force qualified to serve concurrently as both pilot and doctor, also known as pilot-physicians. As an operational test pilot, Dave tested new weapons, tactics, and aircraft

upgrades. As a flight surgeon, he made sure pilots were medically fit to fly.

After retiring from active service Dev went on to study for an MBA degree at Stanford

University, on a scholarship from the Pat Tillman Foundation. Thanks to Pat Tillman's influence in his youth and later, Dave now develops artificial intelligence

solutions for healthcare and works for Northrop Grumman on developing the B-21 bomber. He advises and invests in early-stage companies.



Ms Pushpa Prakash (Cottage 14) lives in the USA

NEWS AND EVENTS

Gift to Suvidha Staff

January 16, 2023

Wing Commander (Retd) Rajamani and Mrs Trichur Rukmani of Cottage 73-74 gifted 5 kilograms

of rice to all staff members of Suvidha on Sankranti. The thoughtful gift was highly appreciated by all the staff members.



PHOTO: LATHA KRISHNAN

Open House

January 21, 2023

The hybrid Open House addressed several questions including change of location of the Health Centre,

payment made for Nurse's visit to cottages of super seniors, the number of directors needed for the Board, and increase in number of Suvidha residents. There were about 20 online attendees.



Republic Day Celebration

January 26, 2023

Republic Day function started exactly at 10 am with bright sunshine

smoothly forward till its musical *Range de Basanti* end.

Flag hoisting by Chief Guest of the Day, Mr Subba Rao of Cottage 139 accompanied by his wife

vigour. Estate Manager Upendra then gave the call "Bharatmata ki Jai!"

Geeta welcomed the audience of about 100 people and

introduced Subba Rao and invited him to speak. Subba Rao then spoke to us about the importance of our constitution and how we should always uphold its ideals of liberty, equality, and brotherhood. Venugopal Shetty, in his speech that followed, urged us all to be united for the sake of our community, state and country because being united keeps us strong. Subba Rao then took up the request of a member of the audience and sang an old Sehgal song and later a duet with Venugopal. This was followed by a Kannada patriotic song *Bharathiyaru Naavu* by the Serenaders to end with *Rang de Basanti* by



PHOTOS: J GOPAL KRISHNAN

bathing all Suvidhaites and lasted for about an hour. Beginning with an invocation song, Ganesham Bhajema by the Suvidha Serenaders, the function, ably anchored by Geeta Jaisim, went

Ramaa Subba Rao and our MD Venugopal Shetty took place after that. While our Security Guards in ceremonial uniforms stood at attention, all of us sang our National Anthem with passion and

Vivek and Chorus. Jaggery coconut barfi, ring fritters and badam milk refreshments were served to all attendees and staff present. .

Republic Day Movie - Kantara

January 26, 2023

Kantara, the block-buster Kannada Movie that connects us with the culture, rituals, folklore, and traditions of the Tulu Community, was shown to an unprecedentedly large audience of almost 70 people at the Suvridha Banquet Hall.

Venugopal Shetty explained the Tulu nadu traditions and shared his personal experiences along with pictures of their family



celebrations of Buta-Kola / Daiva-Kola before the movie began.

There was a short dinner break at 7:00 pm for a of Tiranga Mini meal comprising of saffron jalebis, white Neeru Dosa, Vegetable Stew and green Methi-Pulav served along with refreshing buttermilk to drink.

A memorable movie night it turned out to be – for all those who attended!

Hindustani Classical Music Informal Bhaithak

January 27, 2023

Thanks to Gayatri Handanahal of cottage 185-A, some residents of Suvridha experienced an



PHOTOS: J GOPAL KRISHNAN



enchanting evening hour with the soothing sound of Sarod by Drupad Mistry, accompanied by Neeraj Mistry on Tabla and Hapi Drum. Their soulful performance

interspersed with famous tunes such as Raghupati Raghav Raja Ram and Ekla Chalo Re evoked thousands of emotions including nostalgia delighted the audience no end. The talented Mistry brothers were visiting their grandmother Manoramaben, residing in 185-B and kindly consented to perform for us. The informal baithak took place in our library and was supremely enjoyable.

Ratha Saptami

January 30, 2023

Our Yoga teacher G.V. Radha, led 15 Yoga students from Suvridha in saluting the Sun from the Observation Tower to celebrate Ratha Saptami, which was on January 28. They performed 12 Sun salutations or Surya Namaskaras along with other yogasanas.

PHOTO: LATHA KRISHNAN



Ratha Saptami marks the day of Lord Surya's journey to the

Northern hemisphere or Uttarayana in his chariot, signalling the arrival of summer and a change in weather patterns in Southern India. It marks the end of his journey in the Southern Hemisphere or Dakshinayana. The Ratha Saptami also indicates the start of the harvest season for farmers in the South of India.

Extra-Ordinary General Meeting

February 12, 2023

A Virtual EGM was conducted to get the shareholders' approval to shift the existing Health Centre from its current location to Clubhouse Basement by

constructing new exterior stair, and exterior entrance at the west façade and a new passageway adjacent to the Games Room with the budget of approximately INR 5 lakhs. While 75.64 percent voted in favour of the resolution, 24.36 voted against it. We hope that the

project will bring in all the benefits it promises and ease our financial burden in the future.

Samarpan Meditation Shibir

February 28, 2023

Dr Gayatri Venkat of #189 B organized a week-long Samarpan Meditation Shibir for interested Suvidhaites



for with the help of acharyas from the Samarpan Centre in Bangalore. She was first introduced to it in Lester, UK about 17 years ago and became

and avid Sadhak of the Samarpan Meditation of Dhanyog.

Shree Shivkrupananand Swamiji or Baba Swami as he is affectionately known is the

PHOTOS: RAJESWARI SUBRAMANYA



founder of Samarpan Meditation, which is a unique practice in which kundalini energy is awakened and used to connect the individual with the Divine, or

universal Consciousness. This in turn will bring about an inner transformation of the individual. Those who do Samarpan Meditation regularly will get the ability to grow physically, mentally, emotionally, socially and spiritually. Some Suvidha residents who attended the Shibir found it interesting but the number of attendees dwindled in the later stages as the discourse of Baba Swami addressing them online was in Hindi.

“I will be very happy if even one person tells me that it has made a difference in her/his life,” says Dr Gayatri.

Wellness Awareness Session

March 11, 2023

Mr V Ravindra from ISHAN (Institute of Self-Healing through Acupressure and Naturopathy) and Dr Vivek



Kadambi (Belle Sante Institute of Wellbeing) spoke to 30 Suvidha

PHOTOS: DR NILIMA KADAMBI



residents about how they can be aware of their health and wellbeing through simple self-healing and healthy choices to make in their daily lives.

Ravindra shared interesting information

about Chinese Therapy with Acupressure and Magnets. He demonstrated simple self-help tools and pressure points for common problems like migraine, fainting, joint pain and breathing problems. There were many questions and a few requests for a training workshop to be conducted.

Dr Vivek Kadambi from the Belle Sante Institute of Functional Medicine spoke about qualities and sources of healthy and safe drinking water. He highlighted the ill effects of consuming single use plastic bottled drinking water.

Signing of MOU with St John's Hospital

March 20, 2023

Suvidha received an advance Ugadi Gift in the form of the MOU signed with St. John's Hospital. A management team of St John's including Fr John Verghese -



Associate Director, Dr Prem K Mony - Vice-Dean St. John's Research Institute, Dr George D'Souza - Dean of the Medical College, Sister Rua - Chief of Nursing and Dr Twinkle Agarwal - Dept of Community Health & In-charge of the St John's Health Center on Kanakapura Road visited Suvidha. The Suvidha Team included Mr Venugopal Shetty, Health Committee Chairperson Dr Nilima and two other members Dr Vivek Kadambi and Nurse Shanawaz

This MOU has brought better

PHOTOS: DR NILIMA KADAMBI



healthcare services closer to Suvidha Village and has ensured that the nurses in Suvidha Health Centre get full 24/7 professional support and a doctor's guidance, whenever they need it.

Ugadi Celebration in Suvidha

March 22, 2023

Ugadi or Yugadi, is New Year's Day according to the Hindu calendar and is celebrated in the states of Andhra Pradesh, Telangana, Karnataka and Goa in India.

A beautifully decorated Clubhouse and Banquet Hall welcomed the participants. Traditional mango leaf 'toran' and Rangoli designs made by our staff added colour and beauty to the function and the day.

Two young talented artists

Vidushi Upasana and Vidushi Alaka Deshpande performed Bharatanatyam Dances to songs about Ganesha, Goddess Parvati, and Radha-Krishna.

About 60 residents and guests enjoyed the dances.

It was followed by a Festival Special Lunch with traditional Obbattu, Raw Mango Rice and Paayasam.

PHOTOS: RAJESWARI SUBRAMANYA



Rama Navami in Suvidha

March 30, 2023

PHOTOS: C B PRABHAKAR

Another auspicious day, Rama Navami, saw all Suvidha Residents gathered in the Clubhouse. The altar with Rama's idol, was decorated beautifully by the Landscaping Team. Srimati Vasanthi Nayak and the ladies of the Bhajane Group took the lead in organising this event and sponsored a sumptuous Mahaprasadam for all attending it. The highlight was the Kannada Drama based on Ramayana that was performed by the children of



our Staff members. Bhavayami Raghuramam was the theme of the dances performed by a troupe of professional dancers. The dances and the soulful Bhajan singing combined to provide a divine experience to all. After the holy and beatific experience of the

artistry of all the participants, the Mangalaarathi was performed. Everyone also enjoyed the Prasadam and dinner, which followed.

[Please click here for more photos](#)

Hampi Travelogue

April 1, 2023

PHOTOS: DR NARAYANAN

The Suvidha Study Circle organized yet another interesting travelogue presentation by Dr Gomathy, who is well known for transporting one to the places she visited, while sharing her experiences. About 35 residents attended the function. TSR thanks Dr Gomathy for her report on Hampi, reproduced below:

Hampi, the erstwhile capitol of the Vijayanagara empire covered approximately 26 square kilometres on the southern bank of the river, Thungabadra. In the epic Ramayana, this area is referred to as Kishkindakshetra.



Vijayavittala Temple Complex, Hampi



Virupaksha Temple Complex, Hampi

Now it comes under the Hospet taluk, Bellary district, Karnataka.

Hampi is 335 km from Bengaluru. Despite the fact that

the entire southern India was ravaged by foreign invaders, it is creditable that Vijayanagara survived and flourished for more ►

than 200 years under different dynasties. Among them, Krishnadevaraya's regime stands out as the glorious golden era.

During the reign of Sadashivaraya, the last of king of the Raya dynasty, invaders destroyed the city and massacred



Ancient Bazaar Street, Hampi

Musical Pillars, Hampi



the residents. Whatever was left behind is the heritage we witness today. Among the wonders of Karnataka as well as India, Hampi occupies the second place. The chariot in Hampi is proudly featured in our fifty-rupee currency note.

We covered the whole area by following the different trails named as the Virupaksha, Vijayavittala,

Navabrindavana and the royal enclosure trails. Each trail had several interesting temples. We then climbed the Anjanadari hill which is said to be the birth place of Anjaneya and the Matunga hill where Sugriva was hiding from Vali and subsequently met Lord Rama. We also visited the Daroji sloth bear sanctuary and the Thungabadra dam.

Open House

April 2, 2023

The first Open House of the new Financial Year was held in the Clubhouse. About 35 residents (SHs & Tenants) participated. MD Venugopal Shetty gave updates about the Suvridha Health Centre relocation that had started after the EGM approval for this work and its financing. Dr Nilima as Chairperson of the Health Committee shared the key

PHOTOS: DR NILIMA KADAMBI



highlights of the MoU that Suvridha had signed with St. John's Hospital in March. An unstructured free flow question and answer session followed in



many topics of interest to the residents. Dr Nalini proposed the vote of thanks. The PPT and report of was the Open House was shared via email with all shareholders.

NEWS AND EVENTS - SUVIDHA STAFF

Staff Engagement Event

January 28, 2023

The Staff Welfare Committee held an Interactive fun Event in the Badminton Hall for Suvridha employees. There was a Story Telling session, an interactive Q&A by Smt Satya on the theme, "The importance of appreciating what one has." Team Building and Cooperation and Stress management to work better at the workplace was conveyed through Team Building Games, which were conducted by Dr Nilima and Mrs. Prathima Shetty.

Special monetary awards of appreciation were given to the Head Gardner and few landscape staff members. Everyone had a

PHOTOS: DR NILIMA KADAMBI



fun while learning during this event.

It was followed by a Catered



Lunch that was sponsored by Drs Vivek and Nilima Kadambi of Cottage 47-48.

Fire Fighting Drill

February 21, 2023

A fire fighting drill for all security team, support staff and residents was conducted by Mr Pradeep Gawda, Fire Engineer from V R Facilities Services (VRFS), Bangalore. The session was coordinated by Mr Sudhakar, Training Manager at VRFS. The Security Committee

arranged this drill in conjunction with the Health Committee.

Fire is the most common hazard for any workplace be it an office or a public place like a cafeteria. All companies must ensure that the workplace is safe against all fire hazards and the employees are well protected in case of any fire incident.

PHOTO: DR NILIMA KADAMBI



Suvidha Staff Honoured by Rotary Club

March 12, 2023

Rotary Bangalore South club honours 'invisible' women during Women's Day. Usually they identify unrecognized women- our cooks, baby sitters, maids, auto drivers, ayahs, helpers and other unsung heroines who make our life easier. In March 2023 they identified

such hardworking women.

Smt Munirathna (Landscaping) and Smt Giddamma (Housekeeping) of Suvidha were among the women honoured at the event, which took place on 12th March. TSR received this report and photo from Indira Jai Prakash, resident of Cottage 46, who is a Rotarian.

PHOTO: INDIRA JAIPRAKASH



REMEMBRANCE

Dr Shivaratna C Savadi

February 12, 2023

Our shareholder Dr Shivaratna C Savadi of Cottage 65 passed away, on February 12, 2023.

She had been a shareholder of Suvidha for several years, although she had not been a resident in the village.

Dr Savadi had held several



important posts during her professional career including being the Principal of Government Dental College and Research Institute in Bangalore and the Director of Medical Education, Government of Karnataka.

She is survived by her son Dr. Ravi Savadi, and her daughter Ms Hansa Savadi.

READERS' RESPONSE

Excellent job very informative and Joy to read

For a community like ours it's really a gift of comprehensive news update

Prabhakar Kamath, Cottage 141
Suvidha

Beautiful as usual and with useful information. Congratulations on a job done par excellence..

Irsi Rajiva, Cottage 76
Suvidha

Congratulations! The Winter, 2023 issue of THE SUVIDHA REVIEW is very well produced, both in terms of design and content. .

Ashok Dey, Cottage 44
Suvidha

After you guys took over charge of the TSR, a new josh is seen in the Journal. The layout is really great ! Good job!

C Rajendran, Cottage 99
Suvidha

Thank you for featuring Sudarshan in the Remembrance section of TSR. My daughter and son are also happy about it. It is really beautifully written.

Geetha Sudarshan , Cottage 42
Suvidha

Have been reading the Suvidha magazine and enjoying it. Congrats on a job well done.

Syna Kutty , Cottage 178
Suvidha

Suvidha Just finished this quarter's TSR. Lovely edition, what I especially liked is the benign attitude of we-are-all-together, which you portray, not the usual one of one-upmanship which some others in the public eye do. Great work.

Dr Sharada Sriram, Cottage 141
Suvidha

Latha and Gopal, thank you for the translation of my Hanigavana in Kannada to English.

I sent the TSR, this month's issue to Meera to show it to Sindhura. They were happy to see it.

Latha, you are doing a wonderful job of editing. There are more participants now. Thanks to all who share their knowledge with our Suvidhites, where All are Teachers as well as Students! May the Learning continue to grow!

Raji Subramanya, Cottage 57
Suvidha

You folks have brought out a beautiful issue of TSR. It is a sweet mixture of past history of Suvidha, current affairs and future prospects. Very informative for new people like us. Photos and cover are superb. Keep up the good work.

Indira Jai Prakash, Cottage 46
Suvidha

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

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