

# THE SUVIDHA REVIEW

AUTUMN, OCTOBER 2024



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## EDITOR'S NOTE

**W**elcome to the autumn issue of your TSR. As you know the last issue of every year covers the AGM. No exception this time. We have a short report. We have our new MD's message to you all. And we have two new directors to introduce along with a new shareholder and our company secretary.

You can all take a trip to Ethiopia through our pages with Dr Sharada Sriram. And go through all the colourful festivals and events that filled the calendar of Suvridha residents. While thanking everyone who helped me by supplying photos and comments on events, I would like to remind you to let us know your opinion about this issue. Keep your contributions to TSR also coming.. Enjoy the rains and Happy reading,

Warm regards,  
Latha Krishnan

## EDITORIAL TEAM

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**COVER:** A New Dawn - A stag and a dog watching the sun rise.  
See page 10 for details and more pictures on her visit to Kodanad Elephant Training Centre and Deer Park in Kerala

OIL PASTEL ART BY: EKA KRISHNAN

### *Namaskaara to all members of our Suvidha Family!*

**T**oday, as your Managing Director, I have the privilege of standing on the shoulders of Giants. The giants that I refer to, are the men and women of wisdom and courage who developed Suvidha over the last 20 years. Through their hard work and determination they have created this beautiful green paradise for us all to live in. These include the seven Founder Directors, all previous and present Board Members, the wonderful MDs who preceded me and all you lovely Suvidhaites that make this such a beautiful community.

I vividly recall standing on the crumbling walls of the stone structure atop the hillock that is just outside our compound walls, in May 2004. The time was around 6:15 PM and the sun was about to set. A warm golden glow covered this vast stretch of an almost barren rocky valley, that was literally at our feet. Dr Vivek Kadambi (my spouse and a Founder Director) asked me if we should take a leap of faith and invest our hard-earned money in a wonderful Vision that was evolving amongst a small group of doctors from The Bangalore Hospital. The idea was to acquire suitable lands, develop it and build a Premium Lifestyle Retirement Village, in this part of the Green Belt, on the outskirts of Bengaluru. At that time this seemed like a distant utopian dream to me. However, I felt a palpable positive energy and good vibes, that made me feel an instant connection with this land. The picture of a beautiful Suvidha Village appeared in my mind's eye and I could almost see us both spending our senior years, living peacefully in a lovely peaceful green community. Today, this vision has become our reality!



### **Going forward, what is it that I visualise for Namma Sundara Suvidha?**

I see a vibrant community of healthy and happy people that live harmoniously in Suvidha. Dedicated and devoted Directors who work unitedly for Suvidha's well-being. Energetic and enthusiastic Employees who support the Suvidha community in every way. Our proficient professional Partners who manage the village Security, Kitchen and Health Center effectively. The various Revenue Generation Projects

fructifying with full support from Shareholders. Our depleted Corpus Fund increasing significantly, thereby reducing the burden of Monthly Maintenance Fees within a year or two. Furthermore, we will be able to avail enhanced support services from the ACF that is in the pipe-line and enjoy upgraded Clubhouse Facilities.

My appeal to all Suvidhaites is to share this Vision that I have put before you, for a bright and prosperous future for Namma Suvidha. Please continue to give us your full support, have faith in your elected Directors and offer cooperation and encouragement to this Board. Together, let us create this beautiful future!

Diwali - the Festival of Lights is round the corner. This year, in addition to the cleaning of our homes, let us dust off the petty differences that we may have, clear out the cobwebs of doubts that we may have harboured in our minds and wash out any negative thoughts and feelings that we may have had in the past. Let us each fill our hearts with pure Divine Love and fill our lives with fun and laughter, as we continue to live with gratitude, in this Suvidha Community.

Wishing you all in advance, a wonderful Deepavali 2024!

Dr. Nilima Kadambi  
MANAGING DIRECTOR.

# Twentieth AGM of Suvidha on September 22, 2024

September 22, 2024

The Twentieth Annual General Meeting of SUVIDHA shareholders took place on September 22, 2024, via Zoom virtual platform. Dr. Nilima Kadambi was the Chairperson of the meeting. The entire meeting was for the duration of about an hour and a half.

The Company Secretary and Dr. Nilima Kadambi took us all through the proceedings in an orderly manner. All relevant topics were discussed. The excellent tech support ensured that the meeting progressed well without any glitches. A day later, the results of the



AGM voting of resolutions were published.

The shareholders appointed three new directors, Mr MN Kannan, Mr Suresh Babu and Mr

Chandrakant Bhatt (Independent Director) to the Suvidha Board of Directors. However, due to some unexpected and unavoidable family circumstances, Mr. MN Kannan resigned from the Board on September 26, 2024 and his resignation was accepted by the Board on September 30, 2024. Currently, there are nine Directors on the Suvidha Board.

TSR congratulates the new directors and introduces them below.

## Chandrakant Bhat

Chandrakant Bhat, 65, has been approved by the shareholders to be one of the Independent Directors in the Board of Directors of SUVIDHA. He resides in Cottage 85 and is an Australian citizen with OCI status in India. He has a Diploma in Man-made Textile Technology from SASMIRA, Worli, Bombay, and an Advanced Diploma in Customs Agency Practice from the Sydney Institute of Technology, Petersham campus. He secured first rank in the State of NSW and was the recipient of the Butterworths prize 1998. He also secured distinction in every subject that included Commercial Law with particular emphasis on Company Law, Accounting, Marketing, Tariff and Valuation etc.

He worked for two years with International Conveyors, Aurangabad, and two years with Goodyear India, Ballabgarh, Haryana. After moving to Australia he worked for two years with S&L Rubber Company, Alexandria, Sydney,

two years with Computer Resources Company, Davies Road, Padstow, Sydney and then 25 years with Australian Customs and Border Protection. He retired from service 10 years ago and has been a resident of SUVIDHA since October 14, 2014.



“Apart from the above I was Chairperson of the Executive Committee of Harrow Pines, a 220 villa and townhouse Strata Title complex in Glenfield, Sydney for 15 of the 17 years I resided there between the years 1996 to 2013. This was a complex not unlike SUVIDHA, except that Harrow Pines was governed by the Strata titles act. I was also a Director with the Theosophical Society, Kent Street, Sydney for 5 of the 10 years between the years 2003 to 2013. Out of the 25 years or so I was with Australian Customs at Sydney Kingston

Smith Airport, I was the Harassment contact officer appointed under the Occupational Health and Safety Act,” informs Chandrakant Bhat.

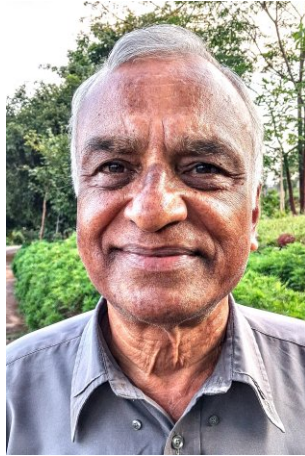


# A Sureshbabu

**S**uresh Babu has been residing in Suvidha since December 2014. He is a science graduate. He retired from Government Service as Marketing Officer, Department of Agricultural Marketing in the year 2012.

At present he is serving the community in Suvidha as Chief Operating Officer. Prior to this he was a Member of the Security Committee, the Land matters Committee and the Landscape committee.

The land belonging to Suvidha came under the Bruhat Bengaluru Mahanagara Palike (BBMP) jurisdiction on March 18, 2021. As a Land matters Committee member he strove hard along with Mr. Shankar Narayan, Shareholder & Retired IAS Officer, Dr. Jinka Subramanya and also Mr. Venugopal Shetty, Director to pay BBMP Taxes of Suvidha, which was long pending. All of them went together to the BBMP office several times to get this work done.



As Landscape committee member along with Mr. Papanna Gowda, of Cottage no.41, he helped in getting many improvement works including removal of wedelia weed to the maximum extent around the lake and planting flowering trees around the lake. He also worked closely with them during Vanamahotsava celebrations to plant many plants and trees and enhance the greenery of our Suvidha.

“As a Security Committee member I have worked along with Mr. C.B Prabhakar, Chairperson, Security Committee for the safety of our Suvidha residents. I have worked tirelessly to stop the theft of sandalwood trees in our Suvidha. I also coordinated and wrote letters to Karnataka Soaps and Detergents Limited (KSDL), Sandalwood factory and to the Forest Department to take stock of the situation and arrange for the purchase of the cut trees.” says Suresh Babu.

## Independence Day Celebration

August 15, 2024

beautiful song *Wind of Change*.

**I**ndependence Day was celebrated in Suvidha with its usual colour and vigour. Our beloved tricolour fluttered all over the village in front of cottages. The orange ixora, white plumeria and the immense greenery complemented the flags in colours.

Dr Nilima Kadambi Director of the Board, and Dr Vivek Kadambi, ex Director and coordinator of the Cultural Committee anchored the programme of the day from beginning to end with elan and infectious enthusiasm.

Chief Guest Subbu Sastry and his charming wife Bharati enhanced the program with their presence. Sastry hoisted the flag and gave a short speech with reminiscences of his days in the visa section at the British Consulate in Dubai.

Patriotic songs in Kannada and Hindi by the Serenaders along with some great dance moves from Nilima and Latha kept the audience tapping their feet. Little Vihaa Gowda, grand daughter of Rathna and Papanna Gowda (Cottage 41), who is visiting from New Jersey, USA, sang a



Clockwise from left.  
1. Chief Guest Subbu Sastry hoisting the tricolor. 2. Chief Guest's Independent day address  
3. Suvidhites attending the Independence Day Celebrations

PHOTO: J GOPALAKRISHNAN







Patriotic song in Kannada by Latha, Raji and Santha Amma



Dance moves by the Suvridha Serenaders



Little Vihaa Gowda singing Wind of Change encouraged by her mother and Vivek Kadambi

We bid our Head Chef Panduranga a fond farewell as a new company has taken over the Kitchen from him and he goes on to better prospects.



Bidding farewell to our Head Chef Panduranga. L to R Geetha Jaisim, Dr Nalini and Dr Neelima Kadambi

Vote of thanks by Geeta Jaisim and tasty snacks and tea brought the well attended event to an end.

## Outsourcing of Kitchen Services

October 10, 2024

**K**itchen Services were outsourced from August 15, 2024. This is the first time the company is outsourcing kitchen services since the inception of SUVIDHA.

New Brindavan Foods run by Mr Ganesh Shetty began offering their services to Suvridha residents. Two months have passed since then. There have been glitches and hiccups that were

addressed and remedial measures taken. The biggest difference from earliest days is the introduction of non-vegetarian food items. Eggs are being cooked and served on request and there is a non-vegetarian dish every Sunday for those who order for it.

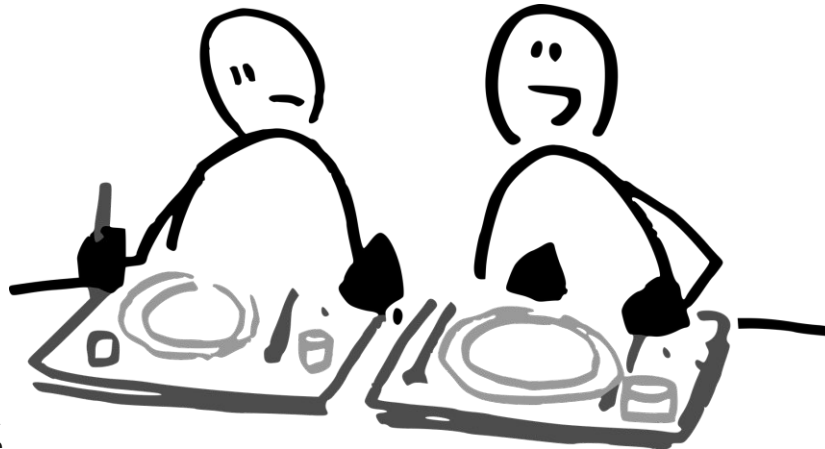


IMAGE BY BENOÎT DE HAAS FROM PIXABAY

# HEALTH AND WELL BEING EVENTS

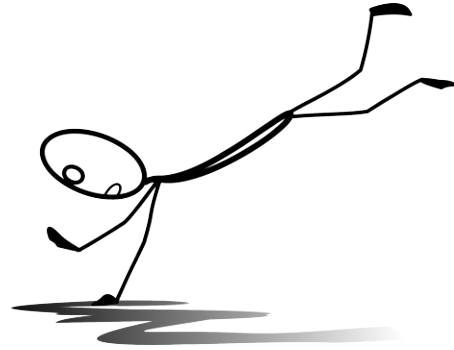
## Freedom from Fall

July 14, 2024

**B**ridge Health organised an event called Freedom from Fall - Talk by Dr. Nischal K at the Suvridha Club House Hall.

It was an interactive session with Dr Nischal taking questions from Suvridha residents about fall prevention. There was also a strength and stability session by an expert, fall risk assessment and demonstration of knee assessment using tools and screenings.

IMAGE BY: Moondance from Pixabay



## Dengue - Awareness and Protection

August 7, 2024

**D**r Sunil and Vaishnavi from Bridge Health spoke about the disease dengue and how it affects human bodies. When people contact it via an infected mosquito, they

mosquitoes at home, we have to be careful to see that there is no stagnant water around our homes, keep our surroundings clean and use nets, mosquito repellents, etc.

The Health department should be approached to help clean the surroundings for the community,



PHOTOS: LATHA KRISHNAN

have to drink plenty of liquids, and have paracetamol. If weakness persists, they have to be hospitalised. To control the infestation of

close open drains, and ensure there is no stagnant water. They should also provide fogging services

### Dengue - Signs and Symptoms

Typically, people infected with dengue virus are asymptomatic (80%) or have only mild symptoms such as an uncomplicated fever. Others have more severe illness (5%), and in a small proportion it is life-threatening. The incubation period (time between exposure and onset of symptoms) ranges from 3 to 14 days, but most often it is 4 to 7 days.

The characteristic symptoms of mild dengue are sudden-onset fever, headache (typically located behind the eyes), muscle and joint pains, nausea, vomiting, swollen glands and a rash. If this progresses to severe dengue the symptoms are severe abdominal pain, persistent vomiting, rapid breathing, bleeding gums or

nose, fatigue, restlessness, blood in vomit or stool, extreme thirst, pale and cold skin, and feelings of weakness. In a small proportion of cases, the disease develops into severe dengue with bleeding, low levels of blood platelets, blood plasma leakage, and dangerously low blood pressure.

Dengue virus has four confirmed serotypes; infection with one type usually gives lifelong immunity to that type, but only short-term immunity to the others. Subsequent infection with a different type increases the risk of severe complications. The symptoms of dengue resemble many other diseases including malaria, influenza, and Zika. Blood tests are available to confirm the diagnosis including detecting viral RNA, or antibodies to the virus.

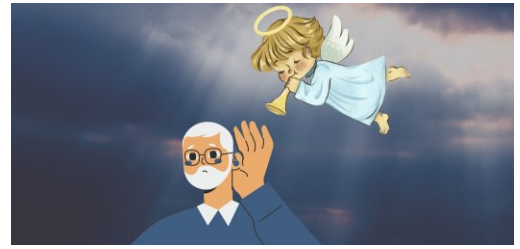


# Masterclass on Hearing Health

September 28, 2024

**A**ravinda HR, Senior Audiologist spoke for 30 minutes on hearing health to Suvridha residents at the Banquet Hall. This was followed by free audiometry screening and free fine tuning of hearing aids, with the offer of exclusive upgrade options.

IMAGE BY OpenClipart-Vectors from Pixabay



## Hearing Loss - Signs and Symptoms

- \* Difficulty using the telephone
- \* Loss of sound localization
- \* Difficulty understanding speech, especially of children and women whose voices are of a higher frequency.
- \* Difficulty understanding speech in the presence of background noise (cocktail party effect)
- \* Sounds or speech sounding dull, muffled or attenuated
- \* Need for increased volume on television, radio, music

and other audio sources

It is estimated that half of cases of hearing loss are preventable. Avoiding exposure to loud noise can help prevent noise-induced hearing loss. 18% of adults exposed to loud noise at work for five years or more report hearing loss in both ears as compared to 5.5% of adults who were not exposed to loud noise at work.

## NEW SHAREHOLDERS

# Dr Marutham Paneer

**D**r. Marutham Paneer of Cottage 15, 57yrs, is a Clinical Psychologist in Independent Practice.

Marutham has a Masters in Psychology from Bangalore University, MPhil in Medical & Social Psychology (MM&SP) from the National Institute of Mental Health & Neuro-Sciences (NIMHANS), Bangalore. Her interest and passion for Indian knowledge systems and their application in mental health led her to work on Application of Thirukkural in Mental Health for her doctorate from Bharathiar University, Coimbatore. In addition, she has received the International Diploma in Mental Health Law & Human Rights from ILS Law College, Pune, the course run under the guidance of WHO.

After a short stint working on a Project in the NIMHANS, Bangalore, she joined as a faculty in the JSS Medical College & Hospital, Mysore providing service, teaching and research. She also has worked as a faculty in the All India Institute of Speech &

Hearing, Mysore, heading the department at times. She has been in independent practice for the last

17yrs. Till June this year she was also involved with various organisations like Infosys providing consultation, and NCERT - RIE, Mysore for counselling training, and other academic activities. Currently, she is embarking on a project implementing her research on Thirukkural in Mental Health at a larger scale.

She has been exploring Siddhars' knowledge system and documenting her observations. She has been involved in trekking and wildlife - volunteered in four Elephant Population Estimation, a Tiger Population Estimation, and Human-Elephant Conflict. She is a keen believer in individual rights, exercises and educates people on this. She has been responsible for protecting public property and is well versed in land matters and legal management of thugs involved in land mafia.

She has been part of our SUVIDHA community since July 2023.





# Our memories of Ethiopia

Text and Photos by Dr Sharada Sriram

**E**thiopia, in the Horn of Africa, is a poor, warring nation, rich in ancient culture, with warm friendly people, and is a great place for travel. Sriram and I went there, in the time of their Christmas and Epiphany, in Jan.-Feb. 2023. Sriram taught in the Intensive Care Department of their largest hospital, in Addis



Prosperous downtown, Addis Ababa



Debre Libanos, an Ethiopian Orthodox Tewahedo monastery, founded in 13th Century, near the origin of the Blue Nile

Ababa.

Ethiopia has never been colonised, except for a brief occupation by Italy during WWII. The last Emperor, Haile Selassie, was murdered in the Communist takeover, in 1974, during which 1.2 millions died of famine, (remember Bob Geldof?) and 7 lacs were killed for their politics. 1 million of the richer people emigrated.

Now, with a "paper" democracy, there are still civil wars, great poverty, but, also, economic,



Lalibela, a church hewn out of live rock



Rastafarians enjoying a day out near the Lalibela church



Interior of Debre Libanos church





Christmas Prayers on 7th. Jan at the Lalibela Church

health, and educational progress, to which India and China contribute significantly.

Christianity reached here directly from Palestine, in the 4th century. It is an Orthodox church, with services in an ancient language called Ge'ez. One third of the populace is Muslim. The country comprises about a dozen regions, formerly ruled by warlords, speaking different languages, and often at

loggerheads, even to this day. You had to trace your ancestry to King Solomon and the Queen of Sheba, to be able to rule the states!

Ethiopia was one of the founding states of the African Union. Some tribes produce the finest long



Orthodox Christian' wedding

distance runners in the world. Some blacks in Jamaica and elsewhere, belong to the Rastafarians, a cult that worships Haile Sellasie as God, him being the only African ruler not defeated by Europeans. A surprising fact is that the weather here is cool throughout the year, since it is high on a plateau. The plateau also draws in the monsoons and feeds the Blue Nile, causing the annual flooding.

Here are some photographs to show the amazing and interesting experience we had there.

Dr Sharada Sriram (Cottage 140)  
lives in Bangalore

# Kodanad Elephant Sanctuary

Eka Krishnan

**M**y grandparents had cooked up an ingenious plan to get me to do lessons. I'm generally quite lazy in this department, preferring to do the

barest minimum I can get away with, and they had probably noticed this sad state of affairs. So they came up with a genius plan.

When they arrived to pick me up from my home, my grandmother informed me that if I was a good girl and I did lessons every day, they would take me to Kodanad

Elephant Training Camp. Wow! Talk about the carrot on a string! Accordingly, I laboured for eight hard days and managed to pull through, but the

reward was excellent, because my grandparents kept their word and took me to the training camp.

The parking lot was bare earth, and there was a lone dog slumbering in the middle of it — quite an

anticlimactic entrance to a wildlife park. We got out and went to buy tickets at the ticket counter, where I was shocked to learn that the charge for foreigners was six times that of an Indian adult — but no matter, as even this exorbitant sum could be matched by an average American kid's pocket money.

Having secured our tickets, we proceeded through the Butterfly Garden. We unfortunately did not spot any butterflies, but there were boards advertising the

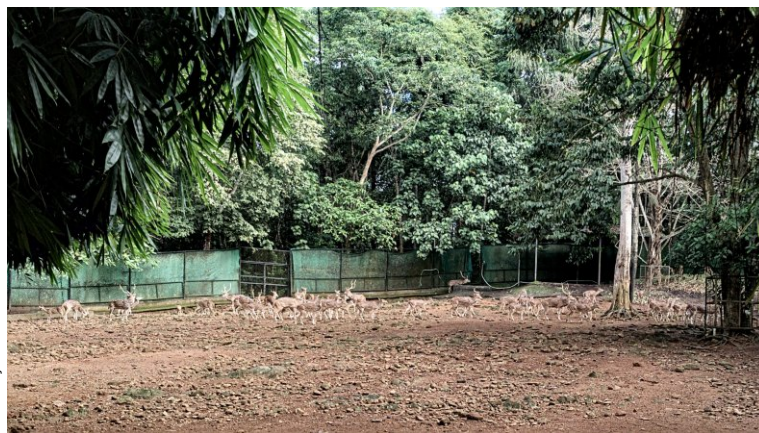


PHOTO: J GOPALAKRISHNAN

At the deerpark - Spotted Deer Enclosure



specimens we could have seen if we had come at the right time. The flowers were beautiful, anyway.

We decided to stop at the Deer Park first. There were four enclosures, all made of bare earth with grass, trees, and watering holes, and, of course, deer. In two enclosures were big herds of spotted deer — small, graceful creatures with white-spotted reddish fawn coats. They looked tiny from a distance, and yet it was deceptive: the stags had



Sambar deers grazing in their enclosure

tall, sweeping antlers that no sane person would wish to go anywhere near. They regarded us with startled dewy eyes before apparently deciding we weren't worthy of their attention and going back to their business.

Unlike their relatives the spotted deer, the sambar had no pretense toward delicacy. Big, muscly, and heavysset, they moved like tanks around



Atop the Tree house

their two enclosures, glaring at us for a few minutes before again ignoring us. One enclosure was for stags and does, the other for only does.

We continued on to the star attraction, the kraals themselves. After a short walk, we found ourselves watching a young elephant being bathed and enjoying it. She was lying down as her mahout scrambled over and around her,

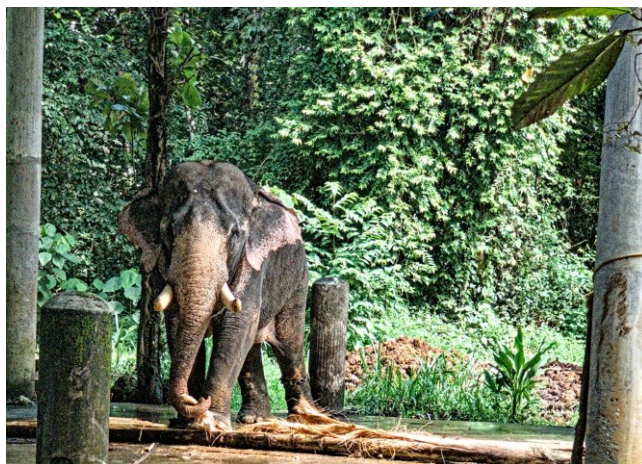
PHOTOS: J. GOPALAKRISHNAN



Parvathy enjoying a bath while Abhimanyu looks on

alternately hosing her with water and scrubbing her with a scrubber, giving her commands in Malayalam as he worked. "Roll over!" "Lift your trunk!" At one point, he commanded her to greet us, and she did, raising her trunk and waving.

We watched this elephant for a while, then moved on to the others. There was Aasha in her tall kraal, moodily savaging a bushel of jack-fruit leaves and Abhimanyu, squat and muscled, set apart from the other kraals; to name just a couple. Peelandi



Peelandi Chandru tearing up the trunk of a Palm tree

Chandru was a little further down the path, but in my opinion he was the most unique of all the elephants. He was tearing up the trunk of some unlucky tree and crushing the pieces in his mouth with a sound unnervingly like that of a tiger crushing a bone. A piece of the trunk would keep getting stuck between his tusk and his trunk, and he would watch us without seeming to until we laughed, upon which he would extract the stuck piece and crunch it up.

After we had goggled at all of the elephants, we found a tree house. First I cautiously climbed up, and then my grandparents followed. (I'm sure they've won a Guinness World Record for First Grandparents To Climb A 10 Feet High Tree House.) We enjoyed the view and clicked some photos, but before long a pack of bloodthirsty mosquitoes discovered us and chased us back to the



ground.

We enjoyed some refreshment and I swung around in the playground (which really has an overdose of swings), then bid farewell to Parvathy. She greeted us a second time without anyone telling her, so maybe she liked us.

Then we jumped back in the car and visited the birthplace of Adi Shankara — but that's a story for

another time.

.Eka Krishnan (10 yrs) is the grand daughter of Latha and Gopal Krishnan of Cottage 181B Suidha

Kodanad is a rural riverside village of Ernakulam district in Kerala, South India. It is 24 km from Aluva. Kodanad is situated on the south bank of Periyar river, about 42 kilometers east of Kochi. The village is a major tourist destination because it houses an Elephant Training Centre run by the Kerala Forest department.

## NEWS AND EVENTS

### Remembering Pushpa Prabhu

July 11, 2024

**P**ushpa Prabhu's Death anniversary was observed with piety led by her beloved husband Prabhu, who invited everyone in Suidha for high tea and Bhajans at the

Banquet Hall. Around 70 people including a few relatives of Prabhu turned up for the function, which went off smoothly. Most people participated in singing along with the Bhajane Group singers led by Mangalam Amma. Geetha

Subbaraju began by singing the invocation followed by Bhajans about most Gods and Goddesses of the Hindu Pantheon. High tea was served to all at the end of the performance.



PHOTOS: J GOPALAKRISHNAN

### Gamaka - A thrilling Storytelling Event

August 25, 2024

**T**he Cultural Committee organised a captivating and traditional program titled GAMAKA, held in the Clubhouse Banquet Hall.

The chosen theme for this GAMAKA performance was "VISHWAROOPA DARSHANA to DURYODHANA". While many are familiar with Lord Krishna's Vishwaroopa Darshana offered to Arjuna on the battlefield of Kurukshetra, this event aimed to explore a lesser-known perspective of this divine revelation through a unique and engaging format.

All of us learned some new fascinating facts by listening to the Gamaki singer and the Vyakhyana Narrator's story. It offered us a rare and insightful

look into the Vishwaroopa Darshana from a fresh angle, and showcased the exceptional talents of the performers

GAMAKI and Soulful Singer, Smt. Samudyata Mattur is a Tele-Communication Engineer from JNN College and a gifted and trained Classical Singer. Her passion is rendering Gamaka Vachana Concerts and Classical Vocal Concerts.

VYAKHYANA Narrator in English, Shri M.C. Prakash has MA in English from Mysore and a PhD from bangalore University. He retired as the Principal of a

College and has a passion for translation and Storytelling.

Our resident Ms H. Gayitri has been instrumental in getting these artists to come to Suidha



PHOTO: HARI SUNDARESH

and perform for us. Ms. Geeta Jaisim and Mr. Jaisim generously sponsored the event.



# Janmashtami in Suvidha

August 27, 2024

On the auspicious occasion of Shri Krishna's Birthday, the celebration was held with great reverence and joy. The event began with a warm welcome to all attendees by Mrs. Prathima Shetty. Then the program commenced with an Invocation led by the Bhajane Group, who performed the Shanthi Mantra. This traditional chant, drawn from the Vedas, was intended to ensure the smooth and unhindered flow of the event while invoking peace and tranquility for all present. The Shanthi Mantra, concluded with the repeated invocation of peace, setting a serene tone for the celebrations.

The Bhajane Group continued with Guru Vandhana and Krishna Ashtaka recitations. These elements paid homage to the spiritual guide and celebrated the divine attributes of Krishna. A significant portion of the event was dedicated to Bhagawad Geetha Chanting, specifically from the 15th Chapter. This was followed by a brief elaboration on the text and the glory of Shri Krishna by Mrs. Vasanthi Nayak. The session included the Ashtothara Shathanaama Thulasi Archane, enhancing the spiritual ambiance of the festival.

The next segment featured the Keshavanaama, a devotional piece composed by Kanakadaasa in simple Kannada to facilitate easy recitation by all attendees. This was followed by a

captivating dance performance by the children of Kumaran's School. Their presentation, titled "Dashavathaara," was met with much appreciation and applause.

As the children prepared for

touch to the celebration.

Tokens of appreciation were given to the schoolgirls for their outstanding performances. Certificates and small gifts were presented by Dr. Nilima and the



their next performance, the audience was treated to musical offerings by the Bhaavageethe group. The program included a solo performance by Rajeshwari Subramanya and a group song featuring her, Shantha Amma, and Prathima Shetty. Dr. Vivek Kadambi also rendered a RadhaKrishna bhajan, showcasing his unique style. The children were then back with a graceful Radha & Krishna dance adding a vibrant and artistic

Bhajane group. Each girl was also gifted a Bhagawad Geetha book. The recipients included Saanvi Sunil, Aanya Shankar, Ipsita V, Aarohi Desai, Ishita Ghosh, Dia Koshy, Ahana Y P, Prachita Kamath, and Kumud K H.

The event concluded with Thulasi Archane performed by Dr. Shekar, followed by Mangalaarathi. Attendees were invited to partake in Mahaprasad before departing.



# Ganesh Utsav

September 7, 2024

Suvidha's Ganesh Chaturthi event was a well-organized and spiritually enriching celebration. Dr. Nilima Kadambi served as the master of ceremonies, guiding the participants through the carefully planned program.

The event began on time. Venugopal and Prathima Shetty performed the auspicious lighting of the lamp, marking the official start of the festivities. This was followed by a beautiful invocation song sung by Bhavageethe Group, setting a devotional tone for the morning. They also sang a heartfelt Ganapati Bhakti Geethe in Kannada, adding a regional touch to the proceedings. This was followed by an hour-long Bhajan session led by either Vivek Kadambi or Mangala Amma when everyone present was invited to sing along or clap in unison creating a collective spiritual experience filled with

devotion and unity.

The next segment, featured the recitation of the 108 Names of Lord Ganesh, accompanied by a Pushpa-Archane, where flowers were offered in reverence by Mr Suresh Babu and Mrs Jayashree.

The final ritual before lunch

morning's religious activities.

After the prayers, all attendees enjoyed a Mahaprasad lunch, which had been generously sponsored by Suvidha's residents. This communal meal brought the event to a close, fostering a



PHOTOS: HARI SUNDARESH



was the traditional Ganapati Aarthi, "Sukha Karata - Dukha Harata." This aarthi, symbolizing the removal of obstacles and the granting of happiness, was a fitting conclusion to the

sense of togetherness and gratitude and made it yet another memorable and meaningful celebration.

## History of Ganesha Chaturthi

The earliest mention of Ganapati is found in the Rigveda where it appears twice, once in shloka 2.23.1, and in shloka 10.112.9. Both of these shlokas imply a role of Ganapati as "the seer among the seers, abounding beyond measure in food presiding among the elders and being the lord of an invocation", while the shloka in mandala 10 states that without Ganapati "nothing nearby or afar is performed without you". However, it is uncertain that the Vedic term Ganapati which literally means "guardian of the multitudes", referred specifically to later era Ganesh, nor do the Vedic texts mention Ganesh Chaturthi. It appears in post-Vedic texts such as the Grhya Sutras and thereafter ancient Sanskrit texts such as the Vajasaneyi Samhita, the Yajnavalkya Smriti and the Mahabharata mention Ganapati as Ganesvaras and Vinayak. Ganesh appears in the medieval Puranas in the form of "god of success, obstacle remover". The Skanda Purana, Narada Purana and the Brahma Vaivarta Purana,

in particular, profusely praise him. Beyond textual interpretations, archaeological and epigraphical evidence suggest Ganesh had become popular, was revered before the 8th century CE and numerous images of him are traceable to the 7th century or earlier.

Although it is unknown when Ganesh Chaturthi was first observed, the festival has been publicly celebrated in Pune since the era of King Shivaji (1630-1680, founder of the Maratha Empire). The Peshwa in the 18th century were devotees of Ganesha and started as a public Ganesh festival in their capital city of Pune during the month of Bhadrapad. After the start of the British Raj, the Ganesh festival lost state patronage and became a private family celebration in Maharashtra until its revival by Indian freedom fighter and social reformer Lokmanya Tilak, who, championed it as a means to circumvent the colonial British government ban on Hindu gatherings through its anti-public assembly legislation in 1892.



## Biomedical Waste Management

August 2, 2024

**B**iomedical Waste Management for staff of Suvidha to create awareness on waste segregation. Jayaram from Maridi spoke about managing bio medical waste generated in Suvidha cottages and how to deal with the waste during and after collection so

that there is no risk for anyone. Staff members cleared their doubts and the session was declared very useful by all attendees.



PHOTO COURTESY: BRIDGE HEALTH

## NEW STAFF MEMBERS

### Lakshmi Rathnam - Company Secretary

Lakshmi Rathnam is a graduate in Commerce and Law from the University of Karnataka. She is a fellow member of the Institute of Company Secretaries of India and has been in the field of Corporate law and Secretarial practice since 2003. In 2016, she completed a course on Strategic CSR at IIM-Bangalore.

Apart from work-life, Lakshmi was associated with Young Indians, youth wing of the Confederation of Industries of India (CII) and had headed the



team in 2014 to spread awareness of Child rights and Child Abuse across schools and

other organisations. She has also worked and guided many women entrepreneurs through an organisation called AWAKE between 2012-2016.

She is trained in playing the Carnatic Instrument- Veena for over a decade. She is an avid reader. She is also a poet who had her work published a few times by The Poetry Society (India).

TSR extends a warm welcome and good wishes from SUVIDHA to Lakshmi Rathnam.

### B Dhanalakshmi

**D**hanalakshmi is the first person a visitor to SUVIDHA sees at the office building as she sits at the reception counter in the Office Building. She takes care of several duties from there including security, sending drinking water to cottages, and addressing the problems on phone and in person of residents and visitors.

Dhanalakshmi joined SUVIDHA staff members as the lady security person in July 2011. She did that duty with dedication but as changes happened in the Village especially during the Pandemic, she was promoted to

Administration Assistant and



asked to work in the office in 2020.

Dhanalakshmi stays in Thalaghattapura with her son Subhash and her mother since

her husband sadly passed away two years ago. Subhash had worked for a short while in SUVIDHA as an office boy but left it when he secured a job at D-Mart.

She is learning English and computer operations to enhance her skills as a receptionist cum Assistant. "I like working here because people here are kind and patient. They are sympathetic and help me with my shortcomings. I am grateful to all Suvidha residents for their encouragement and cooperation," says Dhanalakshmi.

## REMEMBRANCE

# Ravi

July 13, 2024

**R**avi, Assistant Cook at Suvidha Kitchen for about 2 years passed away on July 13, 2024 following a short illness.

Ravi was on medical leave for two weeks but his death at the age of 50 was shocking to all. Thanks to Panduranga who is a relative of Ravi, Suvidha residents could pay respects



to Ravi's body and donate a good sum of money to his widow and two children. Ravi was a cheerful presence in the kitchen and a good cook.

## READERS' RESPONSE

TSR is a good quality newsletter. I always enjoy the content and photos. The photos of Chennakeshava temple are superb. Also thank you for writing about my playing the Handpan and placing my photo..

**Neeraj Mistry, Cottage 85B**  
Suvidha

Thank you TSR for introducing me to Suvidha and publishing my video .

**Prasad Rao, Cottage 43**  
Suvidha

Fabulous ! Astounding! And a revelation! So many great writers in Suvidha! I am relishing each article slowly! So much information about people and things! Thanks a million for this Wonderful Review!!

**Iris Rajiva, Cottage 76**  
Suvidha

Very nice. Looks very professional.

**Ravi Rajamani**  
USA

Wonderful Issue as usual. Enjoyed every bit of it. Keep up the good work

**Indira Jayaprakash, Cottage 45,**  
Suvidha

The cover photo in Black and white and all the photos and text of Somanathapura Temple is fantastic. Brought back memories of my own visit there..

**Dr Gomathi Narayanan, Cottage 107**  
Suvidha

The latest edition of The Suvidha Review is a masterpiece. We have all used the idiom that a picture is worth a thousand words. The latest issue presents ample evidence of that. The black and white photos of the Chennakeshava Temple at Somanathapura show us everything, including the influence of the Hoysala rulers on design and aesthetics. More than ever however, the images take us back into the very past.



We begin to feel as though we are a part of history too. The colour photos of the various cultural events bring us back to present times and certainly reinforce in our minds the immense value that Suvidha adds to our lives.

**Hari Sundaresh, Cottage 46,**  
Suvidha

Wonderful photos - both black and white and colour! Very good content to read. And thank you for publishing my story about the

gardener along with a suitable picture. Well done Team TSR!

**Dr Lakshmi Dey, Cottage 44**  
Suvidha

Congratulations on bringing out another excellent TSR. The articles by Ashok & Laxmi Dey were delightful to read.

**Dipak Rao, Cottage 26**  
Suvidha

I enjoyed reading the Monsoon Issue of TSR. What captured my attention and imagination was the Book Talk article by Gopalakrishnan. Along with his experiences of Kolkata he has reviewed the novel Those Days wonderfully. I will read it again and again to enjoy it more. Great Job.

**Geetha Subbaraju, Cottage 13**  
Suvidha

Thank you for the excellent coverage of all the happenings in Suvidha and other related matter. My husband and I (by the way we are the oldest couple in Suvidha today) hardly go out for health reasons and are mostly confined to the home. Thus we do not attend any function held in the Clubhouse or anywhere else. But the TSR made us feel that we also participated in person in the happenings at Suvidha. Thank you for that experience. I will be writing to you later with some suggestions for future issues.

**Trichur Rukmani, Cottage 73-74**  
Suvidha



## We solicit your contribution to THE SUVIDHA REVIEW

Please share short articles (about 400 words) along with photographs.  
You may write about your childhood memoires, places you visited,  
interesting books you have read, short stories, poems, achievements of your children,  
creative works of your grand children  
or any other interesting events.

Please share your high resolution photographs - original from the camera via email  
(not WhatsApp, where the photos will be heavily compressed)

Please write to [suvidha.review@gmail.com](mailto:suvidha.review@gmail.com)

## USEFUL INFORMATION

Please click on the company logo for details.

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| Concierge Services

### HOME NURSING SERVICES



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Home Hospitalization | Doctor  
Visits

### MEDICINES - HOME DELIVERY

**Shantha Pharma**  
88677 81822 & 99860 03614

Neighbourhood pharmacy on  
Kanakapura Road offering  
same day delivery of  
medicines



An e-pharma portal that offers  
authenticated prescription and  
Over the Counter (OTC)  
medicine along with other  
health products.



Trusted online platform of  
Apollo Hospitals for Prescripton  
Medicine, Health & Nutrition  
Foods and OTC medicines

## GROCERY & VEGETABLES

### Market Fresh

97437 66000 & 97439 66000

Neighbourhood store for immediate delivery of your grocery and vegetables



Online delivery service for grocery goods, home essentials and food supplies



An online platform for buying vegetables and grocery items

## MEDICAL LABORATORY - HOME COLLECTION



080888 87108  
Reliable Laboratory Service



080-39885050  
Free Home Collection



94498 66287  
080 2531 8550  
Very reliable

## OPTICIAN/AUDIOLOGIST SERVICES AT HOME

### Ujala Opticians

Rahul - 88922 88544  
Eye checkup at home



1800-102-6886  
A certified refractionist will visit you with latest eye testing machines & 100 trial frames



080 4200 8902 /  
99805 10040  
Home Hearing Checkup

## TAXI SERVICES

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080 5077 1881 &  
98453 65245

### Nandi Taxi

Ravi Gowda  
09980451515

### Pushpa Rathna Cabs

Ramesh  
99010 51113

### Auto Riksha

Narasimha Raju  
9900327822 / 9980627163