

A premier retirement village
.... where the good life gets better !



Happy Dussehra

SUIDHA NEWS

Volume Number: 5-10

For Private Circulation Only

Date: 15-10-2018

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

Dear Suidhites,

Happy Dussehra Greetings to you and your family members.

Today is a very humbling day for me. It reminds me of our, me and my wife's, first visit to Suidha in 2009. I came, I saw and I was conquered by its pristine beauty and undulated topography. I came here because I believed Suidha was the best place for Senior Citizens like us. I saw then how clearly that people are empowered to do magical things with their ideas, creations and ultimately make this small world a better place to live. I knew there was no better Village to spend our twilight years in the company of more senior and more learned Residents. And with age on my side, I thought I can make a difference. Thus began my journey in Suidha. This is the very same inspiration that continues to drive me today.



It is an incredible honour for me to lead and serve this beautiful company of ours. Earlier leaders, starting from Dr K S Shekar, Dr R Subba Rao, Dr K Lakshman, to Ms Shobhini Gurudas, all have taken Suidha from an idea to one of the most beautiful and liveable place not only around Bengaluru but entire stretch of our State. I've been fortunate to associate with all the leaders in one way or the other very closely, especially with the founder of this place Dr K S Shekar, with whom I have a special bond. It is also an honour to join hands with my fellow Directors in steering this Company on an even keel and blending with the vision of our Founders – **“Where the good life gets better.”**

The new set of Directors came with the mission statement of giving a fillip to Suidha Village by attending Suidha Office on all weekdays to ensure all issues are being taken up without delay. Say goodbye to management by phone calls. Bring in more personal touch and assure our availability. Bring in transparency in Management, Streamline the Costing / Expenses and improve the services. In this direction, we have made our earnest beginning and we are confident of achieving our set goals with the support of the vibrant team of Directors.

In Suidha we believe in developing strong and synergistic relationship with our Share Holders / Residents, based on a spirit of implicit trust, reciprocity and above all transparency in all our dealings. Many Institutions aspire to change the world. But very few have all the elements required: talent, resources, and perseverance. Suidha has proven all these years that it has all three in abundance. And as the new MD, I can't ask for a better foundation.

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

Let's build our future together on this foundation.

As we start this new phase of our journey, I want to share what inspires and motivates me:

A thoughtful poem from Robert Frost: The woods are lovely, dark and deep.
 But I have promises to keep,
 And miles to go before I sleep,
 And miles to go before I sleep.

With best wishes,

C. B. Prabhakar

➤ **Our New Directors:**

It is our pleasant duty to introduce our new Directors who have taken up their office recently. Here below brief highlights of Mrs. Geeta Jaisim are presented for information of all shareholders. Let us give her a big hand and wish her the very best in her new role as Member of Office Management Committee. We will follow up with details of other Directors in the forth coming editions of this news letter.

Qualification: MA (Master of Arts, Madras University) 1969

Experience: I have over 35 years experience in various Institutions / organizations.

Professional: (1970 to 2006)

- Started my career as a Probationary Officer with State Bank of India, and had risen to be Field Officer (Advances) when I resigned to go to Oman.
- Worked with two banks in the Sultanate of Oman as Credit Analyst.
- On returning to India, worked with Amco Batteries Ltd, a manufacturing company, part of the Amalgamations Group, for 11 years. Last position held was Dy Gen Mgr (Purchase).
- Later worked with Sun Microsystems, an IT MNC, in Sales Logistics.
- Finally, was Exec Secretary, American Chamber of Commerce (AmCham) in charge of the Karnataka Chamber.



Social Work: 1992 to the present: I have been and still am, a member of the Managing Committee of the University Women's Association, an NGO working in the area of women's empowerment - actively involved in building, maintaining and running two women's hostels. Was President of this Association for 4 years, from 2009 to 2013.

Personal: Married to Architect Prof Krishna Rao Jaisim. We have one daughter, Ashwini Jaisim, and two grandchildren.

➤ **Event Highlights:**

🚩 **24-09-2018: Welcome heavy rains in Suvidha**

Heavy rains with thunder and lightning lashed Suvidha starting from 23rd midnight till 24th morning and drizzling continued there after too. The rains not only brought the temperature down but also a heavy inflow of water into our lake. The lake is overflowing and the sight is simply out of the world. For Suvidha it is a blessing as the under ground water table, the only source of water for Suvidha, will raise. Here is the link to the photos taken early in the morning. Enjoy the beauty of Suvidha.

Here is the link to photos: <https://photos.app.goo.gl/PHp98n4DtdGsU5TC8>

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



26-09-2018: Ganga Pooja At Suvidha Lake

After copious rains for last few days, our lake was full and started overflowing at the weir. It was a pleasing sight to watch the lake and the overflow. Now it is time to offer our obeisance to Lord Varuna, and Goddess Ganga, so that in the coming years too Suvidha will have bountiful of rain and water storage. To mark our respect, Suvidhites joined together to perform Ganga Pooja and offer "Baagina" Here is the link to photos contributed by Mr. CB Prabakar: <https://photos.app.goo.gl/ifkGwDVeot3RME1w6>

The beautiful photo of the deck taken from the other side of the lake is contributed by Mr Ashok Dey.



02-10-2018: Gandhi Jayanthi Celebrations

Suvidha celebrated the Birth Anniversary of our Father of the Nation, Mahatma Gandhi on Tuesday, the 2nd October 2018. It is also the Birth Anniversary of our former Prime Minister Late Sri Lal Bahadur Shastri. On this momentous occasion Dr. K.S. Shekar, the Founder Chairman of Suvidha, recalled with reverence the contributions of these great souls in the Indian independence movement. He dwelled at length on the qualities of the Mahatma that made him the Father of the Nation. He read out an extract from a book he had written – Coming of the second Christ – on Gandhiji. Full text of this extract is presented on page-7 of this news letter.



The link for photos taken is given here - <https://photos.app.goo.gl/XPLqb96sCZxK9asT8>

On this occasion, the Suvidha management felicitated Prof. Sankar for his contributions in the development of Suvidha by successful implementation of the Solar Power project.



Apart from the Birthday Celebrations, the formal Inauguration of the STP (Sewage Treatment Plant) was done by Dr. PM Chandrasekhara, our Resident Doctor and other senior management personnel. The Website: <http://www.suvidha.co.in> Phone: 91-080-26951000 / 212 Email : contact@suvidha.co.in

commissioning of STP was a challenging task. It is our pleasure to remember the service rendered by two of our resident Shareholders in completing the above project with flying colours. Suvidha was touched by the unstinted efforts and devotion of Mr. SM Subba Rao (Cottage 139) and Mr. K. Ramani (Cottage 93-94) and felicitated them at Suvidha Banquet Hall after the inauguration of the STP. The salient features of this project are presented at the link given below.

<https://drive.google.com/file/d/16J4g-g-n1Wletqm6uERcG8Lu1HkpROPT/view?usp=sharing>

➤ **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 15-10-2018. Click on link below for details:

<https://drive.google.com/file/d/1FVnuGA9V0LD9WGwmULwYe9LfUdeixcS2/view?usp=sharing>

➤ **Suvidha Staff News:**

01-10-2018: Mr. C. Vasanth Kumar joined Suvidha as Assistant Manager to help the company in Administration, Land Matters, Finance including GST and Audit issues. We wish him all the best in his challenging role and a good future in Suvidha.

➤ **Fond Memories:**

Taking a deep breath, the octogenarian Dr. Lakshmi Dey of cottage # 44, delved deep into her past and successfully retrieved a poem "A Mother's Lullaby", written by her in her teens! Let's read and enjoy!!

Our special thanks to Dr. Lakshmi Dey for sharing this joy with us!

A Mother's Lullaby	
<p>The red sun is setting Like a sweet it is melting Into the fiery sea. Art thou tired & dreary Thy little feet weary Ill hush thee to sleep On my knee.</p> <p>Far away thunder Bright fireflies wander Silver sprinkles the sky A soft wind is blowing The cattle are lowing Yonder from misty hills high.</p> <p>By the side of the pool Near the green waters cool Purple peacocks have folded their fans, While down in sea caves White arms of the waves Lull the starfish To dream on the sands.</p>	<p>The jackal doth howl At the silent grey owl And the bat like a dancer whirls Loud laughs the moon As the white jasmines swoon Drunk with the dew's golden pearls.</p> <p>The reeds in the river Do bend & do shiver And fishes glimmer & gleam Aah me I am weary Of singing so long to thee Hasten to dreamland & dream.</p> <p>Art thou asleep Yet my darling Or art thou pretending I thought I did hear a wee sigh Hark someone is singing Thy father is coming To scatter poppy dust in thine eye.</p>

➤ **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 111 different species of birds in the Village.



INDIAN GREY HORNBILL

The **Indian Grey Hornbill** *Ocyrceros birostris* is not a resident of our Village but an occasional visitor. The last time I had sighted this species was when a couple had perched high up on the very large fig tree on the banks of the stream that flows into our Village from the Vajramuneeshwara Temple. That was in January, 2015. Last month (27th September to be precise) while walking along the eastern side of our lake, out of the corner of my eye I detected a gliding movement across the northern part of our lake. It turned out to be a female Grey Hornbill which had flown in to join its mate on a ficus tree next to the gazebo on the western bank of our lake. I was able to shoot only this one picture from across the lake, for as I started to walk around the lake to get closer, both birds flew away.



The species is fairly widely distributed over the sub-continent except in Pakistan, Bangladesh, Sri Lanka, Rajasthan and southern Kerala. Measuring between 50-60 cm (approx. 20-24 inches) from beak to tail, it is a brownish grey bird with an enormous black-and-white curved bill surmounted by a peculiar protuberance or casque and a long tail. The female of the species is similar to the male, but smaller and has a smaller casque proportionate to its beak. Essentially arboreal, the species is commonly sighted in fig-laden banyan and peepul trees along roadsides or near rural habitation, feeding with other frugivorous birds. It mainly feeds on fruit but also eats large insects, lizards, young mice, etc.

The species' nesting season is between March - June. The nest is a natural tree-hollow which is walled up with the bird's droppings after the female settles itself inside leaving just a narrow slit through which her mate feeds her during her self-imposed confinement. The wall of poop is broken down after the young hatch out and thereafter both parents begin to forage for the young.

- **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 79 species of butterflies inside our Village until now. Our Newsletter will carry this series comprising pictures and descriptions of butterflies of SUVIDHA.

DARK PALM DART

The **Dark Palm Dart** *Telicota bambusae bambusae*, with a wingspan of between 34-36mm, is widely distributed on the sub-continent and Sri Lanka and Myanmar. It is found mostly in hilly, wooded areas, deciduous forests and also, less commonly, in the plains and dry areas. It is seen in our Village mostly in the monsoon and post-monsoon months.



It flies very strongly and swiftly. When in flight it is very difficult to track owing to its small size, its very dull colours and swift flight. In the morning it tends to perch and bask very close to the ground, on grass-blades and bushes, spreading its hind wings flat and holding its forewings vertically above the hind wings. Once it warms up it flies in search of nectar from flowers and occasionally birds' droppings. Its long proboscis (approx. 13mm) gives it access to flowers with long corolla tubes. It is generally on the wing in March-April and July to November.

➤ **Readers' Corner :**

Memorial Message presented by Dr.K.S. Shekar, Founder Chairman of Suvidha, on the occasion of Gandhi Jayanthi celebrated on 2nd October 2018 in Suvidha Retirement Village.

COMING OF THE SECOND CHRIST

**DR. K.S.SHEKAR,
Bangalore, India**



At the beginning of the first millennium a child was born in Bethlaham who later became an apostle of peace and love. Him we call the Christ, probably the only Christian ever to live and die on a cross for his people, for the faith and love. He never possessed a kingdom, but had larger follower than any other king; he never had ornate robes or jewels, but wore a crown of thorns. For this people, he suffered and carried the cross for his own crucification. He was the messenger of God, who came to liberate his people from the bondage!

At the end of the second millennium a child was born in Porbandar, India. There was no celestial happenings; nor the three wise men appeared on the scene to predict the future of the child. He was just an ordinary child of ordinary parents. He grew up unnoticed; he did not perform any miracles that would have predicted his super human powers. He was just like any other Indian. He was Mohandas Karamchand Gandhi.

From an ordinary person, without any base or followers in India, Gandhi transformed himself as an undisputed national leader, with largest following, pervading all strata of Indian society, loved and adored by everyone, and became a symbol of admiration, an icon, literally worshipped all over - the Mahatma had arrived; our own Christ who equaled the former, in every aspect of life!

He shed affluence and embraced poverty. He wore minimum clothes and identified himself with the least privileged person. He possessed nothing, but ruled over the millions of people's heart. He marched the length and breadth of the country, uniting them as one nation and enthusing

them to fight the tyranny of foreign rule. He was beaten; he was kicked; but he never whispered a word of complaint.

He was the apostle of peace; he was our own messiah. Truth was his religion; love and peace were his faith. Nonviolence and non-co-operation were his weapons. A man, literally on a loincloth, shook the British Empire and brought them on their knees and got our country the freedom!

His thapasya was much more intense than that of any sage quoted in annals. He did perform that final miracle for which he came to this world!. Finally he gave his life for the very faith he preached all along.

Gandhi was able to convert what had been regarded as weak, effeminate and cowardly in the Hindu-Jain way of life into courage and bravery. For instance, Ahimsa - non-violence instead of supine surrender to bullying could, if used rightly, become a source of strength to confront wrong doers by touching their conscience and making them yield.

He was committed to austerity and lived like the poor. He was accessible to everyone and kept a punishing schedule of work on himself.

“Will our world always be one of violence ? Will there always be poverty, starvation, misery ? Will we have a firmer and wider faith in the religion or will the world be Godless ? If there is to be a great change in society, how will that change be brought ? By war ? By violent revolutions ? or will it come peacefully ?” lamented Mahatma.

Rev. F.C Andrews was sent by Gokhale to South Africa. He saw in Gandhi a virtual practioner of Christ’s overwhelming religion of love and compassion. Rev. Andrew in his speech in a church compared Gandhi to living Christ who practiced law of love in every walk of life. He said “there is only one good Christian in earth and he died on the cross”.

Romai Rolland, philosopher writer from France described Gandhi “he is another Christ born in the East”.

“Get rid of the system that binds men to slavery of myriad hues ! This produces through exploitation of labour and causes poverty and misery. Be free, fearless and truthful” preached Gandhi.

John Ruskin’s book “Unto this last” influenced Gandhi; He followed following fundamental principles.

- Good of the individual cannot be separated from that of the society in which he is living and gets all sustenance for life.
- All socially useful honest professions must have same social status and economic rights to earn a honorable livelihood from their labour.
- A life worth living is that of a farmer or a handicrafts worker devoted to service, simple living and high thinking.

“ A moral act must be our own act, it must spring from our own will. It is not enough that an act done is itself good, it should have been done with conscious intention of doing good”. Said Gandhi.

“ The commercial and machine minded modernity that has taken possession of us, ruthlessly pushes us on to burn ourselves like proverbial moth that dances round a flame in mad ecstasy, only to destroy itself : said Gandhi in 1927.

“Every new step should be judged in terms of its alleviating the misery of the poor and conquer the greed for self”.

“In spite of the madness and the vain imitation of tinsel of the west, the hope lingers in me and many others, that India will survive this death dance and occupy the moral height that should belong to her after her training however imperfect, in non- violence for an unbroken period of thirty years. A new India learning the best that the west has to give and becoming the hope not only of Asia and Africa, but the whole achieving world will rise, is my only prayers”. Gandhi December 7, 1947.

“He was the kingliest of kings and more.

He builded kingdoms and pulled kingdoms down.

Nor ever cared himself to wear a crown,

His shining nakedness was all he wore”.

Mahatma was an apostle of peace, not merely peace as contrasted by war, but the peace of Christ which passeth all understanding .

DR.K.S.SHEKAR, M.S., M.Ch, FAIS, FCS(SL)
Plastic Surgeon,
Chairman
The Bangalore Hospital
202, R.V.Road, Bangalore - 560004
INDIA

@@@

Unique Status of Om in the Māṇḍūkya Upaniṣad

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

The Māṇḍūkya Upaniṣad (Māṇḍ.Up) belongs to the Atharvaveda and is a short one containing twelve passages. This is perhaps the only Upaniṣad that discusses in minute detail the significance of praṇava or OM in an expansive way. The Māṇḍ also has the distinction of being the only Upaniṣad which has a commentary written by Gauḍapāda who is considered the prācārya or guru's guru of Śaṅkaracārya, as Śaṅkara's guru Govindācārya was considered to be the disciple of Gauḍapādācārya. Gauḍapāda's commentary is in the form of kārikas or verses and Śaṅkara has commented on both the Māṇḍūkya Upaniṣad as well as the kārikas of Gauḍapādācārya. This work thus holds a special place in the advaita tradition in Indian philosophy. In order to get the full import of this Up. one needs to not only know the meaning of the passages in the Māṇḍ.Up but also understand the kārikas of Gauḍapāda which is very



elaborate. Thus this Up. can be explained in two ways. Firstly the meaning as given in the Māṇḍ. Up. itself can be dealt with and then, a general summary of the contents of Gauḍapāda's kārikas (Gauḍ.Kāri) can be attempted. But for lack of space I shall be dealing with only the passages given in the Upaniṣad itself in this article.

In the very first passage the Up. declares that Om is everything: the past, present and future. It also states that even what is beyond the three periods of time is also Om. This is to restate the equation that Om being Brahman and Brahman being everything, Om which stands for Brahman is everything. Thus it would translate as Om=Brahman=everything. This is exactly what the second mantra states and it is further expanded to say that the self is Brahman. So now the equation is established that Om=Brahman=self. The Up. does not stop there but goes on to state that the self has four quarters which means that Om and Brahman have four quarters/parts. The word used for four quarters/parts is 'catuṣpāt'.

Let us first look at the need for the elaborate explanation of the four parts related to all the three Om/Brahman/self. We are already familiar with the idea that the self is identical with Brahman. But since Om is also equated to both self and Brahman the need is there to relate all the four stages of the self and Brahman with the mystic symbol Om as well. The four stages of the self are the waking, dreaming, dreamless sleep and the Self called the turīya state. These are the four stages at the vyaṣṭi or micro level. At the macro/samaṣṭi level of Self/Brahman the corresponding stages are named Vaiśvānara, Taijasa, Prājña and Brahman. The four corresponding stages of Om are the syllables 'a', 'u', 'm' and the complete Om which is termed amātra or complete in itself.

From the third passage onwards are given the details of what is meant by the four parts. So we will now look at the way that the four parts of the self/OM/Brahman are described. The 3rd mantra defines the first part/pāda. The whole idea is being approached from a holistic angle or a micro/macro angle i.e relating every stage of the micro with the macro level. In Sanskrit the micro level is termed a vyaṣṭi aspect and the macro level is called the samaṣṭi aspect. The third passage takes all living beings collectively or in a macro sense and calls it Vaiśvānara/Viśvānara/Viśva or all beings. Its sphere of action is the waking state, its consciousness or knowledge relates to external things, and it enjoys gross things, all at the macro level. The corresponding micro level would be the individual self whose sphere of action is the waking stage, who has knowledge of external things and enjoys objects in the world.

The next higher dream stage of the samaṣṭi/macro level mentioned in the fourth passage is called taijasa. In this taijasa state the consciousness relates to internal things and it enjoys subtle objects. The corresponding micro level would be the svapna/dream state where the self experiences dream objects.

The next higher state is the state of deep sleep without any waking or dream experiences. At the macro/samaṣṭi level it is called prājña and in this stage everything is undifferentiated. It is a state of consciousness alone (prajñānaghana) which is full of bliss (ānanda). The corresponding micro level would be the suṣupti or dreamless sleep where only the self/sākṣī associated with avidyā is present and the internal organ/antaḥkaraṇa is lost in avidyā.

So now we have the three levels of experience and there is one more level known as turīya in the micro sense. This stage cannot be described in words and therefore the fourth stage/part is just indicated as the fourth part or turīya stage. This is Brahman/Self itself in the macro sense. This state is what the self will attain through spiritual practices.

Thus the Māṇḍ.Up has related the four levels of Brahman with the four levels of the Self. But the Up. has one more task to fulfil and which it had set out to do. If you remember, right at the outset, Om was equated with Brahman and also with the self. So we need to relate Om with the four levels or parts of both Brahman and the self. This is how the Up. does that.

If you recall from what was written above, Vaiśvānara also called Viśva is the macro waking state because it pervades everything. So Vaiśvānara is equated with the first letter 'a' or the first mātra of Om. The reason given is that like Vaiśvānara the letter 'a' pervades all speech. One cannot utter any sound without the help of the 'a' sound so it is all-pervasive. The Aitareya Āraṇyaka II.3.7:13 states that the sound 'a' is indeed all speech. The second stage known as taijasa is equated with the second mātra 'u' of Om. No plausible reason is given except to state that it is the state of excellence and because it is in between the two syllables 'a' and 'm' similar to taijasa being in between the Self and prājña states. The third stage known as prājña is equated to 'm' the third mātra of Om because Viśva and Taijasa are

absorbed in it. The total syllable Om called 'amātra'/partless is the fourth turīya beyond the conventional dealings in the world. It is called advaita, the non-dual and equated to the Self itself. It goes further and says that he who realizes this identity becomes one with the Self i.e. attains mokṣa. If one were to tabulate this equation between Brahman, the individual self and Om it can be done in the following manner:

Viaśvānara/Viśva= individual self= 'a'

Taijasa=====dream self===== 'u'

Prajña=====deep sleep self= 'm'

Ātman/Brahman==turīya/Self=== 'Om'

So the identity between the Self, the individual self and Om that was stated in the initial passages of the Māṇḍ. Up has been explained in an elaborate manner in these twelve passages. One could either be satisfied with this explanation or one could also question this rather forced equation between the three-Om, Self and individual self. One also wonders why there was this need to equate all the three in this manner. The identity of Om with Brahman/Self is not prominently mentioned in the early Upaniṣads like the Brhadāraṇyaka, Chāndogya (Chānd.Up) and Taittirīya even though its importance has been elaborately discussed in them. It also leads to the speculation that the Māṇḍ.Up was composed at a time when Om had gained a position of supremacy as a mystic symbol equal to the Self/Brahman itself. That could also mean that it was a late Upaniṣad and its being mentioned as belonging to the Atharvaveda further strengthens that surmise. The ancient Indian tendency to classify and relate entities could also have played its part in this equation. Whatever the reason for this might be this equation is taken for granted nowadays.

@@@

By **Mario de Andrade**
(San Paolo 1893-1945),
Poet, Novelist, Essayist
and Musicologist.
One of the founders of
Brazilian modernism.

My Soul Has A Hat

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



I counted my years and realized that I have less time to live by, than I have lived so far.

I feel like a child who won a pack of candies: at first, he ate them with pleasure but when he realized that there was little left, he began to taste them intensely.

I have no time for endless meetings where the statutes, rules, procedures and internal regulations are discussed, knowing that nothing will be done.

I no longer have the patience to stand absurd people who, despite their chronological age, have not grown up.

My time is too short: I want the essence; my spirit is in a hurry. I do not have much candy in the package anymore.

I want to live next to humans, very realistic people who know how to laugh at their mistakes and who are not inflated by their own triumphs and who take responsibility for their actions. In this way, human dignity is defended and we live in truth and honesty.

It is the essentials that make life useful.

I want to surround myself with people who know how to touch the hearts of those whom hard strokes of life have learned to grow with sweet touches of the soul.

Yes, I'm in a hurry. I'm in a hurry to live with the intensity that only maturity can give.

I do not intend to waste any of the remaining desserts. I am sure they will be exquisite, much more than those eaten so far.

My goal is to reach the end satisfied and at peace with my loved ones and my conscience.

We have two lives and the second begins when you realize you only have one.

@@@

ANNEXURE - 1

➤ Door-Delivery Service Providers for Suvidha :

○ 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>
- **Organic Vegetables:** For your requirements of organic vegetables, you may contact Mr. Gautam Hegde at Ph.No: 8147978284. Scheduled days of his visit to Suvidha are - Tuesdays and Fridays.
- **BigBasket:** For your groceries, Vegetables, fruits, House Cleaning products etc., order online at www.bigbasket.com . All details are available on the website.

○ MEDICINES

- **Religare Medicals:** Register with Religare to buy your medicines. Senior citizens get 10% discount. 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 Suvidha. Senior citizens get 10% discount.

○ ASSISTED LIVING SERVICES

- **Home Medical Care Services:** They provide dependable service of a Doctor, Physiotherapy, Nursing or Trained Attendant. Please visit for details - www.portea.com or contact - Tel No: 080-33554554
- **Nightingale Home Health Services:** Nightingales, renowned for providing personalised medical care for old since 1996, is well acknowledged and acclaimed for its facilities and services. Guided by veterans, this institution has been recognized nationally for its meritorious services. Specialized home health care service provides 24/7 expert dementia care; stroke recovery care, pulmonology, wound care and physiotherapy at home services. Their general services include Doctor on call, Nurse on call, Bedside attendants, Dental services at home, Lab. Investigations, Home infusion therapy, pharmacy service and post-operative rehabilitation, Remote health monitoring, Colostomy and Tracheostomy and Tube feeding. In addition, the company provides essential life saving equipment on hire. Get in touch: Toll free No. 1800-103-4530; Tel. 080 453003300: Website: www.nightingales.in
Branch Manager Aishwarya at Jayanagar - Tel: 080 41410029
- **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>
- **Agencies providing the attendants / home help:**
 - **Apna Care :** Tel: 080-30752584 ---- <http://apnacare.in>
 - **Health Heal and Home Nursing :** Contact Mr. Rohan: 9620416503 ; 080- 23203333
- **Pavan Surgicals** - For BP Monitors and Mobility Aids, Wheel Chairs - Manager (Naveen) Tel: +91 9844682309
- **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
Website: <http://www.suvidha.co.in> Phone: 91-080-26951000 / 212 Email : contact@suvidha.co.in

- **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	
Zotra.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
--------------------	--	----------------------	--------------------	--------------------	---------------------	--------------------------------------

ANNEXURE-3

**Charges and Guidelines for Admission and Maintenance
of Rehabilitation services at Suvidha Health Centre.**

The ward at the Health Centre has been refurbished to admit a senior from the Village who requires attendant care. By definition this facility caters only to those patients who are stable and need only attendant care. Acutely ill patients cannot be looked after in this facility. In this context following guidelines and tariff have been fixed by Suvidha Management.

1. **Admission Criteria:** A resident will be admitted from another hospital after reviewing the records and the discharge summary by the Resident Doctors; when such a request comes from the spouse or a caretaker of the resident patient.
2. The decision of the Resident Doctor regarding admission to this unit is final.
3. **Time frame:** Duration of admission varies from a day to a maximum of 15 days. Requests for stay beyond 15 days will be treated on a case-by-case basis.
4. Short interval Day Care admission for intravenous fluids or respiratory care is also allowed on a working day; when the Day Care Nurse services are available.
5. **Medical Care:**
 - a) Health care Management and follow up of these long term patients will be out of purview of the resident Doctors; and as such their original medical team should be in charge of the patient. And the nursing staff of Suvidha will play no role in medically managing these patients on daily basis except for providing non-medical assistance or guidance.
 - b) **Attendant / Nursing care personal:** Should be outsourced before admitting the patient as per the contact list provided in the Annexure – 2 above. Prevailing approximate rates are as under:
 - Attendant Rs. 15000 to 30,000/ month;
 - Trained Auxiliary nurse Rs.17000 to 35,000/ month and
 - Qualified Nurse Rs. 30,000 to 52,000/ month
 - c) Room Rent: Rs. 1,500/day which includes short term stay
 - d) Drugs and medical accessories that are available will be provided as an emergency measure and same should be replaced by the party or remit MRP value of the drugs and the accessories.
 - e) When specialised Medical care, Consultation, Services, Equipment, Furniture or Fixtures are required (ie Post- operative care); it is the admitting resident's responsibility to make these arrangements as well as to make payments for these external services. The office will assist in procuring these services. For patients who require specialised assisted care by an outside agency (ie physiotherapy), the duty nurse or Suvidha office will provide the necessary assistance in procuring such services. The contact details of agencies will be displayed on the notice board in the ACF. The charges for such services will be borne by the patient.
 - f) **One attendant** only is allowed to stay with the patient. The food for the patient and the attendant will be borne by the admitting Resident. Food may be ordered from the Suvidha kitchen or brought from home.
 - g) **House Keeping:** Suvidha Housekeeping staff will attend to cleaning routine once a day. Taking care of soiled linen and health care waste and other services are to be outsourced and paid by the patient attendant at actuals.
 - h) The **privacy of the residents** in the dormitory must not be violated at any time.

- i) In case of any ambiguity in the rules of ACF, the decision of Suvidha Management is final and binding.

---oo000oo---