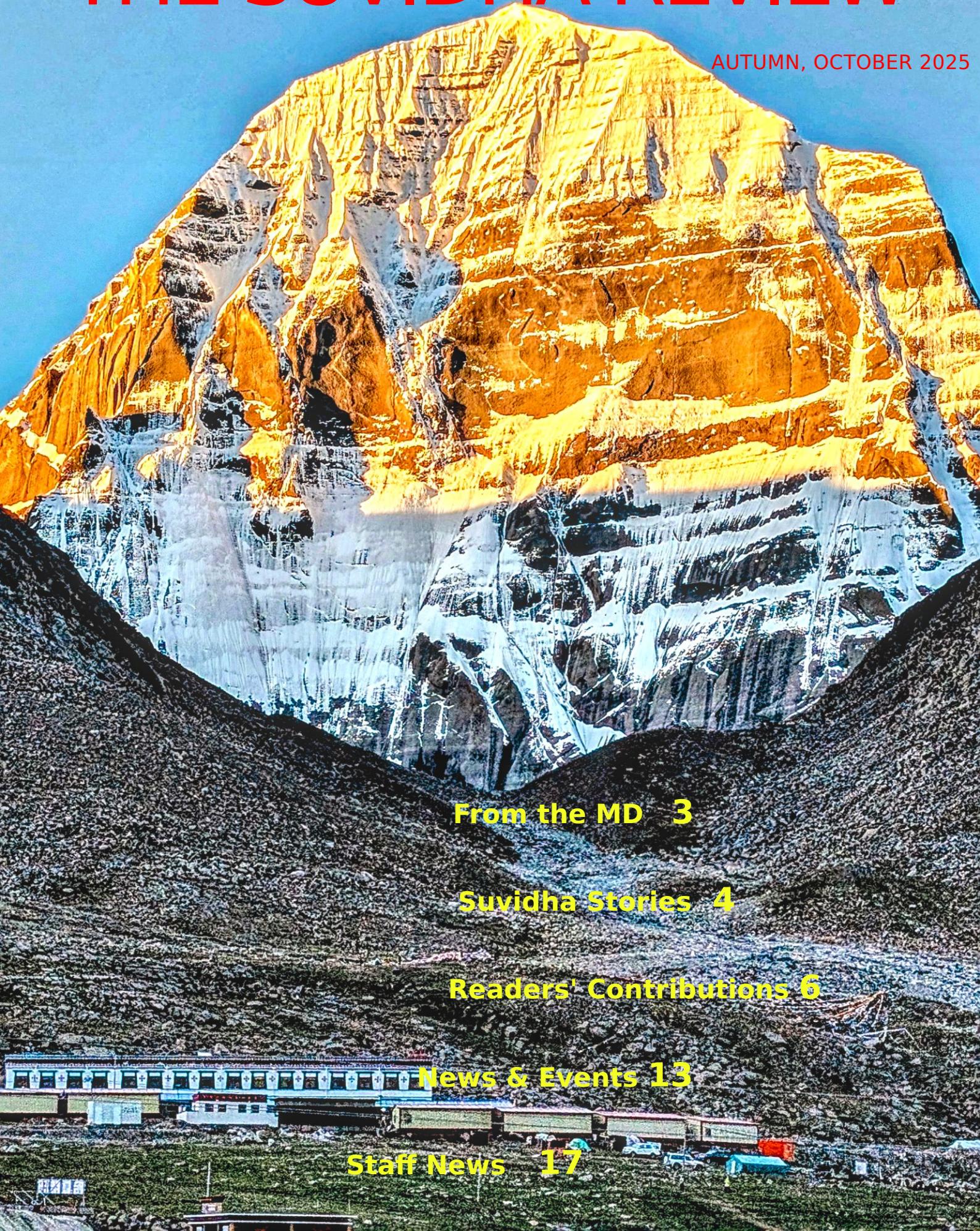


THE SUVIDHA REVIEW

AUTUMN, OCTOBER 2025



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EDITOR'S NOTE

Every leaf speaks bliss to me, fluttering from the autumn tree." — Emily Brontë

In Suvidha, not just leaves but the flowers and fruits from our trees speak of bliss!. Welcome to the autumn in Suvidha!

This Autumn Issue features a wonderful poem about Suvidha and Suvidhaites written by our resident Anuradha Krishnamurthy. And a young visitor, Nikhil tells us how much he liked being in Suvidha.

There's more - the joy of festivals, a well conducted AGM, the funny story of Satish's new car, Dr PMC's article on Health span, 2 book reviews of books written by our own shareholders, introduction of new shareholders and our new CS and all the events with photos that we had in the past quarter - all ready for your reading and viewing pleasure. There is also a remembrance page dedicated to our dear Dr Krishnan, who has left an aching void in many of us including TSR.

I thank all those who responded with positive feedback about our last issue. Keep those emails and opinions coming. They are great inspirations to us!

Enjoy this issue and have a blessed festive season!

Latha Krishnan

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COVER: Magnificent view of Kailasa at Sunrise. Mount Kailash is located in the Tibet Autonomous Region of China, close to the Manasarovar and Rakshasthal lakes. The sources of four rivers: Indus, Sutlej, Brahmaputra, and Ghaghara lie in the vicinity of the region. Mount Kailash is sacred in Bon, Buddhism, Hinduism, and Jainism.

Please see page 9 for a travelogue to Kailasa by Dr Vandana Sridhar.

PHOTO: DR VANDANA SRIDHAR

FROM THE MANAGING DIRECTOR

Season's Greetings to our Suvidha Family!

I am happy to share that I have achieved a milestone by completing one full year as the Managing Director of Suvidha! Over the past 12 months I have given a lot of time and energy to handling my responsibilities to the best of my ability. The team work and whole-hearted support and cooperation from my fellow Board members and well-wishers makes this a fulfilling exercise. I value the professional support provided by CS, PCS and Auditors in running the Company. It is important that I acknowledge with gratitude the hard work put in by our staff to ensure smooth day-to-day running of this Retirement Village. I also thank all the Committee Members, Shareholders and Residents of Suvidha for reposing their faith in my Leadership. Together we have done great work for our Sundara Suvidha.

This year, the month of October has very important Festivals that are celebrated across India and in a particularly grand way in Karnataka.

Navaratri, Ayudha Puja, Vijay Dashami or Dasara and the Indian Festival of Lights. Diwali celebrations spread over five days Dhanteras, Naraka Chaturdashi, Balipadyami, Lakshmi

Pujan and Bhai Dooj. In Suvidha we have beautiful community celebrations of all these festivals that are enjoyed wholeheartedly by everybody, including our Staff.

What is the significance of "Lighting a Lamp" on these auspicious occasions and specially during Deepawali celebrations? The Clay Lamp represents our BODY. The flow of thoughts in our MIND is symbolised by the Oil we pour in the lamp. Our INTELLECT is the Wick that burns in the clay lamp when lit by the spark of KNOWLEDGE. This then gives us a BRIGHT

FLAME that dispels the darkness of ignorance with the light of wisdom.

**"Asato Maa Sat Gamaya,
Tamaso Maa Jyotir Gamaya,
Mrutyor Maa Amrutam Gamaya"**

Suvidha is stepping into a new phase this year. From 1st October 2025 all the day-to-day Operations of our Retirement Village will be

professionally managed by various experts. We had already handed over the Campus Security, Health Center running and Suvidha Kitchen to individual Service Providers. Now MANASUM is stepping in to provide Facility Management Services and they will handle Housekeeping, Landscaping, Maintenance, Cottage Utilisation, Waste Management and general Office Administration. The Board appointed Committees will need to be restructured and these will provide oversight and quality control to these appointed service providers.

This Board believes that we will

get better services and some new services that will be delivered efficiently and effectively through this Operations Outsourcing route. Any change brings some uncertainty and there are bound to be some hiccoughs along the way..... I appeal to all of you to keep a positive mindset and embrace the changes wholeheartedly.

Dr. Nilima Kadambi
MANAGING DIRECTOR.



Suvidha on the Move

Text: Dr P M Chandrasekhara - Photos: S.Sridharamurthy

One of the major problems that has been regularly cropping up in the kitchen in recent months is that of the gas stove, the burners of which were broken with use and gas was dangerously leaking. The connection



New gas plumbing and burners in kitchen



too had to be replaced. Since the entire gas and connection assembly has been continuously used from the beginning of Suvidha Kitchen around 2011, it was high time we set the whole thing right. And so we did!

The broken and leaky gas burners and the gas



New side wall partition erected near the hand wash area of the Banquet Hall

connections were replaced with new ones. Now the stove is merrily burning, and there is no smell of gas terrifying diners.

The comfort of diners was again addressed when a new side wall partition was erected at the hand wash area of the Banquet Hall to prevent constant

Additional structural support to reinforce the refurbished roof of the Club House



wetness and slippery floor.

The newly refurbished roof of the Club House is approved to receive additional structural support.



New sign boards at Suvidha intersections highlighting cottage numbers and indicating dead ends to enable navigation in and around Suvidha easier for newcomers and visitors.

We have new sign boards installed all over Suvidha making navigation in and around Suvidha easier for newcomers and visitors.

At our Sewage Treatment Plant (STP) a new UPVC pipeline system for better discharge has been installed.

With more improvements happening, The STP will shortly start working to its full capacity.

A new waste and compost bin has been placed near Cottage 126. More such bins are scheduled to be placed in other areas as and when repairs are completed on the aging compost bins.



New UPVC pipeline installed at Sewage Treatment Plant (STP) for better discharge of effluents

Our Mahindra Truck has come back from refurbishment looking like a new Truck. The Landscaping and waste management staff members are happy with this development.

21st AGM of the Company

September 14, 2025

Suvidha's 21st AGM was held virtually on 14th September 2025 through Video Conferencing/ Other Audio Visual Means ("("VC/OAVM") in conformity with the regulatory provisions and the Circulars issued by the Ministry

Image by ZedH from Pixabay



of Corporate Affairs, Government of India.

The virtual AGM was one of the shortest and smoothest General Meetings in the history of Suvidha! There were five resolutions tabled before the members of the company. All the Resolutions were PASSED by the required majority.

New Shareholders

Tippeswamy

KA Tippeswamy and his wife TR Sharadamma became shareholders recently and have been allotted Cottage 160. They came to know about Suvidha from common friends who knew people residing here. Tippeswamy was RTI Commissioner in Karnataka before his retirement. They have been visiting Suvidha during weekends and will move in after some time. They have a son who lives in Falcon

PHOTO: LATHA KRISHNAN



City nearby in Konanakunte and their daughter lives in Sydney. Their friends in Suvidha include Aradhya, Pappana Gowda and Sankaranarayanan and Dr Jinka Subramanya, who is from the same native place as Tippeswamy.

Sharadaamma and Tippeswamy are excitedly furnishing their cottage and enhancing its surroundings with beautiful and useful plants. They are looking forward to staying here more often.

Dr Vasantha Giri

Dr Vasantha Giri became a shareholder of Suvidha in 2024 and was allotted Cottage 124, which is currently under renovation. She expects to move in this month and stay in Suvidha. This move for her follows living for fifty years in San Francisco Bay Area. "I am a Child Psychiatrist retiring soon. I have enjoyed my career in San Francisco but now it is time for me to be in India. I still work part time when I am in the US. My children live in the USA with my son living in San



Francisco and daughter in Boston. I spend time with them every year for three to six months. Here in Suvidha, I will be living alone, as I am divorced," says Dr Vasantha, who has known about Suvidha since it was started in 2004. When Dr Kasi, her brother, became a shareholder of Suvidha last year and was allotted cottage 162, Dr Vasantha decided to move into Suvidha too. "I am looking forward to a good retired life here in Suvidha with all the wonderful people who live here," smiles Dr Vasantha.

Our New Safe Car

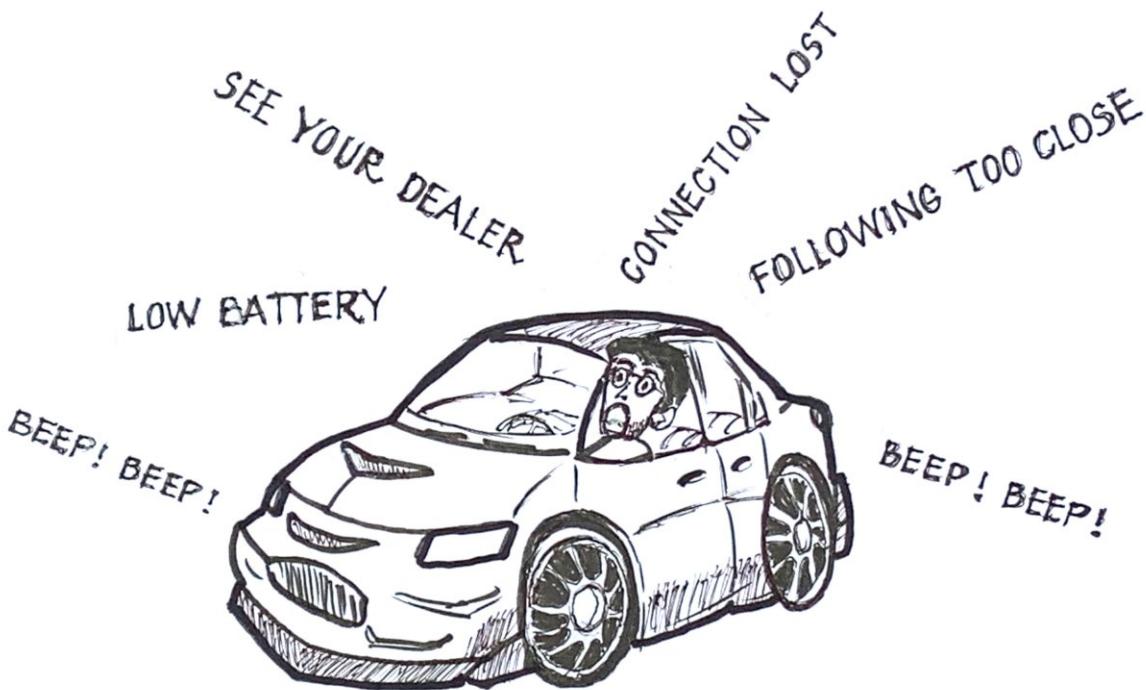
Text and Illustration: Satish Rao

I was just minding my own business the other day, a couple of weeks ago, when my family decided to change my life forever. "Dad", our daughter declared, "you're getting too old to drive. Your reflexes are shot. You're narrowly avoiding getting killed." Our son agreed. "You guys should get a newer car with all the latest safety and driver-assist features".

Safety features? Driver assist? I've never trusted

and dials, and they stared back at me. I tried to jump out right then, but I couldn't find the cleverly disguised door handle.

The salesman gave me a quick, mind-shredding tour of the dials and screens, handed me an FOB (what's an FOB?), and told me I could now drive the new Thing home! But I couldn't; I didn't know how to start the engine because he'd forgotten to give me the key.



machines that tell me what to do. The only safety feature my 2010 Corolla has is brakes; and not in good shape, either. But I feel safe enough. And I'm still struggling with the features on my Version 1.0 phone, so I'm certainly not ready to drive a computer on wheels.

Well, after two more near-collisions, going the wrong way again on a one-way street, and driving while totally blinded by glare, I decided I should give the new car a try. Although, of course, I know I'm a safe driver.

Now our 2010 Corolla has been shunted aside. In our garage sits a shiny new 2025 Corolla Cross, and I have no idea what to do with it.

That fateful day, sitting for the first time in the driver's seat in the car dealership showroom, I felt I was on a Star Wars set. I stared uncomprehendingly at a dizzying array of screens

"With the FOB in your pocket", the salesman explained, "you don't need a key". The car knows what's in my pocket?? Instinctively I checked to make sure my wallet was still there.

The drive home was a disaster. The car stopped dead as I backed out of the parking stall. I hit a wall in my first five seconds, I cried out. But there was no wall in sight. It turned out this was one of the "safety" features: an anti-collision precaution if an unseen car approaches. How will I know when I really hit a wall?

At the first traffic light the engine died. I pushed every button on the instrument panel, to no avail. A message flashed on the screen: LOW BATTERY. The car runs on battery? And the battery's DEAD in a few hours? How many AAA batteries will I need to run this thing?

It turned out the engine switches off and restarts on its own, each time I stop, to save on fuel. I don't need that, I decided. I found I could disable some features, and vowed to delete this one soon.

And the battery warning was only telling me my phone was running low. Why is the car spying on my phone? Fortunately, I could disconnect the car from my phone, so I soon did that.

The first time I changed lanes, the steering wheel began vibrating. The wheels are falling off! They forgot to tighten the screws! I had terrifying visions of seeing wheels roll down the highway by themselves. But I later learned the vibration was the car's way of ordering me to get back into lane. I don't need a vibrating car, I decided, and soon disabled that unsettling feature too.

"CONNECTION LOST!" said a flashing display. What now? From what am I disconnected, and why? "Easy to re-connect", the salesman had assured me. "Just refer to page 743 of the Manual". Yeah, right.

I scratched my nose, and the car went BEEP! BEEP! BEEP! This has definitely gone too far! It turned out it beeped because a motor cyclist went by too close. Thankfully, my nose was NOT

connected to the car.

I had big misgivings with this new threat to my peace of mind - and I hadn't even reached home.

Now it's routine to spend my evenings researching topics like, How do I switch off the flashing red light? And how do I turn the windshield washer off? And that's in between frantic daily calls to the car salesman and to our grandson, who, of course, knows more about these things than I do.

These shocks are aging me fast. Since we bought this car with its "advanced safety features", driving has become decidedly more unsafe. I spend more time reading messages on the screen than watching the traffic: CHECK YOUR SURROUNDINGS ... REAR WINDOW OPEN ... FOLLOWING TOO CLOSE ... SEE YOUR DEALER.

Luckily, I'm an optimist. One day, I'll have deactivated all the pesky safety features, and the car will be safe to drive. And I - not the car - will be in the driver's seat again.

But until then, the new car sits in the garage and the old one is back on the road. And I'll fix the brakes one day.

Satish Rao (Cottage 67), lives in Canada

Healthspan

Why can't we live a long healthy life?

Dr PM Chandrasekhara

Health is a key determinant of Happiness

No matter your age, you can still control your health, wellness and longevity

Cari Corbet Owen

The hallmark of longevity or an increased lifespan is often accompanied by decreases in quality of life due to ill health, since the longevity and aging are related to each other. Biological aging is the greatest risk for age related chronic diseases of ageing under geriatric syndrome. Astonishingly, a synchronised increase in all kind of things going wrong with our body at the same time as we age, is called "universal ticking clock" or Biological ageing.

It is estimated that to-day, the life expectancy or the lifespan is about 79 years, whereas the Healthy life expectancy or the Healthspan is only 63 years; indicating that, the last 15 years or so, is very crucial and a costly

suffering. Continuous decline of health on attaining the biological age over 65 years demands preventive course as well as suitable intervention at a huge cost to overcome the old age related morbidity. For example; the average spending on

Healthspan vs. Lifespan



someone who is 80 is more than 7 times of what is for someone between the age 1 and 64. Canadians spend 46% of their budget on health care who are over 65. Appreciable good quality of life and well maintained health are first and foremost good for the elderly themselves. Aim at keeping younger for a longer period of life span ie. our older people stay disease free and grow without aging would benefit billions if not trillions. If people live healthy and longer with a sharper decline in old age disability would reduce medical expenses resulting from age related diseases. We need a new life course approach towards health care; performance and a healthy longevity that is applied at an early age. Biomarkers, biological clocks and interventions are the subjects of the current thinking.

It is well established that healthy lifestyle, diet, genetics, epigenetics, and microbiome have the greatest impact on life Healthspan. WHO has set an action plan with five priority areas as follows:

1. Commitment to Healthy Ageing : that includes the awareness of the value of Healthy Ageing. Don't shorten your life with ignorance.
2. Aligning health systems with the needs of older population including personalised and age related decline.
3. Developing systems for providing long term care and improve the quality of life and extend your health span by simple hacks and small habit changes.
4. Creating age friendly environments and [5]. Improving tools for measurement, monitoring and collection of information on wide range of ageing issues.

Recent studies have shown that our longevity is only 20% dictated by the hereditary genes and the rest of 80% is dictated by our lifestyle in addition to other epigenetic factors. Further, it is possible for anyone to extend their healthy life span using genetic engineering by a better stress management training that includes 10,000 steps walk, healthy diet and 15 minutes of meditation every day for one year, thus the stressed out genes could be reverted to a healthy state. Early introduction of healthy lifestyle intervention during the middle age results in a substantial reduction in mortality and CVS disease risk by 40% and 35% respectively. This finding emphasize that making

the necessary lifestyle changes is extremely worthwhile, and that middle-age is not too late to act.

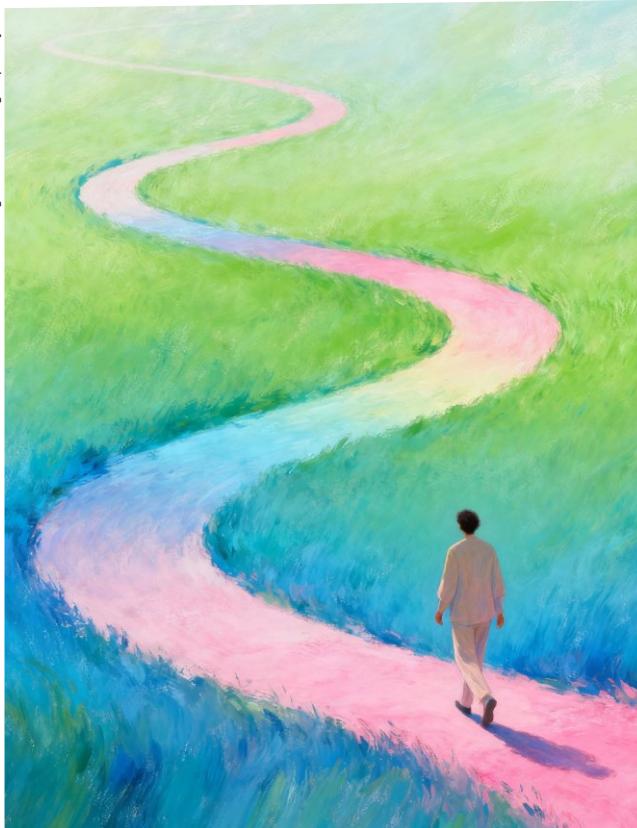
The longevity Revolution is coming - the future technologies that would reverse biological clock by countering the Hallmark of Ageing. Thus the health care economics involves \$2 trillion global market of Longevity therapeutics to extend healthy lifespan and broadly fight disease at the same time by targeting the root cause of aging and the disease in about 50% of the population. Longevity therapeutics as well as the interventions extend health life span by preventing or delaying the ills of old age. Longevity therapeutics is a growing \$ 2 Trillion global market. Several laboratories are concentrating on the million-molecule challenge which is a moonshot project to

rapidly advance next generation longevity intervention discovery using AI robotics to perform massively-throughput drug testing. Longevity programme is a 3 stage journey. Where stage 1 - Know yourself ; which is an insight into personal health trends and areas of improvement, prevention and early diagnostics. Don't shorten your life with ignorance. Stage 2 - Change yourself by adapting personalised nutrition, supplementation and lifestyle Only eat food you love and that loves your body back Eliminate the environmental and mental stress. Stage 3 - stay young; by reducing cognitive decline; improving energy and stamina by giving attention to Diet;

Nutrition and Exercise. Use wearable devices or use smart phone to monitor blood sugar. Blood sugar level indicates longevity and central obesity In addition, pills and supplements to end ageing are available and you might be taking some of them already.

Take home message : Eat fewer than three meals a day; Lose your breath from exercise; Get a standing desk; Do hip-hinge exercise; use bio-marker feedback; sleep well and reduce stress.

Dr PM Chandrasekhara (Cottage 75) lives in Suvidha



Kailasa, the Abode of Gods

Text and Photos: Dr Vandana Sridhar

Kailasa stands not just as a mountain,
but as a silent hymn to the divine.
Its snow-crowned peak pierces the heavens,
its stillness speaks louder than any prayer.

We, a group of fourteen, including twelve doctors and four Suvidhites (Dr Shreedhara Rajanna and Dr Malathy Shreedhara of Cottage 59-60, Mr Nirajan of Cottage 38 and Dr Vandana Sridhar of Cottage 161) completed the outer Parikrama of Mt. Kailash with Tibet Vista Travels. The tour was organized by Dr. Sreedhara Rajanna and Dr. Prabhu. To prepare, I practiced yoga, breathing techniques, and regular walking, and took Diamox (cluded Lhasa, Shigasthe, Everest Base Camp, Saga, Darchen, the Parikrama and Mt. Kailash. We acclimatized in stages, visiting monasteries,

temples, and scenic spots. The Parikrama was challenging, with high-altitude treks and rocky terrain.

The hotels were 4-star with good facilities, except for the toilets on the way, which were pretty bad. During Parikrama



Northern side of Mt Kailash (Tibet Autonomous Region, People's Republic of China).



Niranjan and Vandana at Mount Kailash

time, accommodations were like dormitories (4 in one room) with unsatisfactory toilets.

We carried our own food (Eze Eats online meals - just add hot water) as the travel group didn't provide food. We relied on protein bars, dry fruits, ORS, and chikki.

Oxygen canisters were provided by the travel group. However, the porters were rough and rude, with some exceptions. They handled things quite crudely.

We hired a horse, horseman, and porter, which was quite reasonable - 3,360 Chinese Yuan (approx. Rs. 42,000/-) per person, and Ashtapada was 300 Yuan (approx. Rs 3,700/-) per person. Initially, we paid \$3333 (inclusive

of tips to the guide - approx Rs 3 Lakhs) with flight tickets.

The major challenges we faced were related to food, toilets, and language barriers.

Highlights included:

- Visiting Drepung and Sera Monasteries
- Exploring Potala Palace and Jokhang Temple
- Seeing the majestic Mt. Kailash and Manasarovar Lake, emerald green fresh water sacred lake, performed religious rituals and could cleanse ourselves
- Hiking up to reach the highest point Dromala Pass at 5630 meters where some may experience hypoxic symptoms
- Trekking to Driapuk and Dzultripuk Monasteries after passing through Gouri and Ganesh Kund where lord Ganesha was born
- Witnessing sunrise and sunset over Divine Mt. Kailash-
- Visiting Ashtapada where Nandi could be seen along with southwest Mt Kailash

Our group of fourteen members including four Suvidhites, Dr Shreedhara Rajanna, Dr Malathy Shreedhara, Dr Vandana Sridhar and Mr Nirajan) after completing the outer Parikrama of Mt. Kailash



- Rakshasthal a salt water still lake where Ravana meditated on Lord Shiva
- We learned to be self-reliant, carry less, and believe in ourselves. The tour was a spiritual and physical journey, teaching us to "go with the flow."
- Key takeaways:
- Physical fitness and mental endurance are essential

- Acclimatization is crucial
- Self-reliance and positive attitude are key
- The journey is as important as the destination.

By Dr Vandana Sridhar (Cottage 161), lives in Bangalore

BOOK TALK

The Power of Faith

Geeta Jaisim

This beautiful book, about one of the major religious events of the century, is a must read for all those interested in a rare celebration that only a few usually get to experience.

For those of us who are not fully conversant with the facts surrounding this event, the authors have recounted them for our edification:

It is about the Maha Kumbh Mela that took place in Prayagraj from January 13th to February 26th 2025: In the authors' words, "the Maha Kumbh Mela seems like an unending celebration, a bridge between spiritual enrichment and cultural enjoyment. It is more than a once in 144 years event, more than the gathering of thousands of Sadhus: "It is the largest gathering of humanity in the history of our planet, spurred by the power of Faith" This was the Maha Kumbh of 2025.

This festival is deeply rooted in our mythology and history. It takes place at four locations in India: Prayagraj, Haridwar, Nashik and Ujjain, each along a sacred river: Ganga, Yamuna, Godavari and Shipra. Its mythology is related to the legend of the Samudra Manthan, the churning of the Ocean by the Devas and Asuras. The churning yielded a Pot - the Kumbh - containing Amrut. The divine bird Garuda is said to have flown away with the Pot - to prevent the Asuras from seizing it - and it spilt drops of Amrut in the four locations where the Kumbh Mela is celebrated. These sites are believed to possess great spiritual power, and thus draw pilgrims to the Kumbh Melas.

Bathing in the Triveni Sangam during the Mela is believed to cleanse the soul, absolve sins and result in Moksha (liberation from the endless cycle of Life and Death)

The earliest documentation of the Kumbh Mela was by the Chinese scholar Xuanzang in the 7th century CE.

Mark Twain who visited the Kumbh Mela in 1895 wrote "It is wonderful - the power of a faith like

that, which can make multitudes upon multitudes of the old and weak, and the young and frail, enter without hesitation or complaint"

The Mela is held every 3 years at each of the 4 locations. Once in 144 years there is a celestial alignment of the Earth, Sun, Moon, Jupiter and Saturn; this occurred in 2025, and has been celebrated as a highly spiritual event, attracting 650 million pilgrims from India and around the world to the Maha Kumbh.

The Maha Kumbh is attended by Naga Sadhus, and saints and seers of various sects, who perform devotional practices, and share their wisdom

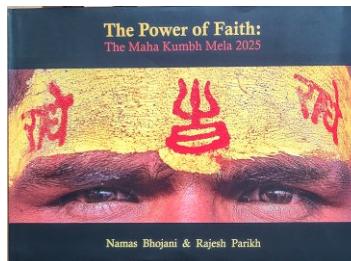
through discourse, discussion and debate. The Kumbh is essentially a journey of faith, and self-discovery, epitomizing the aeons-old quest for the purpose of human existence. "It encapsulates divine grace, serving as a reminder of the enduring power of faith".

The beautiful photographs in the book which accompany the lucid, descriptive text amply illustrate the various aspects of the Maha Kumbh Mela.

There is an entire section on images of Gods, representations of the divine in the Hindu faith, another on the Sadhus at the Mela, and another on Faces, capturing human emotion and

personality. Another on Hands, which demonstrate grace, creativity, prayers and communication. And yet another on the different pilgrims gathering at the Mela, and one on the Rivers which provide the setting in which the entire Mela is celebrated.

The importance of the Holy Rivers, the Naga Sadhus and sages, the worship of all the deities in the Hindu Pantheon, and the inclusive nature of the Hindu faith that embraces believers, agnostics and even atheists, are all evident at the Kumbh Mela. On the whole, going through this book is a rewarding experience, a feast for the eyes, as well as a step forward in the search for spirituality that lies within each one of us.



THE POWER OF FAITH:
The Maha Kumbh Mela 2025
By: Namas Bhojani & Rajesh
Parikh
Published by the Authors
First Edition: 2025
Pages: 150

About the authors:

Namas Bhojani is an internationally renowned photo-journalist whose photographs have appeared in publications such as TIME, WSJ, Newsweek, Indian Express, India Today, etc

He has co-authored another coffee table book "Bombay - A Contemporary Account of Mumbai" with Arun Katiyar. Namas is a Shareholder in Suvidha and has kindly presented a copy of the book to the Suvidha Library. The Power of Faith was released by CB Prabhakar on July 26 during Movie Night. We are grateful to him for this

gesture.

Dr Rajesh Parikh is a photographer, painter, writer, poet and is a leading Neuro Psychiatrist - he is Director of Research and Consultant Neuro Psychiatrist at Jaslok Hospital, Mumbai. He has over 150 publications in international journals. He also has 3 acclaimed bestselling books to his credit: one on photographs, and two related to the medical field

Geeta Jaisim (Cottage 126) lives in Suvidha

Tejo Tungabhadra

A Dialogic Epic of History, Faith, and Longing

Prof Rajan Gurukkal

Tejo Tungabhadra is a compelling historical novel in Kannada by Vasudhendra, weaving together two cultural and geographical worlds—Lisbon (on the banks of the Tejo river) and Vijayanagara (on the banks of the Tungabhadra river). The novel is a masterclass in dialogic storytelling, where dialogues not only propel the plot but also expose the emotional depths of its characters.

Set in the 15th–16th centuries, the novel portrays individuals entangled in the socio-religious customs, oppressive caste system, and imperial ambitions of their times. But at its heart, it is a deeply human story of love, loss, exile, longing, and identity.

Each character in the novel represents a struggle between faith and doubt, love and duty, power and helplessness. Much like the rivers Tejo and Tungabhadra, the characters carry multiple currents that twist and turn through the novel's layered narrative. A key figure is Gabriel, who later re-emerges under the name Ahmed Kanna. As the narrative shifts towards Goa, the presence of Pampapati, presumably the son of some high official in the ship, echoes a hidden lineage. Goa serves as a symbolic and literal meeting point of the Tejo and Tungabhadra cultures. It is in Goa that Gabriel's past and present collide, where Bella, his love, unexpectedly reappears in the house of Christiano, further deepening the emotional intensity of the story.

Why Tejo Tungabhadra Stands Out?

Historical and Cultural Fusion: The novel vividly brings to life two distant yet spiritually resonant civilisations—Renaissance Portugal and imperial Vijayanagara. Dialogic Structure: Instead of relying heavily on narration, the novel unfolds through

powerful dialogues, giving voice and agency to every character. Emotional Complexity: Each character—Gabriel, Bella, Hampamma, Pampapati—is layered, tragic, and achingly human. Themes of Identity and Transformation: Names change (Gabriel to Ahmed Kanna), relationships evolve, and identities blur, reflecting the turbulence of an era shaped by war, colonisation, and religion.

A Remarkable Trans-Creation:

Gopalakrishnan's Malayalam Version of Tejo Tungabhadra

One of the most fascinating aspects of Tejo



TEJO TUNGABHADRA

By: Vasudhendra

Malayalam Translation:

J Gopalakrishnan

DC Books, Kottayam

First Edition: 2025

Pages: 432 Rs.499

Tungabhadra's literary journey is its Malayalam translation by Mr. Gopalakrishnan, who taught himself Kannada during the long months of isolation brought on by the COVID-19 pandemic.

What makes Gopalakrishnan's work stand apart is that it is not merely a translation—it is a trans-creation. Gopalakrishnan doesn't just carry over the words from Kannada to Malayalam; he reimagines the novel in the cultural and linguistic soul of Malayalam literature. The result is a work that reads as though it was originally written in Malayalam, rich with the same emotional depth, rhythmic prose, and dialogic intensity as Vasudhendra's original.

Interestingly, there is a deeply felt Malayali presence in Tejo-Tungabhadra, through a sad subplot of Jacom, an expert swimmer cum ship repairer, caught by Vasco da Gama at Kozhikode.

Such an achievement speaks not only to Gopalakrishnan's deep sensitivity as a reader and writer but also to the transformative power of literature ie. how a story rooted in the histories of Portugal and Vijayanagara can find a new home in a ➤

completely different linguistic and cultural tradition. This Malayalam version stands as a testament to what literary translation can truly be: not just a bridge between languages, but between hearts, histories, and human experiences. There is no surprise that Gopalakrishnan's translation won

this year's Kozhikode Literary Award 2025.

Rajan Gurukkal, is a leading Indian social scientist, historian, professor and writer. He has written many books and articles on different topics. He has also received awards for his works.

Currently he resides in Cottage137 Suvidha

POETRY PAGE

ಇವರೇ ಸುವಿಧಾದ ನಿವಾಸಿಗಳು

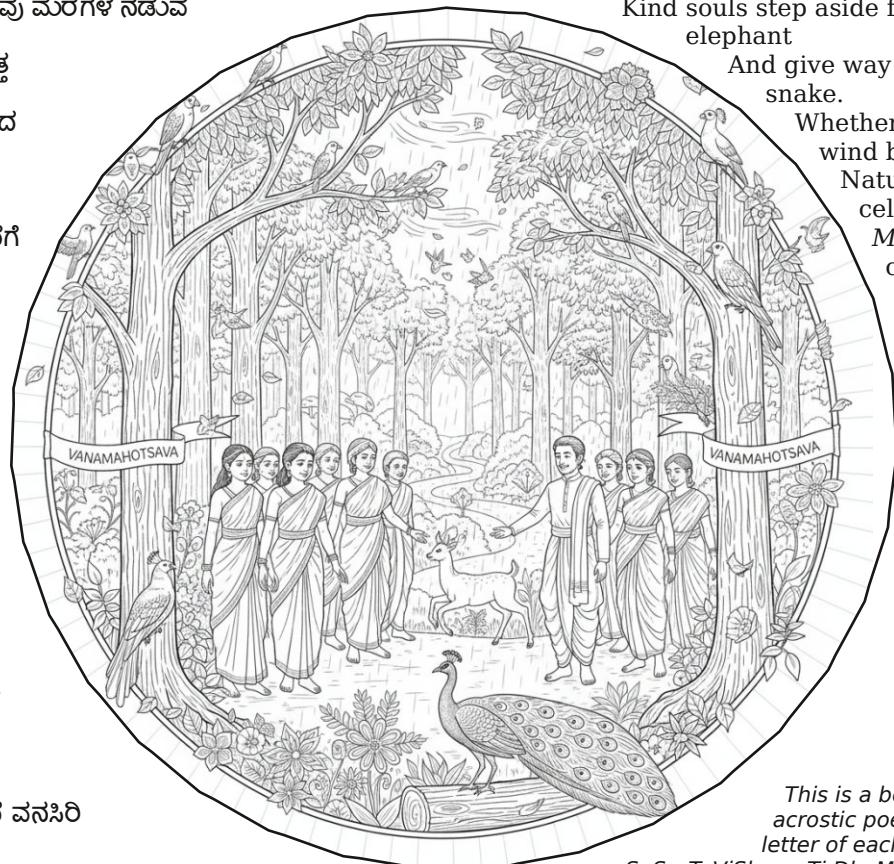
These are Suvidha's Residents...

Anuradha Moorthy

ಸುಮನೋಹರ ಫ್ಲೆಡಲ್ಲಿ
ಶೃಂತಿಯಂತಿರುವ ನಾದದಲ್ಲಿ
ತನ್ನಯರಾಗಿ, ತಟ್ಟರಾತ್ತಿಗಿ
ವಿಧ ವಿಧದ ಹಕ್ಕಿ, ಹೂವು ಮರಗಳ ನಡುವೆ
ಶಾಂತಿಯಿಂದ ದಿಕ್ಷಿಷ್ಟತ್ತ
ತಿರುಗಾಡುತ್ತ ತರತರಹದ
ಉಡುಪಿನಲ್ಲಿ
ಧಾವಿಸುತ್ತ ಬರುವ ಅನೆಗೆ
ಮಲಗಿರುವ ಹಾವಿಗೆ
ದಾರಿ ಬಿಡುವ
ಸುಜನರು
ಮಳೆಯಿರಲಿ,
ಗಳೆಯಿರಲಿ,
ಸಹಜೀವಿಗಳಾಗಿ
ವನಮಹೋತ್ಸವ
ಅಚರಿಸುವ ನಿಸರ್ಗ
ಪ್ರಿಯರು
ಈ ಸುಂದರ ಸುವಿಧಾದ ವನಸ್ಪಿರಿ
ನಿವಾಸಿಗಳು!

Here is a rough translation of the poem:

"At the enchanting place,
In melodies that flow like rhythm,
Absorbed and calm,
Amidst diverse birds, flowers, and trees,
Peacefully observing,
Wandering in vibrant attire,
Kind souls step aside for the charging
elephant
And give way to the resting
snake.
Whether it rains or the
wind blows,
Nature lovers
celebrate the *Vana*
Mahotsava as
companions—
These delightful
and gracious
residents of the
forest haven!"



This is a beautifully structured acrostic poem in which the first letter of each new line spells out SuSruTaViShaamTi DhaMa. The Kannada text provided is a beautiful poem where each line beginning with a consonant followed by a vowel sound contributes to Susrutai Vishraanti Dhama (Suvidha) of nature lovers celebrating 'Vanamahotsava' in a beautiful environment.

Anuradha Moorthy, Cottage 146 lives in Suvidha.

GRAND KIDS CORNER

Holidays with Grand Parents in Suvidha

Nikhil Gowda

Suvidha Retirement Village is a wonderful place, not just for retired people but also for kids like me when we visit. When I went to see my grandparents, I really enjoyed being there.

The village has a warm, friendly atmosphere with plenty of open space for walking. It also has great facilities like a gym and a library, which make it even more enjoyable.

There is also a very nice canteen where you can eat meals and get coffee. I especially love the delicious breakfast meals,



like the rava dosa. It is very good.

When I go on early morning walks with my grandparents we sometimes see beautiful peacocks! It is a very clean and eco friendly community.

There is a lake and a nice tower. In the lake you can sometimes see nice fish and there are lots of flowers and birds.

Nikhil Gowda (10 yrs), grandson of Jinka and Rajeshwari Subramanya, lives in the USA

NEWS AND EVENTS

Remembering Pushpa Prabhu

July 11, 2025

The death anniversary of the late Pushpa Prabhu of cottage 53-54 was observed with solemnity. The Bhajane group's presentation of eight bhajans and a bhakti song by the little girl, Lakshnya, grand niece of Prabhakar Kamath of 141 constituted the programme for

the evening, while the garlanded photo of a smiling Pushpaji looked on.

High tea was served to all attendees at the end.

PHOTO: I GOPALAKRISHNAN



Movie Nights

July 26, Aug 23 and Sept 27, 2025

Movie nights came back to Suvidha on July 26 with a treat for all music lovers with the screening of the award winning documentary 'Pancham Unmixed- Mujhe Chalte Jaana Hai', a compelling tribute to legendary composer R.D. Burman. It offered a rare glimpse into both his dazzling musical genius and his quieter, more solitary self. Candid reflections from Sharmi Kapoor, Gulzar, Javed Akhtar, Asha Bhosle, Vishal Bhardwaj and

many others painted an intimate portrait of the man lovingly known as Pancham.

Vishnu and Malini Agnihotri of the SMILE (Suvidha Movies for Interactive Lively Entertainment) committee, an offshoot of the Events Committee, with the help of Dr Vivek Kadambi took the lead in conducting the interesting and enjoyable evening, which included a fun quiz on RD Burman, the unveiling and presentation of



Namas Bhojani's Coffee Table book on Kumbh Mela by CB Prabhakar, Malini's rendition of 'Chura Liya Hai, an RDB composition to the accompaniment of Vivek's guitar and a light, tasty repast during the break.

Several attendees reported being lost in nostalgia with the old songs of Pancham echoing in their 'Young' hearts long after the movie ended. The night was such a success that it was decided SMILE would organize movie

nights on the third Saturday of every month.

August 23 brought the next movie night to Suvidha. Organised by SMILE and sponsored by its members Poonam and Lynn of Cottage 28-29 the movie shown was a 2014 hit movie, *The Hundred Feet Journey*, a heartwarming film about food, family, and finding common ground. When an Indian family opens a lively restaurant across the street from a traditional French eatery in a quiet village, sparks fly between the rival owners. But amidst the clash of

cultures, a gifted young chef discovers love, opportunity, and the power of blending traditions.

Starring Academy Award-

winner Helen Mirren as the formidable Madame Mallory and Om Puri as the spirited Papa Kadam, with Manish Dayal and Charlotte Le Bon as the young chefs caught between rivalry and

romance, the film is full of humor, flavor, and warmth — showing how food can bridge even the widest divides.



During the interval there was a wonderful spread of millet based delicacies and warm chocolate milk for all to enjoy while

shouting the answers to the interesting food quiz that Dipak Rao and Lynn had prepared for us. Yet another entertaining and fun movie night for all attendees.

On September 27 the SMILE Team screened the Hindi Comedy . Attendees enjoyed the laughter-inducing movie, quiz on trivia and some great munchies in typical Suvidha movie style.

Fine Print of Health Insurance

August 3, 2025

An interactive session 'The Fine Print of Health Insurance' by Rahul Venuraj, Founder of Grey Up, was arranged for Suvidhaites, thanks to Vishnu Agnihotri of Cottage 181 A, who is a friend of Venuraj.

Most senior citizens (and others) first hear about the many limitations of their policies at the payment desks of hospitals. Others find it difficult to even get a cover due to a pre-existing disease or the many complicated options. The Grey Up team addressed these concerns and helped each attendee with data-backed insights, tips and learnings, free of cost, to ensure

they never missed out on health insurance claims in future.

Grey Up (www.greyup.in) is a team of 40-something IITians that have started a movement to handhold and support our elderly in protecting what they spent decades building - their health, wealth, and happiness - across verticals like health insurance, will-making and tax planning.

Attendees in Suvidha were offered a free review of their

PHOTO: LATHA KRISHNAN



existing health insurance policies - to help identify possible issues and enable corrective actions, if needed.

Open House Meetings

Aug 9, Sept 7 and Sept 23, 2025.

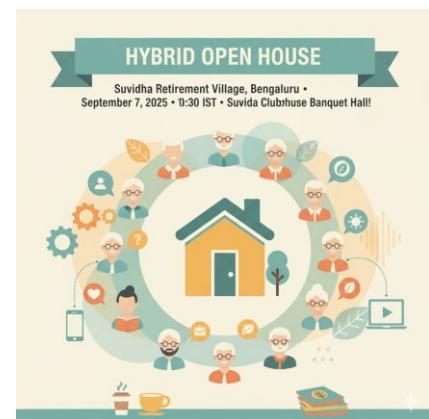
Three Open House Meetings were held on August and, September. The first one on Aug 9 featured a presentation by JLL and Revenue Generation Committee.

The second Open House meeting was on Sunday, Sept 7. It was a Pre AGM discussion on the resolutions scheduled for voting.

The third Open House meeting was on Tuesday, Sept 23 and was held with *Manasum*

Senior Living who has taken over Suvidha Facility Management since October 1.

Manasum Luxury Senior Living is a prominent organization based in Bengaluru, India, specializing in developing and managing premium, care-integrated retirement communities.



Vana Mahotsava

August 10, 2025

The programme began with an invocation from Vivek, followed by a song about Nature. An outstanding tabla recital by Neeraj Mistry was next. He explained the *taal* of each piece he played. Next Latha and Raji sang a nature song, *Phoolon ne jaake* to the accompaniment of tabla and guitar. Nilima led the gathering in action for the first stanza. Vishala Nagaraj recited a Kannada poem about the embrace of rain and earth. Neeraj then played soulful, melodious music on the Handpan. Nalini proposed the vote of thanks. Everyone then went to the lakeside to plant palms. There



PHOTOS: J GOPALAKRISHNAN

was coffee and snacks and planting going on quite well. This

was yet another memorable Vanamahotsava!

Independence Day Celebrations

August 15, 2025

Celebrated with our usual patriotic fervour, the Independence Day programme made it yet another memorable day for all of us to cherish. Our ex MD Ms Shobini Gurudas was the Chief Guest, who along with our present MD Dr Nilima Kadambi hoisted our beloved tri colour exactly at 9.30 while the national anthem was sung by all standing in the porch followed by our smartly clad security guards team standing in attention and shouting Bharat Mata ki Jai!

After coffee and snacks all the attendees repaired to the Banquet Hall for the rest of the programme. Emceed by Latha Krishnan, the event went off smoothly. Nilima welcomed the gathering, Usha Kurpad introduced Shobini to all, the Serenaders sang a patriotic song, *Saath Chale Hum, Saath Rahe*

PHOTOS: J GOPALAKRISHNAN



Hum. Shobhini gave a wonderful speech touching on our hard won independence, Karnataka's contribution to the fight for independence from the British and our subsequent transformation from a fledgling poor nation to a self-sufficient, productive and one of the leading nations of the world in the past 79 years.

Shobhini A. Gurudas is a seasoned entrepreneur and business leader with over 25 years of experience in business administration, operations management, and organizational

leadership. Alongside her husband, she has founded and successfully managed multiple ventures across sectors, including business process outsourcing (BPO) services, horticulture, and sustainable agriculture. Known for her integrity, community-focused approach, and dedication to empowering women, she leads initiatives that combine commercial viability with meaningful social impact. Her latest venture, AgroTIE, co-founded with her husband, is officially recognized and certified by the Dutch Ministry of

Agriculture as India's first private Indo-Dutch Centre of Excellence for Horticulture. Dr Nalini proposed the vote of thanks to all.

The Tiranga Concert followed this with Dr Vivek Kadambi, Ms Rohini and Dr Muralidhara, Ophthalmologist, regaling us with patriotic and other old golden yesteryear songs in Hindi and Kannada. Many attendees sang along with them and enjoyed the nostalgia filled music. A sumptuous Bale Yele Oota sponsored by Dr Iris Rajiva and Dr PM Chandrasekhara ended the memorable day.

Shri Krishna Janmashtami

August 16, 2025.

The birth of Lord Krishna was celebrated with pomp, gaiety and devotion. The decoration for Lord Krishna or Krishnas with banana leaves, tulsi and flowers, the bhajans, the atmosphere, the maha prasadam and Suvidhaites clad in their colourful best made it a special evening. The highlight of the evening was the soulful rendition of Bhajans by the Shanbhog



Sisters and their grandmother. Our own Bhajane group also

joined to sing a few Bhajans in praise of Lord Krishna.

Samudayik Ganapathy Mahotsav

August 27, 2025.

We started the Ganapathy Mahotsav at our own Prasanna Ganapathy Mandapa, where Lighting of the Lamp and Invocation was done. Dr Mrs Manjula Shekar and Dr Shekar lit the lamp. Following the invocation we set off on Nagar Bhajan from there. 2 decorated buggies with Suvidha Bhajane Group singers with the leading one carrying Baby Ganapathy, we walked alongside the buggies around our village singing Bhajans (listed, printed and distributed to all who wanted to join the singing).

Baby Ganapathy and Nagar Bhajan group reached the

PHOTOS: DIPAK RAO



Banquet Hall where we took the baby to join the Community Ganesh Puja ceremony there.

Mangal Aarathi was followed by distribution of Prasadam including some wonderful modaks, Karjikkai, bananas and other fruit. Many of the attendees then stayed on for the special

festival lunch which featured several delicious items.

The Evening program at the Clubhouse Banquet Hall) started off with Lighting of Lamp and Invocation followed by excellent Storytelling "Shamanthaka Mani Kathe" by Nilima. A few bhajans and Mangal Aarathi and

distribution of Prasadam such as Kobri mithai and sundal. Then we went down to complete the day with Visarjan of Pillari Ganesha in our lake - Manasarovara.

Samudayik Golu

September 28, 2025.

The Events Committee, Kitchen Committee and Shivalinga and his team did a great job of making it memorable with arrangements, decoration and great food.

About 45-50 residents participated and the Baale-Yale Ota was really excellent.

The Samudayik Golu or Gombe Habba was a grand success and people want to have this every year. Vivek, Gomathy & Vaidy shared interesting stories and funny anecdotes of their childhood memories of Navaratri Habba

PHOTOS: DR NILIMA KADAMBI



Bhajans were led by Vivek and Mangalamma. Vasanthi akka narrated the story of Shakti Devi Maha-Maya and how

Chamundeshwari fought 9 days and killed Mahishasura

NEWS AND EVENTS - SUVIDHA STAFF

M U Rakshith, our New Company Secretary

Suvidha now has a full time Company Secretary, MU Rakshith. He joined as our CS on 1st August 2025.

Rakshith belongs to Dakshina Kannada and completed his CS course in 2024. He has been in Bangalore since 2017 after completing his Masters in European Studies and International Relations and was working as Research Associate in the National Institute of Advanced Studies. He stays in Thiagaraja Nagar in Bangalore with his elder brother and mother. Rakshith joined the CS course in 2022. He was working for CS Jayaram Korikkar when this offer from Suvidha happened.

"Working here in Suvidha is a great experience for me. The



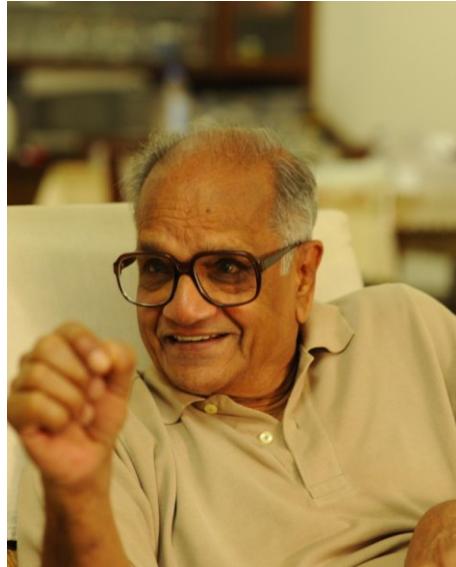
atmosphere and place is ideal. I am looking forward to conducting the AGM and being a good CS for Suvidha. I am not a lover of big city life and this green calm surroundings are much to my liking. I hope to do my best for Suvidha and its residents," says Rakshith.

Dr Krishnan (1934 - 2025)

Dr Krishnan (Cottage 102-103) a well known, well loved person in Suvidha passed away on July 19, 2025 at Fremont, California, United States

His cheerful smile and stopping to greet and talk to walkers as he wandered with his camera will always be remembered by many of us in Suvidha. In addition, he has given TSR some of his wonderful bird photos for publication and had written a beautiful tribute to Dr Shankar 2 years ago.

Dr Krishnan is survived by his wife Savithri Krishnan and daughters Gita Krishnan and Rupa Krishnan.



Rupa Krishnan has shared the link to a tribute page the family had created in [Forevermissed](#) so that Dr Krishnan's gentleness, humor, intellect, integrity, humility and grace will stay in all our minds forever.

[Please click here to visit](#)

[Forever Missed
A Tribute to Dr Krishnan](#)

OBITUARY

A True Renaissance Man

Renaissance man, if ever there was one. He rode motorbikes in his youth, rebuilt cars from scratch, designed boats and machines with gusto, and tackled physics and mathematics problems with a passion. He touched every heart and offered solace to every soul that crossed his path, with no expectations and

with great humility. Truly a giant among men, he made this world a better place to live, love, laugh and thrive in!

*Gita Krishnan,
daughter of Dr Krishnan*

Dr Krishnan, Man with Varied Interests

With Chittappa's passing comes the end of a great era in our family. He was a true renaissance man with deep knowledge and interest in a variety of areas - Physics, Engineering, Plants, Photography - you name it. His knowledge was not just bookish... he could build the most complex things.

One of the things that still boggles my mind is Chittappa's taking apart his car (yes - even the engine) and putting it back together again. This was in the 70s in Bangalore and he did almost all the work at his small home. I still find it hard to fathom! Another recollection I have of his technical acumen is when we visited him in Socorro, New Mexico in 1987. He had come there as a visiting scientist from India to work on the Very Large Array (VLA) of radio telescopes that are used by scientists to study the heavens. He showed us the

huge radio dishes, and I remember being in awe that one of my close relatives had been invited to work on them.

Chittappa was a warm, gentle and welcoming person, and I remember how we enjoyed visiting each other's homes when we (Gita, Rupa, my brother Sriram, and I) were children in Bangalore in the 70s. I feel very lucky and blessed that I got to meet Chittappa in the last few days. He was in good spirits and we had a lovely time together. While we knew his cancer was terminal, none of us expected he would be gone in just a couple more days, but I am thankful that his passing was relatively peaceful.

*Ananth Sankar
(son of late Prof Sankar and Mrs. Padma Sankar,
Cottage 101-102)*

READERS' RESPONSE

Beautiful pictures! Reminds me of our Kashmir trip! All the events have been covered meticulously! You did it once again! Congratulations ! Keep it up!

Iris Rajiva, Cottage 76
Suividha

TSR is getting better and better (certainly not because our photos are there this time!)

I appreciated Mr Ram Mohan's painting which is a masterpiece. He was such a warm and friendly person. He wanted to show me all his art work, but never got around to doing it.

Dr Narayanan
Cottage 32

Great job with this issue!

Nilima Kadambi
Cottages 47-48

Good review and value based articles.

I have one observation. Suividha is a village not a garden. The landscape, especially the greens, should not be cut like a closed garden. They must respect nature. Only the walks where they can hurt should be trimmed on the walkway side. This is my observation as an Ecologist.

Prof Krishna Rao Jaisim
Cottage 126

I have been reading the TSR every quarter. Lots of information and colourful pictures entertain us. This quarter TSR provides



nice articles, all the articles worth reading fully.

Highly appreciate your efforts in bringing out such a wonderful in-house magazine. This is possible only with your high level professional skills and Gopal's talents in photography. Every quarter, the TSR is being published as a high quality magazine, which adds much value to Suividha.

M N Kannan
Cottages 22-23

This issue has been brought up with good narration, with good photos, thanks for good efforts. Keep it up.

K. Papanna Gowda
Cottage 41

Excellent Review. Well covered.

Suresh Babu
Cottage 36

Once again, congratulations on an enjoyable TSR. All the stories were great to read.

Keep up with the good work!

Dipak Rao
Cottage 26

Very nicely done TSR. I commend Gopal's work of translating a Kannada novel into Malayalam and it being published. It is a great achievement.

Aaradhy
Cottage 21

Nice TSR. I enjoyed reading it.

Dr Sharada Sriram
Cottage 140

Thank you for printing my letter to the editor in the latest TSR. Adding me to the mailing list was indeed a very kind gesture that I most appreciate.

May TSR continue to grow in the hearts and minds of Suividha members, residents and well-wishers.

Hari Sundaresh (Ex-resident)
Coimbatore

Very nice issue, as usual! Thanks for publishing my memoir.

Satish Rao,
Cottage 67

Read the whole contents. Well compiled as usual. Congrats for a job well done.

Dr Mohan Rao,
Ex Shareholder (Cottage 114)
Chennai

Erratum

In the last Issue, Dr Jinka Subramanya's name was spelt with an 'm' at the end as 'Subramanyam'.

We are sorry for the error and any disturbance this has caused to Dr Jinka.

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 event.

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

Please write to suividha.review@gmail.com

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