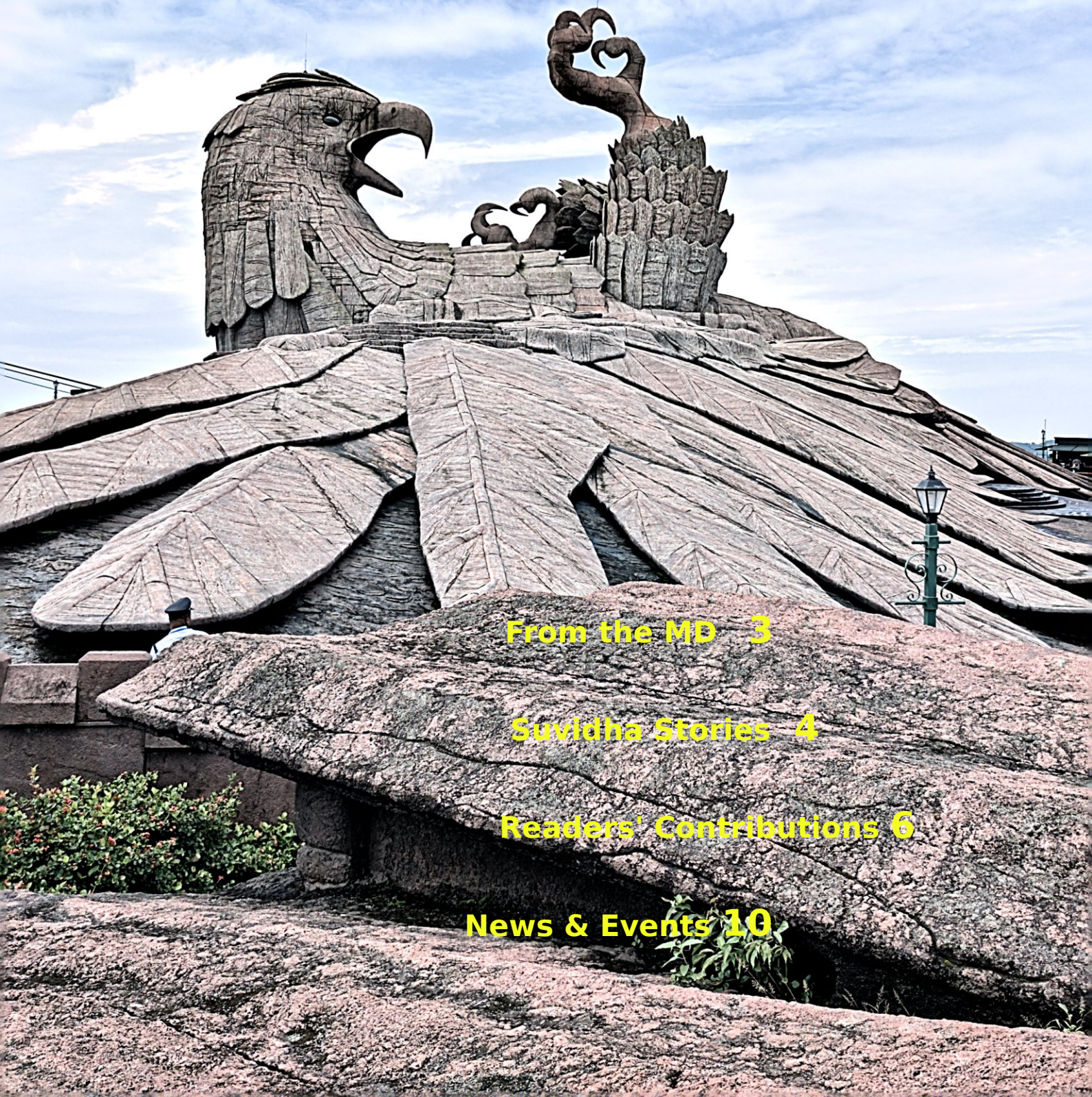


THE SUVIDHA REVIEW

WINTER, JANUARY 2026



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EDITOR'S NOTE

Welcome to the first issue of The Suvidha Review in 2026. We have the usual infotainment all awaiting your reading pleasure!

We start off with an excellent new year message from our Managing Director. Then we move on to our regular offerings of Suvidha news, events, readers' contributions, introduction of new shareholders, a great art page, travel section, Book Talk and more.

As always, in this issue we are inviting you readers to contribute your stories to your TSR. We urge you to do so.

We are extremely grateful to all the readers who respond regularly after each issue is published. Thank you from the bottom of my heart. We hope to continue to receive your support this year too.

Have a great year ahead and happy reading of this issue. Keep your comments coming.

Warm regards

Latha Krishnan

EDITORIAL TEAM

Latha Krishnan
Dr. P M Chandrasekhara
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Design & Layout
J Gopalakrishnan

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COVER: Jatayu Nature Park in Kerala. The Jatayu sculpture, 61 m long, 46 m wide and 21 m in height, is a representation of a legend in Ramayana, and symbolizes the protection of women, and their honour and safety. The colossal structure stands as a tribute to Jatayu's bravery and sacrifice.
Please see page 8 for a travelogue to Jatayu Nature Park by Latha Krishnan.

PHOTO: J GOPALAKRISHNAN

FROM THE MANAGING DIRECTOR

Wishing you and your loved ones Health, Happiness, and Harmony in your Homes! I wish to extend the prayers and hopes for happiness and harmony in the whole world in 2026!

What does one need to be happy? I believe acceptance of life as it is, contentment in what we have and resilience to face challenges that will come our way, are the three pillars of our happiness. The innate nature of our very being is "Sat-Chitta-Ananda" as has been explained to us by many learned Souls and Gurus we respect.

Life is a journey across the vast ocean on a small raft (the human body & mind). The waves and tides carry us forward. The waters can be calm, turbulent or a raging storm at different times. So long as we steer this raft with balance, mindfulness, and clarity, as well as faith, perseverance and resilience, the journey becomes enjoyable and successful.

The creators of this Quarterly TSR publication have demonstrated their commitment and resilience in ensuring Suvidhaites will continue to enjoy reading their favourite TSR every three months! Despite personal and family health challenges and even when not living in Suvidha, they have diligently worked hard on bringing it out in October 2025 and now in January 2026. Kudos and my

gratitude to Latha and Gopal! Dhanyawaadagalu!

The year 2026 has dawned on a positive note for Suvidha. Manasum are now our partners for Suvidha Village Facility Management. The signing of the Agreement and transfer of staff to their payroll, came into effect on 01.01.2026.

Here, the BoD and I would like to thank the SVOOP team that has been working towards this Outsourcing Goal for the last 6 months. Now all the day-to-day Operations of Suvidha will be managed professionally by the Teams from our four Service Providers: Bridge Health, Black Belt Securities, Ganesh Catering and Manasum Senior Living. We can look forward to more efficient and effective handling of all these essential services that go towards creating a Premium Retirement Village.

Let us all once again dedicate ourselves to Namma Sundara Suvidha and this beautiful Community of wonderful people,

that we have the privilege to live with.

Together let us make it a Happy New Year!

Dr. Nilima Kadambi
MANAGING DIRECTOR.



Suvidha on the Move

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

This quarter had its share of improvements to the landscape of Suvidha while enhancing our lives here.

The Karnataka Government has made it mandatory that name boards in Kannada are placed prominently at offices and commercial organisations. Following this, the Kannada board, which was missing next to the English version at the entrance to our Club House, was fixed. This was done in the month of November ideally coinciding with Kannada Rajyosthava celebrations.

More improvements in the Club House concerned the bathrooms there. The termite infested bath room doors of the rest rooms of the basement floor were replaced with synthetic doors



A new water faucet fitted at the Pushpanjali Mantapa

after anti-termite treatment of the frames.

From the Club House, as we enter our beautiful Suvidha through the Boom Barrier, we see Pushpanjali Mantapa on our right, set in a nice green space. It has been and continues to be a favourite meeting place of the ladies of Suvidha every evening to relax, talk and sometimes have a small party. A water faucet was necessary there but

New Yoga Shale constructed to welcome the New Year with a bonfire.



sadly was missing till last month. Now a faucet has been fitted at the side of Pushpanjali Mantap to the delight of the lovely ladies.

And when the new Yoga shale was constructed and opened on the last day of 2025, it delighted not



A JCB earthmover being used to cut and clear the tall and dense wild grass growing on the periphery of Suvidha

only the ladies but all residents. Landscaping and beautification of the newly constructed Yoga Shale has almost been completed as it was undertaken on a war footing so that the area could be ready to welcome the new year with a bonfire. The layout plan for the rest of the landscape and more



A banana tree in our orchard ready for harvesting and the fruites ready to be distributed to the residents.

ornamental plants on site are awaited.

While we beautify our surroundings we don't lose sight of efficient management of waste.

Newly refurbished compost bins are gradually replacing the old and rusted compost bins near cottage 110 and near Cottage 180.

The herculean task of cutting and clearing the tall and dense wild grass is underway using a J C B earthmover as well as our newly outsourced four

male skilled labourers. As of December 2025 and together they have covered at least 75% of the task.

The algae infested small lake behind cottage 121 and 122 has been treated with a bio-solution and is now algae free. Shoals of fish were seen enjoying the fresh water.

Our gardens and orchards periodically yield fruit like banana, sapota, papaya and sweet limes which are being distributed to the residents.

Our land also has a proliferation of sandalwood trees all growing naturally happily in our protected

environment. But they have also become security risks for us. Following the dedicated efforts of some Suvidhaites especially Suresh Babu, Pappanna Gowda and others, some of the mature trees were cut under their guidance and transported to Ms. Karnataka Soaps and Detergents Ltd at Mysore for oil extraction. Our Assistant Accounts Officer has been deputed to the factory to supervise the process.

SVOOP - Outsourcing facilitating team

SVOOP stands for Suvidha Village Operations Outsourcing Project. The members of the team are Prathima Shetty, Usha Kurpad, Geeta Jaisim, Geetha Sudarshan and M N Kannan.

This committee of five was formed in order to work on outsourcing the management of the Suvidha Village facilities to a third party. Advantages of outsourcing that we hoped to realize were:

- More Professional Management
- Better Productivity
- Improved Services for our Residents

This party, M/s Manasum Senior Living LLP was identified after vetting several companies who are involved in Facility Management. We zeroed in on Manasum

because they are running several Senior Homes, one of which they own. Three of these are in Bengaluru, and one is in Goa.

The SVOOP committee was tasked to take forward the project of working with

Manasum, so that they would be made familiar with Suvidha, its constitution, layout, employees, and the manner in which our Retirement Village has been run from its inception. The committee members also visited Avigna, a Senior Home which is owned and managed by Manasum (Avigna which has 110 units was established about 8 years ago)

In June 2026 after signing an MOU with Manasum, the Pilot Phase began, which lasted for 3 months. During this time, consultants from Manasum visited Suvidha regularly, to familiarize themselves with the way Suvidha is managed, by the Board of Directors, acting through various

Committees, each of which works in an important area on a day to day basis. They also studied the expenses we incur, with a view to recommending steps to saving on these, by introducing efficiencies, and better productivity, through more efficient use of manpower as well as by possibly introducing mechanization. And of course the ultimate aim which was always kept in mind is that services for our Residents should improve and be maintained at a level which ensures they are comfortable and satisfied with their lives in Suvidha.

During this period Suvidha Management were assessing the Manasum team and judging their competency to take Suvidha forward. We also had several meetings with our staff/employees to

apprise them of the proposed outsourcing and what it would entail. There would be no change in their work or benefits except that they would be transferred to Manasum's payroll.

Shareholders and Residents of Suvidha were also informed of the outsourcing plan, and the progress of the project, through Open Houses, in order to clear any doubts they might have about the process

In September/October 2025, the Transition Phase began, when Manasum became more involved in operations, helping with a few staff appointments, as well as attending the regular meetings held for Maintenance, etc. This phase was planned to end by December 31st.

From December 1st, a new Estate Manager, Dr Sunny Poovaiah, has been appointed at Suvidha. He is also on the Manasum payroll, but is no



stranger to Suvidha, as he has been involved in some of our earlier projects and has been very helpful. His first month as EM at Suvidha has also been good, with many visible improvements in the village.

Now that the transition phase has been completed, we have handed over the facility management to Manasum, on a one-year contract. Our staff have also been transferred to their

payroll.

The SVOOP Committee has achieved its goal of completing the transition as committed to the board, SHs and the staff. Going forward, the SVOOP team will continue to coordinate with Manasum officials to achieve smooth operations, improved staff productivity and reduced operational costs.

New Shareholders Punam Sharma and Lynn Blickenstaff

Lynn was born of American parents in Gujarat where his father served as the sole doctor in a hospital and later, in a public health NGO. He attended Woodstock School in Mussoorie before going to the United States for university. He spent most of his electrical/software engineering career in Los Angeles. Punam grew up in Delhi where her father was Chief Engineer, Central Electrical Board, and her mother a doctor at Gangaram Hospital, and a pioneer in IVF. Punam has resided for several years in Bangalore where she learned Kannada. They both have family scattered all over the world. Punam has sisters in Mumbai and Dallas, and a son and daughter-in-law in Tejpur University, Assam. Lynn's

siblings are in Melbourne, Ho Chi Minh City, and Kentucky. They enjoy South Indian food, reading, walking, travel, and watching light-hearted movies.



After Lynn retired in 2014, they moved to Almora Dist, Uttarakhand to volunteer in an ashram near Mahavatar Babaji's cave, made famous in Paramahansa Yogananda's book, Autobiography of a Yogi. Realizing that it was unwise, as seniors, to continue living in such an isolated place, we moved to Cuenca, Ecuador in 2023, to Mysore in 2024, and finally to Suvidha in 2025. We have fallen in love with our "Shangri La," its natural beauty, serenity, good facilities, very friendly residents, and have now become shareholders!

READERS' CONTRIBUTIONS

Arts Page

Paintings: Niranjan U C

Niranjan is a self taught artist exploring different mediums for his artistic expression. He has the valuable support of his wife Rashmi who is a qualified and professional artist. Both of them have exhibited their art at many venues including Chitrakala

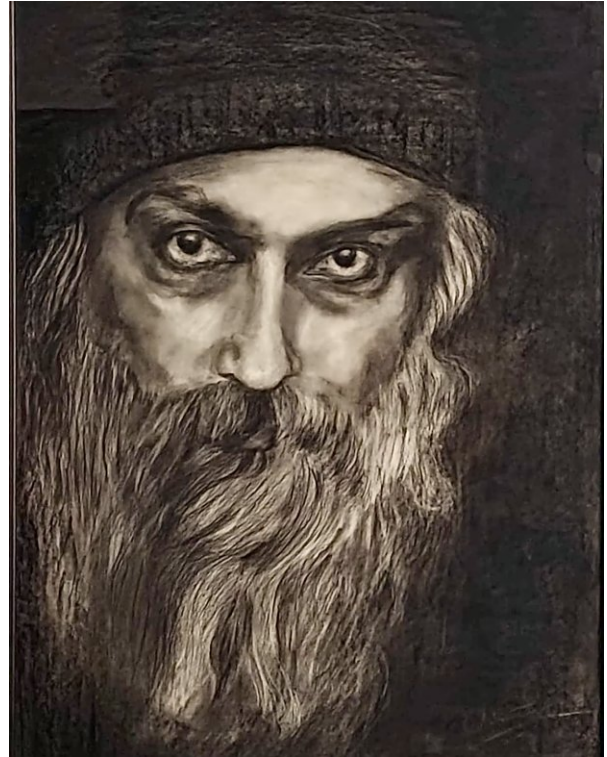
Parishat and at the 13th Florence Biennale Art Event.

Here we feature some of Niranjan's art works.

Niranjan UC (Cottage 38) lives in Bengaluru



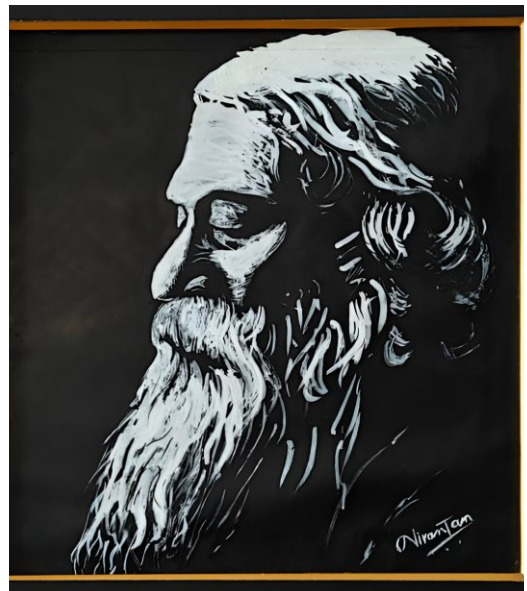
Title - Sadguru
Medium - Charcoal
Description - A serene charcoal art work capturing the quite strength of a spiritual master



Title- Osho
Medium- Pencil
Description - This pencil drawing centers on Osho's striking eyes, reflecting his wisdom and profound influence.



Title- Lady with the Hat
Medium- Charcoal
Description -A charcoal portrait of a woman wearing a hat, selected & exhibited at Florence Biennale



Title- Rabindranath Tagore
Medium- Water Color
Description The watercolor portrait was created when I was 14 years old. It represents my early fascination with portraying great personalities through Art.

The Majestic Guardian

Exploring Jatayu Nature Park, Kerala

Text: Latha Krishnan Photos: J Gopalakrishnan

Located in Chadayamangalam, Kerala, Jatayu Earth Center is a breathtaking fusion of mythology, artistry, and adventure. It features the world's largest bird sculpture, measuring 200 feet long,

where we can opt to take a ride in the cable car to the top or walk up.

The state-of-the-art Swiss cable car manufactured by Usha-Breco is the first of its kind



Cable car to the top of Jatayu Nature Park



Breathtaking view of the Kerala country side from Jatayu Nature Park

150 feet wide, and 70 feet tall.

The colossal Jatayu sculpture sits atop a massive rock where, according to the Ramayana, Jatayu

fell after fighting Ravana to save Sita. Renowned sculptor Rajiv Anchal spent a decade crafting this concrete marvel to symbolize women's safety and honor. It stands like a tribute to valour - the valour of a blessed bird, who fought hard to save Sita. The awe inspiring sculpture can be from miles away on roads approaching Chadayamangalam from North or South.

in South India. It is maintained with constant and excellent support from the manufacturer. As we swing up slowly to the top, we get to see some breathtaking panoramic views of the Western Ghats and the Jatayu sculpture getting bigger while we draw nearer to it.

Once we reach up, we go crazy clicking pictures of everything we see, the sculpture, the entrance to the still under construction museum and the views. There is a 6D theater housed inside the bird's body. There is a small temple near the sculpture dedicated to Rama and Sita, where we can offer prayers. A quaint amphitheatre beckons to sit and relax. While there we can imagine the music and dance shows held there and decide to come back for one of them at this fantastic venue.

We can enjoy the stiff breeze and the sights for about an hour at the top and then take the cable car down or walk down the road or path to the Adventure park area.

The adventure park offers trekking, ziplining, rock climbing, and paintball. Many youngsters are seen making a beeline towards that forgetting Jatayu.

For us, Jatayu may be physically far away again as we leave Chadayamangalam. But the majestic sculpture and the spirit of the bird reside permanently in our memories.

Jatayu Earth Centre is easily accessible from Thiruvananthapuram (50km) and Kollam (38km).



The Jatayu Earth Centre

When we reach the parking lot, after a short drive up to the base of the massive rock, there are several young men and women in uniform to guide us to our parking and later to the ticket counters

Latha Krishnan (Cottage 181B) mostly lives in Suvudha

BOOK TALK

Reshme Batte

Kannada Novel by Vasudhendra

J Gopalakrishnan

Vasudhendra's *Reshme Batte*, published in 2024, five years after the publication of his acclaimed and popular novel *Tejo Tungabhadra*, takes us through the trade routes of Central Asia in the 2nd Century CE. *Reshme Batte* tells the story of ordinary people in the Gandhara Plains, Bactria, Samarkand and China. It reveals how their life is affected by a new trade route extending from China to Europe and is an intriguing literary work detailing the trials and tribulations faced by nomadic tribal people, the predicament of Buddhist monks over new changes in their religion, the dilemma faced by the Sogdian Zoroastrian families in Samarkand, the hard life of Chinese peasants keeping their secret of sericulture hidden over centuries and finally how Buddhism reaches China.

The title of the novel is a play on the Kannada word *batte*; it can mean either road or path and cloth. The ancient trade routes were a perilous journey - through the Taklamakan Desert, the Hindu Kush mountains, and along the Sindhu river, reaching as far as Ladakh and Afghanistan. One of the underlying plots in the novel is the silk trade between China and the West along what is now known as the Silk Road, a name coined only in the late 19th century. In fact, it was not a single road but an intricate web of land and sea routes connecting East and West Asia as well as East Africa and Southern Europe. The subtitle of the novel, *Onapu Batte, Oratu Daari*, juxtaposes the precious cargo transported along new trade routes and the difficult lives of the people on the route. *Oratu daari* implies a rough path, while *onapu batte* refers to a soft, fine cloth.

The story unfolds in five parts beginning on the banks of the Oxus river in the 1st Century CE. It begins with a short battle on the banks of the Oxus, which was the boundary between the Romans and Parthians in which the Romans are mesmerised by Silk for the first time. Around the same time, a Chinese emperor dreams of a Buddha who will bring peace to his kingdom. The story then moves to the 2nd Century Kushan empire near Purushapura, which is present day Peshawar. We learn about a nomadic tribe of Tushara people, their encounters with townspeople and cave dwelling Buddhist monks.

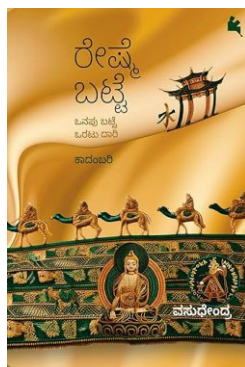
The second part deals with Zoroastrians living in Sogdia and Indo-Greeks living in Bactria. A Zoroastrian boy named Mitravandaka from Samarkand moves to a Lapis Lazuli mine in Bactria's Hindu Kush mountains where he falls in love with a local girl Madhumaya. He witnesses the onset of trade and wants to start trading on his own but being from a poor farming family has no capital. In the third part we encounter Emperor Kanishka and his interactions with Buddhist monks and traders. It is a period of great turmoil especially because the introduction of coins by the emperor for trade topples the age-old barter system; ordinary people are unaware of the value of

coins and how much goods are to be exchanged for a coin. Kanishka's patronage of Buddhism and trade is highlighted and we learn how it plays an important role in the development of trade along the Silk Road, and in the transmission of Mahayana Buddhism to China.

In the fourth part we come across a Chinese peasant family living in the countryside of Luoyang city, the capital of the Eastern Han dynasty in China, dreaming of rising through the social echelons. We also learn how historically, silkworm farming has been restricted to women and how ordinary peasants cannot use the cloth they produce. The right to wear silk is reserved for the emperor and the highest dignitaries. Silk is a sign of great wealth, and is used as a means for trade instead of coins. We learn

ultimately how the secrets of silk farming escape from China to Central Asia. The fifth and final part deals with the travails of a trade caravan consisting of traders, Buddhist monks, soldiers and servants, traversing the hostile Taklamakan desert and their adventures.

The novel deals with religious, social and economic situations of the period and the suffering they cause to the common man. This story, though set in the second century, is relevant to the present day in every way. The plight of villagers settling down in towns with a desire to educate their children; the disruption to the lives of tribal people as new highways and mines are established in the name of development; drastic changes in the economy like the introduction of new coins by Kanishka; and the rigid imperial system in China.



RESHME BATTE

Kannada Novel
Vasudhendra
Chanda Pustaka,
Bangalore

Third Edition: 2025
Pages: 472 Rs.450

"I immersed myself in research for four years, reading the material multiple times to internalise the era. I don't take notes because I don't want to write with a historian's exactitude; I'm a novelist, so I let the details shape an imaginative framework in my mind," Vasudhendra says in an interview. Known for his previous works, such as Tejo-Tungabhadra, a historical novel based on the Vijayanagara Empire and Portuguese trade in the 15th Century, and Mohanaswamy, a collection of short stories exploring the lives of queer men, Vasudhendra takes us out of the Kannada and Indian domain to Central Asia and

China through *Reshme Batte*.

History is fascinating, especially when it's presented as a story. History itself is full of captivating narratives, and when told engagingly, people embrace it. In Rashmi Batte, our curiosity about ancient history rises to a new level as we learn about the Kushan Empire, Zoroastrianism in Sogdiana, Confucianism in Imperial China and above all the spread of Buddhism from India to China through Central Asia.

*J Gopalakrishnan (Cottage 181B) mostly lives in Suvudha
Winner of Kozhikode UNESCO Literature Award 2025
for translation into Malayalam from Kannada*

NEWS AND EVENTS

Shraddhanjali dance recital

October 18, 2025

We had a really beautiful start to Diwali Celebrations in Suvudha with Parvati's fantastic Odissi Dance performances and interactive audience engagement. Brinda's debut MCing was good and we had a housefull of about 70-80 pax attending. This was followed by Coffee & snacks sponsored by Rajamani. Nilima proposed the Vote of Thanks.

It was a befitting Shraddhanjali to Late Dr Rukmani.

PHOTOS COURTESY PARVATHY



Deepavali Special Luncheon

October 19, 2025

We set up a small altar for Goddess Lakshmi with offerings of fruits, flowers, haldi, kumkum and a coconut. It was a fun-filled Diwali interactive session. For over an hour we reconnected with mythology, religion and traditions followed over the 5 days of

Diwali. Childhood stories of Pataakis and Mithaais as well as the significance of Oil Bath and Ganga Snaanam were exchanged.

The sumptuous buffet lunch that followed was enjoyed by about 55-60 persons. The fruit salad was scrumptious.

PHOTO: DR NILIMA KADAMBI



Diwali Deepotsava

October 21, 2025

Diwali this year had music and lights on the lake and what an evening it was!

Young musicians of immense talent entertained us at the Ranga

Mandira.

Shivani Shenoy Kerki, 14 and Poorvi Shenoy Kerki, 12, provided Carnatic and Hindustani vocal music to an appreciative audience of their parents and Suvudha music lovers. They were

supported beautifully in their songs by Aryaa Shenoy, 10, and Aniket on the Mridangam. All of them are learning music along with their academics and excelling in other interests too such as dance and chess. After

the heart fulfilling music, twinkling diyas were set afloat in our lake by the Suvidhaites - Yet another memorable Diwali evening!

PHOTOS: DR NILIMA KADAMBI



Navathi of Nayak

October 22, 2025

Mamatha, daughter of Nayak and Mrs Vasanthi Nayak flew in from Australia to celebrate her father Nayak's 90th birthday with pomp and pleasure witnessed by all of Suvidha and some of their relatives in India. She was accompanied by other family members including her children Rohan and Priya, all of whom had wonderful things to say about Nayak, a remarkable multi-talented man of immense knowledge, who was born 90 years ago in the village of Katpadi near Udipi.

During the evening when a beautiful cake was cut and dinner given to all, Bindu Malini

PHOTOS: RAJESWARI SUBRAMANYA



entertained with her soulful singing of devotional songs in Kannada and Hindi. The rest of the people enjoyed the singing, the speeches, the interaction with each other and the great food

they got to have. TSR wishes Nayak many more years of happiness and birthdays full of joy.

Movie Evening

October 25, 2025

The SMILE team screened a Kannada comedy drama film *Su From So* (with English subtitles) in the Banquet hall. The film was written and directed by J. P. Thuminad in his directorial debut in 2025.

Set in the coastal village of Marlur linked to Someshwara, the story follows Ashoka, a carefree

young man whose innocent crush spirals into rumours of possession by a ghost named Sulochana, upending village life through a cascade of comedic supernatural events. The Times of India rated it 4/5, praising how it blends humour, emotion, romance and a gentle touch of horror into an engaging



crowd-pleaser. It's also been a box-office hit perfect for a lively community screening.

Suvidhaites went to watch it for the laughs, stayed for the heart—and the lovely coastal flavour, as well as the snacks graciously sponsored by Geetha Sudarshan.

Ageing Gracefully in Mind *The Path to Cognitive and Emotional Wellness*

SVS SASTRY

October 29, 2025

As a part of mental observation month, St John's Medical College Hospital, Brigade Meadows, organised a special talk focused on mental health and emotional well being among Seniors in Suvidha.

We were honoured to have Dr. Vibha K. V the Assistant Professor in the Department of Psychiatry at St. John's Medical College Hospital, Bengaluru at Suvidha as our guest speaker.

We found her audio-visual talk informative, logically well presented and very relevant to us. She interacted pleasantly with the senior audience and answered their questions with grace and

patience.

A good number of residents attended spell bound, during her interactive talk and later enthusiastically participated in discussions with Dr Vibha, who provided an insightful session on understanding mental health, coping with emotional challenges and promoting positivity and connection in daily life.

She gave valuable insights in physical good health and mental health in our senior ages, mindfulness, stress management, positivity and useful tips on recognising signs of impending mental ill health and ways of seeking help at the appropriate, early stages.

In short, it was an afternoon well spent - everyone felt.

Dr. Vibha completed her MD in Psychiatry from Kasturba Medical

College, Manipal, and later pursued a Fellowship in Consultation-Liaison Psychiatry at St. John's Medical College Hospital. She has worked across St. John's, NIMHANS and Shimoga Institute of Medical Sciences, contributing extensively to patient care, postgraduate training, research, and community mental health programs. She has multiple publications and national conference presentations to her credit.

PHOTOS: RAJESWARI SUBRAMANYA



Tips to improve emotional health and well-being

Breathe deeply: Inhale through the nose for four counts, hold for 1 second, then exhale through the mouth for 5. Repeat when necessary.
Take a walk: While walking, pay attention to breathing and engage the senses to take in the surroundings. Notice any thoughts or worries that come into the mind, but then bring awareness back to the present moment.

Eat mindfully: Take time to smell and taste food thoroughly, and notice the textures and flavors with each mouthful. Pay attention to when the body feels hungry or full.

Body scan: Mentally scan through the body from head to toe and bring awareness to how each part of the body feels.

Courtesy Medical News Today, UK

Karnataka Rajyotsava

November 1, 2025

Rajyotsava Samarambha, a community celebration involving all the Shareholders, Residents and Staff of Suvidha was celebrated like in earlier years in a grand manner.

The celebration looked back to our great cultural heritage that we strive to keep alive for the future generations. For most of us, it brings back memories of our younger days.

The cultural programs included the ever popular Dollu Kunitha team and their thumping drum dances. The dances showcase strength, muscle power, and the spirit of endurance. The theme is woven around the presiding deity of Shri Beeralingeswara and offers both entertainment and spiritual edification.

Lady Artistes from Chikmagalur performed the Veeragase, a vigorous traditional folk dance of the Veerashaiva community members during religious festivals and Shaivite events. The dance portrays Hindu Mythology, particularly the wrathful aspects of Lord Shiva and the tale of Veerabhadra and features energetic, energy-sapping movements, warrior-like poses with a sword and shield, and devotional chanting. Dancers wear traditional costumes with Rudraksha beads and headgear, and the performance is accompanied by traditional instruments like the Sambal and cymbals.

PHOTOS: DR NILIMA KADAMBI



PHOTOS: C B PRABHAKAR



There was singing by staff and residents of Suvidha and all Suvidhaites, their guests and the Staff Members were served a sumptuous breakfast.

Later the Karnataka flag was hoisted by our MD who officiated as the Chief Guest. The decorated buggy with presiding deity Bhuvaneshwari was flagged off by Mrs Vimala Rai and was paraded in a colourful procession.

In the evening the usual Sugama Sangeeta concert was at



the Ranga Mandira by Shwetha Santhosh Kumar and team, who presented Kannada Bhava Geethe, Folk Songs and Kannada Film Hits.

Kārthika Damodara Deepotsava

November 7, 2025

Kārthika Damodara Deepotsava at Suvidha was celebrated in a simple and beautiful manner. Those who attended the program

experienced the bliss of devotion and light!

Suresh Babu and Jayasree sponsored the event aided by members of ISKCON who presented keertans and a speech on Kārthika Deepotsava.

The program included short and sweet kirtan, 15-20 minute class on the glories of Deepotsava and Kārthika month, singing of Damodara Ashtakam and lamp offering followed by distribution of dinner prasadam to all guests.

PHOTOS: C B PRABHAKAR



Suvidha Dina celebrations

November 19, 2025

Suvidha completed 21 years since this Company was incorporated on 19th Nov 2004. Since last year we have decided to celebrate this special occasion as our Suvidha Dina. This year we had a very simple but fun filled evening, where about 75 persons attended the function and catered dinner.

Prasanna Ganapati completed one year after installation in the Ganesha Mantapa in 2024. The Mantapa was decorated and an Akhanda-Deepam was lit before the function started. Similarly the Founders Plaque installed last year in the Clubhouse Foyer was also decorated.

The Banquet Hall was lit up and looked festive with the potted

plants and the colourfully dressed Suvidhaites attending. Dr. KS Shekar was our Chief Guest who Launched the newly upgraded and improved Suvidha Website. Raji sang the Invocation Song and Dr Nilima, as the MD gave a welcome address and expressed appreciation for the hard work put in by the Committees and Staff as well as Brinda from Manasum Team, to make this occasion a grand success.

The highlight of the evening was the screening of "Suvidha Kathe - The Movie" a 75 minutes film created by Dr Vivek by editing

and enhancing the 180 minutes footage we had of "Suvidha Kathe - The Musical" performance from 2024.

Social interactions and a sumptuous Catered Dinner was followed by the Open Mike Karaoke singing by the talented members of Suvidha Family. Dr Nalini gave the Vote of Thanks at the close of this celebration.

PHOTOS: DR NILIMA KADAMBI



Christmas Celebrations in Suvidha

December 24, 2025

Tree, manger, songs, Santa and Mrs Claus, elves singing and dancing, carols and twinkling lights, cake and lots of lovely treats - Suvidha had it all this Christmas. The Events Committee put together a wonderful Christmas party on the eve of Christmas with everyone pitching in with decorations, song preparations, food, etc. Dr Iris generously sponsored the tasty eats and helped with the setting up of the baby Jesus and the manger. Subbu and Bharathi Sastri were excellent as Mr and Mrs Santa Claus. There was a

quiz organised by Brinda from Manasum wherein people had to recognise Hindi and Kannada movie songs based on their English translations. Santa happily ho ho hoed and gave away treats to all who got their answers correct.

People also pinned or hung their gratitude messages and enhanced the decoration of the Christmas tree.

It was indeed a lovely evening of song, dance and happy memories!

PHOTO: VISHNU AGNIHOTRI



New Years Eve

December 31, 2025

Promising loads of fun and laughter and a happy tummy

PHOTOS: RAJESWARI SUBRAMANYA

with a sumptuous Buffet Dinner, New Year's Eve kicked off at 6:00 pm in the Suvidha Clubhouse Banquet Hall. The SMILE team was ready with two fun

movies perfectly fitting the occasion - Who Killed Santa, a funny whodunit and Santa Beany which was Christmas fun with Mr

Bean.

Everyone had a "GOLD-CLASS" experience with pop-corn and beverages during the movie.



The sumptuous buffet dinner followed the movies, after which everyone moved to the YOGASHALE shed behind the Clubhouse where fun party games, interactive quiz, karaoke singing, dancing etc awaited

them.

There was a nice bonfire to keep us warm.

Light snacks along with cake and some warm mulled apple juice kept our energy levels high. At the stroke of MIDNIGHT we

sang Auld Lang Syne holding hands around the still burning bonfire and raised a toast for good health and good cheer in 2026!

REMEMBRANCE

Sajan Pulimood (1953 - 2025)

November 2, 2025

Sajan left his earthly abode in November at Cochin, Kerala. He is survived by his wife Sarah and two daughters Divya and Nisha.

Divya Davies is married to Paul Davies (London). They have two children Yohaán and Annika and Nisha Foti-Pulimood is married to Valentin Foti (Montreal). They are parents to two children, Maeva and Matteo.

Sajan Pulimood had been an architect and interior designer for over



40 years. He graduated from Madras University in 1975 and held several positions in his field of study and had designed remarkable residences and renowned resorts, hospitals and clinics.

He has held notable positions in professional organisations such as President of Indian Institute of Architects (IIA) Cochin, and Chairman of Institute of Interior Designers (IIID) Kerala Chapter. He was one of the Members of the Rotary Team which built temporary shelters after the Bhuj earthquake in Gujarat.

READERS' RESPONSE

I just went through the October TSR in detail. Great issue as usual. Hats off to you both, especially Gopal for managing this while recuperating. Lot of work

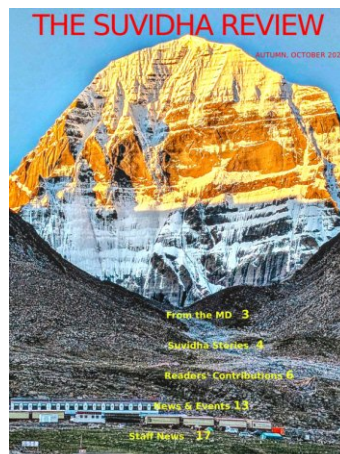
Satish Rao
Cottage 67

Every issue is better than the one before - congratulations to both of you - esp Gopal, who has made his contributions despite not being 100% well. Also for the review of Tejo Tungabhadra featuring his Malayalam translation of the Kannada original.

Gita Jaisim
Cottage 126

I am speechless! The cover was astounding! The beauty of the Himalaya leaves me breathless!

(without even going up there)
Dr Nilima's 'starter piece' takes the cake! I loved reading



every line she has written! She has such vast knowledge! An eye opener!

Congratulations to all the contributors!

Thank you for your untiring efforts of bringing out once again a 'Master Piece'

Iris Rajiva, Cottage 76
Suvudha

TSR is my favourite thing, I always enjoy reading it. You cover most of the events, involve readers also to participate. We appreciate that. Moreover, we get so much information about what is happening in the village and people. Thank you both.

Rajeswari Subramanya,
Cottage 57-58

We solicit your contribution to THE SUVIDHA REVIEW

Please share short articles (about 400 words) along with photographs.
You may write about your childhood memoirs, 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 suvidha.review@gmail.com

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