

Raghavan Iyer was born in a modest home in the beautiful town of Tenkasi, Tamil Nadu. His father, Venkatesan Iyer, was a respected school teacher, and his mother, Lakshmi, was a homemaker who ensured the family had everything they needed despite their simple life.

Growing up in a house filled with books and values, Raghavan was an obedient and bright student. He completed his schooling in a government school where his father also taught, making him a disciplined learner. His childhood was spent running through paddy fields, climbing mango trees, and helping his mother in small chores. He had a deep attachment to his parents, and his father's teachings about honesty and hard work shaped his personality.

After completing his bachelor's degree in commerce at a nearby college, Raghavan wanted to explore the world beyond Tenkasi. With a burning desire to work and become independent, he moved to Coimbatore at the age of 25, where he began his career as a small-time accountant in a textile firm.

At 27, Raghavan got married to Yashoda, a kind-hearted and understanding woman. Their marriage was arranged by their families, and she became his biggest support. Together, they moved to Coimbatore to build a life of their own.

Raghavan, a hardworking man, saved every penny he could. After working tirelessly for five years, he started a small grocery shop in Coimbatore, with the dream of running his own business. With Yashoda by his side, handling customers and managing the store, their little shop slowly gained loyal customers.

Their happiness doubled when they were blessed with two children—a son, Karthik, and a daughter, Meera. Raising them with traditional values, Raghavan and Yashoda provided them with the best education possible.

As Karthik and Meera grew up, Raghavan became their guiding force. Every morning, he would drop them at school on his old Bajaj scooter, buy them their favorite sweets, and tell them stories of his childhood in Tenkasi.

Karthik, the eldest, was intelligent and aspired to study abroad. Raghavan worked extra hours in his shop, saving money to fund Karthik's education.

Meera, a bright and cheerful girl, shared a deep bond with her father. She always told him about her dreams and sought his advice in every aspect of life.

When Karthik got admission to a university in the USA, Raghavan was proud but emotional. He had never imagined sending his son so far away. Yet, for his future, he let him go, hoping he would return one day.

Meera, on the other hand, married Ravi, a software engineer from Kerala, and moved to Trivandrum after her marriage. Though she visited frequently, Raghavan felt an emptiness in his heart every time she left.

As the years passed, Raghavan and Yashoda aged gracefully, but loneliness crept in. The grocery shop, once bustling with energy, started feeling quieter without the presence of their children.

Karthik settled permanently in California and visited only once in three or four years. Though he video-called his parents, Raghavan longed for the warmth of his presence.

Meera, now a mother herself, called her father often but couldn't visit frequently due to her family responsibilities.

The once lively house turned silent. Yashoda tried to keep Raghavan engaged, but he often sat on their old wooden chair, staring at the gate, hoping one day his son or daughter would surprise him by coming home.

His days were spent managing the shop alone, reading newspapers, and visiting the temple. Nights became sleepless as he reminisced about the laughter of his children, the days when he held their tiny hands and walked them to school. The same hands that once clung to him for protection had now moved far away, living their own lives.

Even as he suffered from diabetes and joint pain, he refused to stop working. The shop was not just his livelihood—it was his only company. The shopkeeper next to him often found him lost in thought, sighing deeply as if carrying an invisible burden.

Every time he heard stories of neighbors' children coming back to take care of their aging parents, his eyes welled up. "Maybe one day, my children will return too," he told himself. But deep inside, he feared being forgotten.

Now at 72, Raghavan still runs his grocery shop, but he speaks less. His eyes light up whenever the phone rings, hoping it's Karthik or Meera. He listens to their voices but doesn't tell them how lonely he feels.

At night, when he sits by the window with an old album, he traces his fingers over the childhood pictures of his son and daughter. He smiles, but a tear always escapes his tired eyes.

Though life gave him success, a loving wife, and wonderful children, the one thing he truly longs for is their presence.

He still waits at the doorstep, looking at the road outside, wishing to hear someone call out—"Appa, I'm home."

Personal Information & Medical History

- Full Name: Raghavan Iyer
- Age: 72 years
- Blood Group: B+
- Current Medications:
 - Medication for diabetes, joint pain
 - Prescribed medicine for panic attacks and seizures (fits)
- Medical Conditions:
 - Diabetes, Joint pain
 - Panic attacks – Sudden episodes of intense anxiety, sometimes triggered by loneliness or stress.
 - Seizures (fits) – Occasionally experiences seizures; requires careful monitoring.
- Allergies: None known
- Doctor's Contact Information: Dr. S. Venkatesh, Coimbatore General Clinic
- Emergency Contact: Meera (Daughter)

Challenges Overcome

- Recent Difficulties:
 - Health Struggles – Managing diabetes, joint pain, and now occasional seizures.
 - Panic Attacks – Often triggered when he overthinks about his family being far away. Feels breathless, dizzy, and overwhelmed during these episodes.
 - Dealing with Seizures – Has had a few incidents where he lost consciousness momentarily; neighbors and Yasodha have been informed to check on him regularly.
- Coping Mechanisms:
 - Deep breathing techniques help manage panic attacks.
 - Regular doctor visits to keep seizures under control.
 - Keeping himself occupied by reading newspapers, visiting the temple, and managing the shop to distract from stress.
- Support System:
 - Neighbors and local shopkeepers have been told about his condition and are ready to help if needed.
 - Meera calls often and has asked a medical attendant to check in on him occasionally.
 - Doctor's Advice: Needs proper rest, should avoid stress, and must take his prescribed medications on time.

Hobbies & Favorite Activities

- Favorite Pastimes:
 - Reading Tamil literature and newspapers.
 - Listening to old Carnatic music.
- Most Enjoyable Activities:
 - Sitting by the window and watching the street.
 - Cooking simple traditional meals.
- Dream Activities:
 - Visiting Tenkasi one last time to relive childhood memories.
 - Spending more time with his children and grandchildren.
- Daily Routines:
 - Wakes up early, prays, and reads the newspaper.
 - Manages the grocery shop in the daytime.
 - Spends evenings reminiscing about the past.
 - Daily call with his grandchildren.
- Comfort Foods & Favorite Meals:
 - Loves homemade curd rice with mango pickle.
 - Enjoys hot filter coffee in the morning.

Good Memories & Happy Moments

- Trip with Grandchildren - Recently, Raghavan Iyer went on a trip with his family. It was a joyful experience, filled with laughter and love.
- Precious Moment with First Grandchild – For the first time, his eldest grandchild spoke to him with a big smile. This moment touched his heart deeply and reminded him of the strong bonds of family.
- Temple Visits with Friends – Regular visits to the temple bring him peace and a sense of belonging. The prayers, the rituals, and small conversations with old friends always lift his spirits.
- Helping at the Local Shop – Managing the shop gives him a sense of purpose, and he enjoys interacting with customers, especially when they ask for his advice.
- Festivals & Family Calls – His daughter Meera ensures he is always included in family celebrations, sending him sweets and arranging video calls with the grandchildren.

Difficult Moments & Struggles

- Children Moving Away for Their Future – The hardest time in Raghavan Iyer's life was when his children left home to pursue their careers and families. Though he was proud of them, the realization that they would no longer be around every day left a deep void in his heart. The house felt emptier, and evenings became quieter.

- Realization of Being Alone Again – After the recent family trip, as he returned home, he felt a wave of sadness, realizing that once again, he was alone in the house. The sounds of laughter and chatter were replaced by silence.
- Panic Attacks – There are times when he suddenly feels breathless, his heart races, and he becomes anxious, especially when he overthinks about his family living far away.
- Seizure Incidents – Recently, he had a brief seizure while alone at home. Thankfully, a neighbor checked on him. This reminded him of the importance of having someone close by in case of emergencies.
- Loneliness During Evenings – After sunset, when the day slows down, he sometimes feels lonely, missing the warmth of his family around him.
- Health Issues Affecting Mobility – Joint pain sometimes makes it difficult for him to move around freely, which frustrates him as he has always been independent.