



PROBUZZ...

Monthly Newsletter From

PROBUS CLUB OF CHENNAI

(Sponsored by Rotary Club of Madras)

Regd (148/2004)

An association of Retired Professionals,
Businessmen, Government Employees and others

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பிறப்பொக்கும் எல்லா உயிர்க்கும் சிறப்பொவ்வா
செய்தொழில் வேற்றுமை யான்.. குறள் 971

பிறப்பினால் அனைவரும் சமம். செய்யும் தொழிலில் காட்டுகிற திறமையில்
மட்டுமே வேறுபாடு காண முடியும்

All men that live are one in circumstances of birth;
Diversities of works give each his special worth.

From The President's Desk



Dear Probians,



Greetings! I'm pleased to announce that the sub-committees for our Probus Club have been formed and communicated to members for the 2025-2027 term. With 20 sub-committees, our Executive Committee will be well-supported in delivering various functions. I wish all the best to our coordinators, convenors, and members

Our 33rd Annual General Body Meeting was successfully held on June 28, 2025, at the Russian Centre of Science and Culture. Key decisions included converting annual members to life members after ten years of payment.

"Many annual members have welcomed this development, and I wish them all the best. Additionally, some annual members have expressed interest in topping up their membership fees to transition to life membership, showcasing their commitment to our club..

"Another significant decision was passed regarding eligibility for Ordinary EC Member positions. Now, members who have completed just one year of membership can contest in EC elections. If you're a new member interested in contributing to our leadership team, please feel free to reach out to

me. We're excited to nurture and develop future leaders among our ranks!"

We gifted umbrellas to attending members, following our usual practice.

I'd like to acknowledge the passing of our stalwart member, Mr. Santhanam S, who dedicated 15 years to our club. Our deepest condolences to his family.

We welcome Mr. G. Vikraman as a new life member, introduced by Pbn Sakthivel Raja.

"I'd like to extend my heartfelt gratitude to our EC members and retired SBI officers for generously sponsoring breakfast and lunch. I'm also deeply thankful to our Probians who contributed to the AGM gift, making it a memorable occasion for all."

June 15 marks World Elder Abuse Awareness Day, as designated by the United Nations General Assembly in 2011. This day highlights the critical issue of abuse and neglect faced by older adults, a concern that will only grow as the global population ages, with 1 in 6 people projected to be over 65 by 2050. I had the opportunity to speak at the World Elder Abuse Awareness Day event organized by HelpAge India at the Andhra Chamber of Commerce building in Chennai on June 13, raising awareness about this important issue."

Wishing you a wonderful day ahead.

Best Regards,

Annadhurai M,
President



SECRETARY'S REPORT

Warm greetings to you and your families! This report outlines the key events and happenings of June 2025.

EC Meeting – June 14, 2025

The Executive Committee (EC) meeting was held on June 14, 2025, at the EC hall, Mookambika Complex, chaired by President Pn Annadhurai. M. Key discussions and approvals included:

- **AGM Sponsorship:** The President announced that EC members would sponsor breakfast and ex-SBI officials would sponsor lunch for the upcoming Annual General Meeting (AGM) on June 28, 2025.
- **Committee Formation:** Sub-committees and a helpline are soon to be implemented, and a Scholarship Committee meeting will be convened shortly to strategize.
- **Expense Clarifications:** PF Balachander V sought clarification on newsletter printing and dispatching expenses. Jt. Sec. Pn Sugunaraj inquired about breakfast and International Women's Day expenses. Both were approved after clarifications from the Treasurer.
- **Purchase Approval:** The purchase of four tables for use at the Russian Centre was approved.

- **Financial Reports:** Copies of the Annual Balance Sheet for FY 2024-25 and the Annual Report were distributed and discussed.
- **Registered Office Change:** A proposal to change the Registered Office from 31, Madhavaperumal Koil Street, Mylapore, Chennai -4 to C/o. M.Sappany Pillai, New No. 299, Old No.146, Peters Road, Thousand Lights, Gopalapuram P.O. CHENNAI- 600 086, effective **July 1, 2025**, was approved.
- **Library Relocation:** The shifting of the Library to the EC Hall, Mookambika Complex, was discussed.
- **Auditor Services:** The extension of the Auditor's service and his new salary for 2025-26 were discussed and approved.
- **New Life Member:** The application of Mr. G. Vikraman, M.A., L.L.B., Advocate, DOB: June 2, 1963, was received and approved as a new Life Member.

Annual General Body Meeting (AGM) - June 28, 2025

The AGM for the year 2024-25 was held at the Russian Centre, Teynampet, starting at 10 a.m. Due

to a lack of quorum, the meeting commenced 30 minutes later.

- **Chief Guest's Address:** Pn. Dr. Chockalingam, V. Cardiologist, delivered a well-received speech titled "Idayam Kaakka Moondru Manthirangal" (Three Mantras to Protect the Heart).
- **Opening Proceedings:** The meeting began with a universal prayer, Tamilthaai Vazttthu, and the Probus anthem. President Pn Annadhurai.M welcomed all dignitaries and Probians, and outlined the events that had taken place.
- **Agenda Items and Approvals:** As per the agenda, the following were presented and approved:
 1. Confirmation of the minutes of the last AGM held on Saturday, June 1, 2024.
 2. Confirmation of the minutes of the last EGM held on March 29, 2025.
 3. Consideration and approval of the Secretary's report for the year 2024-25.
 4. Consideration and approval of the Audited Statement of Accounts for the period April 1, 2024, to March 31, 2025.

- **Membership Conversion:** A proposal for the conversion of Annual Members to Life Members, for those who have paid Annual subscriptions for the last 10 years, was discussed and approved after voting.
- **Recognitions:** Gift sponsors and "Birthday Probian Babies" for June were honoured, and membership certificates were presented to newly joined Probians.
- **Bye-Law Amendment:** Pn Srinivasan. J proposed reducing the eligibility for filing nominations for an EC Member from two years to one year, as mentioned in para 11.(a) of the Memorandum of Bye-laws of the Club. This was seconded by Pn M.Sappany Pillai. After the Secretary explained its necessity, the proposal was unanimously approved. An amendment to the Bye-law will be made after informing the Registrar of Societies.
- **Vote of Thanks:** Treasurer Pn Damodharan, A, thanked Probians for their donations to the Club. The Secretary, Pn Ramaraj.V, delivered a warm vote of thanks, acknowledging each guest speaker for their accomplishments.

Pn Ramaraj V
Secretary

EDITOR'S COLUMN

Dear Probian brothers and sisters,

June 28th saw the holding of the 33rd Annual General Meeting of the Club in the spacious auditorium of the Russian centre for Science and Culture. We had a significant number of attendees who were entertained by a very useful and educative presentation on heart health by our esteemed Probian and eminent cardiologist Dr Chockalingam. The audience were spell bound by his elucidation. We are thankful to our donors for sponsoring agm breakfast/lunch and gift. We take this opportunity of enjoining upon our members to come forward and express their thoughts on a subject of relevance to the Club in word format and within 350 words. We do have our dedicated set of contributors who bring out interesting articles. We need more of such contributors from



our membership. While Agm photos form part of the backdrop of this issue we have introduced an element of photo capture from the weekly attendance by our Probians at the Rotary Club of Madras meetings at the Hyatt Regency. We invite more such suggestions. Our website stands updated to a large extent. We have a Probian J. Srinivasan in charge of the website.

Please note that the editor and Probus club of Chennai hold no liability for any loss or damage arising from disputes over submitted articles.

V. Balachander, Editor
B1chndrv781@gmail.com

We Wish A Very Happy Birthday to all Probians Having Birthdays in July 2025

Sl. No.	Name of Probian	M.No	Date of Birth
1	Ranganathan P.V.	A-336	05.07
2	Krishnamurthy K.	L-105	05.07
3	Paramasivan R	A-409	06.07
4	James A.	A-038	09.07
5	Prasad C.S. Dr.	L-025	09.07
6	Vijayalakshmi Olaganathan	A-413	10.07
7	Vasanth K.N.	L-007	11.07
8	Dr. G.J.Sudhakar	A-402	13.07
9	Geetha Subramanian Dr.	L-194-A	14.07
10	Subramanian V.	L-302	15.07
11	Ramachandran N.	L-144	15.07
12	Sreenivas V.	PF 07	15.07

Sl. No.	Name of Probian	M.No	Date of Birth
13	Krishnamurthi N.R.	L-247	15.07
14	Ananda Krishnan P.	L-233	15.07
15	Gnanaraj Paul	L-104	16.07
16	Jayashree Kishore	L-274	18.07
17	Jayaraman N.	A-230	22.07
18	Mohandoss R. Dr.	L-216	22.07
19	Santhanagopalan S	L-310	23.07
20	Sarada Nambi Arooran Mrs. Dr.	L-148	24.07
21	Chockalingam V. Dr.	L-161	27.07
22	Sankar B.	L-263	29.07
23	Suresh Mallya	L-295	30.07

Wedding Day LIST JULY 2025

Sl. No.	Name of Probian	Wedding Date	Spouse Name
1	Ramaswami P.P. Dr.	01.07	Mrs. Nagamani Ramaswami
2	Arunachalam M	02.07	Mrs. A. Sundari
3	Sankar B.	03.07	Mrs. Vijayalakshmi
4	Jagannadhan V	05.07	Mrs. Vijayalakshmi
5	Vijayakumar.R	08.07	S.Malavizhi
6	Rangasami P.M	08.07	Antony Ammal
7	Ramaswamy T.S. Dr.	13.07	Mrs. Lakshmi ramaswamy
8	Chockalingam V. Dr.	14.07	Pn Senthamarai A. Dr.
9	Senthamarai A. Dr.	14.07	Pn Dr. V. Chockalingam
10	Shankar M.	15.07	Mrs. S. Seethalakshmi
11	Pranab K. Basu	22.07	Mrs. Sunipa Basu
12	Kumaresan M Dr.	31.07	Mrs.Chandralekha



JUNE CONTRIBUTIONS

SCHOLARSHIP FUND			GIFT		SUNSHINE FUND	
Sr.No	Name	Amount	Name	Amount	Name	Amount
1	V.R. Chandra Mohan	4500	V. Dhayalan	10000	K. Rajaram Pandian	5000
2	M. Kandasamy	3000	Nagendra Prasad	11116	B. Ranganathan	500
3	Suganthi Premkumar	3000	PPP. Panchalan Dr.	10000		
	Total	10500	B S Rao	3000	Total	5500
			Unnikrishnan Variyath	2500		
			Ramesh S	5000		
			BRIG. Jayalakshmi Srinivasan	3000		
			PP Ramaswamy	2000		
			PF. Badri C	5000		
			Vijayalakshmi Masilamani	2000		
			T.S. Ramaswamy	10000		
			Ananthakrishnan	5000		
				68616		
		Breakfast	Office Bearers & Ec Team	Rs. 17000		
		Lunch	Retd. SBI Probians & PF Badri C	Rs. 17000		



New Member Admissions in June 2025

Life member – L368 - Probian G.Vikraman – introduced
by Probian S.L.Shaktivel Raja
Profession: Advocate/contact no. 9841446669 /
Address: No 2 Bajanaikoil First Street, Choolaimedu,
Chennai 600094.

Welcome

AGM of Probus Club of Chennai



Photo taken at Rotary Club meeting on 3rd June at the Hyatt Regency.
Guest speaker Eminent Vocalist Aruna Sairam. Probians P M Pandian and Dr K.Ramalingam with
president elect Rotarian Nikhil Raj

Sri V.O. Chidambaram Pillai: The Champion of the Swadeshi Movement



Vallinayagam Olaganathan Chidambaram Pillai, popular as “**Kappalottiya Tamizhan**”, emerged as one of India’s most daring freedom fighters in the early 20th century. Born on September 5, 1872, in Ottapidaram, Tamil Nadu, he earned a law degree and worked as an advocate before devoting himself entirely to the Swadeshi cause.

Triggered by the partition of Bengal in 1905 and inspired by leaders like Bal Gangadhar Tilak, VOC returned to Tamil Nadu and channelled his revolutionary zeal into tangible action.

His most iconic achievement was the establishment of the **Swadeshi Steam Navigation Company (SSNC)** in October 1906. Setting it up in the port city of Tuticorin, VOC raised ₹ 10 lakh by selling 40,000 shares and commissioned two ships—S.S. Galia and S.S. Lavo—to challenge the monopoly of the British India Steam Navigation Company. The SSNC offered lower fares and stirred massive nationalist pride, striking a blow at colonial economic dominance.

VOC’s activism extended beyond commerce. In February 1908, he led a powerful strike by workers at Tuticorin’s Coral Mills, demanding basic rights and better wages—years before Gandhi’s Champaran Satyagraha. On March 9, 1908, the leaders even organized a procession to celebrate freedom fighters across India, which led to VOC’s arrest on charges of sedition two days later.

Sentenced to double life imprisonment and subjected to harsh labour—yoked to an oil press

under the hot sun—his treatment sparked outrage even among British observers. Chidambaram’s sentence was later reduced, and he was released in 1912 after enduring four years of imprisonment and six years in exile.

By then, the SSNC had been forced into liquidation in 1911; VOC returned to a life of poverty, his legal license revoked, and his business gone. He spent his remaining years in humble work and scholarly pursuits, authoring commentaries on Tamil classics such as *Thirukkural* and *Tholkappiam*, and writing his poetic autobiography. On November 18, 1936, he passed away in Tuticorin, leaving behind a legacy of courage, sacrifice, and unwavering patriotism.



Today, his memory lives on through the V. O. Chidambaram Port Trust in Tuticorin and numerous educational institutions. His early efforts laid a foundation for future mass movements, proving that economic independence was integral to India’s freedom struggle. Sri Aurobindo praised his moral strength and sacrifice, acknowledging his influence on national character. VOC remains a beacon of the Swadeshi spirit—an exemplar of how bold vision and collective action can challenge tyranny.

In celebrating Sri V. O. Chidambaram Pillai, we honour a man who didn’t just talk of freedom—he charted a course toward it.

Jai Hind
By PF C BADRI



OLD AGE HOMES-A REALITY CHECK



Elders are like the setting sun, when the day ends. As life goes on towards its end, a stage comes and we call it ageing. In this particular stage one loses his physical and mental capabilities. Very few of us are those who are completely free of diseases at this stage.

- ★ Mostly when a person crosses the age of fifty, others consider him as a burden as his children think that their life is being disturbed and their freedom will be snatched by their parents or grandparents because of the generation gap. The children start neglecting their grandparents and parents after their married life and then finally send them to old age homes. An old age home is the place where old people are living after the rejection of their children. Apart from this, some elders don't have children or their children are living abroad which forces them to live in old age homes. Generally the old age homes have all the facilities for a casual routine like food, clothing, shelter etc but the pivotal thing which is absent from their lives is only the love of the family, care and attention which is the ultimate duty of their children to provide for them.
- ★ Selection of an old age home is very important. Affordability, climate, safety, physical conditions of the person, food habits, medical facilities, reliability are some of the factors to be thought of before selecting an old age home.
- ★ Mental health, loneliness, depression, economic problems, inadequate medical facilities are other aspects that elders encounter.
- ★ What Social service oriented Clubs can do to inmates in the homes:
 - 1) Visit to old age homes periodically and spend some time with the inmates. It can be part of your birthday or marriage day.
 - 2) Provide them with refreshments and bring out their talents in music, art, dance etc. Members of the club can also show their talents in music, dance, mimicry etc to make them feel one amongst you.
 - 3) Organise trips to take them out for a visit to a museum, beach etc.
 - 4) Donate liberally in cash or donate useful equipment like wheelchairs, gifts, furniture, walking sticks, walkers etc.
 - 5) Note their birthdays or wedding day and send them greetings and a gift.

By focussing on these areas, Clubs can play a vital role in improving the overall well being and happiness of elders living in old age homes.

Probian A.G. Pranesan



POINTS TO PONDER:

COPD (Chronic Obstructive Pulmonary Disease):

A group of progressive lung diseases that make breathing difficult. The most common types are emphysema and chronic bronchitis. COPD is characterized by airflow obstruction that makes it hard to empty air from the lungs. Symptoms include shortness of breath, chronic cough, mucus production, and wheezing. The condition is usually caused by long-term exposure to irritating gases or particles, most commonly cigarette smoke. During humid weather, COPD symptoms often worsen because moist air can feel heavier and more difficult to breathe. People with COPD should work closely with their healthcare providers to manage symptoms, especially during monsoon season when humidity levels are high.

Tai Chi:

An ancient Chinese practice that combines slow, flowing movements with deep breathing and meditation. Often called "meditation in motion," Tai Chi is particularly beneficial for seniors because it's low-impact and can be adapted for different fitness levels. The practice involves a series of gentle, circular movements that flow from one to another without pause. Benefits for seniors include improved balance and coordination (reducing fall risk), increased flexibility and strength, reduced joint pain, better sleep quality, and stress reduction. Tai Chi can be practiced standing or seated, making it accessible for people with mobility limitations. Many community centers and senior centers offer Tai Chi classes specifically designed for older adults.

Probian V.Dhayalan

Dates to remember: 26th July 2025

Monthly breakfast meeting.

Speaker is **Kavignor Tamizh Eiyalan**. Topic: **Muzhumai Petra Kaadal**.

Venue: Russian House, 74 Kasturi Rangan Road, Teynampet, Chennai 600018.



Probus Club of Cheyyar held their Monthly Meeting on Saturday 21st June.
There was a talk on Traditional food and benefits of Traditional medicine.
A few photos of the event.

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