



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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குணநலம் சான்றோர் நலனே பிறநலம்
எந்நலத்து உள்ளதூஉம் அன்று.

குறள் 982

சான்றோர் என்பவருக்கு அழகு, குணங்களால் ஆகிய அழகே; பிற புற
அழகெல்லாம் எந்த அழகிலும் சேரா.

The only delight of the perfect is that of their goodness; all other (sensual) delights
are not to be included among any (true) delights.

From The President's Desk



Dear Probians,

Warm greetings to all members of the Probus Club of Chennai. It is a pleasure to reach you through our May issue of *Probuzz*.

During our April Breakfast Meeting, we organised a Tamil Pattimandram which turned out to be both lively and meaningful. The session was ably moderated by Mr. S. Vijayakrishnan, poet, newsreader, and anchor of Doordarshan Podhigai TV. The chosen theme—“*What contributes more to the happiness of senior citizens: themselves or others?*”—sparked thoughtful discussion and cheerful exchange of ideas.

Speaking for the “themselves” side were Mr. N. R. Sampath, Mrs. Vijayalakshmi Masilamani, and Brigadier Jayalakshmi S. Representing the “others” side were Mr. M. Vivekanandan, Dr. So. Karuppusamy, and Mrs. Jayamani C. Each speaker presented their views with clarity and humour, making the event both engaging and insightful for everyone present.

We also place on record our deep sorrow at the passing of our respected members—Past President Dr. T. S. Ramaswamy (L-132), Pbn G. L. Srinivasan (L-125), and Pbn G. N. Sridharan (L-143). Dr. Ramaswamy, a former

President, was a pillar of our Club and contributed immensely to its growth. A distinguished advocate and former Secretary of the Madras Bar Council, he was also an author and actively involved in cultural activities, including producing and directing the play “*Avasaramo Avasaram*” for our Club. We offer our heartfelt condolences to their families. Their service and memories will always remain with us.

Looking ahead, preparations for our 34th AGM are in full swing, and we are confident it will be a memorable occasion for all members.

As we enter the Agni Natchatram period (May 4 to May 28), I urge all senior members to take extra care. Stay well hydrated, avoid stepping out during peak heat hours, prefer light and simple food, and wear comfortable cotton clothing. Health and safety must be our priority during this season.

On the global stage, while there are discussions of peace in conflict regions, stability is still evolving. Many nations are strengthening their defence

systems. Though not ideal, it reflects the current realities of the world we live in.

I request all members to visit our website: <https://www.probusclubchennai.com/>, which contains comprehensive information about our club and recent activities. Members are encouraged to read the Probuzz newsletter and share their feedback with the Probuzz Editor, and regarding the website with Pbn. Srinivasan J.

I take this opportunity to sincerely thank all our Breakfast and *Probuzz* Newsletter sponsors for the months of April and May. Your continued support strengthens our activities and motivates us to do more. I request all members to extend the same encouragement in the days ahead.

Let us continue our journey with fresh enthusiasm, uphold the spirit of Probus, and work together for meaningful engagement.

With warm regards,
Annadhurai M.

President, Probus Club of Chennai



Warm Greetings to you and your family.

The Executive Committee (EC) has concluded a successful first year, marked by a diverse portfolio of activities ranging from cultural excursions and social celebrations to significant philanthropic initiatives. Following the recent Pattimandram and the induction of new members, the focus now transitions toward the close of the financial year and the necessary administrative proceedings for the 34th Annual General Meeting.

I. Annual Activity Retrospective: The past year has been defined by a commitment to fellowship and community service. Key highlights include: The delegation to the **All India Senior Citizens Conference in Bhubaneswar**, alongside visits to the Konark and Puri Temples, and various local tours. The successful execution of the **Walkathon, Family Meet**, and the observance of **Elders’ Day, Children’s Day**, and two **International Women’s**

SECRETARY’S REPORT

Day events. The formal **Scholarship Disbursement function**, reinforcing the club’s commitment to academic support.

II. April Monthly Meeting & Pattimandram

On Saturday, 25th April 2026, the Breakfast Meeting featured a highly engaging **Pattimandram** moderated by the distinguished **Kavigar S. Vijayakrishnan**.

Topic: “*What contributes most to the happiness of Senior Citizens? Self or others.*”

The debate saw enthusiastic participation from Probians, offering profound insights into the social and personal dimensions of well-being in senior life.

III. Statutory and Administrative Roadmap (May – June 2026) : The EC has outlined the following schedule to ensure constitutional compliance and financial transparency:

1. **Financial Audit:** The Balance Sheet is currently being finalized for the Auditor's signature.
2. **34th Annual General Meeting (AGM):** Tentatively scheduled for late May or June 2026, pending the completion of the audit.
3. **Committee Meetings:** The Bye-Law Committee and Budget Committee will convene in the coming months to review organizational governance and financial planning.
4. **Resource Mobilization:** The committee has decided to invite voluntary donations from members to support the AGM expenses and the procurement of gifts.

IV. New Members: We formally welcome the following individuals to our fraternity. (1) **Sri Hari. A** (Southern Railways) – Introduced by Pn Pranesan AG. (2) **Sri N. Sangameswaran** – Introduced by Pn Nelson Philip.

Obituary: The Club records its profound sorrow at the passing of: **PP Dr. Ramaswamy T S** (L. 132) and **Pn Srinivasan G L** (L. 125). We extend our deepest condolences to the bereaved families. Their legacy and contributions to the Probus Club will be held in high esteem.

With warm Regards,
Pn. Ramaraj V.
Secretary.

EDITOR'S

COLUMN



Dear Probian brothers and sisters,

Greetings. We are now in the thick of summer with temperatures and humidity increasing almost every day. As senior citizens we need to be doubly careful by being hydrated and not venturing out during the afternoon hours unless absolutely warranted. April saw us having a debate on the topic 'What contributes most to the happiness of senior citizens-self or others.

The feedback is good and the participation lively.

This issue has three articles on senior citizens as seen from different angles. Readers would do well

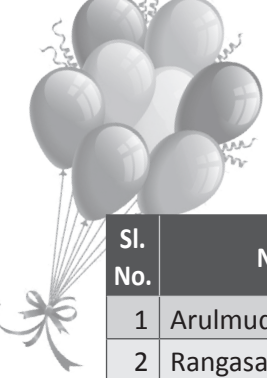
to read through them and draw a comparison with their own lives.

The views and opinions expressed in the articles and writeups published in this newsletter are solely those of the respective authors. The Probus Club does not accept any responsibility for the accuracy, correctness or completeness of the content.

V. Balachander, *Editor*
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3	Pranesan A G	5000	Lakshmi Natarajan	500		
4	Srinivasan S	3000				
5	M. Chidambaram	10000				
6	Sarma R.H.	3000				
7	R. Sunderarajan	10000				
8	G. Kumeresan	5000				
	Sum Total	47000				



We Wish A Very Happy Birthday to all Probian's having Birthdays in May 2026

Sl. No.	Name of Probian	M.No.	Date of Birth
1	Arulmudi P	L-351	01.05
2	Rangasami P.M.	L-388 C	01.05
3	Gunasekaran G.	L-254	02.05
4	Raghupathi G.S. I.I.S.	L-187A	02.05
5	Mohanam T.	A-399	05.05
6	Sridhar R.	L-121	05.05
7	Vivekanandan R.	Patron	05.05
8	Madavamoorthy D	L-281	07.05
9	Vijayalakshmi Masilamani	L-348	07.05
10	Kumaresan G	L 355	10.05
11	Kandasami M	L359	10.05
12	Sahasranaman K	A-229	11.05
13	Baskaran.R	L-352	11.05
14	Anusuya Daisy Emest	A-401	12.05
15	Jagannadhan V	L-299	12.05
16	Srinivasan G.	A-130	12.05
17	Ramji A.	L-074	13.05
18	Ravindran G. Dr.	PF 05	13.05

Sl. No.	Name of Probian	M.No.	Date of Birth
19	Sukumar S	L-330	13.05
20	Kasthuri Raja Dr.	L-081A	14.05
21	George Jebamony P.	A-334	15.05
22	Sakthivel Rajaa S.L.	L-297	15.05
23	C Ganapathi	L 400	15.05
24	Sadasivam M. Prof. Er.	A-100	17.05
25	Ramachandran B	L397	17.05
26	Rathakrishnan S. Ervadi	L-163	18.05
27	Vijayakumar.R	L-354	18.05
28	Dr M Rajagopalan	L 403	18.05
29	Somasundaram M	L-335	20.05
30	Kumaresan M Dr.	L-252	21.05
31	V Kanna dhasan	L 399	25.05
32	Vijayalakshmi T.V. Tmt.	L-257	26.05
33	Ramachandran D.N.	L-309	27.05
34	Ulaganathan. G	A414	28.05
35	Hariharan V.	L-087	30.05

Pattimandram event photos of 25th April at Russian House alongside Breakfast Meeting



Wedding Day LIST MAY 2026

S. No	Name of Probian	Mem. No.	Wed. Dt	Spouse Name
1	Jayaraman N.	A-230	01.05	Mrs. J. Vasantha Meenakshi
2	R Durai	L 402	01.05	D Kasthuri
3	Lakshmipathi K.	A-302	02.05	Mrs. R. Sudamani
4	Ramnath G.	A-092	05.05	Mrs. Padma Ramnath
5	Ravishankar R.V.	L-313	06.05	Mrs. Nirmala
6	Gopinatha Rao C.H.	L-076	07.05	Mrs. Indira Gopinath
7	A. Veerapandian	L -408	07.05	Mrs. V Rani
8	Muralidharran A.S	A412	09.05	M.Ouma
9	Bhavani Shankar Joshi V.	L-130	11.05	Kalyani B. Joshi
10	Vijaya Kumar A.	L-279	12.05	Mrs. Chitra V
11	Kandasami M	L359	14.05	Mrs. Tamilselve.K
12	Tamilselvi K	A 411	14..05	Kandasami M
13	Kalyanasundaram R	L-332	15.05	Mrs. K. Gowri
14	Varadarajan R.	L-239	15.05	Mrs. D. Vijayalakshmi
15	Rammohan N.	L-078	17.05	Mrs. Tara Rammohan
16	Sadasivam M. Prof. Er.	A-100	18.05	Mrs. Pramila Sadasivam
17	Panneerselvam S	L-296	19.05	Mrs. G. Devadha
18	Ramanathan N.	L-183	19.05	Mrs. Sharada Ramanathan
19	Ranganathan B.	L-226	19.05	Mrs. S. Vedanayaki
20	Uma shankar	A-404	19.05	Lakshmi Uma shankar
21	Prasad D.S.L.	L-202	21.05	Mrs. D. Vatsala
22	Mahadevan A.	L-100	22.05	Mrs. Meena Mahadevan
23	Raghavendra Rao J.	L-187	23.05	Mrs. J. Nirupa
24	Kartik Dattatri Dore	L-135	24.05	Mrs. Lakshmi Dore
25	Rangabashyam.P.G	L-146A	24.05	Mrs. R. Padma
26	Sunder Sankar	L-246	24.05	Mrs.Prema Sunder
27	Sridharan S	L-349	25.05	Mrs. R. Saradha
28	George Jebamony P.	A-334	26.05	Mrs. Sucharita George
29	Venkatasubramanian S.	L-064	27.05	Mrs. Rani
30	Amarnath C.N	A-400	27.05	Asha Amarnath
31	Ravi S.	L-261	28.05	Mrs.Rajalakshmi R
32	Sivarajan J	L-315	28.05	Mrs. S. Dakshayani
33	Kishore R.B.	L-019	31.05	Mrs. Seetha Kishore



In today's rapidly evolving digital age, technology is no longer a luxury—it is a necessity. For senior citizens, especially members of vibrant communities like PROBUS, embracing digital tools can significantly enhance quality of life. From staying in touch with loved ones to accessing essential services, digital literacy has become the need of the hour.

One of the greatest advantages of technology is connectivity. Video calls, messaging apps, and social media platforms allow seniors to maintain close relationships with family and friends, even across distances. This emotional connection is vital for mental well-being and helps reduce feelings of loneliness and isolation, which are common concerns in later years.

Equally important is the convenience technology offers. Online banking, telemedicine consultations, and digital payments save time and effort, reducing the need for frequent travel. Seniors can manage their finances, consult doctors, and even attend virtual events from the comfort of their homes.

However, along with these benefits comes the growing concern of cyber safety. Fraudulent calls, phishing messages, and online scams often target senior citizens. Awareness and caution are essential. It is important to avoid sharing personal or financial information with unknown sources, use strong passwords, and verify the authenticity of messages or calls before responding. Attending basic digital literacy sessions or workshops can empower seniors to use technology confidently and safely.

Another meaningful way to engage with the digital world is through lifelong learning. Many platforms offer courses in languages, arts, spirituality, and even current affairs. This not only keeps the mind active but also brings a sense of achievement and purpose.

PROBUS clubs can play a vital role by organizing digital awareness programs, peer-learning sessions, and interactive discussions. When seniors learn together, they build confidence and strengthen community bonds.

In conclusion, adapting to the digital world is not about keeping up with trends—it is about enhancing independence, staying connected, and living securely. With the right awareness and support, senior citizens can truly make technology their trusted companion in this phase of life.

Caring for Ourselves During the Summer Heat

With the peak summer and கத்திரி வெயில் fast approaching, it is important for senior citizens to take a few extra precautions to stay healthy and comfortable.

Staying well-hydrated is essential. Even if one does not feel thirsty, drinking adequate water, buttermilk, or tender coconut water at regular intervals helps prevent dehydration. Light, home-cooked meals and seasonal fruits like watermelon and cucumber can also keep the body cool.

Avoid stepping out during the hottest hours of the day, typically between 11 a.m. and 4 p.m. If going out is necessary, using an umbrella, wearing light cotton clothing, and keeping a small bottle of water handy can make a big difference.

Keeping the home environment cool is equally important. Proper ventilation, use of fans, or air-cooling methods can help maintain comfort. A quick cool shower or simply washing the face and hands frequently can provide relief from the heat.

Most importantly, seniors should be mindful of symptoms such as dizziness, fatigue, or excessive sweating, and seek medical attention if needed. Staying in touch with family members or neighbours during extreme heat days ensures safety and reassurance.

V Dhayalan L

Preamble:

A day at senior citizens home My experiences:

1) I had the opportunity to visit a few Senior Citizens Homes in Chennai and at other places in Tamilnadu. There are many huge complexes consisting of hundreds of flats. Some of them are owned and occupied by Owner's themselves & Some are rented out. Most of them are fully furnished in the drawing room, dining room, and kitchen. There are one bedroom

apartments, two to four bathrooms also.

There are villa type houses too.

Based on affordability, one can choose any of these apartments. A 2 bed roomed apartment will cost about Rs.70 lakhs -minimum for out right purchase. These urban Best retirement

communities are for senior citizens who appreciate a dynamic lifestyle with the convenience of the City, living to ensure easy access to essential healthcare services, ongoing care, daily assistance, and urban amenities. Here, safety and security, dining services, paramedical care, 24/7, recreational & Social activities, housekeeping and maintenance, inconvenient concierge services are provided.

2) Now let us look back at the style of living in the earlier days. We had a typical traditional joint family system, where older adults are cared for by the children. But it is vanishing slowly in cities and to certain extent in towns and villages. The reasons for this situation are i) Shrinking of living spaces in the cities because of smaller house, ii) expat Working, iii) Differences in affordability of family members, iv) extreme selfishness, and v) desire for independence & Difference in living style, needs and wants.

3) A typical flat around Chennai with one bed room with attached toilet, drawing room, dining hall & kitchen can be had for a rent of Rs.16,000/ month (minimum). other costs: a) Common amenities -Rs.2,000/ month. b) Internal daily cleaning Rs.1,000/ month. c) charges for common amenities-Rs.2,000/month. d) Internal cleaning-Rs.1,000/ month. e) Cost of food Rs.7,500/month. f) Electricity charges Rs.500/ month. g) Medical Expenses -Extra. h) Repair of equipments-Extra. i) Travel expenses. j) Personal expenses-Extra. It will all add up to Rs.35,000/month. A middle class family can't

afford to bear this monthly expenses. I know a relative of mine with dementia & disability in walking has a helper 24x7 with her. She has to pay Rs.20,000/month to the helper & also provide food for her. She has to spend a minimum of Rs.65,000/month. Quite expensive for a senior citizen!

4) What is lacking in Senior Citizen Homes? i) Medical & Health care deficiencies in providing 24/7 nursing, on-site doctors, physiotherapy services or specialised equipment. ii) Emotional and social gap – Senior Citizens feel severe loneliness, isolation and depression due to separation from family. iii) Lack of wheelchairs-friendly design. iv) Facilities are standardised, rigid routines that restrict independence. v) Limiting personal freedom & personalisation of spaces. vi) Inconsistent quality and staffing. VII) There is no standard guidelines for care leading to variations in quality between institutions.

5) Cost remains a major barrier for many senior citizens looking to move into senior living facilities. Premium facilities are available but are quite expensive and out of reach of many. On the other hand more affordable options are available that lack the required quality of services and facilities. Financial challenge is compounded by the fact that many seniors have limited retirement savings or are dependent on their children for financial support. The lack of a robust pension system and other social security measures-especially for the retired senior citizens from unorganised sectors-limits the senior citizen's inability to move to senior living communities.

Article by **Probian A G Pranesan**

How Senior Citizens Can Have Peace of Mind in Life



Peace of mind is one of the greatest treasures a person can possess, especially during the senior years of life. After decades of work, responsibilities, and family commitments, this stage of life offers an opportunity to live with calmness, dignity, and contentment. Peace of mind does not come automatically; it is created through right habits, positive thinking, and balanced living.

The first step towards peace of mind is **acceptance of life's changes**. Ageing brings physical, emotional, and social changes. Instead of resisting these realities, senior citizens can embrace them with maturity and wisdom. Accepting what cannot be changed reduces unnecessary worry and mental stress.

Good health management is another key factor. Regular medical check-ups, moderate exercise such as walking or yoga, a balanced diet, and proper sleep greatly contribute to mental calm. A healthy body supports a peaceful mind. Even simple breathing exercises or meditation for ten minutes daily can reduce anxiety and improve emotional stability.

Financial security also plays an important role. Senior citizens should maintain a practical budget, control



Dates to Remember: Saturday 23rd May 2026

Monthly Breakfast Meeting

Chief Guest: Dist Governor Rotarian Vinod Kumar Saraogi (dist 3234)

Topic: The Art of Detachment

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

unnecessary expenses, and plan savings carefully. Keeping important financial documents organised and avoiding debt creates confidence and freedom from stress. Consulting trusted family members or professionals when needed is wise.

Strong family relationships are a great source of inner peace. Staying connected with children, grandchildren, relatives, and friends brings emotional warmth and a sense of belonging. Senior citizens should avoid holding grudges, comparing family members, or interfering unnecessarily in every matter. Offering guidance with love and respecting the independence of younger generations fosters harmony.

Another secret of peace of mind is **keeping the mind active and purposeful**. Reading books, learning new skills, gardening, volunteering, spiritual study, music, or community service gives meaning to daily life. Idleness often invites loneliness and negative thoughts, while purposeful activity creates joy.

Senior citizens should also practice **letting go of the past**. Regrets, old conflicts, disappointments, and bitterness disturb peace. The past cannot be changed, but the present can be lived beautifully. Forgiveness—of others and oneself—is a powerful medicine for the heart.

Spirituality can deeply enrich later life. Prayer, meditation, gratitude, or time spent in reflection help cultivate inner strength and calmness. Faith often gives comfort during uncertain times.

Finally, peace of mind grows when one develops a **positive outlook**. Instead of focusing on what is lost, focus on what remains—experience, wisdom, time, relationships, and the chance to inspire others.

The senior years can truly become golden years when lived with simplicity, gratitude, and balance. Peace of mind is not found outside; it is built within. By caring for health, relationships, finances, and inner life, every senior citizen can lead a serene and fulfilling life.

by PF C Badri



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Designed & Printed @ COMPUPRINT

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