



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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மேலிருந்தும் மேலல்லார் மேலல்லர் கீழிருந்தும்
கீழல்லார் கீழல் வவர்... குறள் 973

பண்பு இல்லாதவர்கள் உயர்ந்த பதவியில் இருந்தாலும் உயர்ந்தோர் அல்லர்;
இழிவான காரியங்களில் ஈடுபடாதவர்கள் தாழ்ந்த நிலையில் இருந்தாலும்
உயர்ந்தோரேயாவார்கள்.

The men of lofty line, whose souls are mean, are never great
The men of lowly birth, when high of soul, are not of low estate.

From The President's Desk



Greetings to All Members,

I hope this message finds you in great spirits.

I am delighted to share some highlights from our recent activities and upcoming events.

On **July 14th**, our Club embarked on an unforgettable journey to **Pulicat and Siruvapuri**. We visited the **500-year-old Siruvapuri Sri Balamurugan Temple** and the ancient **Sri**

Ranganayaki Samedha Sri Ranganathar Temple. A scenic **boat ride on Pulicat Lake**, blessed with sightings of migratory birds and drizzles of rain, added charm to the experience. We also visited the historic **St. Mary's Church**, making the day truly memorable. **Kudos to the Tour Committee**, led by **Pbn Velumani S** and **Pbn Jayamani C**, for their meticulous planning and execution that made this trip a grand success.

Continuing our commitment to **community service**, on **July 7th**, we donated **air beds to the National Centre for Aging at Guindy**, a hospital devoted to senior citizens. This small act is part of our ongoing efforts to support the elderly in need.

I am also pleased to share that a **Helpline and Home Visit Subcommittee meeting** was held on **July 9th** at our EC Hall. The committee has proposed regular outreach through **daily, alternate-day, or weekly phone calls**,

offering companionship and care to members experiencing loneliness. This initiative reaffirms our goal of building a connected and caring Probus community.

We also had an **enterprising Breakfast Meeting** recently, where we had the honour of hosting **Professor தமிழ் இயலன் (Thaimizh Iyalan)** as our guest speaker. His talk was insightful and well-received.

A heartfelt thanks to **Dr. Bhavani A**, our Vice President, for successfully organizing a **free medical check-up for our members on July 26th**. Such initiatives reflect the proactive spirit of our leadership and the well-being focus of our Club.

Looking ahead:

We will celebrate **Madras Day** during **August 2025**. Our **Flagship Scholarship Disbursement Function 2025** is scheduled for **August or September**.

We will observe the **International Day of the Elderly** in **October**.

I request all members to kindly contribute **articles** for our **Annual Book 2025**. We also appeal for **advertisement insertions** to support the publication. Your contributions are vital for the continued success of this valuable initiative.

A special word of thanks to our **generous Breakfast Sponsors**. Your support sustains many of our cherished programs. I warmly encourage all members to continue contributing and supporting our mission in the coming months.

Wishing you a **wonderful month ahead** filled with good health, meaningful connections, and joyful moments.

With warm regards,
Annadhurai M,
President



Executive Committee Meeting Highlights

The EC Meeting, chaired by President **Pn Annadhurai. M**, was held on July 12, 2025.

The President welcomed all members and set the stage for our upcoming scholarship function, mentioning the need for preparations and a guest speaker. He also extended his gratitude for the cooperation received during the Annual General Meeting (AGM).

- **Member Support & Welfare:** Under the **SJSCMBF scheme**, the EC approved a sanction of **Rs. 9,380/-** for **Ms. Nirmla Devi** for Serology and Dialysis. Additionally, the committee decided to reach out to members aged 90 and above via email and WhatsApp to offer support and home visits as needed, with our **UDHAVI** program ready to assist.
- The EC also gave its approval for the Secretary to submit all necessary documents for the Financial Year 2024-25 to the Registrar of Societies. Discussions were held on preparing budgets for all upcoming functions, and the need to increase revenue through donations was highlighted.

Breakfast Meeting – July 2025

The Breakfast Meeting in July was a great success, with a free **HBA1C and Lipid Profile** blood test camp

provided for all attending members. We extend our sincere thanks to **Medopharm pharmaceutical company** and **Redcliff laboratories**, and a special thank you to **Pn Bhavani.A Dr** for making this health camp possible.

- **Chief Guest's Address:** **Pn Karuppasamy S Dr** introduced our esteemed chief guest, **Kavigner Tamizh Eiyalan**, Director of **Naan Oru IAS Academy**. The chief guest delivered an inspiring speech on the topic, **"Muzhumai Petra Kaadhal"** (முழுமை பெற்ற காதல்), explaining how love and gratitude can play a vital role in every aspect of our lives, bringing us peace and contentment.

The meeting also included a moment to honor our members celebrating birthdays in July and to thank the sponsors for the month.

Madras Day will be celebrated along with our next Breakfast Meeting in **August 2025**.

The **Scholarship disbursement function** is scheduled for either the last week of August or the first week of September.

The recent Temples & Pulicat tour was a huge success, and we thank the tour organizer, **Pn Velumani.S**, for his efforts.

The meeting concluded with a vote of thanks from the Secretary. We look forward to seeing you at our next event!

Pn Ramaraj V
Secretary.

EDITOR'S

COLUMN



Dear Probian brothers and sisters,

The month of July saw translation of objectives set forth by the present group managing the affairs of the club into fruition. On 7th July a few of us assembled at the National institute of ageing, Guindy to meet the Director and along with representatives of Helpage, Chennai present two Airbeds as part of Clubs initiative under the Silver Jubilee senior citizen medical benefit fund. We spent sometime at the Institute. Our visit photos appear elsewhere. During our executive committee meeting we approved an application for medical aid by Smt Nirmala Devi a patient of dialysis. We require more such applications to be brought to the knowledge of the Club on ongoing basis. Our tour committee arranged a visit to Pulicat lake and two temples on 14th July. 16 Probians took part. Some photos are in another part of the newsletter. Loneliness mitigation is something which bothers us. A Helpline and Homevisits sub committee held their first formal meeting in July and planned how they wished to go about. Coming to contributors of articles we have PF C.Badri

write about Sri Lakshmana Iyer, freedom fighter. Euthanasia or mercy killing is something which is not medically approved of. However the concept of drawing up a LIVING WILL has gained currency and has been legalised sometime back by the highest court of the country. People suffering from last stage terminal illness are spared the agony of prolonged treatment if they consent to having such a statement recorded. Our VP DR A.Bhavani being a medical professional herself agreed to share salient features in her article. Our poet and prolific columnist Probian V.Dhayalan has another witty piece to add to his repertoire. More events are planned by the Club in August like Madras Day .Do please await announcements.

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
Blchndrv781@gmail.com

Following is the list of Annual Members who stand converted to life members after a period of ten years. Specific approval was obtained at the AGM of the Club held on 28th June 2025.

S. No	Mem No. (Old)	Mem No (New)	Name
1	A-208	L.369	Aiyer V.L.
2	A-284	L.370	Balakrishnan T.S.
3	A-012	L.371	Chandrasekaran C.
4	A-256	L.372	Geetha Viswanathan
5	A-334	L.373	George Jebamony P.
6	A-035	L.374	Jagadisan C.D.
7	A-038	L.375	James A.
8	A-230	L.376	Jayaraman N.
9	A-189	L.377	Krishnamoorthy N. Capt.
10	A-322	L.378	Lakshmanan E.R.
11	A-302	L.379	Lakshmipathi K.
12	A-356	L.380	Lourdusamy P.M.
13	A-399	L.381	Mohanam T.
14	A-384	L.382	Natarajan S.

S. No	Mem No. (Old)	Mem No (New)	Name
15	A-274	L.383	Rajagopalan T.
16	A-317	L.384	Ramachandran N.
17	A-398	L.385	Ramaiah D.S. Dr.
18	A-244	L.386	Ramavadhani J.
19	A-292	L.387	Rangaramanujam K.
20	A-204	L.388	Rangasami P.M.
21	A-141	L.389	Subramanian V.
22	A-291	L.390	Suganthi Premkumar Mrs.
23	A-143	L.391	Sugunaraj D.
24	A-346	L.392	Sundaram S.V.
25	A-330	L.393	Sundararajan R.
26	A-367	L.394	Veeraraghavan K.V.
27	A-155	L.395	Venkataraman Hari

Glimpses of Breakfast Meeting on 26th July



Visit of Probians to Pulicat Lake and few Temples on 14th July



Living Will – A Compassionate Choice for a Dignified End

Modern medicine has made remarkable advances in prolonging life. However, when patients face irreversible, terminal illnesses with no chance of recovery, aggressive life support can often prolong suffering rather than ensure comfort or dignity. This is where a Living Will—a legal document expressing a person's end-of-life preferences—becomes crucial.

A Living Will empowers individuals to state their wishes in advance about refusing life-prolonging medical interventions such as ventilators, feeding tubes, or ICU admissions when recovery is no longer possible. It also spares family members the emotional burden of making difficult decisions in the face of terminal illness.

The Supreme Court of India legalized Living Wills in 2018, reinforcing the right to die with dignity. Despite legal backing, awareness and implementation have remained low due to social stigma, lack of awareness among families and doctors, and absence of streamlined procedures.

Encouragingly, India's first Living Will Clinic at KEM Hospital, Pune, has simplified the process. Patients above 60 can now consult legal and medical experts, complete documentation, and record their video consent—making their Living Will both legal and ethically sound.

Stories featured in the Times article—from an accountant not wishing to burden his children, to a doctor preferring a peaceful natural death—highlight the emotional and moral clarity a Living Will offers.

Final Thoughts:

As a physician, I have seen families agonize over end-of-life choices. A Living Will provides clarity, control, and compassion during life's final chapter. It is not about choosing death—it is about choosing dignity, peace, and love even at the end.

I encourage seniors, especially in clubs like ours, to consider this thoughtful step—not just for ourselves, but as a final act of grace for our families.

by Dr. A. Bhavani, Diabetologist & Family Physician

PROBUS CLUB OF CHENNAI

Annual Booklet 2025: Advertisement Tariff

S.No	Particulars	Advt. Tariff
1	Back page Colour	Rs.25,000/-
2	Back page Inner-side Colour	Rs.20,000/-
3	Front Page Inner-side Colour	Rs.21,000/-
4	Colour Full Page (inside)	Rs.15,000/-
5	Colour Half Page (inside)	Rs.8,000/-
6	Black & White Full page (inside)	Rs.10,000/-
7	Black & White Half page (inside)	Rs.6,000/-
8	Strip Advertisement (inside)	Rs.1,500/-
For Members of the Probus Club of Chennai		
9	Full page-Colour (inside)	Rs.12,000/-
10	Half page-Colour (inside)	Rs.6,000/-
11	Full page B&W (inside)	Rs.6,000/-
12	Half page B&W (inside)	Rs.3,000/-
13	Strip Advertisement (inside)	Rs.1,500/-

Payment is to be made, preferably by crossed cheque in favour of **"PROBUS CLUB OF CHENNAI."**

Details for Electronic Fund Transfer (NEFT) in the Name of PROBUS CLUB OF CHENNAI, Savings Bank Account No.: 30544-678950, Bank & Branch: SBI, Mylapore, IFSC Code: SBIN0000965. Please indicate NAME OF THE DONOR and PAN No on the reverse of the Cheque or in the remarks column of the ELECTRONIC FUND TRANSFER. Please also advise the TRANSACTION No./ UTR No. to the Secretary Pbn RAMARAJ V, by WhatsApp No.88259 81503, and email to: v.ramaraj50@gmail.com and the Treasurer Pbn DAMODHARAN A Mob No: 94440 10284 eeddamu@gmail.com or the Vice President Pbn BHAVANI A Dr., Mob. No.98406 70138 e-mail to: priya_clinic@yahoo.co.in

Wedding Day LIST AUGUST 2025



Sl. No.	Name of Probian	Wedding Date	Spouse Name
1	Vijendra Rao V.	15.08	Mrs. V. Padmini
2	Kailash G.S. Dr.	17.08	Mrs. Dr. Chitra Kailash
3	Balaguru G.	20.08	Mrs. Gowri Bala
4	Sridhar R.	21.08	Mrs. S. Latha
5	Jayakumar S	22.08	Mrs. J. Susheela
6	Sukumar S	24.08	Mrs. S. Gayathri
7	Chandrasekaran P	26.08	Mrs. C. Mahalakshmi
8	Panchalan K. Dr.	26.08	Dr. V. Seethalakshmi
9	Sakthivel Rajaa S.L.	26.08	Mrs. S.S. Jeyalakshmi

Sl. No.	Name of Probian	Wedding Date	Spouse Name
10	Sappani Pillai M	26.08	Mrs. Jayalakshmi
11	Rajan S	27.08	Mrs. Masathiar
12	Ramaraj V	28.08	Mrs. R. Seethalakshmi
13	Sundaram K.V.	29.08	Mrs. K.V. Vijayakumari
14	Suresh Yagneswar	29.08	Mrs B. Chitra
15	Kumar N	30.08	Smt. K.P. Malliga
16	Sridharan P.	30.08	Mrs. Asha Sridharan
17	Subramanian V.	31.08	Mrs. S. Seetha

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

Sl. No.	Name of Probian	M.No	Date of Birth
1	Deivasigamani N.	L-333	01.08
2	Muralikrishna S	L-345	02.08
3	Venkataraman Hari	A-155	02.08
4	Nirmala Thyagarajan Dr.	L-083	05.08
5	Veeraian P.T.	L-223	05.08
6	Venkatesan R.	L-044	13.08
7	Damodharan A.	L-244	16.08
8	Anantharaman T.V.	L-236	17.08
9	Ramaswami P.P. Dr.	L-162	17.08

Sl. No.	Name of Probian	M.No	Date of Birth
10	Sridharan G.N.	L-143	17.08
11	Veeraraghavan K.V.	A-367	19.08
12	Rajan S	L-287	20.08
13	Uma Doraiswamy	L-258	26.08
14	Gomathi Narayanan Dr.	L-011	27.08
15	Velumani S	L-272	27.08
16	Augustine B	L-065	28.08
17	Venkataraman R	L-314	30.08



Lakshmanan Iyer: The Unsung Freedom Fighter and Social Worker of Tamil Nadu

Lakshmanan Iyer, a dedicated freedom fighter and compassionate social worker, remains one of the lesser-known yet profoundly influential figures in the history of Tamil Nadu. Born in the early 20th century in a modest Brahmin family in southern Tamil Nadu, Iyer's life was marked by an unwavering commitment to justice, equality, and national liberation. His journey from a student deeply affected by Mahatma Gandhi's call for nonviolent resistance to a grassroots leader who championed the rights of the underprivileged reflects the true spirit of India's freedom struggle.

Iyer joined the Indian independence movement in his youth, inspired by the Quit India Movement of 1942. Refusing to remain a silent spectator, he actively organised protests, distributed underground literature, and mobilised youth in rural districts of Tamil Nadu. His courage often put him at odds with British authorities, resulting in multiple arrests and stints in jail. Despite the hardships, he remained steadfast in his resolve to see India free from colonial rule.

After independence, Lakshmanan Iyer shifted his focus toward rebuilding a fractured society. He strongly believed that political freedom was incomplete without social justice. He established several rural development programs in Tamil Nadu, focusing on literacy,

women's empowerment, and caste equality. As a Gandhian, he promoted khadi and village industries, aiming to create self-reliant communities. His initiatives helped countless families rise above poverty and gain access to basic education and healthcare.

Iyer also worked to bridge the gap between communities long divided by caste discrimination. He frequently conducted inter-caste dialogues and advocated for the abolition of untouchability, believing firmly in the idea of a united and harmonious society. His selfless service earned him the respect of both villagers and political leaders, though he always remained away from the limelight.

Even in his later years, Lakshmanan Iyer continued to mentor young social workers and students. He lived a simple life, reflecting the values he preached. He passed away peacefully, leaving behind a legacy of courage, service, and moral integrity.

Though not widely documented in textbooks, Lakshmanan Iyer's contributions form an important chapter in Tamil Nadu's social and political history. His life stands as a reminder that true freedom fighters are not only those who fight for independence but also those who work tirelessly to build a just and compassionate society.

by PF C. Badri

“SILVER LINING TIMES” - Edition for the Young at Heart

Life After 60: The Real Beginning!

By: A Fellow Explorer of the Golden Years

Let's get one thing straight — 60 is not the new 40. It's better.

You see, at 40, you're still trying to prove yourself. At 60? You've proved it, signed it, stamped it, and filed it away in the attic. Now it's your time. Time to enjoy, relax, and (finally!) eat that extra laddu without guilt.

The Morning Routine:

Evolution of a Champion

In your 30s: Wake up, rush to work, skip breakfast.



In your 60s: Wake up at 6 AM (even if you slept at 2), sip coffee slowly, read the newspaper cover to cover, including classifieds and obituary — just to check if you're still safe.

Memory Games:

Hide and Seek with Words



Remember the name of that actor who starred in that movie with that actress in the 70s? No? Neither do we. But don't worry, memory lapses are like guests at a wedding — they'll come, wander around, eat some brain energy, and leave. Just smile and say, *“It's on the tip of my tongue!”* (It works every time.)

Tech-Savvy Seniors:

Ctrl + Alt + Wisdom



Today's grandparents are on WhatsApp more than teenagers. Sending *“Good Morning”* messages with 8 different GIFs and 3 sunrises. Facebook? You're not just using it. You're running it. Scrolling, sharing photos of filter-heavy temple visits, and commenting *“So sweet beta”* on everyone's baby picture.

And voice messages? A 3-minute message just to say *“Call me when you're free”* is a true art form.

Jokes Only Seniors Understand:

“Why don't we play hide and seek?”

“Because no one will come to look for us until tea time!”

Doctor:

“You need exercise.”

Grandpa:

“I do push-ups.”

Doctor: “Really?”

Grandpa: “Yes. Every morning I push myself out of bed!”



Music, Memories & Murukku



Turn on a Tamil old song or a 60s Hindi melody, and watch magic unfold. Eyes close, fingers tap, heart sways. There's no therapy better than music and a hot plate of murukku with filter coffee.

Lessons from Life

(That We Can Finally Say Loudly)

Arguing with fools is like reading WhatsApp forwards — pointless.



Health is wealth, but so is a well-cooked rasam.

Grandchildren are God's reward for not giving up on your children.



Celebrate Every Day

Whether you're dancing at weddings or dozing off at temples (don't worry, we all do), this stage of life is not about slowing down — it's about savoring every moment.

So go ahead: Laugh loudly • Eat heartily • Travel frequently (even if it's just to the neighbor's house to ask for curry leaves). • Love unconditionally.

Because guess what? You're not old. You're just classic. Like a vintage car — full of stories, charm, and a few mysterious sounds when you move.

From all of us here at the
“SILVER LINING TIMES”,
keep shining, smiling, and scolding your kids when they don't call enough. After all, they owe you — big time.
Till next time, stay timeless!

by Probian V. Dhayalan

Dates to Remember: 23rd August 2025

Monthly breakfast meeting cum Madras Day

Speaker: **Sudha Umashanker** – Topic: **The Chandragiri Fort and founding of Madras**

Bul Bul Tara PGM by Mr K. Jawahar.

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

July Contributors

Sr No	Name	BREAKFAST		SUNSHINE FUND	
		Amount			
1	Dr Chockalingam V	5000	1	Dr. S. Radhakrishnann	2300
2	Gnanaraj Paul	5000			
3	Dr. Somasundaram S	3000			
4	Muthukrishnan A	3000			
5	Parthasarathy B	4000			
6	James A	3000			
7	N R Krishnamurthy	5000			
8	K. Krishnamoorthy	3500			
9	R.T. Namasivayam (Probuzz newsletter sponsor)	5000			
		36500		TOTAL	2300



Photos taken at the National Centre for Ageing, Kings Institute Campus, Guindy on 7th July 2025. The Club with support of Helpage India donated two airbeds under the Silver Jubilee Senior Citizen Medical Benefit Fund scheme.



Photo taken at the weekly meeting attended by Probian Dr S.Somasundaram and Probian S.Somasundaram with President Rotarian Nikhil Raj and Secretary Rotarian Prasanna Rajagopal

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Designed & Printed @ COMPUPRINT

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