



PROBUZZ...

Monthly Newsletter From

PROBUS CLUB OF CHENNAI

(Sponsored by Rotary Club of Madras)
Regd (148/2004)

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

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Sunshine Fund



இன்னாசெயி தாரிக்கும் இனியவே செய்யாக்கால்

என்ன பயத்ததோ சாலிபு. (குறள் 987)

துன்பம் தரும் தீமை செய்தவர்களைத் திருத்தத் தாம் இனிதாக நன்மை
செய்யாவிடில், அவரைச் சான்றோர் எனக் கருதுவதில் பயனில்லை.

If one does not extend kindness to cure those
who inflict pain, sublimity has no meaning

FROM THE PRESIDENT DESK



Dear Probians,

I hope by the time this issue reaches your hands, you and your family members would have celebrated Deepawali happily.

I know now you must be actively involved in the work related to Children's Day Function slated for 15th November 2018. In order to make the Children's Day Function meaningful, we need to apply our mind and choose the right persons for our various awards and prizes.

It is a matter of pride that the Russian Centre of Science and Culture always joins hands with us in celebrating Children's Day. By the time this issue comes out the said function might have taken place. I am glad to note that the work for successful conduct of the event is going on smoothly.

It is note worthy that many Probians attended the International Day of Elderly organised by Senior Citizens Bureau along with Ethiraj College for Women's National Service Scheme (NSS), and also those organised by Dr.V.S.Natarajan as also Sundaram Medical Foundation & Dr. Rangarajan Memorial Hospital.

It is heartening to find that Rotary Club of Madras's Bulletin "The lighthouse" has been good enough to publish a two-part article about the activities and services of Probus Club in their issues dated 25th September 2018 and 6th October 2018 under the caption "Good work, by Senior Citizens". We sincerely thank Rtn. Ranjit Pratap, President, Rotary Club of Madras for his continued support.

The highlight of the Breakfast meeting held on 27th October 2018 was an useful and enchanting lecture of our Past Secretary Probian K.Lakshmiopathy, M.A., B.Ed., on "Our health is in our hands" (Nam Nalam Nam Kaiyil). Our Probians listened to the speech spell-bound. The talk was appreciated by one and all present.

I join you all in conveying our heartfelt condolences to Probus Fellow V.Sreenivas who lost his youngest sister on 30th October 2018. May her soul rest in peace.

I thank Probians who called on our ailing members to wish them speedy recovery from their recent illness.

Moving on, I attended the lecture Programme of Pulavar Probian T.V.Vijayalakshmi organised by Sri Dharmapura Aadhinam Mutt at T.Nagar during Navarathri festival. Her talk was very much appreciated by the gathering.

Many Probians have enthusiastically come forward to give "single-line advertisement" in each page of the "Probuzz". The advertisement costs only ₹1000/- for first and last pages and ₹800/- for other pages (Page 2 to Page 7). May I request other members to emulate the example of their fellow Probians to the extent possible so that the cost of publishing "Probuzz" can be taken care.

On behalf of all Probians I thank Shri.G.Subramanian, F.C.A., who had been till recently the President of Gopalapuram Educational

Society, Chennai for all his cooperation and support to Probus Club. Likewise, we heartily congratulate Shri.S.S.R.Rajkumar, M.A., M.Com., M.B.A., Chairman and Managing Director, The Central Scientific Supplies Co., Ltd., Chennai and a well-known philanthropist who has taken over as the President of the aforesaid Educational Society. We wish him all the best.

With regards,

Yours sincerely

S.Gopalakrishnan

President – Probus Club of Chennai

Secretary's Report



Loving Greetings to you
and your family members.

October Month started with the International Day of the Elderly Function held at the Russian Centre of Science and Culture. Padmashree

Dr. Nalli Kuppaswami Chetti came as the Chief Guest and released the "Probus Way of Mindful Ageing," our Club's Annual Booklet 2018. The "Probus Award of Excellence 2018" was conferred on Sri D. Rajasekaran, President, Federation of the Senior Citizen Associations of Tamilnadu; The "Probus Senior Citizen Sportsman Award 2018" was given to Sri S.T. Krishnamoorthy who at the ripe age of 73 years won the Javeling throw Prize and still active with swimming, etc. Two Probians, viz., IPP Namasivayam R.T. and Probian Arunachalam M were given the "Probus Recognition Award. The Silver Jubilee Senior Citizen Medical Benefit Fund" was launched by the Chief Guest by handing over a Wheel Chair and Cheque to two of the beneficiaries respectively. Rotarian Vijaya Bharathi Rangarajan, President-Elec, Rotary Club of Madras

gave the Mementos to the Probian who attained the age of 75, 80 and 90 years and who completed 50 years of successful married life. Ann Anuradha Uberoi, President of the Inner Wheel Club of Madras gave away Prizes to the winners of the Senior Citizen competitions. You can see the photographs of the function elsewhere in this Journal.

2. However, the attendance of Probians in the Elders Day Function was thin and I appeal to all Probians to come to the next Childeren's Day Functions to be held at the Russian Centre on 15th November, '18 in overwhelming number. I appeal to all of you to donate liberally for the function as our major donor PF Vaitheeswaran, CR is no more with us to sponsor.

3. The next day, i.e., on 2nd Oct., the IIT Walkathon took place which was attended by about 40 Probians. Wife and Son of Late Pn Viswanathan, G attended the Walkathon and a memorial speech was delivered by Pn Brig. George Mathew. Fortunately, there was no rain and the weather was cool and ideal for a walk with some deers seen on the way. There was sumptuous Breakfast at the end. Prizes were distributed to 16 Probians who were the first fast Walkers. Special thanks to Brigadier who sponsored

EDITOR'S COLUMN

Our President appears periodically in TV programmes like interview in WIN TV, Podhigai TV in October 2018 and as participant in Debate in Satyam TV. He also writes articles regularly in Dinamani News Paper, Kalaimagal Magazine etc. We are proud that our President is active at this age of 86 by involving himself in various such important activities beyond our Probus Club activities.

One of our members sent a message appreciating the speech and demonstration by our Sakala Kala Vallavar, Past Secretary Probn.K.Lakshmi pathi on the topic "Our health in our hands". It has appeared elsewhere in the News Letter.

Mr.Rajasekaran, recipient of Probus Excellence Award 2018, had brought out a narration of our Elders Day celebration in their TANSECA's News Letter.

For want of space, certain items could not be brought into our News Letter in the last few months. One such is an article by Probn. P.K.Doraiswamy. Which has appeared in Page-7.

N. Rammohan

Editor - PROBUZZ. . . News-Letter & Web-in-Charge

the Breakfast and Prizes as well as Pn Radhakrishnan S Dr. who made all arrangements in an exemplary manner.

4. Our Past Secretary of the Club, Pn. Lakshmipathi K was the Guest Speaker in this month's Breakfast Meeting. He spoke on "Our Health is in Our Hands," (Nam Nalam Nam Kaiyil) and also demonstrated many light exercises for various health benefits. He distributed a book titled, "Noorandu Kaalam Vaazha" (To live 100 Years) to all the Probians in the Breakfast Meetings free of cost. The utility and relevance of the lecture was demonstrated by almost all Probians sitting till the end and hearing his speech and demonstratin. At the end of the lecture, many Probians contributed to the Club for Organising such useful lecture.

5. A small video clip of the lecture was put in the Whatsapp group. I once again request you to join our Whatsapp group as it enables us to interact and share various matters without moving out of our house.

6. You would have noticed the new feature of

Strip advertisements appearing at the bottom of the Journal. I am sure each Probian would contribute ₹1,000/- or ₹800/- for the first/last page or inner pages.

7. We are Planning Visit to Orphanage / Old Age Home visit combined with the visit to 32ft. Anjaneyar Temple at Nanganallur. Plans are afoot also to visit the Dhanvantri Temple at Wallajahpet and Golden Temple at Vellore in coming months. In Feb/March,'19 we are also contemplating a vist to Kashi / Gaya / Allahabad.

8. Also, you are aware that the Annual Cultural Event of the Club is held every year in End December. I request all Probians who are willing to Sing, Dance, play instrumental music or demonstrate their talents in Monoact, humour speech, etc. and those who are interested in joining the temple visits to give their names to Pn Lakshmi Natarajan, Vice-President or to the Editor or to the Secretary or Joint Secretaries.

Wishing you all Good Health, Peace and Happiness,

B.Ranganathan,
Secretary – Probus Club of Chennai



Probus Group before start of Walkathan



Spouses of members



Winners with 2 Sponsoring Brigadiers



Brig.George Mathew gives memento to Late G.Viswanathan family



Annadurai receives first prize



Sakthivel Raja receives second prize



Prabhakar.M receives third prize

PROBUS BREAKFAST MEETING ON 27-11-2018



President and Speaker



Audience



Probn.G.V.Ramamurthy receives 90 years memento



Herbs explained by Probn.Lakshmipathi.K



Dignitaries on the dais



Annual Book 2018 released



Rajasekar receives Excellent Award



S.T.Krishnamurthy receives Excellent Sportsman Award



RTNamasivayam receives Recognition Award



M.Arunachalam receives Recognition Award



First recipient receives Wheel Chair from Medical Benefit Fund



Mrs and Mr.Jagannathan receives 50 years marriage memento

APPRECIATION FOR THE LECTURE ON BREAKFAST DAY 27-10-2018

Probian K.Lakshmiopathy's Lecture on "Your health in your hands" on 27.10.18 at breakfast meeting is indeed superb. His clear explanation on various problems in our human body with recourse with natural herbs and plants which are available at our reach. He not only created an awareness in us as to how to protect our health problems before it comes to us, as well as cure of those medical problems with herbs and plants available in our garden and open market. Really it is a boost to the senior citizens without calling the doctor and take medicine in our hands.

His practical display of various yogasanas and exercises were wonderful. It can be easily followed by everyone on daily basis. I am also doing some of the yogas taught by him and getting benefited. His book "Tips to live hundred years" is excellent.

Our sincere thanks and appreciation to Mr.Lakshmiopathy and to our club for having arranged such lectures.

Probion K.Parthasarathy
Anna Nagar West Extn, Chennai - 101

VOLUNTARY WHOLE BODY DONATION

Voluntary body donation can be defined as the act of donating one's body after death for medical research and education.

Voluntary whole body donation is a generous act for those who wish to be useful to the living even after death. The donated body will be utilized for research and study purposes. Whole body donation is different from organ donation, which is variedly referred to as cadaver donation, transplant donation and cadaveric organ donation.

PROCEDURE TO REGISTER FOR VOLUNTARY WHOLE BODY DONATION:

- Any individual above 18 years of age can register for voluntary body donation. However, individuals of the younger age group may exercise discretion for obvious reasons before registering.
- The filled in application should be signed by the proposed donor and 2 witnesses who can be near relatives or friends.
- The completely filled in application form with a recent passport size photo affixed, along with a photocopy of the filled in application form should be submitted in person or through post to the Institute of Anatomy, Madras Medical College.
- One additional recent passport size photo of the proposed donor should be provided / sent along with the filled in application form. The photo affixed in the application form for registration and the additional photo given should be one and the same.

WE WISH VERY HAPPY BIRTHDAY FOR ALL PROBIANS HAVING BIRTHDAYS IN DECEMBER 2018

L114	01/12/44	Nalini Moorthy Mrs.	L260	15/12/51	Mangudi Sritharan
L269	01/12/43	Radhakrishnan.Dr.S.	A132	17/12/22	Srinivasan S
L150	01/12/42	Rajagopalan N Dr	A290	17/12/47	Suganthi Premkumar Mrs.
L199B	02/12/46	Mohan D menon	A384	19/12/45	Natarajan S (Ch-114)
L041	02/12/44	Venkataraman S Dr.	L116	20/12/37	Indira Ramanathan Mrs.
A256	07/12/49	Geetha Viswanathan Mrs.	A141	20/12/41	Subramanian V (Ch-28)
L130	10/12/39	Bhavani Shankar Joshi V	A350	21/12/35	Govindasamy N
L085	10/12/43	Ramaswamy N	L070	21/12/41	Jamuna Ramasubramaniam Dr.
L272	10/12/46	Velumani.S	A307	22/12/42	Kishen Bhatia
A199	12/12/41	Mirza ismail A	PF08	23/12/31	Gopalakrishnan S PF
A310	12/12/41	Rao B S	A189	23/12/40	Krishnamurthi N Capt.
A190	13/12/36	Ramakrishnan R	A281	26/12/31	Kothandaraman A V
A309	15/12/34	Narayana Babu P	L050	26/12/43	Pandian G S
A292	15/12/40	Rangaramanujam K	L151	26/12/36	Sivagaminathan K

A VERY HAPPY ANNIVERSARY TO ALL PROBIANS WHO HAVE WEDDING ANNIVERSARIES DURING THIS PERIOD

A362	01/12/76	Pandian P M	Mrs.Radha Pandian
L265	04/12/67	Nirmala Prasad.K	Mr.C.R.V.Prasad
L278	09/12/94	Vivekanandan.M	Mrs.V.Kalpana
L123A	13/12/75	Hiralal Jethwani	Mrs.Poonam.H
A337	14/12/80	Raman K C	Mrs.Meera Raman
A004	29/12/..	Balakrishnaiah K V	Mrs.Radha

- After appropriate scrutiny of the information provided in the application form, the proposed donation will be registered by the Institute of Anatomy and a register number issued.
- The Identity Card bearing the photograph and the register number will be mailed to the residential address of the proposed donor.

INSTRUCTIONS TO BE FOLLOWED AT THE TIME OF DONATION:

Death of the donor due to any natural cause should be reported by the relatives within 4 hours after death to the Institution .The contact numbers are:

1. The Director, Institute Of Anatomy, MMC: 044-25305301
 2. Resident Medical Officer, MMC&RGGGH: 044-25305529
 3. The Vice Principal, MMC: 044-25305301
 4. The Dean, MMC&RGGGH: 044-25305301.
- The body of the donor should be brought to the Institute of Anatomy, MMC (if between 8am and

3pm on working days) and handed over with requisite documents.

- If it happens to be a holiday or a non –working day, after due intimation and permission of the RMO, the body may be lodged within the mortuary of RGGGH. The office of the RMO may be contacted with regard to this at the appropriate time.
- Documents to be provided at the time of donation:
 1. Death certificate issued by a registered medical officer indicating the cause and time of death.The original and photocopy of the death certificate should be given. The original will be returned after verification.
 2. No objection letter written and signed by spouse/ children/close relative in duplicate.
- The relatives / friends of the deceased have to transport the body to the Institute of Anatomy, MMC within 24 hours of death.
- The body will be received at the Institute of Anatomy, MMC on all working days from 8.30 am to 3.30 pm.

PROBUS CLUB OF CHENNAI		
DONATION LIST FOR THE MONTH OF SEPTEMBER 2018		
S.No	NAME	AMOUNT
A	ANNUAL BOOKLET-2018	
1	Anandkrishnan P	1000
2	Balachander V	1000
3	Bashyam T.V.	150
4	Namasivayam R.T.	2000
5	Prabhakaran M	5300
6	Ranganatha Rao S	1000
7	Sakthivel Raja	1000
8	Venkatachari K	1080
9	Venkatachari K	120
B	ANNUAL BOOKLET 2018: STRIP ADVT.	
10	Jaishanakar K	1000
11	Ramanathan N	1000
12	Sampath N.R.	2000
C	BREAKFAST SPONSOR	
13	Anandkrishnan P	4000
14	Venkatachari K	12000
15	Vijayalakshmi M.R.	4000
D	CHILDREN DAY PRIZES	
16	Arunachalam M	5000
17	Lakshmi pathi Lecture Collections	2050
18	Ramaswami PP Dr.	1000
19	Sundera Gopalan	1000
E	CONTRIBUTION	
20	Rotary Club of Madras	10000
F	ELDERS DAY	
21	Chandrasekaran C	500
22	Jaganathan V	500
23	SRINIVASAN V	3000
G	EDL. SCH. SCHEME	
24	Sridharan P PF	15000
H	EDL. SCH. SCHEME - TOP UP	
25	Sridharan P PF	5000
I	PROBUZZ STRIP ADVT.	
26	Arunajatesan	800
27	Balachander V	800
28	Gopalakrishnan S	800
29	Gopinathan V	800
30	James A	800

31	Keertivanan K Dr	800
32	Mahadevan A	1000
33	Radhakrishnan PCP	800
34	Rangabhashyam PG	1500
35	Sridhar P PF	800
36	Venkatachari K	800
J	SUNSHINE FUND	
37	Arumugam P.S.	2000
38	Jambulingam BR	500
39	James A	500
40	Nagendra Prasad C	888
41	Nagendra Prasad C	888
42	Nagendra Prasad G	888
43	Rajagopalan M.S.	600
K	DONATION - GENERAL	
44	Cash found in Auditorium Hall	420
45	Chitale S.L.	10000
46	HDFC New Zeal HDFC Life	5000
47	Rangabhashyam PG	2000
48	Vijaya Bharathi Rangarajan	10000
TOTAL		121308

K.GOPAL
Treasurer

PROBUS CLUB OF CHENNAI



Adyar Times celebrated its 25th anniversary on Oct.10. A get-together for the staff with the Founder S.P.Ambrose, Manager Editor Paul Janakan, Indira Janakan and Nalini Ambrose was organised at Nila Party Hall, Indira Nagar.

Adyar Times celebrates Silver Jubilee

The following are the news in brief about our net-working Senior Citizen Organizations:

1. Senior Citizens Bureau celebrated World Elders Day on October 15, 2018 at Ethiraj college along with NSS members from Ethiraj college
2. Dignity Foundation celebrated International Day of Older Persons on October 29, 2018 and also held a fashion parade by senior citizens in ethnic costumes across the globe at Indian Officers Association premises
3. The Senior Citizens Support Forum organized an open discussion on cost saving in health care on Oct 20 at Russian Cultural Centre, Alwarpet.

HOW NOT TO BE A ME-TOO VICTIM

- P.K. Doraiswamy

1. Considering the bewildering rate at which accusations of sexual harassment are tumbling out, it would be wise on the part of honest, clean men who may not even know the correct spelling of harassment to know a few precautions against falling victims to false accusations. The secret is to be preventive and proactive in one's defence. The following tips are based on a detailed analysis of the recent me-too complaints made against men from various walks of life.

2. If you do not interact with women, you cannot be accused of sexual harassment. So, as far as possible, do not interact with women other than your close relatives with whom you are on good terms. Interact with a woman only when you have to. If you have to, adopt the modified sabarimalai principle – interact only with women who are above fifty. (since you cannot ask for a certificate of non-menstruation. You have to go by age). these are unlikely to complain against you as most of them would be already attention-starved and be only too glad to get any attention. Even here, when you do, keep a distance of at least four feet between her and you. When opportunity comes, this distance may be increased but never decreased.

3. In all the me-too complaints, it is a case of the man's word against the woman's. So, when you have to meet a woman, especially if you are constrained to meet one who is below fifty, make sure there is at least one other person, preferably another woman, within hearing and seeing distance.

4. many me-too complaints relate to official favours in return for sexual favours. So, if the woman wants to meet you in connection with your official duties, try and palm her off to one of your subordinates.

5. being invited to the man's place is often cited as proof of the man's sexual intentions. Never, therefore, invite a woman to your place. Meet her in a neutral place frequented by people. When you have to meet her in her place, insist on her husband, sister, brother or mother being present. If none of them are available, take your wife, or your girl friend or at least someone who is ready to pretend to be one.

6. touching a woman has often been interpreted as an act of sexual harassment. So, always greet a woman with the traditional indian namaste. Never

shake hands with a woman even if it is she who first offers the hand. Any slight unintended pressure of your fingers may seal your fate in a harassment case.

7. Staring at a woman's body has been cited as evidence of a man's lascivious intent. So, never look at any part of a woman's body above her knees as her entire body above the knees is the most highly me-too-prone area.

3. never compliment a woman on her good looks or dress, or offer a gift. this is likely to be interpreted as the opening gambit of sexual harassment. Do not, however, think it is a bright idea to call her ugly, as this might be taken as an attempt to provoke her sexuality. Our omniscient courts may even treat this as another form of sexual harassment. It may be a shrewd, protective tactic to say, depending on her age and context, that she reminds you of your elder sister or mother.

4. if the going is good, you could even pay a glowing compliment to your wife and say how lucky you are to be married to her even if this is not true.

5. when you have to talk to a woman on the phone, avoid calling her by name, but do not forget to call her 'madam' at every opportunity. To the extent possible, your side of the conversation should be confined to responding to what she says and not saying anything on your own. Keep your phone on speaker mode so that others in the room may hear what is spoken. It would be ideal if the conversation is recorded.

6. Create an opportunity to say, repeatedly and in a loud voice which others can hear, that in your view sexual harassers should be whipped in public.

7. If you are married, it would be prudent to keep your wife fully in the picture at all stages.

8. If, in spite of all these precautions, a woman still tries to flirt with you, ask your wife to deal with her if you are married. Go ahead and enjoy yourself if you are unmarried!

9. These precautions may appear to be excessive if not desperate. First, these try to cover every possible loophole. Secondly, after all, a dangerous situation calls for a desperate remedy!

* * *

DATES TO REMEMBER : DECEMBER 2018

Rotary Meet:

Two Probus Members are invited to attend weekly Rotary Meeting held on every Tuesday at **HYATT Regency at Teynampet** as observers. Those who desire to represent **PROBUS CLUB** of Chennai are requested to contact **Probn V. Balachander** and get confirmation **Contact 99629 01964**. Those who attended may send confirmation to the Secretary / Editor

- ✦ **08.12.2018** - EC Meeting: 10.30 AM at Gopalapuram Boys Higher Sec School, Chennai - 86
- ✦ **15.12.2018** - Probus Theosophy Meeting: 3.30 P.M. MP Aanandh MHS School, Chennai - 600 004. (Please Contact Probn. V.L. Aiyer at 98403 32948)
- ✦ **22.12.2018** - **Probus Cultural Day**: 8.30 AM at Russian Centre for Science and Culture. Those who want to participate in any **CULTURAL EVENT** may kindly contact **VP Probn.Mrs.Lakshmi Natrajan** immediately in **99629 11540**.

BREAKFAST MEETING ON 24-11-2018

Breakfast Meeting: 8.30 AM at Russian Centre for Science and Culture. Dr.Ram Prabhakar, Joint Director & Senior Consultant – Nephrology, DSIMS Hospital, will speak on **“KIDNEY DISEASES: ACT NOW OR PAY LATER”**.

OBITUARY

Probn.Dr (Mrs) Shantha Venkatraman died in 31 October 2018. On behalf of all of us, I pray to Almighty for his soul to rest in peace.

His family can be contacted at
Flat D, Alsa Samudram,
4th Seaward Road, Valmiki Nagar
Chennai – 600 041.

Land Line : 044 2457 0416

LIST OF PROBIANS WHO ATTENDED ROTARY CLUB OF MADRAS MEETINGS IN THE MONTH OF October 2018

Probian N.Ramanathan

Probian B.Sankar

Probian S.Manoharan

Probian V.Senthilnathan

Probian R.Varadharajan

Probian M.Srithar

No meetings were held on 2nd Oct and 9th Oct. The special lecture and dinner meeting on 5th October went unattended due to indisposition of both members PP Captain Dr.M.Singaraja IPP R.T.Namasivayam.

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To _____

