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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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உருவுகண்டு எள்ளாமை வேண்டும் உருவொருந்தேர்க்கு
அச்சாணி அன்னார் உடைத்து. (குறள் 667)

உருவம் பார்த்து ஏளனமாக எண்ணக்கூடாது. உருளும் பெரிய
தேருக்கு அச்சாணி போல் அவர்கள் இருக்கக் கூடும்.

Despise not men of modest bearing; Look not at form, but
what men are: For some there live, high functions sharing,
Like linch-pin of the mighty car!.

FROM THE PRESIDENT'S DESK



Dear Probians,

Loving Greetings to you
and your family members.

In the EC Meeting held on
11th Feb., '23, after detailed
discussions it was decided
that in order to ensure the
data privacy and to prevent
frauds, the 'Date of Birth'

details printed in the Member Directory will be only
"Date-Month" format and would not contain the
Year of Birth.

On 2nd Jan., '23, the visit to the Vishranthi Old Age
Home at Kottivakkam was arranged by Pn Lakshmi
Natarajan, EC Member and it was successful with
music and dance by in-mates and Probians. Pn
Maala Venkatram donated Rs.2,000/- out of which
the performing in-mates were honoured with the
towels. A total amount of Rs.32,000/- including
Rs.5,000/- from the club was donated to Vishranthi.

The Pongal Day function was held on Friday, the
20th Jan., '23 at the C.D. Nayagam T.Nagar Boys HSS,

Venkatnarayana Road, Chennai. Hon'ble **Justice Dr. T.N. Vallinayagam**, Judge, Lok Adalat, High Court of Madras was the **Chief Guest** and the **Probus Thirukural Virudhu was conferred on Dr. Kumari Chezian** for his extra-ordinary contribution in research and propagation of Thirukural, along with a Porkizhi of Rs.5,000/- out of the Pongal Endowments by Late Pn CR Vaitheeswaran and PPP M. Singaraja Dr.. Best Boy and Girl Students were given wrist watches by Late PPP T.T. Srinivasamurthi's family. The full details are in Secretary's report.

The Monthly Breakfast Meeting was held on 4th Sat., viz., 28th Jan. '23 at the IIT, Madras with the full support of Dr. Manivannan and the Breakfast at the Taramani Guest House was sponsored by Pn Radhakrishnan S Dr. **Dr. Venkataraman Sadanand**, Electrical Engineer From IIT, Economist and Neuro Surgeon in USA was the **Chief Guest** who delivered an interesting lecture on "How to stop Brain Ageing." All participants actively participated with a lot of questions in the interaction time.

A second Marathon is planned for Friday, the 10th Feb., '23 and a trip to Anandham Old Age Home on

Tue., 21st Feb., '23. Members who are interested can give their names to the Secretary or me and make the function a grand success.

This month's **Breakfast Meeting will be held at the Kalyan Nagar Association, 29 West Circular Road, Mandavelipakkam, Chennai-600028 on 4th Sat., 25th Feb., '23.** As Dr. Sundararajan Chintamani, the Chief Guest identified in the EC Meeting was not able to come. Hence, Ms. Viji Balaji and Ms. Sunandha Sampathkumar, promoters of the FOUNDATION FOR GROWING YOUNG will give an awareness talk on the importance of staying Fit in Old Age for the members on the topic **"Fitness Beyond 55 Years, The Key To Happy Golden Years"** and also a demo. Further, PPP Singaraja M Dr. Capt. is relocating to Rajapalayam near Madurai and will be giving a farewell talk to members. I appeal to all Probians to come in numbers.

I am **thankful to Ms. Padmavathy S, a well-wisher who has donated Rs.5,000/- for sponsoring this full issue of Probuzz.** I appeal to all Members to contribute Ra.100/- for the Annual Subscription of Probuzz and also consider giving Donation for Strip Advt. / sponsoring the full for the forthcoming issues.

As I had mentioned in the previous issue, I appeal to members to contribute for Breakfast and it may not be out of context to stress that it is not necessary that only one member has to bear the full cost of the breakfast. There can be more than one co-sponsors for the Breakfast and I am sure that members would come forward voluntarily to donate at least Rs.5,000/- to Rs.10,000/- during

their Birthday, Wedding Day or in memory of their beloved family members including the parents. As is the practice in the Probus Clubs elsewhere, I appeal to each member to contribute at least Rs.1,000/- per annum for the Monthly Meetings. We have about 300 Members and an amount of Rs.3 lacs donations so gathered would go a long way in meeting the needs of deficit amount. I am sure our members would not be falling short of the expectations.

I thank the EC Member and Patron Vivekanandan R. Who had agreed to sponsor the Breakfast as well as the Foundation for Growth for donation to the Club.

As the Life Membership Fee was increased from to Rs.10,000/- in the last AGM, I am sure many Life Members would contribute their top-up amounts in the near future as had been done when the Life Membership Fee was increased from Rs.3,000/- to Rs.5,000/- in the past.

I request all Annual Members who have not paid their Subscription, to send their Annual Subscription of Rs.1,000/- along with Rs.100/- for the Probuzz Newsletter Annual Subscription at the earliest.

Wishing you all a Peaceful, Healthy and Happy Times,

I remain

With regards,
Yours sincerely,

Ranganathan B
President – Probus Club of Chennai

EDITOR'S COLUMN

Dear *Probus* brothers and sisters,
Greetings to all my fellow Probians.

We trust you enjoyed going through the January 2023 issue of *Probuzz* with selected photos of the Cultural and Breakfast Meeting held on 24 Dec. 2022 and the Kalaimagal Short Stories Competition and Book Release Function on 03 Dec. 2022. In this issue again we bring a rich collection of photos covering the Breakfast Meeting, Pongal Day Celebrations, Visits to Sevalaya and Vishranthi and other events

As we have been observing quite often, the size limitations of *Probuzz* do not allow us to include as many photos of the memorable events as we would like to. However, the set of photos included by us are carefully chosen to help you to relive the events.

We would once again seek your active cooperation in making the *Probuzz* issues more interesting and useful. We invite our members to contribute more articles and other contributions. Also we request our members to soft copies of their contributions by email, as it will help us process them faster.

Wish you Happy *Probuzz* reading,

EDITOR
(vijisbi@gmail.com)

SECRETARY'S REPORT



Dear Probians,

Greetings to you, your family, and your friend,

A meeting of the EC Committee was held on Wednesday, 18th January 2023, at Savithri Ammal Oriental School, R.H. Road, Chennai

(near Sanskrit College). The Universal Prayer was recited by Pn Lakshmi Natrajan. Ranganathan B, the president, welcomed the attendees. Members of the EC discussed again PPP Venkatachari K's request to move the Registered Office Address to another location. We requested EC Members to assist us in finding an appropriate address with the consent of the members. PF V Balachander read the Treasurer's report for January 2023. Pn Annadhurai M proposed a vote of thanks.

On the Old Age Home Visit front, on 2nd January 2023, we **visited Vishranthi Home for Aged and Destitute Women in Palavakkam**, Chennai. The arrangement was made by Pn Lakshmi Natrajan, one of the trustees at Vishranthi Home. Tea and snacks were served to us. In the hall, about 50 inmates gathered. All our Probian members who attended there delivered a speech. Pn Kartik D Dore and PP V Balambal sang a few old songs. PPP RT Namasivayam shared the history of early visits by showing old photos. Many inmates sang beautiful old songs. We made them happy by garlanding shawls (Towels) for the singers and dancers which was sponsored by Pn Mala Venkatraman EC Member. Members from Probus Club donated about Rs32,000.00 to Vishranthi Home. We dispersed from Vishranthi at 6.30 p.m

Probus Club's Pongal Function was held on 20th January 2023 at C D Nayagam T Nagar Hr Sec School, Venkata Narayana Road, T. Nagar, Chennai. The meeting started with a beautiful dance performance by RKM Sarada Vidyalaya Girls Hr Sec School students. There was also Thirukkural recital by two students. All of them were honoured with Gifts by President and Secretary. The Chief Guest for the function was **Hon'ble Justice Dr T.N. VALLINAYAGAM, Judge**, Lok Adalat, High Court of Madras, Chairman- National Cyber Safety and Security, New Delhi. The Chief Guest was introduced by Pulavar Dr Karuppasamy S. Chief Guest's speech was very informative and everyone enjoyed his speech.

"The Probus Thirukkural Virudhu" was conferred on **Kavimamani Dr Kumari Chezhan** along with a Cash Award (Porkizhi) of Rs.5000/- from Probus Thirukkural Endowments instituted by late Pn C.R.Vaitheeswaran and Mrs V.Chandra; & PPP Singaraja M Dr Capt. The Awardee was introduced by Pn TV Vijayalakshmi Pulavar. Dr Kumari Chezhan gave the acceptance Speech. A felicitation speech was given by Pn. Kasturi Raja Dr.

Students Vishalakshi G, Vinisha N and Raihana Fatima were the first three 12th Standard toppers among the Chennai Corporation Schools, respectively. Only Fatima turned up and received the Porkizhi of Rs.1,000/-. Prizes were also distributed to 20 students who were adjudged as winners in the competitions held in Thirukkural Boys / Girls Oratorical and Recitation by the President, Dr kumari Chezhan and PPP Singaraja M Dr. The Prizes were given out of the Thirukkural Prizes Endowments instituted by Late Pn C.R. Vaitheeswaran & Mrs Chandra V for Tamil Medium School students & PPP Singaraja M for English Medium school students. Mrs Kalpagam Srinivasamurthy & Family donated wristwatches for Best Boy & Girl Student, viz., Mr Jayakanthan of 12th Std, CD . Nayagam T Nagar BHSS, and Miss Roshini E from Sri RKM Sarada Vidyalaya GHSS. Secretary Pn Annadhurai M rendered the Vote of thanks.

The **January Month Breakfast meeting** was held on 28th Jan 2023 at Room no 412. MDs Seminar Hall of Mech Engg Dept (MEMH), IIT Madras. Chief Guest was **Dr VENKATRAMAN SADANAND** B.Tech IIT (M), MS and PhD. In Economics, M.D. program at the University of Toronto. Associate Professor, Department of Neurosurgery @ Loma Linda University and the Topic was **How to stop Brain Aging**.

The monthly meeting began with a beautifully rendered rendition of the Universal Prayer by Pn TV Vijayalakshmi Pulavar. Pn B. Ranganathan, President welcomed the Chief Guest and other members. Pn Dr Radhakrishnan S. introduced the Chief Guest. **Dr Venkatraman Sadanand**, who came with his spouse, addressed us on the topic of **"How to stop Brain Aging"** quoting examples from various sources such as medical research, Mahabharatham, Ramayanam etc. In his view, all citizens should live in the present, mindfully and should not think about the past or future. The Chief Guest was honoured with a memento, shawl and a gift. The January month Birthday Probian babies were greeted and given a token gift. Both **Prof Manivannan M Dr., IIT Madras** and **Pn. Radhakrishnan S, Retd. Prof. IIT Madras** were honoured for arranging this meeting at IIT, Madras and sponsoring the Breakfast. Secretary Pn Annadhurai M rendered the Vote of Thanks.

We conducted a Walkathon at Thiruvannamiyur beach on Friday, 10th Feb., '23.

The walkathon was a grand success with about 22 probians, many with their drivers and the members of the East Coast Walkers Group members participating. **Pn Pranesan A.G.** has sponsored and taken efforts to bring the Mini-Tiffin Breakfast from A2B in Besant Nagar. All participants were given T-Shirts and Caps sponsored by Kauvery Hospital Chennai. All enjoyed the walk. Thanks to **Patron Vivekanandan R** who had arranged permission from the Police for holding the event.

On the Obituary side, with profound sorrow, I would like to inform you all about the sad demise of

our **Probian Mrs Pushpa B Shah** on 12.02.23 evening. She was our Club's Past vice president, a very good philanthropist and a big-hearted lady. May her soul rest in peace. Om Shanti. Condolence messages may be sent through mobile no.+91 98400 22726.

You can sponsor the entire Probuzz Newsletter by donating Rs.5,000/- or at least contribute to the advertisements by donating Rs.800/- for the inner pages and Rs.1,000/- for the first and last pages. Please send us articles, jokes, or home events if you would like them to be included in our PROBUZZ newsletter. My special thanks to Mrs Padmavathy S,

a well-wisher who has sponsored the full Feb 2023 Probuzz Issue.

This month, I would also like to thank all Probians for their donations to our Club's various events and endowments.

It is greatly appreciated that you continue to support us. A Happy New Year & a very Happy Pongal and Wishing you all the best in the days to come

**M. Annadhurai,
Secretary**

LIST OF DONATIONS RECEIVED IN JANUARY, '23

S.No.	Name	Amount
A.	3 Decades of PCC Functions	
1	John N.G.	5,000.00
2	LIC of India	10,000.00
B.	Byelaw Books	
3	Pandian P.M.	200.00
C.	Donation Vishranthi OldAgeHome	
4	Pandurangan V.M.	1,000.00
5	Radhakrishnan S Dr.	5,000.00
D.	Probuzz Annual Subscription	
6	Aiyer V.L.	100.00

S.No.	Name	Amount
E.	Souvenir Strip Advt.	
7	Kartik Dore	2,000.00
8	Rajiv Agarwal	4,000.00
9	Sandana & Co	2,000.00
F.	Sunshine Fund	
10	CH Gopinatha Rao	500.00
11	Namasivayam R.T.	1,000.00
12	Singaraja M	1,087.00
G.	Grand Total	31,887.00

We Wish A Very Happy Birthday To All Probians having Birthdays in MARCH 2023

S.No.	Title	Name	Mem No.	DOB
1	Probian	Narasimhan K.	L-064	01 Mar.
2	Probian	Ramachandran N.	A-317	02 Mar.
3	Probian	Dhanaraj A.	A-373	04 Mar.
4	Probian	Balakrishnan A	A-303	05 Mar.
5	Probian	Parthasarathy M. Dr.	L-147	06 Mar.
6	PF	Viswakumar K	PF-14	08 Mar.
7	Probian	Arumugam S	L-094	08 Mar.
8	Probian	Sugunaraj D.	A-143	08 Mar.
9	Probian	Narendran C.C.	L-311	10 Mar.
10	Probian	Annie Kurian	L-206	11 Mar.
11	Probian	Venkatachalam P.R.	L-191	12 Mar.
12	Probian	Mahadevan A.	L-100	14 Mar.

S.No.	Title	Name	Mem No.	DOB
13	Probian	Nelson Philip	L-122	19 Mar.
14	PF	Panchalan K. Dr.	PF-13	20 Mar.
15	Probian	Lakshmanan Palamalai	L-280	20 Mar.
16	Probian	Kavita Rita Valentine	L-283	21 Mar.
17	Probian	Venkoba Rao G.	L-219	24 Mar.
18	Probian	Sappani Pillai M	L-276	25 Mar.
19	Probian	Somasundaram T.	L-181	27 Mar.
20	Probian	Esakie Muthammal	L-275	28 Mar.
21	Probian	Urmila Vaidyanathan Mrs.	L-211	28 Mar.
22	Probian	Subramanian N.V.	L-343	30 Mar.
23	PF	Chidambaram M.	PF 06	31 Mar.
24	Probian	Sunder Sankar	L-246	31 Mar.

A Very Happy Anniversary To All Probians Who Have Wedding Anniversaries in March 2023

S.No.	Title	Probian Name	Mem No.	Wed. Dt.	Spouse Name
1	Probian	Gunasekaran G.	L-254	15 MAR.	Mrs.Tamil Selvi
2	Probian	Gnanaprakasam N.C.	L-294 (old A-318)	04 MAR.	Mrs. D. Revathi
3	Probian	Chandrasekaran J	L-325	21 MAR.	Mrs. Arulmozhi C
4	Probian	Lakshmanan E.R.	A-322	19 MAR.	Mrs. L. Nagalakshmi
5	Probian	Radhakrishnan S. Dr.	L-269	01 MAR.	Mrs. R. Lochana
6	Probian	Ramanan N.	L-126	26 MAR.	Mrs. Malathi
7	Probian	Ranganatha Rao S.	L-031	15 MAR.	Mrs. R. Meera Rao
8	Probian	Geetha Subramanian Dr.	L-194-A	14 MAR.	Dr. T. Subramanian
9	Probian	Uday Kumar N	L-266	17 MAR.	Mrs. Vijayalakshmi

Participation in Rotary Club Weekly Meetings

Meeting Date	Name of Probian
20/01/23	Pn Annadhurai M
20/01/23	PF Balachander V
24/01/23	*** No Meeting ***
31/01/23	Pn Srinivasan TR
31/01/23	Pn Kalyanasundram R

Meeting Date	Name of Probian
07/02/23	Pn RangaRamanujam
07/02/23	Pn Rangasamy. P.M
14/02/23	Pn Sivakaminathan K
14/02/23	Pn Esakki Muthammal

A Safe and Sustainable Mobility for All

By Pn Sadasivam T.D (L- 205)

Many regular newspaper readers are aware that the majority of Road accident victims are children and senior citizens. Several senior citizens have poor vision and are hard of hearing, which involves them in becoming victims of Road accidents.

The severity of the Road Safety Crisis has been treated in isolation for too long. In India every twenty minutes a person is killed, and four persons are made to become disabled physically and depend on wheelchairs lifelong. The reasons attributed to this tragedy are bad Roads, careless driving, indiscipline, not obeying traffic Rules and many more. Another factor is that every road user feels that he or she owns the road without caring for the other Road users.

We need to ensure a future where road users have equal access, paving a way for sharing the road use especially with the Pedestrians. Reckless driving by two wheelers is one of the main causes outlined.

The governments at the Centre and our state are doing their best. In spite of their best efforts, better enforcement of rules, and spot fining for not obeying traffic rules accidents do happen every minute somewhere or the other.

We are not touching on the subject of not respecting the elders at home; but we only make a sincere appeal to all vehicle users to respect the elders on the road and not

to kill them by being careless as human lives are precious.

COVID 19 pandemic has taken away many valuable lives and as road users let us not injure or take away the lives of senior citizens.

Rules such as wearing helmets and seat belts are only for the safety of the public and refusing to obey these rules are pathway for ending their lives under tragic circumstances. If we do not tackle the Road safety crisis with the urgency that it needs, we are not human, and it is time for collective action by everyone. Together we shall continue to work towards our shared vision – zero road fatalities.

Enough is enough and let us all take a vow before leaving home that we will come back safely. The financial burden on a victim's family is enormous and it also pinches the government to a great extent. 1.35 million lives are lost and up to 50 million people are injured globally each year and India unfortunately contributes a lot to this figure. 93% of traffic fatalities happen in developing countries slowing down the economy and growth. Carelessness in the Road is a social injustice. Let these figures be a wake-up call to all Road users.

Pn Sadasivam T.D. is the Chairman of Automobile Association of India and is the President of Federation of Indian Automobile Associations

Best Boy and Girl Students Presented Watches Sponsored by Past President TTS Family on 20 Jan 2023



Birthday Visits on 05 Jan 2023



OBITUARIES

With profound regret and fond memories, we record the passing away of:

1. Pn. Mrs Pushpa B Shah on 12th Feb 2023 at Chennai. She was our Club's Past vice president, a very generous philanthropist, and a large-hearted lady.
2. Pn. Parthasarathy K on 20th Feb 2023 at Chennai. He was a well-respected and active member of our Club.

Probus Monthly Breakfast Meeting on 28 Jan 2023 at MDS Seminar Hall of IIT Madras



Program on Mindful Living Through Subtle Sensory Awareness at IIT Madras on 11 Jan 2023



Probus Club was awarded a memento at the 50th Anniversary of Russian House (RCSC) Celebrations on 2022-12-28

Visit to Vishranti Old Age Home at Palavakkam, Chennai on 02 Jan 2023



Pongal Function held on 20th Jan 2023 at CD Nayagam T Nagar H.S. School



Visit to Sevalaya and A2B Central Kitchen on 06 Jan 2023



DATE TO REMEMBER: 25 FEBRUARY 2023

Breakfast Meeting will be held on Saturday the 25th of February 2023 from 08:45 a.m.

Venue: Kalyan Nagar Association, 29 West Circular Road, Mandavelipakkam,
Chennai-600028

Speakers: Ms Viji Balaji and Ms Sunandha Sampathkumar

Promoters **of the Foundation For Growing Young**

Topic: Fitness Beyond 55 Years, the Key to Happy Golden Years (with a Demo)

Dear Probians,

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Nature of Account	Savings	Savings
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Your donations to Probus Club of Chennai can be sent to either of the above listed bank accounts:

NOTE: Letters to PROBUZZ on matters relating to PROBUZZ may kindly be addressed only to the editor.

The current issue of Probuzz Newsletter is sponsored by Ms. Padmavathy S (Well-Wisher)

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To _____

