

Regd (148/2004)

An association of Retired Professionals, Businessmen, Government Servants and others Share your happiness of various events in your family by donating to Sunshine Fund



வைத்தான்வாய் சான்ற பெரும்பொருள் அஃதுண்ணான் செத்தான் செயக்கிடந்தது இல். (குறள் 1001)

வாய்ப்புத் தருகின்ற செல்வத்தை இடமெல்லாம் கொள்ளாத அளவுக்கு நிறைத்து, முடக்கி வைத்து அதனை நுகராமல் நிலை தடுமாறிச் சாய்பவர்கள் அந்தப் பொருளால் செய்யக்கூடியது வேறொன்றும் இல்லை.

Stacking wealth to the brim and fading off, without relishing it, nothing is achieved in worth

FROM THE PRESIDENT DESK



Greetings to You.

Our breakfast meeting on 27th July went off well.

The work out session at 8.30 A.M on "Technique for correct daily Acts & other activities for quality life" by Past President Probian Singaraja. M Capt., was

indeed useful. I only wish more and more Probians take advantage of this programme.

The Guest Speaker Dr. Soma Valliappan's talk was interesting and educative. I thank him for the same.

The Scholarship Disbursement Function slated for 29th and 30th August 2019 is fast approaching. I am alive to the fact that our Team has already started the work in full swing. As it is excepted that the number of students will increase, we have to make every effort to rise to the occasion.

It is heartening that Probians have responded well to our appeal for voluntary financial support. I sincerely thank all those who have voluntarily come forward to donate for Educational Scholarship Scheme. I take this opportunity to profusely thank our Probian N. Lakshminarayanan formerly Asst. Director, Central Leather Research Institute (Incidentally he served for Seven Years in Reserve Bank of India) and a person of Charitable disposition, for his kind donation of Rs.One Lakh to the Probus Club of Chennai for the aforesaid purpose. Hats off to this Octogenarian donor.

Close on the heels of Scholarship Function the International Day of Elderly will he held on 4th October 2019.

An appeal from the undersigned for articles for the current year Book to be published and also soliciting advertisements has appeared in Probuzz of July 2019. I once again request you to extend your support as in the past.

Needless to mention these two Events need meticulous planning and execution. Incidentally International Day of the Elderly is celebrated jointly with Rusian Centre for Science and Culture.

Let us join hands and work with the same zeal for which our Probians are well known.

With regards and Best Wishes,

With regards, Yours sincerely S. Gopalakrishnan

President - Probus Club of Chennai

AUGUST 2019 With Best Compliments: Mr.Elangovan & Mrs.Satyapriya Elangovan

SECRETARY'S REPORT



Dear Probians,

Loving Greetings to you and your family members.

2. We paid homage to the departed souls of Pn Pandian P, our ex-Vice President (26 June 19) and Mrs. Prema Rajagopalan

wife of Pn Rajagopalan M.S. during the last month Breakfast Meeting by standing for two minutes in silence. Let us all pray for their soul to attain Mukthi and merge with God. Ohm Shanthi.

3. Five new Life Members were given Membership Certificates and inducted as Life Members to our Club. They are (i) Mr. Ravishankar R.V, introduced by Pn Sadagopan G; (ii) Mrs. Jayamani C. introduced by Pn Manonmani K; (iii) Sri Srinivasan S. introduced by Pn Lakshmi Natarajan; (iv) Mr. Viswakumar & (v) Mrs. Geetha Viswakumar, both introduced by Pn Ranganathan B. All five New Life Members selfintroduced themselves.

4. IPP Pn Namasivayam R.T. and Pn Dr.Ramaswmi, P.P., Vice-President sponsored the Breakfast for last month. Both are celebrating their Sadhabhishekam this month. Let us all seek their blessings and pray for their healthy, peaceful and happy life and more contribution to the Club and Society.

5. Incidentally, I request all the members who have completed 75, 80, 90 Years of age and 50 years of Married Life during the period 02nd Oct. 2018 and 01st October, 2019, to send two passport size photographs (with spouse if completed 50 years of marriage) so that we can give them the Mementos in the International Day of the Elderly Function to be organised by our club on 04th October, 2019 at the Russian Centre of Science and culture, Chennai. I also request you to send the Articles, suggestion for Title and Photo for the front page of the Annual Booklet to be released on that day to Probian Dr.Ramaswami P.P., Vice-President. I am sure that all Probians would contribute at least Rs.1,000/- to the Strip Advertisement in the Annual Booklet as in the previous years. Those of you who can arrange for advertisement from Organisations can please contact me.

5. "Technique for Correct Daily Acts & Other Activities," was held in the pre-breakfast workout session for "Robust Physique & Robust Mind for Elderly," by our PPP Dr.Singaraja M. Dr. Soma Valliappan's Guest Lecture on "Finance & Senior Citizens" was interesting, humorous and educative as demonstrated by the members interest in buying his books especially "Alla Alla Panam" and noting his contact details. He stressed the need for maintaining contentment and happiness in Old Age and wanted Elders to invest in safe avenues like SBI and Post Offices only. Safety of Capital is of utmost importance and Seniors should not indulge in Risky Stock Markets and Mutual Funds or Small Finance Banks that offer a few percentage more interest.

6. The Executive Committee sanctioned Medical Aid for two cases, viz., (i) Rs.9,103/- to Sri R. Anbu as Medical Aid for medicines after heart surgery; & (ii) Rs.10,000/- to Sri S. Narasimhan -Rs.10,000/- for Diabetic Knee Surgery.

7. In August, '19 Breakfast Meeting to be held on Sat., 24th August, 2019, Sri R.V. Rajan, Founder & Chairman of Anugrah Rural Marketing Academy will speak on the Topic: "Media & Advertising in Chennai - Then & Now - A fascinating story."

8. The two days Scholarship Distribution Function is scheduled to be held at the Russian Centre, Chennai on the evening of Thursday and Friday, 29th & 30th Aug., '19. 500 students would be given Scholarship this year. Those of you who want to Top-Up their

PROBUZZ		AUGUST 2019 PAGE
		Editor - PROBUZZ News-Letter & Web-in-Charge
		N. Rammohan
		for our Annual Book 2019 in addition to members themselves give their own strip advertisement.
	5.	President & Secretary welcome all members to obtain regular advertisements as well as Strip advertisements
	4.	A Letter from Dr.V.S.Natarajan about a new magazine on Elders Welfare appears in Page-3.
		are eligible for Tax Exemption under 80G.
	3.	President – Probus Club has clarified that such of those giving donation towards our Scholarship Scheme
		our members to download the form, when they recommend the needy cases.
	2.	Application Form for receiving the benefit from our Probus SJSCMBF is given in the site, thus enabling
Ś		Probn. PP Dr.M.Singaraja started conducting sessions (9 of them totally) on "Robust Health and Efficient Mind" to Probus Members from BF Meet of 25-05-2019. This will continue for 6 more sessions (BF Meet of 6 more months). Practical sessions had started from the BF Meet of 22-06-2019 only. Hand outs of third session had been sent by email.

WITH BEST COMPLIMENTS FROM BRIG. PAKIANATHAN APS

PAGE 2

amount, contribute towards this years Deficit or for One Time Scholarships, please do so immediately. I want to place on record our sincere thanks to Probian Lakshminarayanan N. who generously contributed Rs.1,00,000/-(Rupees One Lakh only) towards the Educational Scholarship Scheme.

9. The response for requesting you to submit your "Father's Name" as per the requirement of

the Registrar of Societies is good. I request those of you who have not given your Father's Name so far, please send the same to me by SMS to 99626-44468 or by email to: sbiranga@hotmail.com.

Wishing you all a Happy, Healthy, Peaceful Living and fellowship,

B. Ranganathan

Secretary

MUDHUMAI ENNUM POONGATTRU

An exclusive Tamil monthly for elders welfare

With Dr.V.S. Natarajan as the Editor, Dr.V.S. Natarajan Geriatric Foundation is all set to launch a Tamil monthly exclusively for the welfare of the elderly. This magazine is not only for the elderly, but will be quite useful for their families and caregivers also.

The magazine will cover interesting topics such as Health, women's health, wealth, happiness, spiritual, leisure and many other useful information. The magazine is nominally priced at Rs.20/- per copy with annual subscription being Rs.240/- The subscription can be paid through cheque or by money order. Cheques should be drawn favouring Dr.V.S. Natarajan Geriatric Foundation and should be sent to the following address:

Dr.V.S. Natarajan Geriatric Foundation

Door No.14, 2nd Floor, Saena Circle 29/2 Duraisamy Road, T Nagar CHENNAI - 600017. Ph: 044 – 48615866

Please note:

1. subscriptions less than one year will not be accepted

2. Mention your name, address, telephone / mobile number etc clearly

The magazine will be launched on 1st October 2019 – The World Elders Day This magazine will be a boon for the elderly...!!!

PROBUS CLUB OF CHENNAI

WORKOUT SESSIONS ON ROBUST PHYSIQUE & ROBUST MIND FOR THE ELDERLY. Venue:

Exhibition Hall, Russian Centre for Science and Culture, Alwarpettai, Chennai – 18.

Duration:

9 Sessions, each 15 Minutes Slot from 8.30 am to 8.45 am before breakfast, commencing on 25.05.2019. **Faculty:**

Capt. Dr. M. Singaraja, BE, PGDBM, FIE, FIV, MSc(Psy), PhD(Social Work)

Charter member and Past President/Probus Club of Chennai

There will be 9 work out sessions of each 15 Minutes Slot on the following topics in our Break Fast meeting at Exhibition Hall of RCSC from 08.30 am to 08.45 am, followed by usual breakfast. The first session commences on Saturday, the 25th May, 2019, at 8.30 am.

TOPICS FOR 9 SESSIONS:

- Session 1 Techniques for correct breathing
- Session 2 Techniques for correct posture, sitting, standing, walking, working
- Session 3 Techniques for correct daily acts like brushing, bathing, drinking, eating
- Session 4 Simple Physical Exercises from eyes to toes
- Session 5 Simple Breathing Exercises
- Session 6 Chakra Asana
- Session 7 Techniques for Relaxation / Meditation
- Session 8 Laughter & Clapping therapy
- Session 9 Concluding Session Sustainability

PROBUZZ . . .

AUGUST 2019

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With Best Compliments from Probn.Damodharan.A Memb.No.: L244

BREAKFAST MEETING



President collared by PP Capt. Dr. M.Singaraja'.



President & Secretary with Speake



President felicitates N.Ramachandran for his 3 certificates



Nagalingam receives BDay gift from President



Dr.Geetha Subramanian receives BDay gift



Anand Krishnan receives BDay gift



PF Sreenivas receives BDay gift



V. Subramanian receives BDay gift



Arunachalam receives BDay gift



Ravishankar receives Life Member Certificate



Viswakumar Receives Life Member Certificate



Mrs.Geetha Viswakumar receives Life Member Certificate



Mrs.Jayamani Receives Life Member Certificate



Srinivasan receives Life Member Certificate



Dr.Soma Valliappan speaks



President Secretary gives memento to Speaker

••



Secretary gives vote of thanks



Anbu of MP Aanand School receives SJMBF benefit from President and Secretary

PROBUS CLUB OF CHENNAI LIST OF DONATION FOR JUNE 2019			
S.No.	Name	Amount	
Α	Annual Booklet-Strip Advt		
1	Balachander V	1,000.00	
2	Jaishankar K	1,000.00	
3	Keerthivanan K	1,000.00	
4	Parthasarathy B Dr.	1,000.00	
в	Probuzz Strip Advt.		
5	Kumar N	800.00	
с	Best Teacher Award		
6	Badri C	2,500.00	
D	BF Sponsor		
7	Jayakumar S	4,000.00	
8	Namasivayam R.T.	6,000.00	
9	Ramaswami PP Dr	6,000.00	
Е	Byelaw Booklet		
10	Kumar N	10.00	
F	Edl. Sch. Scheme (ESS)		
11	Ravishankar R.V.	15,000.00	
C	ESS - ONE TIME		
12	Arunachalam M	2,000.00	
13	Balachander V	1,000.00	
14	John N.G.	3,000.00	
15	Keerthivanan K	5,000.00	
16	Lakshmi Natrajan	2,000.00	
17	Lakshminarayanan N	1,00,000.00	
18	Madavamoorthy D	2,000.00	
19	Manoharan S	1,000.00	
20	Manonmani K	5,000.00	
21	Mohan M	5,000.00	
22	Parthasarathy B Dr.	2,000.00	
23	Ranganatha Rao S	1,000.00	
24	Sampath N.R.	5,000.00	
25	Singaraja M Capt	3,000.00	
26	Sreenivas V	2,000.00	
27	SubramanianV	1,000.00	
28	Veeraiyan P.T.	2,000.00	
29	Venkatachari K	10,000.00	
30	Vijayalakshmi T.V. Pulavar	2,000.00	

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O Pro 53 Kur	raraghavan K.V.	100.00		
53 Kur	indan V.S.	100.00		
	buzz Corpus Fund			
D Sur	nar N	500.00		
F Jui	shine Fund			
54 Ana	ndakrishnan P	500.00		
55 Ma		2,000.00		
56 Sre	dhava Rao AG	500.00		
57 Vija	dhava Rao AG enivas V	500.00		
GR		2,38,430.00		

We Wish A Very Happy Birthday for All Probians Having Birthdays in September 2019

A251	2/9/1942	Jayaraman R	L312	16/9/1941	Krishnar Rathnam.G
A359	2/9/1938	Krishnamoorthy S	L177	17/9/1952	Kailash G S Dr.
A318	4/9/1947	Gnanaprakasam N C	L149	18/9/1943	Nagabooshanam Ms.P Dr.
A092	4/9/1937	Ramnath G	L271	18/9/1956	Selvarani.Mrs.S
A004	8/9/1936	Balakrishnaiah K V	A208	21/9/1931	Aiyer V L
L091	8/9/1948	Brahada Sankaran Mrs.	L179	21/9/1945	Lakshmi Natrajan Mrs.
L056	8/9/1946	Pattabiraman S V	L136	21/9/1943	Parthasarathy B Dr.
A316	8/9/1948	Thyagarajan P	A374	21/9/1929	Venkatakrishnan SIA & AS (retd.)
L300	8/9/1937	Jayakumar.S	L126	26/9/1939	Ramanan N
A380	9/9/1930	Gopalakrishnan N	L006	27/9/1944	ChandrasekaranVVMajor(Retd.)
L040	11/9/1937	Swaminathan A M IAS (Retd.)	L078	27/9/1948	Rammohan N
L270	12/9/1937	Nathella Anjaneyulu Chetty	L036	29/9/1931	Divakaran S Dr. Prof.
L195	15/9/1947	Sivaraman K R	A035	30/9/1932	Jagadisan C D Rtn.
L251	16/9/1950	Deviprasad, M.C.	A117	30/9/1943	Sivakumar C
L028	16/9/1930	Radhakrishnan S IA & AS (Retd.)			

1/9/1982 Mrs.Pramila Israel L158 Festus Israel R Dr. L156 2/9/1965 Badrinath.P Mrs.Alli Rani Badrinath L170 2/9/1970 Rajagopal.V Mrs.Jyothi L238 2/9/1985 Suntharaam E P Mrs.M.L.Nirmala 2/9/1965 Mrs.P.Uma Maheswari L303 Prabhakaran.S 3/9/1976 Ramanathan S Mrs.Padma L204 Mrs.R.Thilakavathy 4/9/1968 L085 Ramaswamy N 4/9/1964 L298 Balagangadharan.S Mrs.B.Gnanasundari 6/9/1961 A038 James A Mrs.J.Santha James 7/9/1975 A399 Mohanam T Mrs.Manohari.M A244 7/9/1967 Ramavadhani J Mrs.K.Padmalalitha 7/9/1959 Veeraraghavan K V A367 Mrs.M.R.Saroja L091 8/9/1900 Brahada Sankaran Mrs. Dr.V.Sankaran 8/9/1967 Nalini Moorthy Mrs. L114 Mr.V.T.Moorthy L280 8/9/1967 Palamalai,L Mrs.P.Indira A380 9/9/1964 Gopalakrishnan N Mrs.G.Indira A133 9/9/1954 Srinivasan V Mrs.Meenakshi Srinivasan 9/9/1961 PF04 Subbaraj R Mrs.Kasturibai L163 10/9/1972 Rathakrishnan S Ervadi Mrs.R.Chidambarammal L051 10/9/1964 Singaraja A Capt (Retd.) Mrs.Ramalakshmi Singaraja A252 11/9/1970 Jambulingam AR Mrs.J.Lakshmi 11/9/1980 L256 Sadagopan,G Mrs.S.Rani Mangammal A346 12/9/1974 Sundaram S V Mrs.S.Vijayalakshmi 14/9/1970 L152 Jagannathan.L.S. Mrs.Sabitha 14/9/1969 Rangaramanujam K A292 Mrs.R.Bhanumathi 14/9/1900 Mrs.Lalitha H Sharma L111 Sarma, Prof. R H 14/9/1978 Tharaka Ram G N L189 Mrs.sasikala 15/9/1900 Indira Ramanathan Mrs. L116 Dr.V.Ramanathan 16/9/1979 L233 Anandakrishnan P Mrs.S.Poonkudi L228 16/9/1985 Annadurai.M Mrs.A.Lakshmi 20/9/1978 L237 Pandurangan V M Mrs.Vasanthi 20/9/1970 L191 Venkatachalam P R Mrs.Vijaya Lakshmi 22/9/1952 Kothandaraman A V A281 Mrs.K.Vasantha PROBUZZ . . . **AUGUST 2019**

A Very Happy Anniversary **To All Probians** Who Have Wedding **Anniversaries During this** Period

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SCHOLARSHIP FOR THE YEAR 2019

Dear Major Donors / Probus Fellows / Probians,

Members who joined our club before August 2018 are aware of our flagship Educational scholarship project. This is my personal appeal to old members and the new members to extend support for the Educational Scholarship Project of our Club.

Last Year we awarded scholarship to 375 poor, needy, deserving students of Corporation / Govt / Govt. Aided Schools @ Rs.1,000/- per student out of the interest on the permanent endowment donation of Rs.15,000/- per student and One-Time donations of Rs.1,000/- per student.

On behalf of the Executive committee, I appeal to you and your friends through you to consider giving One-Time donation of Rs.1,000/- per student so that we can increase the number of scholarships to 500 this year as indicated in the Budget circulated in the AGM. Members and their friends can give any amount in multiples of Rs.1,000/- and this amount would be utilised in this year itself for award of Scholarships. Scholarships can be given in the Donor's Name or in the name of their relations / friends. The details must be made clear while sending the amount. I also appeal to the existing Donors to extend the helping hand by Topping-up their Donations to Rs.15,000/- per student to meet the short-fall due to falling interest rates on deposits.

I would also appeal to members to donate for bridging the Deficit in the interest amount for the scholarships to be given out of endowments due to the fall in interest rates.

All the amounts donated would be eligible for deduction under Sec. 80G of the Income Tax Act.

I request you to please send the donations by Crossed Cheque favouring the "PROBUS CLUB OF CHENNAI" to Pn Ranganathan B, Secretary, at his address,

A-5, Sigma Flats, 14/33. Nanganallur Sixth Main Road, Chennai-600 061 (Mobile 99626-44468; emailid: sbiranga@hotmail.com) or to Pn Annadhurai M, Jt Secretary, at his address Flat-3, Bhavani Apartments, 19/45, Basha Street, Choolaimedu, Chennai-600094 (Mobile:89393-13156;email-is: annadhuraimk@yahoo. com).

> S. Gopalakrishnan President

APPEAL FOR ARTICLES FOR ANNUAL PUBLICATION FOR THE YEAR 2019

Probus club of Chennai will be bringing out the annual publication to coincide with the celebration of International day of Elderly on 1st October, 2019. The Publication Committee invites contributions of article from Probians and others. The guidelines in this regard are given below:

- Articles in CD or neatly typed in A4 Size sheets on one side only not exceeding 4 pages in letters of font Size 10 should reach Probian. Dr.P.P.Ramaswami, 3/66, S Block, 19th Street, Anna Nagar, Chennai – 600 040 on or before 20.08.2019. Email address to which articles can be sent is ppramaswami@hotmail. com. Original articles and CDs will not be returned on any account. Dr.P.P.Ramaswami, Co-ordinator of Publication Committee can be contacted in his mobile 9841280256.
- 2. Articles will be edited or abridged when found suitable for publication.
- 3. No reason for rejection or acceptance of contribution will be communicated to the contributors.
- 4. Hand written articles and late receipts are likely to be rejected.
- 5. Please avoid downloading from Google or any other websites.
- 6. Suggestions are welcome for the title of the current year publication. Suitable attractive and appreciable colour photo depicting elder's expectations are welcome for front cover page.
- 7. Contributions already published elsewhere earlier may he avoided.
- 8. More than two articles by any one contributor are likely to be rejected.
- 9. Kindly help us to help you.

We request your support and cooperation.

Regards S. GOPALAKRISHNAN 93821-66062

WITH BEST COMPLIMENTS FROM PROBN.SWAMINATHA PILLAI MEM.NO. L317 ••

DATES TO REMEMBER : SEPTEMBER 2019

ROTARY MEET:

Two Probus members are invited to attend the 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.

+ 14.09.2019 - EC Meeting : 10.30 AM at Gopalapuram Boys High School, Chennai 86.

****** Madras Theosophical – Mylapore Lodge Meeting

+ 28.09.2019 - Break-fast Meet: 8.30 AM at the Russian Centre for Science and Culture.

****** Madras Theosophical – Mylapore Lodge jointly with Probus Club restarts its operation on 3rd Saturdayof every month, between 4 pm and 5 pm, in the new venue. New venue is Karpagavalli Vidyalaya in Manjollai in Mylapore (off East Mada Street, Mylapore). Next meeting will take place on 17-08-2019.

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

- 1. Dr.V.S.Natarajan Geriatric Foundation is bringing out a Tamil Magazene for Elders Welfare and first copy is released on October 1, 2019 (World Elders Day).
- 2. Senior Citizens Bureau plans to organize a General Health Camp for senior members on September 6, 2019
- 3. Apollo Hospital will conduct lecture as part of their monthly program for senior citizens on the last Sunday of every month. Await communication in this regard.
- 4. Senior Citizen Council, Tenkasi & Dr.V.S.Natarajan Geriatric Foundation combinedly conduct a Medical Camp for senior citizens on 30-08-2019 & 31-08-2019 at Kannappar Guru Pujai Mandapam, Ilanji (near Kutralam). IPP R.T.Namasivayam from Probus Club and representative from Helpage India will be attending from Chennai.

BREAKFAST MEETING ON 24-08-2019

Break-fast meeting : 10 AM at the Exhibition Hall in Russian Centre for Science and Culture. Guest Speaker is Sri R.V. Rajan, Founder & Chairman of Anugrah Rural Marketing Academy on the topic "Media & Advertising - in Madras & Chennai (Then & Now) – A fascinating story."

LIST OF PROBIANS WHO ATTENDED ROTARY CLUB OF MADRAS MEETING IN JULY 2019

B.Ranganathan @
Ms Jayshree Kishore Ms C.Jayamani

Asterisk (*) denotes installation night and @ denotes charter night to which both President and Secretary were invited. No meeting was held on Tuesday 16th July 2019.

Probn. N. Rammohan Cell: +91 98401 77555 *Editor* **Probn S. Ravi** Cell: +91 97103 91047 *Treasurer* **Probn B. Ranganathan** Cell: +91 99626 44468 *Secretary* **Probn S. Gopalakrishnan** Cell: +91 93821 66062 *President*

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