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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

Donate Liberally  
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Concessions

Share your  
happiness of  
various events  
in your family  
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Sunshine Fund



எண்ணிய எண்ணியாங்கு எய்துவர் எண்ணியார்  
திண்ணியர் ஆகப் பெற்றின் (குறள் 666)

எண்ணியவர் (எண்ணியபடியே செயல் ஆற்றுவதில்)  
உறுதியுடையவராக இருக்கப் பெற்றால், அவர் எண்ணியவற்றை  
எண்ணியவாறே அடைவர்

The will-to-do achieves the deed  
When mind that wills is strong indeed..

## FROM THE PRESIDENT'S DESK



Dear Probian,

Loving Greetings to you  
and your family members.

We received the news  
about the demise of Pn  
Ramakumar Sankaran on  
24th Dec 2022 from Face  
Book and condolences have  
been paid.

In the EC Meeting Sri A.J. Manavalan, Retired Asst.  
Treasurer, RBI, Chennai and the Chess International  
Arbitrator was admitted as Life Member as introduced  
by Pn Veeraiyan, P.T.

The Cultural Meet to welcome the New Year 2023,  
held at the Anna University Alumni Block due to non-  
availability of Russian House premises, was a grand  
success. Rtn Ravi Sundaresan, President Elect of the  
Rotary Club of Madras released the 2023 Calendar of  
the Club. Inmates of Vishranthi and Anandam Old  
Age Homes also participated, and the details of the  
Cultural Meet are given in the Secretary's report.

The Probus-Kalaimagal Short Story Competition's  
Prize Distribution and "Verana Vizhudugal" Book  
Release function as well as the "Bharathiar Padalgal"  
by Pn. Kalaimamani T.K.S. Kalaivanan, a Music function  
marking the completion of the three decades of the  
Probus Club of Chennai were held on 3rd Dec, 2022  
and 11th December, 2022 (Bharathiar's 140th Birthday)  
respectively. PPP Namasivayam R.T. was honoured  
with a Memento and a medal in the Music Function  
along with Pn Annadhurai M.K. and PF Balachander  
V for their services to the Club. PPP Namasivayam  
spoke about the services rendered during his time  
as President as well as the glorious Service to the  
community in the Three decades of the Club. IPP  
PF Gopalakrishnan S. could not be honoured in  
the function due to his health reasons. Bharathiar  
Padalgal Book was given to all participants including  
the students of the Ramakrishna Mutt.

I have to point out that identifying the Breakfast  
Sponsor has become a herculean task as Members  
are not voluntarily forthcoming to donate for the  
Breakfast to be provided to Members in the Monthly  
Meeting. The breakfast cost per member has

increased to Rs.130/- per head due to the increase in food prices and related issues. 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 Pn Gopinathan V, who had sponsored the full Breakfast as well as Pn Sappani Pillai and Pn Maala Venkatram who had Sponsored the Lunch in December, 2022.

I appreciate the gesture of PPP Namasivayam R.T. who contributed Rs.5,000/- as Life Membership Top-up amount as the Life Membership Fee was increased to Rs.10,000/- in the last AGM. I also

contributed the top-up amount of Rs.5,000/- and I am sure many more 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 am constrained to point out that no member has come forward to sponsor this Probuzz issue also. Hence, I once again appeal to all the members to come forward and sponsor full issue or place a Strip Advt. in "Probuzz," our Club's Newsletter to make it self-sustaining. Also, **I request all Members to contribute at least Rs.100/- for the Probuzz Newsletter Annual Subscription to bolster the Probuzz Corpus Fund.**

**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 Happy Republic Day,  
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 December 2022 issue of Probuzz with selected photos of the Children's Day Competitions, Probus Bharathiyar Padalgal Function and the Poetry Competition and Award of Prizes Function. In this issue we bring you the 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.

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 curated set of photos included by us would certainly help you to relive and relish the three events.

As this issue reaches your hands, we are well into the New Year with the joyous festival of Pongal too behind us. But it is never too late to wish all our Probians a great year ahead filled with happiness and good health.

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.

Wish you Happy *Probuzz* reading,

EDITOR  
(vijisbi@gmail.com)

## SECRETARY'S REPORT



Dear Probians,

Greetings to you, your family,  
and your friend,

**EC Committee meeting took place on Thursday, Dec 15th, 2022,** at 10.35 am, at Thakkar Bapa Vidyalaya, Venkatanarayana Road, T Nagar,

Chennai. In the absence of a required quorum, the meeting began at 11.05 am. The Universal Prayer was recited by Pn N. Ramanathan, Vice President. President Ranganathan B welcomed the attendees. MOM of the Nov 2022 EC meeting was approved. Secretary informed EC that the Souvenir – 2022 Books were despatched to all the Probians. PPP Venkatachari K has requested us to arrange to shift the Registered Office Address to some other place from his place. We informed the EC Members to assist us in finding a suitable address with the consent of the members. PF V Balachander read the Treasurer's report. Pn Annadhurai M proposed the vote of thanks.

**The Cultural function cum Dec 2022 Breakfast** meeting was held on Saturday 24th Dec 2022 at the Alumni Association Seminar Hall, College of engineering Anna university, Guindy, Chennai. The function commenced after universal prayer sung by EC member Probian Geeta Vishwanathan. After the rendering of the Probus anthem, the President shared his thoughts in his welcome speech and took the opportunity of informing the audience of the forthcoming programmes of the club in the new year. He also appealed to the members to donate Rs 500 each so that a sizeable corpus is built for the newsletter to service its printing and postage costs. Then the Chief Guest, Rotary **President-Elect Rotarian Sri Ravi S** was honoured with a shawl and memento and requested to address the gathering. He spoke at length about the initiatives he has in mind once he assumes the post of Rotary President in 2023. He however spoke on considerations made by him and his team in the field of sanitation and hygiene in Projects handled by him and his team. He was asked to release the Probus 2023 calendar brought about by the club and hand over the first copy to Probus Past President SRI R.T.Namasivayam.

There were Karaoke songs by Probian Damodharan, dances by inmates of Vishranti home Pallavakkam, dances by Mr. Kumar's daughters, Tribal dance by EC member Pn Jayashree Kishore, Zylic dances by Probians, dances by inmates of Anandam old age home, Mimicry by Probian Suresh Mallya and Probian Vanoli Anna N.C.Gnanaprakasam. Mr. Muthukrishnan senior manager of HelpAge gave a slide presentation on a Session on Digital Safety for Senior Citizens. Thereafter Past President Capt DR. M. Singaraja shared tips and also demonstrated yogic techniques to strengthen the physique from

eyes to toes. There was a lunch break whereafter we assembled to conduct different games like Chess, Carrom, Ring throwing, Dart throwing and Musical chairs with both Gents and Ladies. Prizes were given to all winners in games and prizes were given to all dancers, singers and those who performed in the stage. Mementoes were given to Dec month birthday babies. Life Membership Certificates were given to Pn Kannan VC (L-347) and Pn Manavalan AJ (L-350). It was a well-attended crowd. Lunch and tea were served. We wholeheartedly thank the sponsor for breakfast **Probian V. Gopinathan** and Lunch Sponsor Probian and EC member **Sri Sappany Pillai**. The meeting ended around 4 pm with a vote of thanks to the Alumni association the photographer and the caterers.

**The Glorious Three Decades of Probus Club of Chennai's Function III – "MUSIC"** was held on Sunday, the 11th Dec 2022 at Sri Abhinava Vidyatirtha Mahaswamiji Hall, Sanskrit College, Mylapore, Chennai- 600 004. The meeting commenced with Universal Prayer and Bharathiar Padalgal by Pulavar TV Vijayalakshmi, Dr Lalitha Mohan and Dr Joice Thilagam. President Pn B. Ranganathan welcomed the gathering. President & Secretary honoured our **Past President RT Namasivayam** with garland, memento and badges in connection with the Glorious three decades of Probus Club of Chennai. IPP S Gopalakrishnan could not present at the function due to ill health. PPP RT Namasivayam shared his experience with our club during his period and gave plenty of ideas to sustain the tempo. President also honoured Secretary Pn Annadhurai M and Treasurer PF Balachander for their contribution during this year. President and Secretary honoured **Kalaimamani Pn TKS Kalaivanan**. Pn N Rammohan gave the introduction about TKS Kalaivanan to the public. Students from R K Mission Home attended the Music function and the free distribution of the Bharathiar Padalgal Book sponsored by Pn Sampath N.R to all attendees and a Rexin Bag to Members was also distributed. The programme was nicely compered by Pn Ramaraj V. Secretary Annadhurai M proposed a vote of thanks and the meeting ended with the national anthem

**Prof Manivannan of IIT M ( IIT- Madras)** and his post-Doc Dr Madhavan Kumar in University College London conducted **a workshop on Jan 11th 2023 on Mindful Ageing for Sr citizens above 60 yrs. The Session was held in Hall 2 of the ICSR Building at IIT-Madras**. This session was followed by a recording session in IIT using sensory feedback for a few persons. It was a great workshop at ICSR and a delightful experience interacting with each and every one and Mr Madan collected lots of data for his further study. All Probians presented there enjoyed the session with Kamatchi patty leading the Show and **Dr Venkatraman's** exemplary conduct of the proceedings. Thanks to Probian **Dr S. Radhakrishnan** who organised this good programme & sponsored the Breakfast at IIT Taramani Guest House. Thanks

to PF Dr Panchalan K for sponsoring Lunch for the available members. We were given a beautiful Bag & a Diary.

Secretary and President had gone **for Submission of documents at Registrar of Societies**, Chennai Central as per Section 16(3) (b) of the Tamilnadu Societies Registration Act 1978 and it was duly submitted on 7th Dec 2022.

**On the New Member Admission front**, we have admitted Sri **A.J. Manavalan**, Life Membership number L-350, He was ex-Asst. Treasurer, RBI, Chennai and was introduced by Pn Veeraiyan, PT. (L-223). He is now an international Chess Competition Arbitrator, Badminton & Carrom Referee.

**On the Obituary side**, I am very sorry to inform you that we lost a distinguished Probian **Ramakumar Sankaran** (L-232) on 24th Dec 2022. I spoke to his son Mr Padmashankar and he informed me that he fell down and was hospitalised. Thereafter he developed some heart issues and finally breathed

his last on 24th Dec 2022. Condolence messages may be posted to his number 80560 09667.

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 sincere thanks to **Pn V.Gopinathan** for his contribution to the Breakfast for December Month Breakfast Meeting.

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 DECEMBER, '22

S.No.	Name	Amount
<b>A.</b>	<b>3DofPCCfns (Three Decades of Probus Club of Chennai Functions)</b>	
1	Ramaiah D.S.	1,000.00
2	John N.G.	2,500.00
3	Sampath N.R.	6,000.00
4	Maala Venkatram	9,000.00
5	Sappani Pillai M	10,000.00
<b>B.</b>	<b>Breakfast Sponsor</b>	
6	Gopinathan V	18,000.00
7	Byelaw, Book sales	
8	Various Parties	2,700.00
9	Manavalan A.J.	100.00
<b>C.</b>	<b>ID Card</b>	
10	Manavalan A.J.	100.00
<b>D.</b>	<b>Probuzz Annual Subscription</b>	
11	Natarajan S	100.00

S.No.	Name	Amount
<b>E.</b>	<b>Probuzz Corpus Fund</b>	
12	Manavalan A.J.	1,400.00
<b>F.</b>	<b>Souvenir Advt</b>	
13	RajBhai Anusuya Devi Gulecha ch Tst	7,500.00
<b>G.</b>	<b>Souvenir Postage</b>	
14	Hariharan V	150.00
<b>H.</b>	<b>Sunshine Fund</b>	
15	Radhakrishnan S Dr.	2,000.00
<b>I.</b>	<b>Vishranthi Visit</b>	
16	Maala Venkatram	2,000.00
<b>J.</b>	<b>Life Membership Fee</b>	
17	Manavalan A.J.	10,000.00
<b>K.</b>	<b>Life Membership Fee-Topup</b>	
18	Namasivayam R.T.	5,000.00
19	Ranganathan B	5,000.00
<b>L.</b>	<b>Membership Admission Fee</b>	
20	Manavalan A.J.	500.00
<b>M.</b>	<b>Grand Total</b>	<b>83,050.00</b>

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

S.No.	Title	Name	Mem No.	DOB
1	Probian	Rajalakshmi S.	L-243	02 FEB
2	Probian	Venkataraman S. Dr.	L-041	02 FEB
3	Probian	Lakshmipathi K.	A-302	02 FEB
4	Probian	Ramachandran S.	A-087	02 FEB
5	Probian	Ravindran S.	L-055	03 FEB
6	Probian	Geetha Viswanathan	A-256	07 FEB
7	Probian	Arumugam P.S.	L-339 (old A-396)	07 FEB
8	Probian	Vaidyanathan T.S.	L-242	07 FEB
9	Probian	Gunasekaran G.	L-254	15 FEB
10	Probian	Kalyanasundaram R	L-332	15 FEB

S.No.	Title	Name	Mem No.	DOB
11	Probian	Parthasarathy K	L-284	15 FEB
12	Probian	Venugopal Reddy S.	L-264	15 FEB
13	Probian	Ramanathan N.	L-183	16 FEB
14	Probian	Doraiswamy P.K.	L-113	17 FEB
15	Probian	Muthuswamy Prabhakar	L-277	17 FEB
16	Probian	Lakshmanan R	L-341	18 FEB
17	Probian	Rengarajan K.	L-145	22 FEB
18	Probian	Ramanathan S.	L-204	27 FEB
19	PF	Sadagopan G.	PF-12	27 FEB
20	Probian	Dhakshinamoorthy C.M.	L-173	29 FEB

### PARTICIPATION IN ROTARY CLUB WEEKLY MEETINGS

Meeting Date	Name of Probian
27.12.22	"Pn Ranganathan B (Handed over New Year Calendar)"
03.01.23	Pn Annadhurai M
03.01.23	Pn T Mohanam
01.01.23	Pn Ravi S
10.01.23	Pn Ranga Ramanujam



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

S.No.	Title	Probian Name	Mem No.	WedDt	Spouse Name
1	Probian	Anantharaman V.V. Dr.	L-267	02 FEB	Dr. Chitra
2	Probian	Ravindran S.	L-055	03 FEB	Mrs. R. Vasumathy
3	Probian	Balasubramanian N	L-301	03 FEB	Mrs. B. Ranjanan
4	Probian	Krishnamoorthy N. Capt.	A-189	04 FEB	Mrs. Bhuvaneswari
5	Probian	Chandrasekaran K.P.	L-058	05 FEB	Mrs. Savithri
6	Probian	Pushpa B. Shah Mrs.	L-062	06 FEB	Mr. Bhasker Shah
7	Probian	Soorian V.S. Dr.	L-212	07 FEB	Mrs. Rajeswari Soorian
8	Probian	Chidambaram S.	L-021	07 FEB	Mrs. C. Shanthakumari
9	Probian	Sivaraman K.R.	L-195	07 FEB	Mrs. K. Parvathy
10	Probian	Parthasarathy B. Dr.	L-136	07 FEB	Mrs. B. Santhasarathy
11	Probian	Ranganathan S.	L-190	07 FEB	Mrs. Vasantha Kumari Ranganathan
12	Probian	Bhavani A Dr.	L-326	08 FEB	Pn Ashok Kumar S
13	Probian	Ashok Kumar S	L-327	08 FEB	Pn Bhavani A Dr.
14	Probian	Arumugam P.S.	L-339 (old A-396)	09 FEB	Mrs. A. Anusuya
15	Probian	Narendran C.C.	L-311	09 FEB	Mrs. C.N. Kamala
16	PF	Ravindran G. Dr.	PF 05	09 FEB	Dr. Padma L. Ravindran, MBBS, MD
17	Probian	Ramaraju S. Er.	L-127	09 FEB	Mrs. R. Prabavathy
18	Probian	Deviprasad M.C.	L-251	09 FEB	Mrs. D. Jayalakshmi
19	Probian	Subramanian S.	L-090	09 FEB	Mrs. Shantha Subramanian
20	Probian	Geetha Viswakumar	L-319	10 FEB	Pn Viswakumar K
21	PF	Viswakumar K	PF-14	10 FEB	Mrs. Geetha Viswakumar
22	Probian	Srinivasan G.	A-130	11 FEB	Mrs. Padma Srinivasan
23	Probian	Krishnan C.	A-305A	11 FEB	Mrs. Jaya Krishnan
24	Probian	Sridharan S	L-349	13 FEB	Mrs. R. Saradha
25	Probian	Vaidyanathan T.S.	L-242	15 FEB	Mrs. Padmini
26	Probian	Arumugam M	L-186	21 FEB	Mrs. A. Rajammal
27	Probian	Balasubramanian G	L-120	24 FEB	Mrs. B. Devika

## Interesting Article Sent by PN. Rajagopal V

Grounding is an energetic phenomenon one experiences when their bare skin directly connects to Mother Earth. To be grounded is to be energetically centered, to give your energy a point of focus. Life is all about balance and as earthly beings we truly belong in close quarters to the most natural areas of this planet. We simply are not meant to be indoors and wearing rubber soles every time we leave the house. Modern living has definitely limited the raw contact our bodies have to the earth below our feet. Our bodies starve to be in contact with the earth's electricity on a daily basis. The same natural dirt that provides us with a surface to live on, and space to grow our food charges our bodies with much needed negative ions.

We all have energetic bodies and everything around us comes from pure energy. Today's technology has a way of infecting us with "dirty energy" or energy that hurts us instead of helps us. Ironically, it's the positive ions that cause us the most harm. Exposing ourselves to more positive ions (electrical energy or dirty energy) then negative ions over a lifetime or less can destroy our health. The cure is the earth's natural healing powers. It's free and easy to obtain. There's no catch! Once our skin makes contact with the earth, those positive ions are neutralized, and we are again in balance. Balance will support us in living well with good health and prosperity. Most importantly we will feel great!

Why should we ground? Why not?! We have nothing to lose and everything to gain.

### Benefits

Boosts immune system

Helps you sleep better

Lowers daily stress

Reduces blood pressure

Fight illness and disease

Increases physical energy and strength

Speeds up the healing process

Drain away positive electrical build up

Charges us with negative ions which come from the earth that our bodies need in order to stay healthy.

Treats anxiety naturally.

It found that earthing every day could improve inflammation, immune responses and wound healing. It also found that earthing could improve the quality of sleep, reduce pain, decrease muscle tension, and lower stress.



# Probus Cultural and Breakfast Meeting on 24 Dec 2022 at Alumni Association Anna University





# Probus Kalaimagal Short Stories Competition and Book Release Function on 03 Dec 2022 at Gokale Sastri Institute





## DATE TO REMEMBER: 28 JANUARY 2023

**Breakfast Meeting** will be held on Saturday the 28th of January 2023 from 08:45 a.m.

**Venue:** MEMH Seminar Hall of Mechanical Engineering Dept. IIT Madras

**Breakfast:** Taramani Guest House, IIT Madras

**Chief Guest:** Dr Venkatraman Sadanand, IIT-Madras, Economist, Neurosurgeon

**Topic:** How to stop Brain Aging

Dear Probians,

Name of Bank	Bank of India	State Bank of India
Name of Branch	Mylapore, Chennai	Mylapore, Chennai
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Nature of Account	Savings	Savings
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IFSC Code	BKID000 8002	SBIN000 0965

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.

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