



# 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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**கடன்என்ப நல்லவை எல்லாம் கடன்அறிந்து  
சான்றாண்மை மேற்கொள் பவர்க்கு.**

குறள் 981

நாம் செய்யத்தக்க கடமை இது என்று சான்றாண்மையை மேற்கொண்டு  
வாழ்பவர்க்கு, நல்ல குணங்கள் எல்லாம் இயல்பாக இருக்கும் என்று கூறுவர்.

It is said that those who are conscious of their duty and behave with a perfect  
goodness will regard as natural all that is good

## From The President's Desk



Dear Probians,

Warm greetings to all members of the Probus Club of Chennai. I am delighted to connect with you through our April Newsletter. As the saying goes, "Every ending is a new beginning," and as we bid farewell to FY 2025–2026 and welcome FY 2026–2027, we step forward with renewed purpose and enthusiasm.

It is with great pride that I reflect on a fulfilling year of service and fellowship. "Alone we can do so little; together we can do so much." Guided by this spirit, our team successfully carried out a wide range of meaningful initiatives, including two Women's Day celebrations, Scholarship Disbursement, Madras Day, International Elders Day, Children's Day, and Pongal celebrations.

Beyond service, we strengthened our bonds through memorable experiences—the Yelagiri trip, a delightful family meet at Irumbuly Village, an energetic walkathon at Chetpet Eco Park, and our visit to Vishranthi Old Age Home. A defining moment for our Club was receiving the National Award for Best In-House Magazine at AISCCON, Bhubaneswar—truly, "Excellence is not an act, but a habit." Our visit

to Puri and Konark further enriched our shared journey.

The month of March stood out as vibrant and purposeful. Our International Women's Day celebration, in collaboration with the Russian Centre of Science and Culture, was a grand success. ADGP Ms. V. Vanitha, IPS (Retd.), graced the occasion as Chief Guest, and Sahitya Akademi Bal Sahitya Puraskar awardee Ms. Meenakshi G. attended as Guest of Honour. The event brought together distinguished guests, students, and members to celebrate and honour outstanding women. We presented one Probus Award of Excellence and two Probus Recognition Awards to remarkable achievers. Adding to the joy of the occasion, our members thoroughly enjoyed the magic show—reminding us that *"Joy shared is joy multiplied."*

We also ensured that all our events were conducted within the prescribed timelines, including the publication of our Annual Book, *"Probus Way of Vibrant Ageing,"* and the Annual Calendar issue—reflecting our commitment that *"Well begun is half done."*

Our regular meetings and interactions continued to strengthen the camaraderie that defines Probus. I sincerely thank each member for your active participation and valuable contributions. *"The strength of the team is each individual member, and the strength of each member is the team."*

## Our Vision Ahead

Looking forward, we aim to deepen member engagement, expand impactful service initiatives, and build meaningful collaborations—while fostering learning, fellowship, and cultural exchange within our community.

On the global front, despite ongoing geopolitical challenges, India continues to demonstrate resilience and balance. Economically, the nation sustains steady growth driven by strong fundamentals and domestic demand. Politically, India's strategic and diplomatic approach reinforces its standing as a responsible and influential global player. Indeed, *"In the midst of challenges lie opportunities."*

I extend my heartfelt thanks to all Breakfast and Probuzz Newsletter sponsors for March. Special appreciation to Probian Dhayalan for sponsoring the magic show. I request all members to continue their generous support in our future initiatives.

Let us move forward with renewed energy, uphold the values of Probus, and continue striving for excellence. *"The best way to predict the future is to create it."*

With warm regards,

**Annadhurai M.**

*President, Probus Club of Chennai*



## SECRETARY'S REPORT

**Dear Probians,**

Warm Greetings to you and your family.

The Executive Committee (EC) has successfully concluded its first year of activities, marked by a significant celebration of **International Women's Day** on March 28, 2026.

**In the Special Event,** the club hosted **Ms. V. Vanitha, IPS (Retd)** as Chief Guest and **Ms. Meenakshi G.** as Guest of Honour to celebrate the contributions of women members. Ms. Ambika

Raj (Agal Foundation Trust) has been awarded with **Probus Award of Excellence.** Pn Dr. Bhavani A. and Pn Jayalakshmi S. (Brigadier-Retd) were conferred with **Probus Recognition Awards.**

**Community Welfare:** Cash awards were provided to **Smt. Leela J.** and **Smt. Chandra R.** (Recommended by Pn Sugunaraj.D and Pn Sukumar S) under the SJSCMBF for medical assistance.

**New Member: Sri Jaganathan G.** (Chief Finance Officer), introduced by PP Namasivayam R.T. is the new member of our club.

**Obituary:** The club mourns the loss of **Pn Dr. Divakaran (L. 036)** and **Pn Tharakaram G.N. (L.189)**

I earnestly appeal all annual members to complete their **2025-26 membership renewals** immediately.

The EC extended its gratitude to all donors and sponsors for a successful year, wishing all "Probian" a healthy and active start to the upcoming financial year.

**Pn. Ramaraj V.**  
Secretary.

## EDITOR'S COLUMN



**Dear Probian brothers and sisters,**

As we move into the month of April, spring season comes into bloom with outside temperatures gradually increasing and days getting longer than nights. We have yet to break into a sweat but that is Not too soon. The financial year has ended and a new one commences. March saw the holding of the International womens day conducted on 28<sup>th</sup> of the month. Two deserving Probian and an outsider of good repute were conferred with awards. Two more beneficiaries got assistance under the clubs silver jubilee senior citizen medical benefit scheme. The club enrollment of new members is moving at a steady pace. Coming to April months contributors of articles we have Probian V.Dhayalan touch on a very important subject of Organ donation and the way to go about. The second article on Lateral thinking is by our very erudite writer Probian

A.G.Pranesan and the third article is by Probus Fellow C.Badri titled Senior citizens and social service. It will prove interesting reading.

Please note that the editor and Probus club of Chennai hold no liability for any loss or damage arising from disputes over submitted articles.

The views and opinions expressed in the articles and write-ups published in this newsletter are solely those of the respective authors. The Probus Club does not accept any responsibility for the accuracy,correctness or completeness of the content.

**V.Balachander, Editor**  
Blchndrv781@gmail.com

### MARCH CONTRIBUTORS

Sr No	Breakfast Sponsorer	Amount	Sunshine Fund	Amount	Probuzz News Letter	Amount	Magic Show	Amount
1	Nelson Philip (Cash)	1000	C.C. Narendran (B 26 <sup>th</sup> )	500	K. Viswakumar	5000	V. Dhayalan	15000
2	Dr. S. Radhakrishnan (B)	5000	Madavamoorthy D	1000	V. Dhayalan	700		
3	E R Lakshmanan (B)	3000	Muthuswamy Prabakar	1000				
4	T.K. Purushothaman (B)	2500						
5	D. Sugunaraj (C)	1000						
6	Palamalai Lakshmanan (B 20 <sup>th</sup> )	5000						
7	N. Uday Kumar (B 20 <sup>th</sup> )	2000						
8	B. Ramachandran (B 22 <sup>nd</sup> )	3000						
9	E V Paramasivam (G 24 <sup>th</sup> )	2500						
10	C.C. Narendran (B 26 <sup>th</sup> )	3000						
11	Sundar Shanker	15000						
	<b>Total</b>	<b>43000</b>		<b>2500</b>				

# We Wish A Very Happy Birthday to all Probian having Birthdays in April 2026

Sl. No.	Name of Probian	M.No.	Date of Birth
1	Ramalingam K. Dr.	PF-10	01.04
2	Venkateswaran C.N.	L-197	01.04
3	Mohanraj R	A 405	05.04
4	Pranesan A.G.	L-342	07.04
5	Srinivasan S.	L-321	07.04
6	Rangabashyam P.G.	L-146A	11.04
7	Rama Prabhakaran Dr.	L-060	12.04
8	Sampath N.R.	L-165	17.04
9	Venkatasubramanian S.	L-064	15.04
10	Venkatesan R.	L-222	15.04

Sl. No.	Name of Probian	M.No.	Date of Birth
11	Muthukrishnan A	A 407	15.04
12	Raghavendra Rao J.	L-187	18.04
13	Sarma R. H. (Harihara) Prof.	L-111	20.04
14	Sundararajan R.	L-393C	20.04
15	Kannan V.C.	L-347	21.04
16	Rajagopal V.	L-170	24.04
17	Rajagopalan T.	L-383C	24.04
18	Kishore R.B.	L-019	25.04
19	Ashok Kumar S	L-327	28.04
20	Ravishankar R.V.	L-313	28.04

## Wedding Day LIST APRIL 2026

S. No	Name of Probian	Mem. No.	Wed. Dt	Spouse Name
1	Chidambaram M.	PF 06	04.04	Mrs. Rajareka C
2	Sivakumar N	L- 365	04.04	Mrs. Uma
3	Doraiswamy P.K.	L-113	15.04	Pn Uma Doraiswamy
4	Uma Doraiswamy	L-258	15.04	Pn P.K. Doraiswamy
5	Kumaresan G	L-355	17.04	Mrs.Rajakumari
6	Kannan V.C.	L-347	20.04	Mrs Jayashree Ckannan
7	Lakshmi Natrajan Mrs.	L-179	20.04	Mr.Natrajan S.
8	Ramesh K.	L-119	20.04	Mrs. Lalitha Ramesh
9	Damodharan A.	L-244	21.04	Mrs.D.Vijayalakshmi
10	Sundaram G. Dr. (IAS-retd)	L-112	23.04	Mrs. Lakshmi Sundaram
11	Nagendra Prasad C	L-289	24.04	Mrs. C. Pushpalatha Prasad
12	Rajendra Kumar Jalan	L-146	28.04	Mrs. Anila Jalan
13	Venkataraman R	L-314	28.04	Mrs. Lalitha Venkataraman
14	Madavamoorthy D	L-281	30.04	Mrs. M. Comady
15	Paramasivan R	A 409	02.04	Mrs. P Leela



Photo of Probian Mrs. Grace Nelson receiving an award for Publishing a poem titled Oridam from the Malayali Mahila Samajam, Chennai recently.

# Glimpses of Happenings on 28th March International Women's Day



## Organ Donation in India

### A guide for senior citizens

Organ donation is a selfless act where you decide to donate your healthy organs and tissues to someone in need after your death. These organs can then be transplanted into patients suffering from organ failure, giving them a new lease on life. It's like passing on the gift of life to someone who desperately needs it.

Why is Organ Donation Important?

In India, many people suffer from organ failure due to various diseases. Unfortunately, the demand for organs is much higher than the number of available donors. This means that many patients remain on waiting lists, and some may even lose their lives waiting for a transplant. Organ donation can save these

lives and improve the quality of life for many others. Even one donor can save up to eight lives through organ donation and enhance many more through tissue donation.

**Organs that can be donated:**

- Kidneys • Liver • Heart • Lungs • Pancreas

**Tissues that can be donated:**

- Corneas • Skin • Bones • Heart valves • Tendons • Intestines

Organ Donation for Senior Citizens: Age is Not a Barrier

It's a common misconception that senior citizens cannot donate organs. However, in India, there is no specific age limit for organ donation. The decision to use organs from a deceased donor is based on medical criteria, not age. Doctors will assess the health of the organs at the time of death to determine their suitability for transplantation. Therefore, senior citizens in good health can certainly register to become organ donors and potentially save lives.

### How Senior Citizens Can Register for Organ Donation in India

The process of registering as an organ donor in India is simple and straightforward:

1. **Online Registration:** You can register online through the National Organ and Tissue Transplant Organization (NOTTO) website or other authorized organizations.
2. **Donor Card:** After registering, you will receive a donor card. Keep this card with you, as it serves as proof of your decision to donate your organs.
3. **Inform Your Family:** It is crucial to inform your family about your decision to donate your organs. Your family's consent is required at the time of donation, so it's important to have their support and understanding.
4. **Pledge Form:** Fill out a pledge form expressing your wish to donate your organs after death.
5. **Carry Your Donor Card:** Always carry your donor card with you to indicate your wish to be an organ donor.

**Important Note:** Registration is just the first step. Your family's consent is mandatory for the donation to proceed. So, have a conversation with them about your decision.

### Government Guidelines and Regulations

The Indian government has established NOTTO as the apex body for all organ donation and transplantation activities in the country. NOTTO formulates guidelines and policies to ensure ethical and transparent practices. The Transplantation of Human Organs Act (THOA) regulates organ donation and transplantation in India. These regulations ensure that organ donation is carried out ethically and legally.

#### Clearing up Misconceptions

Some people worry that doctors may not try as hard to save their lives if they are registered organ donors. This is absolutely false. Doctors are dedicated to saving every patient's life, regardless of their donor status. Organ donation is only considered after all efforts to save a life have failed.

Another common concern is that organ donation may disfigure the body. However, organ retrieval is performed with utmost respect and dignity. The body is treated with care, and the process does not interfere with funeral arrangements or open-casket viewings.

#### Next Steps

Organ donation is a noble act that can transform lives. If you are a senior citizen in India and wish to make a difference, consider registering as an organ donor today. Discuss your decision with your family, and let them know your wishes. By pledging to donate your organs, you can leave a lasting legacy of hope and compassion.

For more information and registration, visit the NOTTO website or contact your local organ donation organization. Your decision could give someone a second chance at life.

Pbn Dhayalan Venkatachalam – L# 363

### Pranesan Speaking:

## Lateral Thinking for Senior Citizens



Preamble: During a casual talk with my colleague-an IT Professional, he mentioned that he could solve many problems which arose during his career by adopting 'Lateral Thinking'. He used to advise his friends also to go in for Lateral Thinking if Logical Thinking could not give a suitable & productive solution. This led me to think of ways and means to adopt this approach by Senior Citizens in their day to day life. With this in mind, I could collect some information and put them in a nut shell. Lateral thinking involves creative and unconventional approach to problems often requiring "out of box" thinking & make everyday tasks

more enjoyable. For Senior Citizens, these thinking approaches can have various effects.

**1) a) Cognitive Health:** Stimulating natural pathways to protect against memory loss. **b) Confidence:** Solving problems independently boosts self-confidence. **c) Social Connect:** To fight against loneliness, connect with family and friends by sharing puzzles and games. **d) Adaptability:** Lateral thinking helps them against new tech or lifestyle changes.

**2) How clubs like ours can be a game changer for developing lateral thinking?**

**a) Creative writing:** Look at how our club helps in lateral thinking. **Newsletter:** Our members craft stories exploring 'what if' scenarios and provide unconventional ideas. **b) Theater Activities:** As part of lateral thinking, our club conducted dramas - **i) Avasaramo Avasaram,** **ii) Swayamvaram & iii) Julius Ceasar** in which all the actors were our members only, to name a few-

Pbn.R.T.Namasivayam, Pbn.K.Venkatachari, Pbn.Dr.T.S.Ramaswamy, Pbn.Mrs.Lakshmi Natarajan, Pbn.B.Ranganathan, Pbn.P.M.Pandian, Pbn.A.Damodaran, Pbn.Velumani, Pbn.Ram Mohan and others. The drama 'Naveena Ambikapathy' organised by the Sports & Cultural Wing of our Club is worth recollecting. c) Innovative ideas: The EC Meetings provide base for unique & brainstorming ideas in conducting the various activities of our club. In short, our club is a combination of Task Masters on various activities.

**3) Lateral Thinking on medical management:** a) Providing lectures on medical management: Conduct lectures on healthcare & medical camps. Arrange for the lecture on 'Aging Gracefully-50 tips for senior citizens' by Dr.K.Gireesh- Neurosurgeon. Heard his mesmerizing lecture recently. b) Identify patterns, track vitals & consult doctors effectively. c) Plan balanced meals, read labels and adjust for health needs.

**4)Lateral Thinking for senior citizen's Health:** a) Pain Management alternatives involving non-pharmaceutical options like meditation, acupuncture, or art therapy can be thought of. b) Fall prevention: Rearrange home layouts, use wearable techniques, or try balance exercise. Volunteer in Club activities. Use video calls or home visit as "Udhavi" organization members do. It creates community bond.

Benefits: i) Proactive health. One can anticipate health issues or make informed decisions. ii) Manage health independently, effectively and self-sufficient. It reduces stress & make us stay engaged and find joy. iii) Programs conducted by our club on Yoga etc. diversify our thoughts on welfare.

**5) Lateral thinking for Senior Citizens on wealth management:** i) Alternate income streams: Explore part time work, tree planting or renting out assets. It gives us financial security. ii) unconventional Investments can be thought with proper advice from investors. Optimizes investments to adapt to changes. iii) Legacy Planning: Protect and pass on wealth effectively. iv) Low risk investments like fixed deposits to give stable returns at friendly rate. v) Senior Citizens Schemes, which are Government, backed with tax benefits.

**Some more ideas:**

- Teach others and learn new things.
- Host webinars on senior health topics like the Probus Club of Madras South do.
- Organise cleanups, tree planting, food FESTS to sell homemade goodies.
- Organise a community walk/run, host cultural programs & ticket sales go to a cause.
- Think of online crowd funding.
- Health checkup camps: Partner with hospitals& collect donations.
- Corporate partnership: Approach local businesses for support.
- Government Grants: Apply for Senior welfare grants.
- Involve locals: Invite schools to participate. Our club does this on various occasions.

## Senior Citizens and Social Service: Guardians of the Neighbourhood

Senior citizens, with their wealth of experience and wisdom, are a vital asset to any society. Often retired from active professional life, they possess time, knowledge, and a deep sense of responsibility that can be channelled into social service. One of the most impactful ways they contribute is by actively taking care of their neighbourhoods.

Neighbourhoods thrive on vigilance, care, and a sense of community—qualities that senior citizens naturally embody. Their involvement in overseeing the neighbourhood fosters a stronger social fabric. They can play a key role in monitoring unusual activity, ensuring the safety of children and the elderly, and fostering a spirit of unity among residents. Their regular presence in parks, streets, or local community centres adds a reassuring element of watchfulness.

Moreover, senior citizens often act as informal mentors for younger generations. By engaging in neighbourhood watch programs, participating in local committees, or simply interacting with young people, they help instill the values of civic responsibility. Their calm demeanour and life experiences can be invaluable during times of crisis or disputes within the community.

In addition, many senior citizens take the initiative in organising cleanliness drives, planting trees, or maintaining public spaces. Their leadership in such causes inspires others to follow suit, turning isolated efforts into collective action. By maintaining a watchful eye on municipal services like garbage collection or water supply, they can also act as a bridge between residents and local authorities.

It is also worth noting that involvement in such social service activities brings multiple benefits to seniors themselves. It keeps them mentally and physically active, combats loneliness, and enhances their sense of purpose and belonging.

In conclusion, senior citizens play a crucial role in community development through neighbourhood care. Their contribution to social service not only strengthens the safety and harmony of residential areas but also ensures they remain integral, respected members of society. Encouraging and supporting such involvement can lead to more cohesive, compassionate communities.

by PF C Badri



# Dates to Remember: Saturday 25<sup>th</sup> April 2026

Breakfast Meeting cum Pattimandram

**Topic:** What contributes most to happiness of senior citizens-self or others-in Tamil.

**Chief Guest and Moderator:** Sri. S. Vijaykrishnan from Doordarshan

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

## செய்யாறு புரோபஸ் கிளப் கூட்டம்

செய்யாறு புரோபஸ் கிளப் மார்ச் மாதக்கூட்டம் 21.3.26 சனிக்கிழமை காலை 10மணிக்கு குறிஞ்சிசூகன் இல்லத்தில் நடைபெற்றது.

முத்து. புகழேந்தி இறைவணக்கம் பாடினார். T.திருநாவுக்கரசு உலகளாவிய இறைவழிபாடு பாடினார். திருமதி. உமாமகேஸ்வரி திருக்குறள் கூறி விளக்கம் அளித்தார். மறைந்த நம் கிளப் உறுப்பினர்கள் திரு. அருணோதயம், திரு. அன்பழகன், NCC Master மற்றும் உடற்கல்வி இயக்குனர் திரு. T.தேவராஜன் ஆகியவர்களுக்கு அஞ்சலி செலுத்தப்பட்டது.

வினாடிவினா, பலூன் ஊதும் போட்டி, பென்சில் மீது காயின் நிறுத்தல், அரிசியில் பட்டன் போட்டு ஊசியில் பட்டன் எடுத்தல் முதலான போட்டிகள் நடத்தி



வெற்றி பெற்றவர்களுக்கும் பிறந்தநாள், திருமணநாள் காண்பவர்களுக்கும் பரிசாக ஆன்மீகபுத்தகம் வழங்கப்பட்டது. திருமதி. மெய். பூங்கோதை மகளிர்தினத்தை முன்னிட்டு சொற்பொழிவு ஆற்றினார். அனைவருக்கும் மதிய உணவு அளிக்கப்பட்டது.



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