



# PROBUZZ...

Monthly Newsletter From

## PROBUS CLUB OF CHENNAI

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அற்றம் மறைக்கும் பெருமை சிறுமைதான்  
குற்றமே கூறி விடும்..

குறள் 980

பெருமைக்குரியவர் பிறர் பெருமைகளைச் சொல்லி அவர் குறைகளைக் கூறாமல்  
மறைத்து விடுவர்; சிறுமைக்கு உரியவர்களோ பிறர் பெருமைகளை மறைத்துக்  
குறைகளை மட்டுமே கூறிவிடுவர்.

The great hide the faults of others; the base only divulge them.

## From The President's Desk



Dear Esteemed Probians,

Warm greetings to you all.

It is my privilege to connect with you through the **March 2026 edition of Probuzz**, as we continue our collective journey of **fellowship, service, and lifelong learning**. As **Helen Keller** wisely said, *"Alone we can do so little; together we can do so much."* These words truly reflect the spirit of our **Probus movement**.

The global environment today is marked by uncertainty and tension. The ongoing conflict involving the **United States, Israel, and Iran** has heightened geopolitical instability in **West Asia**, affecting global air travel, trade dynamics, and energy markets. Our **Government of India** remains vigilant regarding the economic implications, particularly in relation to **oil prices, inflation, and overseas travel**. Amidst these global developments, it is heartening to note that **India** is preparing to host its **first International Film Festival in Delhi**, reflecting the nation's continued cultural and creative progress.

On the literary front, I had the pleasure of attending a book release function along with **PP R.T. Namasivayam, PF Badri, Pbn Pranesan AG, and Pulavar Vijayalakshmi**. Our **PP T.S. Ramaswamy**, at the remarkable age of **95**, has authored the book **“Thiruvaimozhi.”** His intellectual vitality stands as an inspiration to all of us, reminding us that **learning and contribution have no age limit.**

A significant milestone for our Club was our participation in the **23rd Annual Meet of AISCCON**, held on **22nd and 23rd February at Bhubaneswar**. The conference witnessed the presence of over **1,500 delegates** from across the country, deliberating on critical issues such as **senior citizens’ welfare, pension reforms, healthcare access, and social inclusion**. The event was graced by **Sambit Patra**, Hon’ble Member of Parliament, and led by **M. K. Raina**, President of **All India Senior Citizens Confederation**, who strongly advocated for the establishment of a **dedicated Ministry for Senior Citizens**.

On this proud occasion, our Club received the prestigious **“Best House Journal Award”** — the **first time** we have been honoured on the AISCCON forum. Additionally, **V. RamaRao**, President of **FOSCATAN**, received the **“Rajarshi Chhatrapati Shahu Award”** for outstanding organisational achievements. This recognition is the result of the **tireless efforts of our Editors — Pbn Ranganatha Rao S, Rammohan N, Sathyanarayana B, Vijayakumar A, Pbn Ramaraj V., PF V. Balachander — along with the sustained contributions of our Past Presidents, Secretaries, Treasurers, members, and the valuable guidance of Past President R.T. Namasivayam**. As the saying goes, *“Excellence is never an accident; it is the result of sincere effort and teamwork.”*

The heritage tour that followed added cultural richness to our visit, with memorable trips to the **Konark Sun Temple, Jagannath Temple, Lingaraj Temple, Mukteswara Temple, Sri Rama Temple,**

and **Nandankanan Zoological Park** — making the journey **spiritually uplifting and culturally enriching**.

Equally memorable was our **Family Meet combined with the February Breakfast Gathering**, held at **Irumbuly Village on 28 February 2026**. Nearly **35 members and their families** participated in this fellowship-oriented rural retreat. The scenic village atmosphere, nostalgic **bullock cart rides, pottery making, Uri Adithal, tug-of-war, tyre rolling, folk dances**, and a refreshing bath in the **pump-set tanks** brought joy and camaraderie to all. A simple, traditional **Tamil Nadu meal** served in authentic rural ambience added warmth to the celebration.

I sincerely thank **Pbn Nelson, Pbn Velumani, and Pbn K. Venkatesh** for their advance visit along with me and **meticulous arrangements**, which ensured the programme’s smooth execution. The event concluded with a heartfelt **vote of thanks by Pbn M. Vivekanandan**.

As we approach the close of the **financial year 2025–26**, we will be hosting our **final event of the year — the celebration of International Women’s Day**. I earnestly appeal to all members to attend along with your family members and make it a **meaningful and well-attended occasion**. Let us remember the words of **Mahatma Gandhi**: *“The best way to find yourself is to lose yourself in the service of others.”*

The **steady support and active engagement** of our members remain the foundation of our success. Your cooperation strengthens our fellowship, sustains our service initiatives, and elevates the standards of our Club. I look forward to your continued participation in making our **Probus activities purposeful, vibrant, and impactful**.

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 set a renewed tone for 2026, focusing on **Community Outreach** and **Cultural Heritage**. A key highlight of this vision is the upcoming **"Gramathil Oru Naal"** (A Day in the Village) event.

- **Location:** Irumpuliyur Village.
- **Concept:** A grand Family Meet combined with a traditional Breakfast Meeting to foster community bonds.

Membership News: We are growing! The EC is delighted to welcome our newest member:

- **Sri. Rajagopalan Dr.** — *A warm Probus welcome to you!*

Key Announcements & Approvals

- **International Women's Day:** The President has formally announced celebrations for March to honor the contributions of our women members.

- **SJSCMBF Approvals:** Beneficiary applications for **Smt. R. Chandra** and **Smt. Vijayakumari** (submitted by Pn Sukumar and Pn VenkobaRao) have been officially approved.

AISSCON Conference & Pilgrimage

A delegation of **14 members** represented our club at the Annual Conference of Senior Citizens in **Bhubaneswar** (Feb 22–23). Beyond the conference, members enjoyed a culturally rich tour visiting:

- Sri Lingaraj Temple & Ram Mandir.
- The world-famous **Sri Jagannath Temple** and Mahalakshmi Temple.
- A relaxing visit to the Puri Golden Beach.

PROBUZZ News letter: The AISSCON awarded our monthly news letter "PROBUZZ" as the best House journal (2023-24) and the President received the award on the occasion. A proud moment for all of us.

Wishing all Probians a healthy, happy, and active month ahead as we move into March.

**Pn. Ramaraj V.**  
*Secretary.*

## EDITOR'S COLUMN

Dear Probian brothers and sisters,

22<sup>nd</sup> and 23<sup>rd</sup> February saw about 14 Probians descending on the capital of Odisha state to attend the annual conference of the All India senior citizens confederation at Bhubaneshwar. This newsletter was adjudged the best house journal for the year 2023-2024. The President of the club alongside other members of the group received the award on clubs behalf. Photos appear elsewhere. This trip was also an opportunity to go around sight seeing in Bhubaneshwar, visit Sun Temple Konark, Puri Jagannath Temple, Puri Beach.

The month also saw two beneficiaries of the Silver Jubilee Senior Citizen Medical Benefit Fund receiving sanction under the scheme. Let me now dwell on the article contributors for the month. The first article is by Probian A.G.Pranesan on the ill effects of prolonged sitting and squatting at one



place. The second article is by Probian V.Dhayalan on Gender Diversity with Special Emphasis on Transgenders and the third article is by PF C.Badri on Going Digital-present Scenario.

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*  
*Blnchndrv781@gmail.com*

# We Wish A Very Happy Birthday to all Probians having Birthdays in March 2026

Sl. No.	Name of Probian	M.No.	Date of Birth
1	Narasimhan K.	A-064	01.03
2	Ramachandran N.	L-384C	02.03
3	Dhanaraj A.	A-373	04.03
4	Grace Nelson	A-406	05.03
5	Sugunaraj D.	L-391C	08.03
6	Viswakumar K	PF 14	08.03
7	Narendran C.C.	L-311	10.03
8	Annie Kurian	L-206	11.03
9	Venkatachalam P.R.	L-191	12.03
10	Mahadevan A.	L-100	14.03
11	Nelson Philip	L-122	19.03
12	Palamalai Lakshmanan	L-280	20.03

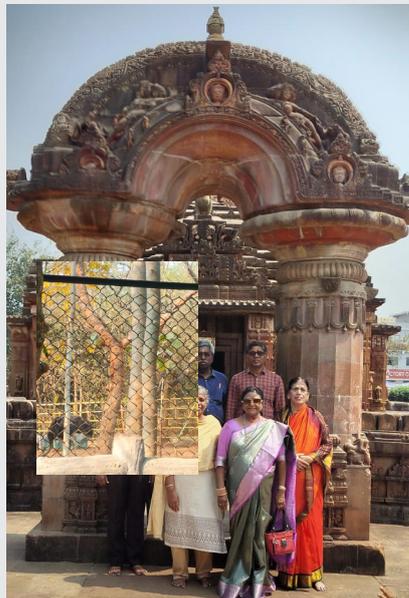
Sl. No.	Name of Probian	M.No.	Date of Birth
13	Panchalan K. Dr.	PF-13	20.03
14	Tamilselvi K	A-411	20.03
15	Venkoba Rao G.	L-219	24.03
16	Sappani Pillai M	L-276	25.03
17	Somsundaram T.	L-181	27.03
18	Esakie Muthammal S.	L-275	28.03
19	Urmila Vaidyanathan Mrs.	L-211	28.03
20	N. Shriram	L-364	29.03
21	Subramanian N.V.	L-343	30.03
22	Sunder Sankar	L-246	31.03
23	Chidambaram M.	PF 06	31.03

## Wedding Day LIST MARCH 2026

S.No.	Name of Probian	MemNo.	Wed.Dt.	Spouse Name
1	Gunasekaran G.	L-254	01.03	Tamil Selvi G
2	Lakshmanan E.R.	L-378C	04.03	L. Nagalakshmi
3	Chandrasekaran J	L-325	04.03	Arulmozhi C
4	Radhakrishnan S. Dr.	L-269	05.03	R. Lochana
5	Ramanan N.	L-126	07.03	Malathi
6	Uday Kumar N	L-266	16.03	Vijayalakshmi
7	Rajendran P	L- 357	23.03	R. Chitra
8	Paramasivam E V	L-398	23.03	Indhumathy



About 15 Probians Travelled to Bhubaneswar, Odisha For The Two Day Conference of the All India Senior Citizens Conference on 22nd and 23rd February. They took the opportunity of visiting Sun Temple in Konark and Puri Jagannath Temple.



# All India Senior Citizens Confederation at Rail Auditorium Bhubaneswar 22nd & 23rd February



## Award Function at AISCCON Conference at Bhubaneswar when the Probus Club of Chennai Newsletter received the honour as Best Newsletter for 2023 – 2024



# *Sitting & Squatting*



- It is said that **"Sitting is the new smoking."** This is not an exaggeration and is really true. Even if you exercise daily, sitting for long periods of time increases your risk of obesity, insulin resistance, heart disease, and death. Many people walk or go to the gym for an hour and spend the remaining 8-10 hours sitting. Unfortunately, science says that just one hour of exercise can't reverse the damage caused by sitting all day. That is why it is said, "Don't sit at the office all day."
- So what is to be done:
  - a) If you are at home, then get up and walk for 3 minutes every 45 minutes."
  - b) If you are working at the office, then get up once every hour, do a gentle stretch, and do a slow 10 squat. That's the benefit of a 3-minute walk. Then go back to the office.
- What is **"SQUATTING"**

Muscles in the lower body (legs, hips and buttocks) are the largest and strongest in the body. Exercising these muscles helps the body burn more calories and use glucose more efficiently. That means exercising these large muscles periodically throughout the day will keep your metabolism active.
- Walking or doing squats every 45 minutes significantly reduced postprandial blood sugar spikes. Intermittent

walking and squats were more effective than a single 30-minute walk. Instead of walking for 3 minutes every 45 minutes, you can also simply stand up, stretch your legs and do some leisurely squats.

## • **Benefits of squatting**

If there's one exercise that has the ability to challenge most of the muscles in your body, it's the squat.

The obvious muscles targeted are in the lower body, but in order to do this compound exercise correctly, you also need to use several muscles above your waist.

The lower muscles targeted in a squat include your buttocks, front of the thigh, back of the thigh, groin, hip flexors and calves.

Benefits of squatting: a) Blood sugar levels stabilise and it increases protein synthesis of muscles. b) Leg muscles get stronger. One has to reduce sitting time without affecting work.

## • **How to do squats safely?**

1. First of all, stretch your body.
2. Grab a table or chair if you need to.
3. Come to a relaxed, fully seated position. (Ass to the Grass)
4. And then slowly back up.
5. Do this 10 times.
6. Drink a glass of water if you can. Now start your work again - with more energy and better health.

by **Probian A.G. Pranesan**

## *Being* **TRANSGENDER** *is not a disease that needs a "cure"*

“Each of us can begin today—by using correct pronouns, challenging discriminatory jokes, supporting transgender-led organizations, or simply listening with an open heart.”

For centuries, Tamil society has recognized gender diversity beyond the binary of man and woman. The terms திருநங்கை (Thirunangai - referring to transgender women, assigned male at birth) and திருநம்பி (Thirunambi - referring to transgender men, assigned female at birth) carry cultural resonance, with “Thiru” denoting respect. Yet, despite this historical acknowledgment, the daily lives of transgender

individuals are often marked by profound struggle and resilience.

Being transgender is not about physical appearance alone; it is about one's deepest sense of self. This is a natural variation of human diversity, not a “choice” or a “lifestyle.” Current scientific understanding suggests gender identity develops through complex interactions of biological, neurological, and environmental factors, though much remains to be fully understood. Simply put, it is a part of natural human diversity, not a mental illness.

The journey of a transgender person in India is often an arduous one, filled with both internal and external battles.

1. Family Rejection and Social Stigma
2. Denial of Education and Employment
3. Healthcare Hurdles
4. Legal and Documentation Battles
5. Internalized Shame and Gender Dysphoria

The திருநங்கை and திருநம்பி communities are not seeking pity; they are demanding their fundamental rights to dignity,

safety, and self-determination. Their struggle is not against their own selves, but against a world that refuses to see them for who they are. The “remedy” lies in our collective hands—in choosing acceptance over prejudice, education over ignorance, and love over rejection. By creating a society that celebrates diversity rather than fears it, and by supporting transgender children from their earliest years, we not only uplift our transgender siblings but also move closer to realizing the true, inclusive spirit of humanity.

Building this world is the only remedy worth pursuing.

by **Probian V.Dhayalan**



## Going Digital – Present Scenario

The digital revolution is fundamentally reshaping how people live and interact, driven by the rapid adoption of smartphones, affordable data plans, a growing internet user base, and major innovations in e-commerce and digital payment platforms. Today, the proliferation of super apps, quick commerce, and social commerce has created a vibrant digital ecosystem, while the shift towards digital payments is making transactions faster, safer, and more convenient for millions. As technology evolves, these changes touch every aspect of daily life, making it easier for people to connect, shop, and manage their finances from virtually anywhere.

According to a recent McKinsey & Company report, about 25 per cent of India’s 850 million internet users currently shop online. This share is expected to more than double by 2030, underscoring the immense growth potential of digital commerce. On the payments front, India has seen an exponential rise in digital transactions, primarily driven by the Unified Payments Interface (UPI), operated by the National Payments Corporation of India (NPCI) and regulated by the Reserve Bank of India (RBI). As of June 2025, UPI serves 491 million users and is the world’s top real-time payment platform. Between 2020 and 2025, over 65,000 crore digital transactions valued at more than ₹12,000 lakh crore were recorded. These platforms are not only transforming the payment landscape but also expanding financial access for underserved communities, small businesses, and rural populations, thereby boosting financial inclusion and economic empowerment.

Artificial intelligence (AI) is another significant force in the digital transformation, rapidly advancing and integrating into consumers’ everyday lives. Data-driven AI technologies can personalise products and services, optimise customer support, and facilitate faster, more efficient online dispute resolution. The widespread adoption of AI is enhancing consumer welfare by tailoring and making interactions more responsive, improving the overall customer experience, and opening new possibilities for innovation in commerce and financial services.

In this fast-paced world, digital transactions and online shopping offer numerous benefits that cater to the busy lifestyles of modern consumers. The biggest advantage is convenience—people can shop or transact anytime, anywhere, as long as they have internet access. Online shopping gives consumers access to thousands of stores worldwide without leaving home, helping them avoid traffic, crowds, and the hassle of visiting physical stores. Shoppers can browse a vast array of products at competitive prices, compare deals, and take advantage of promotions and discounts. Customer reviews help inform decisions, and the absence of sales pressure makes the process more comfortable.

Digital transactions, meanwhile, provide faster processing, immediate payment confirmation, and eliminate costs associated with traditional methods. They offer digital proof of every transaction, which can be viewed or downloaded for record-keeping, and support better financial management through automated payments for recurring bills and subscriptions. Additionally, digital payments reduce the need to carry cash, making them a safer alternative and further contributing to the security and efficiency of modern commerce.

by **PF C Badri**

## Dates to Remember: Saturday 28<sup>th</sup> March 2026

Breakfast Meeting cum International Womens Day

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

## Probians visit to Irumbuli Village on 28th February for Family Meet



### செய்யாறு புரோபஸ் கிளப் கூட்டம்



செய்யாறு புரோபஸ் கிளப் கூட்டம் 21.2.26. சனிக்கிழமை காலை 10 மணிக்கு குறிஞ்சிசூழல் இல்லத்தில் நடைபெற்றது. திரு.முத்து. புகழேந்தி இறைவணக்கம் பாடினார். திரு. கந்தசாமி உலகளாவிய இறைவழிபாடு பாடினார். திரு. பழனி திருக்குறள் கூறி விளக்கம் அளித்தார். திருமதி. மெய். பூங்கோதை "ஆன்மீகமும் தமிழும்" என்ற தலைப்பில் ஆன்மீக சொற்பொழிவு நிகழ்த்தினார். பிப்ரவரி மாதம் பிறந்தநாள், திருமணநாள் காணும் 19 உறுப்பினர்களுக்கு வாழ்த்துகூறி ஆன்மீகபுத்தகம் வழங்கப்பட்டது. கூட்டம் முடிந்தபின் அனைவருக்கும் மதிய உணவு அளிக்கப்பட்டது.

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