



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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Concessions

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various events
in your family
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Sunshine Fund



ஒளிஒருவற்கு உள்ள வெறுக்கை இளிஒருவற்கு
அஃதிறந்து வாழ்தும் எனல். குறள் 971

ஒருவரின் வாழ்க்கைக்கு ஒளிதருவது ஊக்கமேயாகும்.
ஊக்கமின்றி உயிர்வாழ்வது இழிவு தருவதாகும்.

One's light is the abundance of one's courage;
one's darkness is the desire to live destitute of such (a state of mind).

From The President's Desk



Dear Probus Family, Greetings to you All,



I'm delighted to share some exciting updates with you! Our 33rd Annual General Body Meeting will take place on Saturday, June 28, 2025, at the Russian Centre of Science and Culture in Chennai. This marks a significant milestone for our Probus Club of Chennai.

I'm pleased to announce the formation of new sub-committees for the term 2025-2027, including the Helpline Committee and Senior Advisory Committee. These committees will start functioning from the third week of June 2025 and will play a vital role in supporting our executive committee.

We're excited to announce that our tour to Pulicate Lake (Palaverkadu) is scheduled for the end of the third week of June. By the time you receive this newsletter, the tour would have likely taken place. I'm confident it will be a memorable experience for all participants!

We recently organized a successful International Women's Day event, which received widespread acclaim. I'm grateful to everyone who contributed to its success.

On a sombre note, we lost three esteemed members: Past President Chari KV, Pbn Chelladurai S, and Pbn Krishnamoorthy S. Our condolences go out to their families.

I was honoured to receive the 53rd edition of the Kavithai Uravu magazine's Malar (book) from Padmabhushan Sri Nallikuppusamy Chetty at their ceremony held on May 18, 2025. I'd like to request all members to kindly inform our secretary if they receive any awards or recognition from the public. This will help us stay updated on our members' achievements

I'd like to thank our members who have generously contributed to the Breakfast fund and Sunshine Fund. I encourage all members to consider sponsoring monthly breakfast meetings or contributing to these funds.

In light of the recent COVID-19 outbreak, I urge everyone to take necessary precautions.

I look forward to seeing you all at our upcoming events.

Best Wishes,

Annadhurai. M

President, Probud Club of Chennai

SECRETARY'S REPORT



Dear Probians,
Warm greetings to you and your families.

I'm pleased to bring you an update on our recent events and happenings.

Our **Executive Committee (EC) Meeting** was held

on **May 10, 2025**, at the EC Hall, Mookambika Complex. President Pn Annadhurai. M chaired the meeting and welcomed all members. The Minutes from the last EC Meeting were unanimously approved and the Treasurer's Report was approved after some clarifications. The President announced key appointments to support our activities: **Internal Auditor:** Pn Sukumar.S. **Probuzz Editor:** PF Balachander.V. **Website In-charge:** Pn Srinivasan J

We are delighted to welcome the following new members to our Probians family:

Life Members: Mr. Sivakumar.N (DOB: June 1, 1961), introduced by Pbn Nelson Philip.Mr. Purushothaman. T.K (DOB: January 5, 1963), introduced by Pn Sappani Pillai. Mr.Somasundaram. S (DOB: June 11, 1962), introduced by Pn Sappani Pillai.

Annual Member: Mrs. Puspavathi. S (DOB: November 2, 1964), introduced by Pn Srinivasan J.

Important Update: Breakfast Charges for Guests: A motion was unanimously approved to charge **₹150 per person** for guests attending breakfast with members, effective **June 2025**.

We celebrated **International Women's Day** on **May 24, 2025**. Ms. Padmini Pattabiraman from Uratha Sinthanai joined us as Chief Guest, and Ms. Mamathi Chari was our esteemed Guest of Honor. IWD-RCM Rtn. Nikhil Raj President elect Rotary Club of Madras was the other Guest of Honour who spoke on the occasion. The celebration, held at the Russian House, Teynampet, Chennai-18, began with a beautiful dance recital by Dr. C. Sathyapriya's disciples. Mr.Alexander Dodonov, Vice Consul and Director, RCSC rendered a special address by welcoming all guests and spoke about upliftment of women in India. Our special guests were honored with mementos and shawls. During this period, we were proud to present the **Probud Recognition Award** to Dr. Pn Kasturi Raja and the **Probud Award for Excellence** to Ms. Seetha Devi.R, Founder of Street Vision Social & Charitable Trust. We also recognized our May birthday Probians and the month's breakfast sponsors.

The entire International Women's Day program was skillfully compered by Dr. Pn Bhavani.A. I, as Secretary, delivered the vote of thanks, acknowledging the accomplishments of each guest speaker and participant.

At the outset, I sincerely thank everyone who offered their cooperation and help during these functions. I wish all Probians a happy, healthy, and prosperous journey in all your endeavors.

Sincerely,

Pn Ramaraj. V

Secretary

EDITOR'S COLUMN



Dear Probian brothers and sisters,

At the outset wish to thank our members for the views and suggestions for making the newsletter more varied in its coverage and contributors. Good

suggestions have been received. Every endeavour would be made to present a panoramic view of the Clubs activity and future plans. Our Club is a forum for senior citizens from all walks of life. Let us for a moment go back to the 25th year of the Clubs establishment in 2018 when the Silver Jubilee of the Probus Club was celebrated. Born then was the concept of Silver jubilee Senior Citizens medical benefit scheme with a healthy corpus. It caters to outsiders 55 years of age and above with ailments whose treatment costs they cannot meet due to their poor financial condition. After observance of due diligence such applications are vetted by an in house committee of experts with medical background and assistance upto maximum of rs 10,000 is sanctioned. This scheme needs further focus as it has not taken off to desired extent. Helpage and National institute of Ageing, Guindy are focal points for the scheme's boost.

Our members can themselves scout for such genuine requests for aid.

The team had its first taste of success in skilful conduct of The International Womens day both in its choice of guests and awardees. Photos of the 24th May event are shared elsewhere. This issue comprises a poem by Probian Madam S.Selvarani on Mother hood in Tamil, An ode to the army – a reflection on the valour and sacrifice in the service of the motherland, an article on medical help through digital means for seniors. A brief account on freedom fighter Vanchinathan by our esteemed member PF C.Badri is the final piece of this issue. Due to space constraints a few contributions would appear in subsequent issues.

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

V.Balachander,

Editor

Blchndrv781@gmail.com



Donations in May 2025

Following are the members who came forward with Donations towards breakfast meeting:

Probian A.Vijay Kumar	5000
Probian Vijayalakshmi Masilamani	5000
Probn C C Narendran	3000
Probn T.Mohanam	2000
Probn A.S. Muralidharan	3000
Probn G.Gunasekaran	5000
Probn S.L.Sakthivel Raja	3000
Probn S.Sukumar	3000
Patron R.Vivekanandan	20,000
Probn M.Kandaswami	3,000
Total Rs.	57,000

Donations can be sent by NEFT to **SBI, MYLAPORE** Fvng Probus Club of Chennai SB acct no 30544678950 IFS code **SBIN0000965**.

We Wish A Very Happy Birthday to all Probians Having Birthdays in June 2025

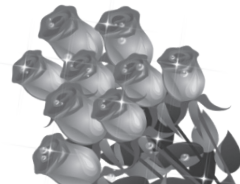
Sl. No.	Name of Probian	M.No	Date of Birth
1	John N.G.	L-249	01-06-
2	Pandurangan V.M.	L-237	01-06-
3	Annadhurai M.	L-228	01-06-
4	Dhayalan.V	L 363	01-06-
5	Sivakumar N	L 365	01-06-
6	Chandramohan V.R. Dr.	L-172	02-06-
7	Srinivasan Jayalakshmi Brigadier	L 360	02-06-
8	Ramaraj V	L-316	03-06-
9	Rajendran P	L-357	05-06-
10	Govindan S.	L-012	06-06-
11	Rajendra Kumar Jalan	L-146	06-06-
12	Maala Venkatram Ms.	L-240	06-06-
13	Rajalakshmi S.	L-154	07-06-
14	Krishnamurthi R.	L-018	08-06-
15	Ramaraju S. Er.	L-127	09-06-
16	Suntharaam E.P.	L-238	09-06-
17	RajaramPandian K.	L-255	10-06-
18	Subramaniayar V.N.	L-221	11-06-
19	Natarajan S.	L-208	11-06-
20	Somasundaram .S	L 360	11-06-
21	Kumar N	L-322	12-06-
22	Panneerselvam S	L-296	12-06-
23	Gopinathan V	L-128	13-06-

Sl. No.	Name of Probian	M.No	Date of Birth
24	Ashok Galada J	L-166	13-06-
25	Gandhi R.	L-009	14-06-
26	Varadarajan S.V.	L-199A	14-6-
27	Ranganatha Rao S.	L-031	15-06-
28	Balambal V. Prof Dr. Mrs.	L-005	15-06-
29	Sundera Gopalan	L-241	15-06-
30	Balaguru G.	L-182	15-06-
31	Natarajan S.	L-338	15-06-
32	S.Uma shankar	A 404	15-06-
33	Badri C.	L-198-A	16-06-
34	Arunachalam M	L-073	17-06-
35	Thangiah K.	L-046	17-06-
36	Sakunthala Sundaram Mrs.	L-123	17-06-
37	Vijayalakshmi M.R.	L-290	17-06-
38	Dhanasekaran D. Dr.	L-043	18-06-
39	Ramaswamy T.S. Dr.	L-132	20-06-
40	Dr. Somasundaram	L 362	20-06-
41	Jagadeesan N.	L-217	22-06-
42	Varadarajan R.	L-239	24-06-
43	Ranganathan B.	L-226	26-06-
44	Chandrasekaran P	L-153	28-06-
45	Mohanadoss T	L-308	28-06-
46	Mohan M.	L-185	29-06-
47	K.S.Maniyan	A-410	29-06-

International Women's day 24th May 2025 at Russian house



Wedding Day LIST JUNE 2025



Sl. No.	Name of Probian	M.No	Wedding Date	Spouse Name
1	Gandhi R.	L-009	6/1/1964	Mrs. Vishalakshi Gandhi
2	Nelson Philip	L-122	6/1/1980	Mrs. Grace Nelson
3	Anantharaman T.V.	L-236	6/2/1974	Gomathi
4	B.S. Rao.(Bandi Sambasiva)	L-340	6/2/1967	Mrs. B. Lakshmi
5	Rajagopalan N. Dr.	L-150	6/2/1972	Mrs. C.R. Vijayakumari
6	Anusuya Daisy Emest	A-401	6/2/1983	Ernest Jesdian
7	Lourdusamy P.M.	A-356	6/4/1962	Mrs. T.A. Maria Rose
8	Manavalan A.J.	L-350	6/4/1975	Mrs. Napina S.A.
9	Karuppusamy S Dr.	L-346	6/5/1981	Mrs. Kalaiselvi T
10	Gnanaraj Paul	L-104	6/6/1963	Mrs. Jessie Rathnavathy
11	Ramesh S	L-361	06-06-	R.Rajalakshmi
12	Mohandoss R. Dr.	L-216	6/6/1964	Mrs. Chandra
13	Velumani S	L-272	6/6/1971	V. Nirmala
14	Unnikrishnan P. Variyath	L-072	6/7/1970	Mrs. Vimala Unnikrishnan
15	Muthuswamy Prabhakar	L-277	08-06-	Rama Prabhakar
16	Govindan S.	L-012	11-06-	Mrs. Padmavathy
17	Thulasi G. Dr.	L-213	6/12/1975	Mrs. Vijaya Thulasi
18	Santhanagopalan S	L-310	13-06-	Mrs. S. Susila
19	Mohanadoss T	L-308	6/14/1979	Mrs. M. Devaki
20	Augustine B	L-065	6/16/1971	Mrs. Ashalatha Augustine Dr.
21	Sathyanarayanan B. Dr.	L-033	6/16/1975	Mrs. S. Sukanya
22	Ramachandran D.N.	L-309	6/17/1956	Mrs. Saroja Ramachandran
23	Suganthi Premkumar Mrs.	A-291	6/18/1969	Mr. Premkumar V Williams
24	Ramachandran N.	L-144	6/19/1965	Mrs. R. Lakshmi
25	Badri C.	L-198-A	6/21/1981	Mrs. Sathyabama Badri
26	Ramachandran N.	A-317	6/22/1977	Mrs. K.V. Maithreyie
27	Sivagaminathan K.	L-151	6/24/1964	Pn. Mrs. E. Muthammal
28	Esakie Muthammal S.	L-275	6/24/1964	Pn Sivagaminathan, K.
29	Sridharan G.N.	L-143	6/26/1958	Rajalakshmi
30	Thiyagarajan P.	L-203	6/26/1974	Mrs. Varalakshmi
31	Somasundaram.S	L-367	26-06-	Tamilselvi T.A
32	Dhanasekaran D. Dr.	L-043	6/26/1977	Mrs. Prabhavathy
33	Somasundaram M	L-335	6/26/1974	Mrs. S. Visalakshi
34	Deivasigamani N.	L-333	6/26/1980	Mrs. Geetha Deivasigamani
35	Natarajan S.	L-338	6/29/1978	Mrs. Suryakumari
36	Pranesan A.G.	L-342	6/30/1970	Mrs Bagyavathi A

New Member Admissions in April / May2025

In April:

Mr. K.S. Maniyan *Introducer* Probn V.Ramaraj
Smt. Tamil Selvi *Introducer* Probn M.Kandaswami
Mr. G. Ulaganathan
Smt. Vijayalakshmi
Ulaganathan *Introducer* Probn M.Annadhurai.

In May:

Mr. N.Sivakumar *Probn* Nelson Phillip
Mr. T K Purushotaman *Introducer* Probn Sappany Pillai
Mr. S.Somasundaram *Introducer* Probn Sappany Pillai
Smt. S.Pushpavati *Introducer* Probn J.Srinivasan.



Vanchinathan: The Unsung Hero of India's Freedom Struggle

A Great Revolutionary from Tamil Nadu



Vanchinathan, a fearless freedom fighter from Tamil Nadu, holds a unique place in India's struggle for independence. Born in 1886 in Sengottai, Tirunelveli district, he grew up witnessing the oppressive policies of British colonial rule, which inspired his fervent patriotism and unwavering commitment to liberation.

The turning point in Vanchinathan's life came during the atrocities committed by the British, particularly the infamous repression of freedom demonstrations in Tamil Nadu. The Veerasamy massacre in Tirunelveli deeply influenced him, spurring his determination to take decisive action. His revolutionary spirit was further shaped by his association with the Bharatha Matha Association, a group dedicated to resisting British domination.

Vanchinathan is best remembered for his daring assassination of Robert Ashe, the British Collector of Tirunelveli, who played a pivotal role in suppressing the Swadeshi Movement. On June 17, 1911, Vanchinathan ambushed Ashe at the Maniyachi railway station and shot him dead, marking his defiance against colonial tyranny. This act of valour was an unprecedented protest against British rule and sent shockwaves across the nation.

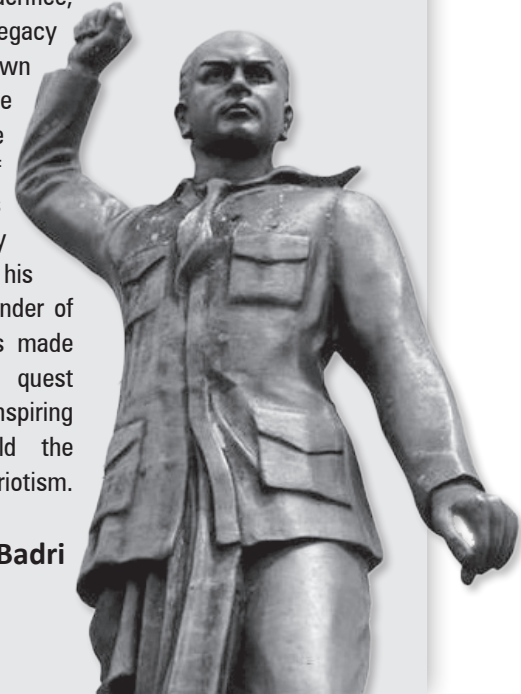
Following the incident, Vanchinathan chose to end his life rather than be captured by the colonial authorities. His sacrifice

was accompanied by a poignant letter, wherein he expressed his love for his homeland and the pain of leaving his wife and young child behind. In this heartfelt note, he famously wrote, "I dedicate my life at the feet of Bharat Mata."

Despite his ultimate sacrifice, Vanchinathan's legacy remains less known outside Tamil Nadu. He epitomises the courage and selflessness of India's unsung heroes who fought valiantly for freedom. Today, his story serves as a reminder of the profound sacrifices made by individuals in the quest for independence, inspiring generations to uphold the ideals of justice and patriotism.

JAI HIND

PF C Badri



"ODE TO OUR MEN IN GREENS"

High in the frozen glaciers our soldiers trudge
Braving intensely hostile weather without a grudge
Guarding our borders fiercely with their very breath
From hordes of enemies moving with furtive stealth
Valiant warriors, ever alert and vigilant
Ready to thwart the danger so imminent
Our beholden hearts reach out to these,
Our brave men in soldier greens
They have but one aim, to guard our terrain
From the invaders, awaiting secret sanction
To usurp land in their bid for expansion;
Ever prepared for the ultimate sacrifice
With no thought about loved ones left to pay the price
They choose to die to protect their motherland;
Our fervent prayers for the safety of these,
Our brave men in soldier greens
Colonel, Major, Captain, Subedar
All fight as one, guiding and inspiring one another
The focus always constant, no differences there;
Jai Hind! Bharat Mata ki Jai!
Loud and clear rings the battle cry
A warning for the lurking enemy, instilling fear
Our heartfelt gratitude goes out to these,
Our brave men in soldier greens

And when there is a deceptive hiatus
When guns fall silent on both sides
It's time to analyse what has transpired
Time to say our good byes
To those brave martyrs who have laid down their lives
For the sake of the nation in a supreme sacrifice;
And our hearts weep in unison
While our minds struggle to reach out
To those for whom dying is but a way of life;
We join our hands in a silent prayer
For the soldiers who have passed
And for their loved ones left behind to cope
Trying to pick up the shattered fragments of hope
Our tears flow freely for these,
Our brave men in soldier greens
We gather together our shocked senses,
Aware now of the many sacrifices,
Suddenly shaken out of our apathy
We are unified, casting aside all animosity
We face fresh problems with confidence in our stride
With courage of conviction and an attitude of pride
We confront conflicts with renewed vitality
Even as, teary eyed, we bow in all humility
In profound homage to these
Our brave men in soldier greens.

Navigating Digital Health Records: A Guide for Seniors



In today's increasingly digital healthcare landscape, electronic health records (EHRs) have become the standard for managing medical information. For many seniors, however, accessing and navigating these systems can present unique challenges. This month, we explore how senior citizens can take

control of their digital health records to improve their healthcare experience and outcomes.

Why Digital Health Records Matter

Electronic health records have largely replaced paper charts in hospitals and doctors' offices, offering several benefits:

- Comprehensive health history in one place
- Reduced medical errors through better coordination between providers
- Easier access to test results and medication lists
- Secure messaging with healthcare providers
- Appointment scheduling and prescription refills online

Accessing Your Digital Health Records

Most healthcare systems now offer patient portals that allow you to view your records. Here's how to get started:

1. Ask your primary care provider about their patient portal system
2. Request registration information (typically an email invitation)
3. Create a secure username and password
4. Consider writing down login information in a secure location

For those without internet access at home, many public libraries offer computer access and sometimes even classes specifically designed to help seniors navigate healthcare websites.

Privacy and Security Tips

When managing digital health information, security is paramount:

- Use strong, unique passwords for healthcare accounts
- Be cautious about accessing records on public Wi-Fi
- Log out completely after each session
- Consider using a password manager specifically designed for seniors
- Be wary of emails claiming to be from your healthcare provider that ask for personal information

Making Digital Records Work for You

Once you've gained access to your records, you can use them to:

- Review visit summaries before and after appointments
- Track changes in vital measurements like blood pressure or cholesterol
- Prepare questions for upcoming appointments
- Check for errors in your medication list or health history
- Share information with caregivers or family members (with proper permissions)

Help is Available

Don't hesitate to ask for assistance:

- Many healthcare systems offer dedicated staff or helplines for patient portal questions
- Area Agencies on Aging often provide technology training
- Family members can be authorized to help manage your digital health information
- Some senior centers offer technology workshops focused on healthcare applications

REMEMBER

Remember: Your health information belongs to you, and digital access gives you more control than ever before. Taking the time to learn these systems can lead to better communication with your healthcare team and more informed decisions about your health.

Probian V.Dhayalan

Cheyar monthly meeting in May



Photo taken on 17th May 2025 at the monthly meeting of Probus Club of Cheyyar. Presided over by President P.Punniakotti and conducted by Secretary T.Selvaraj.

தாய்மை

கருவுற்ற நாள் முதல்
கருத்தில் நிறுத்தி
பெண்மை விட தாய்மை
பெருமிதத்துடன் நிமிர்ந்து
மடி சுமந்து பெற்றெடுத்து
மரபணுவை மார்போடுசேர்த்து
ஈ ஏறும்பு அணுகா வண்ணம்
அணைத்து முத்தமிட்டு உச்சிமொர்ந்து
உலகுக்கு அறிய வைக்க
அறிவை கொடுத்து அன்பை கூறி
அக்னி சிறகாய் பாதுகாத்து
அயர்ந்து உறங்காமல் அணைத்து
தாய்மை தலைதூக்கா விதம்
வாழும் ஓர் உயிர் அம்மா
கண்கள் பார்வையிலே காலத்தை
கணக்கிட்டு வாழவைப்பவள் தாய்
வளர்ப்பதில் பெரும் பங்கை
தன் நெஞ்சில் சுமப்பவள் தாய்

செ.செல்வராணி



Dates to remember: 28th June 2025

Monthly breakfast meeting cum AGM.

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



PROBUS CLUB OF CHENNAI 33rd ANNUAL GENERAL BODY Meeting (AGM)

Venue: Exhibition hall, Russian House, 74, Kasturi Rangan Road,
Teynampet, Chennai 600 018

on Saturday, the 28th June, 2025 at 10.00 a.m.

NOTICE

All members of the Probus Club of Chennai, delegates of the Rotary Club of Madras, and the District Registrar of Societies (Chennai) are hereby cordially requested and invited to attend the Annual General Body Meeting (AGM) to be held at Exhibition hall, Russian House, 74, Kasturi Rangan Road, Teynampet, Chennai-600 018 on 28th June, 2025 at 10.00 a.m.

(Pn M.Annadthurai)

President

(Pn V. Ramaraj)

Secretary

Chennai. 3rd June, 2025

Breakfast Sponsors: Office Bearers and EC Members of the Probus Club of Chennai

Lunch Sponsors: Retd SBI Officers of the Probus Club of Chennai

Important Announcement:

If any of our members desire to consider any matter for deliberation at the AGM, you may submit it in writing to the secretary on or before 21th June 2025.

Probn M.Annadthurai

Cell: +91 8056001101

President

Probn. V.Ramaraj

Cell: +91 88259 81503

Secretary

Probn. A Damodharan

Cell: +91 94440 10284

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Probn. V Balachander

Cell: +91 9962901964

Editor and VP

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