



PROBUZZ...

Monthly Newsletter From

PROBUS CLUB OF CHENNAI

(Sponsored by Rotary Club of Madras)

Regd (148/2004)

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Businessmen, Government Employees and others

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பேணிக்கொள் வேமென்னும் நோக்கு

குறள் 976

பெருமைக்கு உரியவர்களைப் பின்பற்றி அவர் மரபைக் காப்போம் என்னும்
நல்லெண்ணம் சிறியவர் மனத்துள் இராது.

It is never in the nature of the base to seek the society of the great and partake of
their nature.

From The President's Desk



Dear Esteemed Probians,

Warm greetings to each one of you!

It gives me great pleasure to connect with you once again through our November Month *Probuzz* newsletter and to share the highlights of our recent and upcoming events. I trust all our members and families are keeping well and cheerful.

Our October Breakfast Meeting and International Day of the Elderly Celebration, held on 25th October 2025 at the Russian Centre of Science and Culture, was a grand success. We were honoured by the presence of Dr. T. S. Sridhar, IAS (Retd.), Mr. Alexander Dodonov, and Rtn. Prasanna Rajagopalan, whose inspiring words emphasized purposeful ageing and community fellowship.

The occasion also featured the presentation of our Probus Recognition Awards and Award of Excellence to four distinguished members, and the proud release of our 32nd Annual Book – “The Probus Way of Vibrant Ageing.” My heartfelt thanks to all contributors, sponsors, and especially to our Publication Committee and M/s Alamu Printers for completing the 2025 Annual Book so efficiently and making it a grand success.

We gratefully acknowledge the generous support of Kauvery Hospital, State Bank of India, Radhatri Nethralaya, and Probian N. R. Krishnamoorthy, along with all members who contributed towards the publication.

As we celebrate achievements, we also pause in remembrance of our dear Probians **Subbu Sundaram** and **V. S. Govindan (A 305)** who passed away recently. We offer our heartfelt condolences to their families and pray for the departed souls to rest in peace.

As we look ahead, preparations are underway for our Children's Day Competitions 2025, with inter-school and intra-school events and a prize distribution ceremony on 22nd November 2025 at the Russian Centre. Let us continue to extend our full support to this meaningful annual initiative.

May we all stay active, connected, and inspired as we carry forward the true spirit of Probus — fellowship, friendship, and service..

With warm regards,

Annadhurai M.

President, Probus Club of Chennai



SECRETARY'S REPORT

Dear Probian Brothers and Sisters,

Warm Greetings to you and your family. This report outlines the key events, honours, and decisions made during the month of October 2025.

Executive Committee Meeting Highlights: The Executive Committee convened and addressed several critical administrative and planning items, including the admission of new members and internal restructuring.

Treasurer Resignation and Appointment: The Committee accepted the resignation of the existing Treasurer Pn Damodharan. A, due to health concerns. **Pn Nelson Philip** was co-opted and approved as the **New Treasurer**.

New Member Admissions : The admission of four new members was formally approved:

1. **Mr. C Ganapathy** , Asst Engineer. Introduced by Pn M.Vivekanandan.
2. **Dr. Sambantham M.C** , Addl Director. Introduced by Pn Dr.K.Keerthivanan.
3. **Mr. R Durai** , Dy Commr of Labour. Introduced by Pn R Vijayakumar.

4. **Dr M Rajagopalan**, Professional Auditor. Introduced by Pn S.L.Sakthivel Raja.

Annual Book and Advertisements: Pn. Dhayalan provided an update on the Annual Book, requesting the cooperation of all sub-committee members to ensure its **timely release**. Members were specifically asked to focus on **aggressively canvassing for advertisements** to support the publication.

Upcoming Events: The President outlined the two main events scheduled for the remainder of October 2025:

- The aforementioned **Elders Day** .
- The planned **Sports Meet**. (Both completed successfully)

The International Elders Day 2025

The Monthly Breakfast Meeting was combined with the International Elders Day for 2025 and it was successfully hosted on **October 25th** at the Russian House in Chennai, marking a significant and celebratory event for the community.

Chief Guests and Dignitaries The event was graced by several distinguished guests:

- **Chief Guest:** Dr. T. S. Sridhar, IAS (Retd), Former Chief Secretary, Govt of Tamilnadu, Chennai.
- **Guests of Honour:** Mr. Alexander Dodonov, Vice Consul & Director of the Russian House in Chennai, and Rtn Prasanna Rajagopalan, Secretary of the Rotary Club of Madras.

Recognition and Awards: The ceremony highlighted several members for their outstanding contributions and milestones:

- **Probus Recognition Award Recipients:** Pn Kalaimamani Ervadi S. Rathakrishnan, Pn TKS Kalaivanan, and Pn Rangaramanujam.
- **Probus Award of Excellence Recipient:** Dr. Santhanam V.

Event Highlights

- The annual book, “**Probus Way of Vibrant Ageing, Annual Book 2025,**” was formally released during the event.

- Mementoes were distributed to Probians celebrating major life milestones, including those who completed 75, 80, and 90 years of age, as well as couples celebrating **50 years of Married Life**.
- Prizes were awarded to the winners of the **Indoor Games** conducted for Probians.
- Cultural performances included a beautiful **Bharatha Natyam Dance** performed by Tmt. Vanitha Gnanavadivel and Selvi. P R Shamvardhini.
- The meeting concluded after the President acknowledged and honored the Breakfast Sponsors.

Wish you all a healthy and happy days ahead.

Pn. Ramaraj V.
Secretary.

EDITOR'S COLUMN

Dear Probian brothers and sisters,

Since installation of current team on 26th April 2025 three major events and an outside tour programme, a medical camp and a book release are over. Our membership strength is steadily growing and stands at 309. Our members are regularly attending the weekly meeting of the Rotary club of madras at the Hyatt Regency and sharing their views on topics discussed. We are trying to think of ways to improve on the patronage of the silver jubilee senior citizen medical benefit scheme. We will share the details in a subsequent issue. Being an affiliate of Foscatan we do participate in meets organised by them and educate ourselves. The undersigned attended one such joint meeting of Foscatan and Helpage recently at the Anna centenary library book release hall. Our senior Probian and past president R.T. Namasivayam is a member of a high power committee headed by the Collector, madras, on Senior citizen welfare. They had their first meeting on 31st October.



Our furth event Childrens Day is to take place within this month. We are at the schedule with zeal and enthusiasm. We have two articles by Probian V.Dhayalan, a humourous piece on the smart phone which is a rib tickling piece. Probus fellow C.Badri writes about freedom fighter C.Vijayraghavachariar. Our contributors are very limited. Tamil contributions are most welcome if contained within 350 words. Before ending let us follow the title of this years annual book-PROBUS WAY TO VIBRANT AGEING.

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

We Wish A Very Happy Birthday to all Probians having Birthdays in November 2025

Sl. No.	Name of Probian	M.No	Date of Birth
1	Pushpavathi	A-415	2.11
2	Prabhakaran S. Mrs.	L-117	9.11
3	Pandian P.M.	L-200	10.11
4	Gunasekaran S.	L-324	11.11
5	Karuppusamy S Dr.	L-346	11.11
6	Anantharaman V.V. Dr.	L-267	15.11
7	Ramesh K.	L-119	15.11
8	Ravi S.	L-261	19.11

Sl. No.	Name of Probian	M.No	Date of Birth
9	Tharaka Ram G.N.	L-189	19.11
10	Kartik Dattatri Dore	L-135	21.11
11	Ramachandran A.	L-029	21.11
12	Nirmala Sethuraman Mrs.	L-155	25.11
13	Manonmani K	L-285	26.11
14	Ranganathan S.	L-190	27.11
15	Srithar M.	L-103	29.11

Wedding Day LIST NOVEMBER 2025

Sl. No	Name	Date	Spouse Name
1	Jayaraman R.	2.11	Mrs. J. Saraswathi
2	Balachander V	6.11	Mrs. Meera Balachander
3	Sugunaraj D.	8.11	Mrs. Vasantha S
4	Kasthuri Raja Dr.	9.11	Mr. E. Balaraja
5	Natarajan S.	9.11	Mrs. N. Thangamani
6	Sadasivam T.D.	10.11	Mrs. Prema Sadasivam
7	Dr. G.J.Sudhakar	11.11	V.Indira
8	Senthilnathan V.	12.11	Mrs. S. Shobana
9	Jayakumar G.	13.11	Mrs. J. Nirmala
10	Ramachandran A.	13.11	Mrs. Jayam
11	Srithar M.	13.11	Mrs. S. Pushpa
12	Baskaran.R	13.11	B.Gandhimathi
13	Gunasekaran S.	14.11	Mrs. G. Vimala
14	Hariharan V.	23.11	Mrs. Kamala
15	Vivekanandan R.	25.11	Mrs. Padma Vivekanandan
16	Ashok Galada J	26.11	Mrs. Shanti Devi Galada A.
17	Ulaganathan S	27.11	Mrs. Vijayalakshmi Ulaganathan



The annual book titled *Probus way to Vibrant Ageing* was released on 25th October on elders day by chief guest Sri T.S. Sridhar former additional chief Secretary TN govt and Rotarian Prasanna Rajagopalan Secretary Rotary Club of Madras received first copy.

Elders' day & Annual Book Release



Probuc Club of Chennai Contribution for Annual Booklet

Probian Nagendra Prasad	Rs.6000/-
Probian N R Krishnamurti	Rs.20,000/-
Probian V. Dhayalan	Rs.6000/-
Probian S. Natarajan	Rs.3000/-
Probian Sridhar From Cheyyar	Rs.20,000/-

The Great Power Scam:

Why Your Phone is a Glorified Tamagotchi and How to Set It Free



You know the ritual. The frantic scramble for a charger. The anxious glances at the dwindling battery percentage. The low-power mode that turns your sleek supercomputer into a sluggish brick. Your phone, the device that connects you to the world, is perpetually on life support. It's like owning a Ferrari that can only drive to the end of the street before it needs a tow.

We've been sold a future of limitless connectivity, but we're living in a reality dictated by the "%". It's time to ask: why is this still a problem, and what can we actually do about it?

The truth is, your phone's short battery life isn't an accident; it's a calculated trade-off. We, the consumers, voted with our wallets for thinner phones, brighter screens, and blistering performance. The battery was the sacrificial lamb. While chip technology has advanced at a breakneck pace, battery chemistry has been plodding along at a snail's pace. We're trying to power a 21st-century brain with a 20th-century heart.

But fear not! While we wait for the promised land of graphene super-batteries and ubiquitous wireless charging, you don't have to be a slave to the socket. The path to power liberation isn't just about a bigger battery; it's about a smarter relationship with your device.

1. The Phantom Menace: Slay Your Phone's Secret Power Drainers

Your phone is leaking power, and the culprits are often invisible. It's not just the screen and your Instagram scrolls.

- **The Location Tracking Epidemic:** Does that weather app really need to know where you are 24/7? Probably not. Go into your settings and change app location permissions from "Always" to "While Using" or "Never." You'll be shocked at the difference.
- **The Refresh Rebellion:** Background App Refresh allows apps to update content even when you're not using them. It's like having a team of assistants you never asked for, constantly bustling about and draining resources. Turn it off entirely, or be selective and only allow it for essential apps like your messaging service.
- **The Notification Glut:** Every buzz, beep, and banner lights up your screen and wakes your processor. Be ruthless. Do you need every email alert? Every social media ping? Curate your notifications to only the truly urgent.

2. Become a Charging Samurai: Ditch the Bad Habits

You've been charging your phone wrong. The old myth of "fully draining" your lithium-ion battery is not just false, it's harmful.

- **The Sweet Spot:** Lithium-ion batteries are happiest between 20% and 80%. Think of it as avoiding both starvation and a food coma. Instead of charging to 100% overnight, try topping it up during the day in shorter bursts.
- **Heat is the Enemy:** That cozy spot on your bed while it charges? A recipe for battery degradation. Heat kills battery longevity. Charge on a hard, cool surface and take the case off if you're doing a heavy charging session.
- **The "Good Enough" Charger:** You don't always need super-fast charging. It generates more heat and stresses the battery. For overnight top-ups, a standard, slower charger is often the kinder, gentler option.

3. Embrace the Low-Tech Shield: Your Armor Against Drain

Sometimes, the best tech solution is a behavioral one.

- **Dark Mode is Your Friend:** On phones with OLED screens (most high-end models), black pixels are actually turned off. Using Dark Mode can significantly reduce power consumption, especially in low-light environments.
- **The One-Minute Rule:** If a task will take less than a minute, put your phone down and do it. This small act breaks the mindless scrolling cycle that devours battery without providing any real satisfaction.
- **The Power Bank Pact:** Treat a good power bank not as an admission of defeat, but as a declaration of independence. It's your personal energy reservoir, freeing you from the tyranny of fixed power outlets.

The Mindset Shift: From Anxiety to Autonomy

Overcoming the battery life problem is less about a single hack and more about a new philosophy. Your phone is a phenomenal tool, but it shouldn't be the center of your universe. Its limited battery can be a feature, not just a flaw—a built-in reminder to look up, to be present, and to engage with the world beyond the screen.

So, take back control. Audit your apps, change your charging habits, and carry a power bank with pride. Stop treating your phone like a Tamagotchi that's always on the verge of death. With a little knowledge and effort, you can transform it from a source of anxiety into a truly powerful, and reliably powered, companion.

Compiled by **Probian V.Dhayalan**



Salem C. Vijayaraghavachariar: *A Stalwart Freedom Fighter from Tamil Nadu* **Champion of Justice and the Indian Independence Movement**

In the annals of India's struggle for independence, several unsung heroes played pivotal roles in shaping the destiny of the nation. Among them stands Salem C. Vijayaraghavachariar, a formidable leader and an eminent freedom fighter from Tamil Nadu. His dedication, vision, and relentless efforts against British colonial rule left an indelible mark on the Indian freedom movement.

Born in the town of Salem in Tamil Nadu, C. Vijayaraghavachariar was raised in an environment that valued education and social reform. From a young age, he exhibited an unwavering commitment to justice and the welfare of his people. His academic prowess and eloquence soon established him as a prominent figure in legal and political circles.

Vijayaraghavachariar's entry into the Indian freedom movement was characterised by his deep sense of patriotism and his resolve to challenge the oppressive policies of the British Raj. As a distinguished lawyer, he used his legal acumen to defend the rights of his fellow countrymen, often representing those victimised by colonial laws.

He was an active participant in the Indian National Congress, the principal platform for India's independence movement. Vijayaraghavachariar was known for his

powerful speeches and organisational skills, which energised the masses and inspired many to join the struggle for freedom. He advocated for unity among Indians, irrespective of caste or creed, and emphasised the importance of self-governance and civil rights.

Salem C. Vijayaraghavachariar's legacy extends beyond his political activism. He was a champion of social reform, working tirelessly to uplift marginalised communities and promote education. His efforts contributed to the growing awareness of social justice and national consciousness in Tamil Nadu and beyond.

Despite facing persecution and hardships under British rule, Vijayaraghavachariar remained steadfast in his commitment to India's liberation. His leadership, courage, and principled stand against injustice continue to inspire generations of Indians.

Salem C. Vijayaraghavachariar was not only a freedom fighter; he was a visionary who believed in the power of unity, justice, and education. His contributions played a significant role in the Indian independence movement and helped lay the foundation for a free and democratic India. Remembering his sacrifices and achievements is a tribute to the spirit of resilience and patriotism that defined India's journey to freedom.

by PF C Badri

Dates to Remember: 22nd November 2025 Saturday

Monthly Breakfast cum Children's Day Function

Chief Guest: **Dr Uma Gowrie**, Principal & Secretary, Ethiraj College for Women

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



Probus Club of Cheyyar held their Elders Day Function on October 29th. Probus Club of Chennai was represented by Secretary V.Ramaraj. A few snaps of the walkathon and event

OCTOBER CONTRIBUTORS

Sr No	Breakfast Contributions	Amount	Sunshine Fund	Scholarship Fund	Amount
1	Namasivayam R T	2000		Venkateswaran C N	103000
2	Vijayalakshmi Masilamani	5000			
3	Venkateswara Rao	4000			
4	Mohanam T	2000			
5	Lakshmanan E R	5000			
6	C D Jagadisan	3000			
7	Lakshmi Natarajan	1000			
8	Ramanathan N	1000			
9	Muthuswamy Prabakar	2000			
10	J Srinivasan	2000			
11	Vivekanandhan M	2500			
		29500			

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