



# 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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ஒருமை மகளிரே போலப் பெருமையும்  
தன்னைத்தான் கொண்டொழுகின் உண்டு குறள் 974

தன் கணவனை ஆன்றிப் பிறரிடம் மனத்தாலும் உறவு கொள்ளாத பெண்களின்  
சிறப்பைப் போல, சிறந்து நெறிகளிலிருந்து தவறி விடாமல் தன்னைக்  
காத்துக்கொண்டு வாழ்பவனுக்கே பெருமை உண்டு.

Like single-hearted women, greatness too,  
Exists while to itself is true.

## From The President's Desk



Dear Esteemed Members,

Warm greetings to each one of you!

It brings me great joy to connect with you once again through this edition of our monthly newsletter. I hope this note reaches you in good health and high spirits.

Let me begin by sharing some noteworthy updates from our recent engagements. On **2nd**

**August 2025**, the **Publication Subcommittee** convened to discuss important milestones in the preparation of our **Annual Book 2025**. I am happy to report that the planning is progressing well, and we look forward to your continued support in this meaningful endeavour.

Following that, on **23rd August 2025**, immediately after our **Breakfast Meeting**, the **Scholarship Subcommittee** met to finalize arrangements for the **Scholarship Disbursement Function** scheduled for **8th September 2025**. We're committed to ensuring this initiative makes a significant impact, and your presence and encouragement will mean a lot to the beneficiaries.

We also celebrated **Madras Day** with enthusiasm, alongside our August **Breakfast Meeting** on **23rd August**, which was vibrant with camaraderie and lively exchanges.

A special note of appreciation to our Secretary, **Pbn Ramaraj V**, for facilitating a **free medical eye check-up** for members, in collaboration with **Agarwal Eye Hospital**, on **23rd August**. This thoughtful initiative reflects the Club's ongoing commitment to member welfare and preventive healthcare.

On the **Home Visit** front, our members had the pleasure of calling on:

- **Past President Pbn Venkatesan R** on **13th August**
- **Senior Probian Sridharan GN** on **17th August**
- **Pbn Gomathi Narayanan** on **24th August**

These personal connections remain at the heart of our Club's ethos.

It is with a heavy heart that I share the passing of **Mrs. Meera Rao**, beloved wife of our senior member **Pbn Ranganatha Rao**, on **26th August**. Mrs. Rao was a regular participant in our meetings and contributed immensely to our club's activities. We extend our heartfelt condolences and pray for her soul to rest in peace.

## Looking Ahead:

- In **October**, we will mark the **International Day of Older Persons**, along with the release of our **Annual Book 2025**.
- I earnestly request all members to send in articles for the publication and also help by sourcing **advertisements**, which are essential for the successful production of the book.

A big thank you to our **Breakfast Sponsors** – your unwavering generosity enables us to host these valued get-togethers and foster unity within our community.

Let us continue this spirit of service and engagement in the months to come. I wish each of you a joyful and fulfilling month ahead, blessed with wellness, fellowship, and peace.

Wishing you and your families a bright and prosperous Deepavali!

With warm regards,  
**Annadurai M.**

*President, Probud Club of Chennai*



## SECRETARY'S REPORT

Dear Probians,

Warm greetings to you and your family. This report outlines the key events and happenings of August 2025.

### Executive Committee Meeting Highlights

The Executive Committee meeting began with a Universal Prayer rendered by Secretary Pn. Ramaraj V. President Pn. Annadurai M welcomed all members and the committee discussed the following key points:

- **Madras Day and BF Day:** The upcoming Madras Day event was discussed, with plans for a function featuring a guest speaker and a music performance by Mr. Jawahar K.G.
- **Pulicat Tour:** The recent tour to Pulicat was reviewed and received appreciation from all members for the excellent arrangements made by Pn. Velumani and the Tour Committee.
- **Scholarship Program:** The Secretary provided an update on the progress of scholarship

applications and the arrangements for the upcoming disbursement day. PP Namasivayam R.T. requested that all donors be included in the list without omission. The President confirmed the function date would be finalized after consulting with the Director of the Russian Center. *(Note: The scholarship disbursement was subsequently held on September 8, 2025.)*

- **New Member Admission:** The admission of new member Pn. S. Shankar was duly approved by the EC.
- **Annual Book Publication:** Pn. Dhayalan briefed the committee on the activities for the Annual Book. He thanked the EC for their confidence in him and requested all sub-committee members to cooperate to ensure the book's timely release.
- **Advertising Efforts:** The President requested all members to vigorously canvas for advertisements and handed over request letters.
- **Probuzz Newsletter:** PP Namasivayam R.T. sponsored ₹5,000 for the next month's issue

of the Probuzz Newsletter and appealed to others for donations to support future issues.

- **Annual Fees and Bye-laws:** The Secretary reminded members that annual fees are due on or before September 30, 2025, and that a message would be posted in the WhatsApp group. A proposal was made to advise the Registrar of Societies of the bye-law amendment soon.

### Breakfast Meeting Recap

On the day of the Breakfast Meeting, a free Eye Camp was conducted by Dr. Agarwals Eye Hospitals. During the Breakfast cum Madras Day Meeting, the following events took place:

- **Chief Guest Presentation:** Ms. Sudha UmaShankar, the Chief Guest, gave a PowerPoint presentation on "The Chandragiri Fort & the founding of Madras."
- **Guest of Honour:** Pn. Dhayalan V introduced the Guest of Honour, "KalaiNanmani" Shri

K.G. Jawahar, a reputed Tamil short story and novel writer.

- **Musical Performance:** "KalaiNanmani" Shri K.G. Jawahar performed a "Bul Bul Tara" music play.
- **New Member and Birthday Celebrations:** Pn. Annadhurai M issued a membership certificate to new member Shri S. Shankar (L 396) and presented mementoes to Probian members celebrating their birthdays in August.
- **Acknowledgements:** The President honored the Breakfast Sponsors, and the meeting concluded with a vote of thanks from the Secretary.

We look forward to seeing you at our next event!

Sincerely,  
**Pn. Ramaraj V**  
Secretary.

## EDITOR'S COLUMN

### Dear Probian brothers and sisters,

Several thoughts cross my mind as I sit down to write the editorial for September issue. First and foremost we need more contributors from amongst Probians within 350 words either in English or Tamil-travel related,historical,wellness,ones memories etc to make reading more lively and diverse. Secondly please share your changed residence addresses to ensure that print copy of newsletter reaches you promptly. Thirdly do please refer genuine cases for support under silver jubilee senior citizen medical benefit scheme. While it entails a sanction of rs 10,000 after vetting by an expert committee we have had only two referrals in this calendar year. Lot of effort was put in by our senior Probians in establishment of the scheme in the silver jubilee year of Probus Club of Chennai. It calls for sustained effort by our Probians to keep the scheme going. Fourthly it would be a welcome gesture if Probians sponsor one page each of the newsletter of eight pages. It will defray both Print and postage charges.

Probus Fellow C.Badri has written about freedom fighter Sivagami Ammayar, and how she proved to be a young and courageous patriot of Tamil nadu.



She was inspired by Netaji Subhash Chandra Bose, joined the Indian National Army,demonstrating extraordinary bravery.

The next article is by Probian V.Dhayalan titled A home for the beginning, A home for the end. It depicts in a very smooth flowing manner life in an orphanage juxtaposed with life in an old age home and brings out the pathos. Very beautifully captured.

The third contribution is by Dr.A.Bhavani titled Fatty Liver-A silent but preventable condition.In the article she emphasises on factors leading to non alcoholic fatty liver diseaseand how with lifestyle changes complications can be avoided. As senior citizens we need to adhere to the steps mentioned in the article.

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 September 2025

| Sl. No. | Name of Probian      | M.No  | Date of Birth |
|---------|----------------------|-------|---------------|
| 1       | Jayaraman R.         | L030  | 02.09         |
| 2       | Ramnath G.           | A-092 | 04.09         |
| 3       | Jayamani C           | L-320 | 07.09         |
| 4       | Balakrishnaiah K.V.  | A-004 | 08.09         |
| 5       | Brahada Sankaran     | L-091 | 08.09         |
| 6       | Jayakumar S          | L-300 | 08.09         |
| 7       | Pattabhiraman S.V.   | L-056 | 08.09         |
| 8       | Thiyagarajan P.      | L-203 | 08.09         |
| 9       | Venkatesan K         | A408  | 08.09         |
| 10      | Sridharan S          | L-349 | 10.09         |
| 11      | Swaminathan A.M. Dr. | L-040 | 11.09         |
| 12      | Manavalan A.J.       | L-350 | 15.09         |
| 13      | Sivaraman K.R.       | L-195 | 15.09         |
| 14      | Deviprasad M.C.      | L-251 | 16.09         |

| Sl. No. | Name of Probian                  | M.No  | Date of Birth |
|---------|----------------------------------|-------|---------------|
| 15      | Kailash G.S. Dr.                 | L-177 | 17.09         |
| 16      | Nagabooshanam P. Dr.             | L-149 | 18.09         |
| 17      | Selvarani S.                     | L-271 | 18.09         |
| 18      | Aiyer V.L.                       | A-208 | 21.09         |
| 19      | Chandrasekaran J                 | L-325 | 21.09         |
| 20      | Lakshmi Natrajan Mrs.            | L-179 | 21.09         |
| 21      | Parthasarathy B. Dr.             | L-136 | 21.09         |
| 22      | Muralidharan A.S                 | A412  | 21.09         |
| 23      | Ramanan N.                       | L-126 | 26.09         |
| 24      | Chandrasekharan V.V. Major Retd. | L-006 | 27.09         |
| 25      | Rammohan N.                      | L-078 | 27.09         |
| 26      | Divakaran S. Dr.                 | L-036 | 29.09         |
| 27      | Jagadisan C.D.                   | A-035 | 30.09         |

## Wedding Day LIST SEPTEMBER 2025

| Sl. No. | Name of Probian         | Wedding Date | Spouse Name              |
|---------|-------------------------|--------------|--------------------------|
| 1       | Badrinath P Ln          | 02.09        | Mrs. Alli Rani Badrinath |
| 2       | Rajagopal V.            | 02.09        | Mrs. Jyothi Raj          |
| 3       | Suntharaam E.P.         | 02.09        | Mrs.M.L.Nirmala          |
| 4       | Ramanathan S.           | 03.09        | Mrs. Alamelu alias Padma |
| 5       | Ramaswamy N.            | 04.09        | Mrs. R. Thilakavathi     |
| 6       | James A.                | 06.09        | Mrs. J. Santha James     |
| 7       | Mohanam T.              | 07.09        | Mrs. Manohari M.         |
| 8       | Ramavadhani J.          | 07.09        | Mrs. K. Padmalalitha     |
| 9       | Veeraraghavan K.V.      | 07.09        | Mrs. M.R. Saroja         |
| 10      | Nalini Moorthy          | 08.09        | Mr. V.T. Moorthy         |
| 11      | Palamalai Lakshmanan    | 08.09        | Mrs. P. Indira           |
| 12      | Subbaraj R.             | 09.09        | Mrs. Kasthuribai         |
| 13      | Rathakrishnan S. Ervadi | 10.09        | Mrs. R. Chithambarammal  |

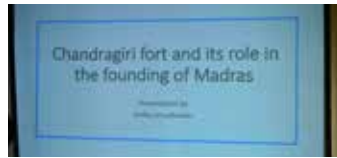
| Sl. No. | Name of Probian              | Wedding Date | Spouse Name           |
|---------|------------------------------|--------------|-----------------------|
| 15      | Jambulingam AR.              | 11.09        | Mrs. J. Lakshmi       |
| 16      | Sundaram S.V.                | 12.09        | Mrs. S. Vijayalakshmi |
| 17      | Rangaramanujam K.            | 14.09        | Mrs. R. Bhanumathi    |
| 18      | Sarma R. H. (Harihara) Prof. | 14.09        | Mrs. Lalitha H. Sarma |
| 19      | Annadhurai M.                | 16.09        | Mrs. A. Lakshmi       |
| 20      | Arunachalam T                | 15.09        | Mrs. Geetha           |
| 21      | Indira Ramanathan Dr.        | 15.09        | Dr. V. Ramanathan     |
| 22      | Ananda Krishnan P.           | 16.09        | Poonkodi S            |
| 23      | Tharaka Ram G.N.             | 17.09        | Mrs. Sasikala         |
| 24      | Pandurangan V.M.             | 20.09        | Mrs.Vasanthi          |
| 25      | Venkatachalam P.R.           | 20.09        | Mrs. Vijayalakshmi    |
| 26      | Kothandaraman A.V.           | 22.09        | Mrs. K. Vasantha      |
| 27      | Vijayalakshmi Masilamani     | 26.09        | Dr. V. Masilamani     |

## August contributors

| Breakfast |               |        | Sunshine Contribution |               |        | Scholarship Fund |                    |        |
|-----------|---------------|--------|-----------------------|---------------|--------|------------------|--------------------|--------|
| Sr No     | Name          | Amount | Sr No                 | Name          | Amount | Sr No            | Name               | Amount |
| 1         | Deivasigamani | 5000   | 1                     | Jagannathan V | 500    | 1                | Veeraiyan          | 7500   |
| 2         | Damodaran     | 5000   | 2                     | Venkatesan R  | 1500   | 2                | Lakshmi Natarajan  | 1500   |
| 3         | Dhayalan      | 5001   |                       |               |        | 3                | Dr. K Keertivanan  | 3000   |
|           |               |        |                       |               |        | 4                | K. Manonmani       | 3000   |
|           |               |        |                       |               |        | 5                | T.V. Vijayalakshmi | 1500   |

A consolidated account of remittances for Annual Book advt. will be reflected in next issue.

## Madras Day presentation by Ms. Sudha Umashanker and bul bul Tara recital by Sri K G.Jawahar



## Fatty Liver – A Silent But Preventable Condition

*“Health is the greatest gift, contentment the greatest wealth.”*

— BUDDHA —

Dear Probians,

One of the rising health concerns among senior citizens today is **Fatty Liver Disease**. Many people are surprised when they are told during a routine scan, “*Your liver is fatty.*” The condition is often silent, but if neglected, it can progress to serious complications like cirrhosis or even liver cancer.

### Why does it happen?

Fatty liver occurs when excess fat builds up in the liver cells. Common reasons include diabetes, obesity, high cholesterol, sedentary lifestyle, and excess alcohol. Even people with normal weight can have fatty liver if their diet is high in refined foods and sugars.

### Key Takeaways

- **It is often silent.** There may be no symptoms until advanced stages.
- **It is not always linked to alcohol.** Non-Alcoholic Fatty Liver Disease (NAFLD) is now very common among seniors.
- **Early detection is possible.** A simple ultrasound scan or liver function test can reveal the problem.
- **It is reversible in early stages.** With lifestyle changes, the liver can heal itself.

### Tips for Probians

- **Balanced Diet:** Reduce polished rice, fried foods, sweets, and red meat. Add more vegetables, fruits, whole grains, and lean proteins.
- **Stay Active:** At least 30 minutes of brisk walking daily helps burn fat in the liver.
- **Limit Alcohol:** Even occasional excess can worsen the condition.
- **Control Diabetes & Cholesterol:** Regular monitoring and medication compliance are key.
- **Maintain Healthy Weight:** Even a 5–7% weight loss can reduce liver fat.
- **Annual Health Check:** Don't ignore routine blood tests and scans.

### Final Message

“Take care of your liver, and your liver will take care of you.”

As senior citizens, we must remind ourselves that prevention is always better than cure. Let us embrace small daily habits that protect our liver and keep us active, cheerful, and healthy for years to come.

By Dr. A. Bhavani

# THE TWO BOOKENDS OF LONELINESS:

## A Home for the Beginning, A Home for the End



In the quiet, well-swept corridors of an orphanage, a child's laughter echoes, a sound so pure it seems to defy the starkness of the walls. In the sun-drenched common room of an old age home, a pair of wrinkled hands slowly turns the page of a book, the silence around them heavy with unspoken stories. These two places, seemingly worlds apart, are in truth, mirror images of the same profound human ache: the desperate need for a family.

They are the bookends of a life, holding up the weight of our society's forgotten promises. One holds the potential of a story just beginning, the other the wisdom of a story nearing its end. And yet, both are separated from the very heart of what gives a story meaning: a home.

### **The Echoing Cribs: The Orphanage**

Walk into a children's home, and you will be greeted by a dozen pairs of eyes. Some are bright with a desperate hope, others are shadowed with a loss too profound for their young age. The cause behind each tiny resident is a unique tapestry of tragedy: a mother lost in childbirth, poverty so crushing that parents believe surrender is the ultimate act of love, the scourge of addiction, or the cruel hand of war and disaster.

But the deepest wound, the one that no clean bed or regular meal can heal, is the absence of a singular, unwavering love. It is the lack of a lullaby sung just for them, of a hand that wipes away a tear and knows its exact history, of the security that comes from being someone's entire world. These children do not starve for food; they starve for belonging. They learn to share toys, clothes, and attention, but they never learn what it means to be irreplaceable. Their laughter is real, but it is a fortress against a constant, quiet question: "Why was I left behind?"

### **The Silent Arbors: The Old Age Home**

Now, step into an old age home. The air is different, scented with antiseptic and nostalgia. Here, the residents carry their histories within them, etched on their faces and stored in fading memories. Their causes for being here are the inverted image of the orphanage: children too busy building their own lives, the breaking of joint families, the terrifying progression of dementia that requires professional care, or simply the cruel economics

of survival that make caring for the elderly an impossible burden.

But the reason matters little to the old woman who sits by the window every afternoon, watching the gate. She is waiting for a visit that sometimes doesn't come. Her wealth is not in her pension; it is in the photographs she clings to, each one a portal to a time when her hands were needed, her advice was sought, her presence was a given. They are fed, clothed, and kept safe, but they are dying of a loneliness so acute it has a physical weight. They are not waiting for death; they are waiting for a reminder that their life, their long and arduous journey, still matters to someone.

### **The Common Thread: The Erosion of the Human Tapestry**

The existence of both these homes is a symptom of a deeper societal fracture. We have industrialized care, outsourcing our most sacred duties to institutions. We have mistaken provision for love, safety for warmth, and shelter for a home. We have become so individually focused that the very young and the very old—those who need us most—have become responsibilities to be managed rather than hearts to be cherished.

The child in the orphanage and the elder in the old age home are connected by an invisible thread of abandonment. One has been left before their story could truly start, the other left after everyone thought their story was over. Both are living testaments to a world that is moving too fast to remember that its greatest strength lies not in its productivity, but in its compassion.

### **The Remedies: Weaving a New Fabric of Care**

The solution does not lie in building more luxurious institutions. It lies in rebuilding our hearts and our communities.

### **For Our Children:**

- **Foster Care & Adoption:** We must demystify and champion these acts of incredible love. To open your home to a child is to heal a fracture in the universe. Governments and NGOs must make the process more supportive, accessible, and less daunting.
- **Support for Struggling Families:** Many children end up in homes because their biological families are in crisis. Strengthening social safety nets, providing

parental counseling, and financial aid can keep families together before tragedy strikes.

- **Community Mentorship:** For those who cannot adopt, becoming a mentor, a regular visitor, or a sponsor can provide a child with the invaluable gift of a consistent, caring adult presence.

#### **For Our Elders:**

- **In-Home Care Support:** Providing families with affordable nursing, respite care, and medical assistance at home can make the difference between a struggle and a sustainable, loving arrangement.
- **Reintegrating Wisdom:** We must create spaces where the elderly are not sidelined but integrated. Community centers where they can read to children, teach skills, and share stories transform them from burdens into treasured resources.

- **The Simple Act of Presence:** The greatest remedy is often the simplest. A regular visit. A phone call. Asking for a recipe or an opinion. Making them feel seen and heard. We must teach our children that honoring their elders is not a duty, but a privilege.

The orphanage and the old age home are not just buildings; they are questions posed to our conscience. They ask us what we value, who we are, and what kind of world we are building.

Every child who falls asleep dreaming of a parent's face, and every elder who drifts off holding the memory of a child's visit, is a silent plea. They ask us to be a little braver with our love, a little more generous with our time, and to remember that the truest measure of a society is not found in its wealth or power, but in how it cares for those at the very beginning and the very end of life's beautiful, fragile journey.

by **Probian V.Dhayalan**

# SIVAGAMI AMMAYAR

## The Courageous Young Patriot of Tamil Nadu

Born in 1933 in Annasagaram village, Dharmapuri district, Tamil Nadu, Sivagami Ammayar was the daughter of Marimuthu Mudaliyar and Chinnathai. Early in her life, her family migrated to Malaysia, where her father worked on a tea estate. In Kuala Lumpur, Sivagami pursued her studies at the Jai Hind Hindu Padasalai school.

At just 11 years old, Sivagami was deeply moved by a speech from Netaji Subhas Chandra Bose. His powerful message ignited a passionate desire for freedom in her, leading her to join the Indian National Army (INA)—specifically its youth wing, known as Balak Sena—alongside other children dedicated to the cause. Between 1942 and 1945, she served with distinction as caretaker and head of the INA's social welfare hostel, demonstrating leadership and compassion beyond her years. Sivagami, along with her brother Paranthaman, took to the streets of Kuala Lumpur to perform a compelling street play titled **Veera Vanitha**. The performances—vivid dramatisations invoking patriotism—were aimed at stirring public sentiment and raising funds to support the INA's efforts against British colonial rule.

During World War II, Sivagami demonstrated remarkable bravery, extending beyond cultural outreach. She and her brother helped during bomb strikes at Sarkar Camp, rescuing people injured in attacks under dangerous conditions. Despite Netaji extending an invitation for her to join him in Burma, Sivagami declined, possibly to continue her vital role in local resistance and social support. After India gained independence, her contributions were officially recognised by the Tamil Nadu government. She was honoured with the **Tyaga Chemma Award** in 1973, and later in 1993 by then Chief Minister Dr. J. Jayalalithaa.

Today, Sivagami Ammayar stands as one of Tamil Nadu's most courageous young patriots. Her blend of youthful zeal, social service, and fearless action exemplifies a rare commitment to freedom, making her a bright and often underappreciated hero in India's narrative of independence. Jai Hind

Probus Fellow **C Badri**



## Dates to Remember: 27th September 2025 Saturday

Monthly breakfast meeting

Speaker: **Dr M.Rajapandian, Dr R.Anuradha** – Topic: **Book review of Probian Ervadi Rathakrishnans book titled'I do not utter falsehood on Sundays**

(The speech is in Tamil by both speakers)

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

**The monthly meeting of Probus Club of Cheyyar was held on 16th August**



**Dr M. Kumaresan a Probus Club member was recently Honoured with Lifetime Achievement Award for Medical Service.**

### New member admissions in August 2025

**Life member – Probian S. Shanker – Mem no-L396-DOB-01/07/1960- introduced by Probian M.Vivekanandan/Probian M.Srithar**

**Profession: CEO of a software unit/contact no 9444495059 / Address: Flat 4, Plot 6, Elegant Apartments, Bala Murugan Garden, Thoraipakkam, Chennai 600097.**



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