



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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இளிவரின் வாழாத மானம் உடையார்

ஒளிதொழுது ஏத்தும் உலகு..... (குறள் 970)

தாழ்வுவரின் வாழா மானமுடையார் புகழை உலகு தொழுதேத்தும்.

Who, when dishonour comes, refuse to live, their honoured memory
Will live in worship and applause of all the world for aye!.

From The President's Desk

A Warm Greeting to All Probians,



I'm pleased to announce that Probus Fellow Balachander V has been nominated as the Editor of our Probuzz Newsletter, in addition to his role as Vice President. With his vast experience and command over English, I'm confident he'll take our newsletter to new heights.

We successfully conducted the Installation Ceremony cum Breakfast Meeting, where our newly elected members took charge. Many members came to the meeting and enjoyed the installation ceremony. I thank Past President

PF Dr. Panchalan K, Past Secretary Pbn Velumani S, Pbn Rajarampandian, Treasurer Pbn Pandurangan VM and other Executive Committee members for their dedicated service. I wish them to continue their good services to our Probus club of Chennai in future also.

On 22nd April 2025, EC members of Federation of Senior citizen association of Tamilnadu (FOSCATAN) and HelpAge India had a meeting with Joint Director of Social Welfare department and her team at the Commissionerate of Social Welfare, Lady Willingdon College Campus, Kamarajar Salai, Chennai-600005 to discuss about forming a Commission on Kerala Govt. Model or Directorate, exclusively for Senior Citizens welfare. We participated in the discussion representing the Probus club of Chennai.

Further, on 30th April 2025, we met at the Help Age India office and discussed the Pros and cons of establishing a commission or a Directorate. The outcome will be finalised in the next meeting.

We're saddened by the passing of our Past President Probian K. Venkatachari, a stalwart who dedicated 30 years to Probus Club of Chennai. He joined our club on 14th Sep 1996. It is a great loss to our Club. Our Deepest

Condolences to his wife, Mrs G. Hemavathy Chari and family members.

I'd like to thank our members for their generosity in sponsoring our meetings. Your continued support is invaluable.

Wishing you a wonderful day ahead.

Best Regards,

Annadhurai. M
President, Probus Club of Chennai

SECRETARY'S REPORT



Dear Probians,

Warm Greetings to you and your families.

In this report, I wish to bring some of the events and happenings to your kind knowledge. The first EC Meeting of our Team was conducted

on 12th April, 2025 at EC hall, Mookambika Complex. It was chaired by the New President Pn Annadhurai. M who welcomed all the elected Members. Almost all the Office bearers and EC members attended the meeting. While the MOM of the last EC Meeting was unanimously approved, the Treasurer's report was approved with some clarifications.

The President announced the Guest of honours for the Installation Ceremony of the New Team to be held on 26th April, 2025 and it was also approved by the EC. The Breakfast sponsors were announced. The EC appreciated the efforts taken by Pn. Bhavani. A, Dr. Vice President in contacting the BF sponsors.

The Annual Membership applications submitted by Sri. Maniyan. K.S, Mrs. Tamilselvi and Mr. Muralidharan were approved. A sub-committee formation to conduct the Womens' International Day was also discussed. It was proposed to accept only Life Members henceforth and the decision will be put forth in the ensuing AGM for approval.. President requested each EC Member to bring at least two life members during the year. The President suggested to identify vacant NRI owned houses for conducting our club meetings and also agreed to form various sub-committees in the next EC Meeting.

The Installation Ceremony cum breakfast Meeting was conducted on 26th April, '25 at Russian house, Teynampet. Homage paid to our Veteran Senior Past President Pn Venkatachari K. Pn Sampath, Pn. Dr. V Chockalingam Dr. PP Ranganathan.B and PP Namasivayam RT offered their heartfelt eulogies. Pulavar Vijayalakshmi T.V, rendered Prayer song and the meeting started with the welcome address by Sr Probian Sampath NR. PF Panchalan, IPP pinned the President Badge to the New President Pn Annadhurai .M. In turn, President Pn Annadhurai. M pinned the badges to all the elected Office Bearers and EC Members.

Sri. Rama Rao, President of FOSCATAN, Mr. Edwin Babu (Helpage India) Kalaimamani Pbn. Erwadi Rathakrishnan, Editor, Kavithai Uravu, Tamil Magazine, Kalaimamani Kizhambur Sankara Subramanian, Editor, Kalaimagal Tamil Magazine, Pbn. Namasivayam, Pbn. Ranganathan, Pn Prof. Dr. V. Chokalingam, Pn Punniakotti, Cheyyar Probus Club President, PF. Badri and Mr. Nagarajan .TV, Senior Citizens Bureau felicitated the New Team and extended warm wishes.

Birthday Probian Babies for April and BF sponsors of the month were honoured. Pn Annadhurai. M, President delivered his clear and inspiring acceptance speech. The New Secretary, Pn Ramaraj.V delivered a warm vote of thanks, acknowledging each guest speaker of their accomplishments.

At the outset, I sincerely thank to one & all who rendered co-operation and help during the function.

I wish all Probians a happy, healthy and Prosperous Tamil New year

Pn Ramaraj. V
Secretary, Probus Club of Chennai

EDITOR'S COLUMN



Dear Probian Brothers and Sisters,



Many of you were witness to the elections that took place in March. It brought forth a new team to Lead the Club over the next two years. Your former editor has now become an important facet of the club as its Secretary. Thus change is inevitable and here I am to serve you all to the best of my ability. Contributions are invited in word format within

350 words on topics of relevance to this forum of senior citizens as it will prove an outlet towards exhibition of ones writing skills. The May issue comprises a witty poem on the newly formed team by Probian Dhayalan and interesting articles on what senior citizens need to

consume to beat the effects of torrid summer to be in the pink of health by Probian DR.A. Bhavani, VP Probus Club, The quiet power of politeness by Probian Ashok Kumar. We also have a historical piece on freedom fighter Maveeran Alagamuthu from Tamil Nadu by Probus fellow C.Badri. We need more such contributions going over. Installation of the new team took place on Saturday 26th April at the Russian house. A number of distinguished persons graced the occasion. A selection of photos occupy this issue. Please feel free to share your feedback. Our website www.probusclubchennai.com is equally captivating. My mail id is blchndrv781@gmail.com.

Please note that the editor and Probus club of Chennai hold no liability for any loss or damage arising from disputes over submitted articles. I am faced with a tinge of sadness as I end my column. Saturday 26th April saw the demise in the wee hours of the morning of one of the Clubs stalwarts, a generous and compassionate individual in the persona of Past President K.V.Chari V.Balachander, Editor and VP.

EDITOR

blchndrv781@gmail.com.

THE QUIET POWER OF POLITENESS

By Probian Ashok Kumar (L-327)

In a fast-paced, increasingly transactional world, politeness is often seen as old-fashioned or unnecessary. Yet, it remains one of the most powerful forces in human interaction — a quiet strength that transforms relationships, communities, and even nations.

"Politeness costs so little, yet buys everything." — Lady Mary Wortley Montagu

Politeness isn't about empty gestures or mechanical manners. It is the daily expression of kindness, humility, and respect. A soft tone, a thoughtful pause, a respectful word — these simple acts can ease tension, build bridges, and heal wounds.

In a time where opinions clash louder than ever, a polite word can de-escalate conflict and open the door to understanding. When we say "please," "thank you," or "I understand," we're not just following etiquette — we're acknowledging the dignity of the other person.

"Rudeness is the weak man's imitation of strength." — Eric Hoffer

Politeness is not weakness — it is power with grace. It signals confidence without aggression, assertiveness without arrogance.

Whether you're at home, at work, or among friends in a club like ours, a polite demeanor earns lifelong respect. As senior citizens and members of the Probus Club, we carry the responsibility of modeling this timeless value to the younger generation.

Politeness is a legacy we can pass on — not by teaching, but by living it in our daily interactions.

"Politeness is the art of choosing among one's real thoughts." — Abel Stevens

Let us remember: the smallest acts of politeness can create the biggest ripple effects.

A warm greeting, a listening ear, a kind word in a meeting — these are not minor things.

They are the seeds of harmony in a world hungry for grace.

As we grow in age and wisdom, let us grow even more in kindness, patience, and politeness — for that is true strength.

Probian S.Ashok kumar (L-327)



We Wish A Very Happy Birthday To All Probians Having Birthdays in May2025

S.No.	Title	Name	Mem No.	DOB
1	Probian	Arulmudi P	5/1/1960	L-351
2	Probian	Rangasami P M	01.05.1943	A-204
3	Probian	Gunasekaran G.	5/2/1964	L-254
4	Probian	Raghupathi G.S. I.I.S.	5/2/1948	L-187A
5	Probian	Mohanam T.	5/5/1947	A-399
6	Probian	Sridhar R.	5/5/1960	L-121
7	Probian	Vivekanandan R.	5/5/1956	Patron 02 (Old PF-11, L-329)
8	PF	Madavamoorthy D	5/7/1951	L-281
9	Probian	Vijayalakshmi Masilamani	5/7/1952	L-348
10	Probian	Kumaresan G	5/10/1959	L-355
11	Probian	Kandasami.M	10.05.	L-359
12	Probian	Sahasranaman K	5/11/1933	A-229
13	Probian	Baskaran R	5/11/1961	L-352
14	Probian	Anusuya Daisy Emest	5/12/1960	A-401
15	PF	Jagannadhan V	5/12/1941	L-299
16	Probian	Srinivasan G.	5/12/1935	A-130
17	Probian	Ramji A.	5/13/1937	L-074
18	Probian	Ravindran G. Dr.	5/13/1950	PF 05
19	Probian	Sukumar S	5/13/1951	L-330
20	Probian	Kasthuri Raja Dr.	5/14/1950	L-081A
21	Probian	George Jebamony P.	5/15/1939	A-334
22	Probian	Sakthivel Rajaa S.L.	5/15/1954	L-297
23	Probian	Sadasivam M. Prof. Er.	5/17/1933	A-100
24	Probian	Rathakrishnan S. Ervadi	5/18/1947	L-163
25	Probian	Vijayakumar.R	5/18/1956	L-354
26	Probian	Somasundaram M	5/20/1950	L-335
27	Probian	Kumaresan M Dr.	5/21/1943	L-252
28	Probian	Srinivasan G.L.	5/23/1934	L-125
29	Probian	Subbu Sundaram	5/26/1962	L-215
30	Probian	Vijayalakshmi T.V. Tmt.	5/26/1949	L-257
31	Probian	Ramachandran D.N.	5/27/1932	L-309
32	Probian	Ulaganathan G	28.05.1959	A-413
33	Probian	Hariharan V.	5/30/1944	L-087

PROBUS CLUB INSTALLATION OF NEW TEAM ON 26TH APRIL 2025



Probus Club gets a new team

The Probus Club of Chennai has elected a new team for the term 2025-2027. The team of 19 members were installed as the new office bearers at a ceremony held at the Russian Centre for Science and Culture on April 26.

Annadhurai.M was installed as the 18th president of the Probus Club of Chennai, with Ramaraj serving as the new secretary. The installation ceremony was graced by distinguished guests, including Rama Rao V, president of FOSCATAN; Edwin Babu, state

head of HelpAge India, Tamil Nadu; Kalaimamani Ervadi Rathakrishnan S, editor of Karithai Uraavu; and Kalaimamani Kizhambur Sankara Subramanian, editor of Kalaimagal.

Other notable guests who attended the ceremony included Dr. V. Chockalingam, Cardiologist; Punnickoti P, president of Cheyyar Probus Club; Badri C, president of Probus Club of Madras South; and Naganjan TV, chairman of the Senior Citizens Bureau.

The Probus Club of Chennai is a senior citizens' association of retired professionals, businessmen, and government officials, sponsored by the Rotary Club of Madras. Founded in 1992, the club has completed 33 years of service, and its activities include awarding scholarships to deserving poor students, providing medical benefits to needy senior citizens and fostering fellowship among members through monthly breakfast meetings, tours, and cultural events, said a release.

EMBRACING THE SUMMER GRACEFULLY: A SENIOR CITIZEN'S GUIDE TO STAYING SAFE & COOL

"It is not the strongest or the most intelligent who will survive, but those who can best manage change." – Charles Darwin

As the summer sun shines brighter and temperatures soar in Chennai, it becomes vital for senior citizens to adapt and embrace the season with caution, care, and confidence. At the Probus Club of Chennai, we believe that age brings not only wisdom but also the responsibility to lead by example in personal wellness.

The Heat is Real – But So Is Our Resilience

Senior citizens are more susceptible to heat-related issues like dehydration, heat exhaustion, and fatigue. With advancing age, the body's ability to regulate temperature reduces, and chronic conditions or medications may further affect the body's response to heat. But with awareness and proactive measures, we can glide through summer with grace.

Practical Summer Care Tips for Seniors:

Stay Hydrated – Drink 8-10 glasses of water a day. Include coconut water, buttermilk, and lemon juice. Avoid caffeine and alcohol.

Eat Light & Right – Prefer fresh fruits (especially watermelon, cucumber, and citrus fruits), steamed vegetables, and easily digestible meals.

Dress Wisely – Wear loose-fitting, light-colored cotton clothes. Always use a wide-brimmed hat or umbrella while stepping out.

Time Your Outings – Avoid going outdoors between 11 AM and 4 PM. Plan morning or early evening walks.

Cool Your Home Naturally – Use curtains, fans, and cross-ventilation. Keep indoor plants and bowls of water to reduce temperature naturally.

Wellness Comes From Within

Practice pranayama, meditation, or light indoor stretching to maintain calm and inner balance.

Let summer be a season of reflection, reading, and reconnection with loved ones.

Summary

Summer is not a season to fear, but to manage wisely. With thoughtful planning and self-awareness, seniors can enjoy the season safely and comfortably.

Article by Probian Dr. A. Bhavani

MAVEERAN ALAGUMUTHU KONE: A FREEDOM FIGHTER FROM TAMIL NADU- HIS LIFE AND LEGACY



Maveeran Alagumuthu Kone, a resolute and valiant freedom fighter, hailed from Tamil Nadu and etched his name indelibly in the annals of India's struggle for independence from British colonial rule. Born in the late 18th century in the village of Kattalankulam, Tirunelveli district, Alagumuthu Kone was endowed with an indomitable spirit and an unwavering commitment to the cause of liberty. His life is a testament to the courage and sacrifice of countless individuals who fought against the

oppressive British regime.

Alagumuthu Kone's journey into the realm of resistance began against the backdrop of widespread discontent over the exploitative practices of the British East India Company. The company, which had progressively tightened its grip over the Indian subcontinent, imposed harsh taxes and policies, leaving the local population impoverished and aggrieved. In this atmosphere of injustice, Alagumuthu Kone emerged as a formidable figure, rallying his fellow villagers to rise against their oppressors.

A skilled warrior and adept strategist, Alagumuthu Kone galvanized support from various quarters, utilizing his profound knowledge of the terrain and local customs to orchestrate a series of guerrilla attacks on British establishments. His audacious tactics included ambushes, night raids, and sabotage, which not only inflicted significant damage on the British forces but also inspired hope and resilience among the oppressed populace.

One of the most notable episodes in Alagumuthu Kone's rebellion was his daring assault on the British tax collectors, who were notorious for their ruthlessness in extorting money from the villagers. This act of defiance marked a turning point in his campaign, earning him the sobriquet "Maveeran," meaning "great warrior" in Tamil. His relentless pursuit of justice and his ability to elude capture for extended periods made him a legendary figure in the region.

Despite his valiant efforts, Alagumuthu Kone's rebellion faced formidable challenges. The British forces, equipped with superior weaponry and resources, intensified their efforts to quell the uprising. In a poignant display of loyalty and courage, Alagumuthu Kone continued to fight against overwhelming odds, embodying the spirit of resistance even in the face of imminent danger.

Eventually, Alagumuthu Kone was captured by the British. Undeterred by the prospect of death, he remained steadfast in his convictions, refusing to capitulate. On July 11, 1759, he was executed, becoming a martyr for the cause of Indian independence. His sacrifice resonated deeply within the hearts of his compatriots, leaving an enduring legacy that continues to inspire generations.

Maveeran Alagumuthu Kone's story is a poignant reminder of the valour and determination exhibited by countless freedom fighters across India. His unwavering commitment to justice and his fearless pursuit of liberation underscore the profound impact that individuals can have in the face of oppression. Today, Alagumuthu Kone is revered as a hero in Tamil Nadu, his life serving as a beacon of hope and inspiration for those who strive for a just and equitable world.

PF C Badri

DONATIONS IN APRIL 2025

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

Probian N R Sampath	10,000	Probian Dr K.Ramalingam	3,000
Probian V. Dhayalan	5,000	Probian D. Madhavamoorthy	3,000
Probian R. Mohan Raj	5,000	Probian V C Kannan	5,000
Probian Laxmi Natrajan	1,000	Probian Suganthi Prem Kumar	2,000
Probian A G Pranesan	5,000	Probian V Balachander	2,000
Probian C.N. Venkateswaran	2,000	Total	45,501
Probian J. Raghavendra Rao	2,501		

Wedding Day LIST MAY 2025



S.No.	Title	Name of Probian	MemNo.	Wedding date
1	Probian	Jayaraman N.	A-230	5/1/1968
2	Probian	Lakshmipathi K.	A-302	5/2/1975
3	Probian	Ramnath G.	A-092	5/5/1963
4	Probian	Ramachandran C.	L-003	5/6/1957
5	Probian	Ravishankar R.V.	L-313	06-05-
6	Probian	Gopinatha Rao C.H.	L-076	5/7/1965
7	Probian	Srinivasan G.L.	L-125	07-05-
8	Probian	Bhavani Shankar Joshi V.	L-130	5/11/1970
9	Probian	Vijaya Kumar A.	L-279	5/12/1982
10	Probian	Kalyanasundaram R	L-332	5/15/1972
11	Probian	Varadarajan R.	L-239	5/15/1992
12	Probian	Rammohan N.	L-078	5/17/1974
13	Probian	Sadasivam M. Prof. Er.	A-100	5/18/1972
14	Probian	Panneerselvam S	L-296	5/19/1991
15	Probian	Ramanathan N.	L-183	5/19/1967
16	Probian	Ranganathan B.	L-226	5/19/1980
17	Probian	Prasad D.S.L.	L-202	5/21/1978
18	Probian	Mahadevan A.	L-100	5/22/1969
19	Probian	Venkoba Rao G.	L-219	5/22/1977
20	Probian	Raghavendra Rao J.	L-187	5/23/1974
21	Probian	Kartik Dattatri Dore	L-135	5/24/1968
22	Probian	Rangabashyam P.G.	L-146A	5/24/1962
23	Probian	Sunder Sankar	L-246	5/24/1968
24	Probian	Ramamurthy G.V.	L-061	5/25/1952
25	Probian	Sridharan S	L-349	25-05-
26	Probian	George Jebamony P.	A-334	5/26/1966
27	Probian	Venkatasubramanian S.	L-064	5/27/1967
28	Probian	Ravi S.	L-261	5/28/1986
29	Probian	Sivarajan J	L-315	5/28/1969
30	Probian	Kishore R.B.	L-019	5/31/1970
31	Probian	Kandasami M	L-359	14-05-
33	Probian	Tamilselvi K	A-411	14-05-
33	Probian	Amarnath C N	I-351	27-05-
34	Probian	Uma Sankar	A-404	19-05-
35	Probian	Muralidharran A S	A-412	09-05-

Dates to remember: 24th May, 2025

Monthly breakfast meeting cum International women's day.

Venue: Russian House 74 Kasturi Rangan road Chennai 600018

Chief Guest: Madam Padmini Pattabhiraman,
Writer Journalist President Uratha Sinthanai Association

CHEYAR MONTHLY MEETING IN APRIL



LEADERS OF PURPOSE

In Chennai's heart, where wisdom gathers,
The Probus Club stands tall with pride,
With Annadhurai at its helm as President,
And loyal officers by their side.
Balachander and Dr. Bhavani serve as Vice,
While Ramaraj holds the Secretary's pen,
Sappany Pillai and Suguna Raj join forces,
As Joint Secretaries, ready when called upon.
Damodharan guards the treasury with care,
Venkoba Rao assists with numbers precise,
Together they manage resources with wisdom,
Planning futures with counsel wise.
Committee members eleven strong,
From Jayamani to Vivekanandan true,
Doctors, scholars, leaders all,
Bringing diverse talents into view.
For 2025 to 2027 they'll guide,
This fellowship of experience and heart,
Sharing knowledge, building bonds,
As Chennai's Probus plays its part.
In retirement's golden chapter they shine,
These bearers of wisdom's eternal flame,
May their service bring honor and joy,
To the Probus Club of Chennai's name.

Poem by **Probian V. Dhayalan**

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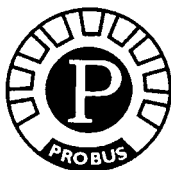
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