



# BLISS

Regd.No. 200/6

Estd : 1977

VOICE OF SRINIVAS YOUNGMEN'S ASSOCIATION

Volume 9 Issue 1

AUGUST - 2011

Syma Website : [www.syma.in](http://www.syma.in)

**From Editor's Desk . . .**

**For internal circulation only**

The Nation witnessed a rare uprising – a crusade led by Anna Hazare against corruption, an attempt to bring in a strong Jan Lokpal bill. That he could succeed in a Gandhian way after more than 12 days fasting and the support he had are momentous and augurs well for the Nation. The historic 'sense of the House Resolution' passed in Parliament agreeing in principle to citizen's charter appears to be a genuine step. Anna has indeed stoked passion of the Nation raising awareness about the need to combat corruption. Corruption benefits not only politically powerful but also economically powerful in industry, trade and business as also in daily life. Whilst the significance of Laws & Institutions are clearly important, the upsurge of public opinion should never be ignored. The will of the Parliament can never be different from the collective will of the people. We look forward to future with optimism.

SYMA continues to its commitment of social service and besides our focus activities of running medical centre and tuition centre, our annual event is Educational Aid programme. We have been distributing uniforms to school children, honouring toppers of various schools of Triplicane and Growth students, providing financial assistance. This year, the function was held at Bharathiyar Illam on 17th July 2011 when we honoured Sri J Babu of Sankara Eye Hospital by conferring SYMA Sewa Award. A detailed report is on page 2. On the Nation's Independence Day, we conducted Eye camp. On 20th Aug 11, we conducted a medical camp at Perumbakkam. More details of these camps as also about the Prize Distribution of World Cup Cricket Competition would be published in our next issue.

Prevention is better than Cure is an oft repeated saying. There are some diseases which spread during certain seasons and we have some easy to follow medical advice provided by Dr N Udayakumar on page 3

One can never take things for granted ! At Daegu, Usain Bolt was assured of a Gold medal in 100M but beat himself with a false start. The Test series has turned to be a damp squib for the Indian fan – disappointed and frustrated by the white wash that one has witnessed for a long time in the history of resurgent Indian cricket. As usual the Indian fans looks for solace in One day series that are to follow. We appeal to all our members to collect more funds and involve themselves in all our projects. Collectively, we will march to make the society a much better place to live.

**Regards – S. Sampathkumar**



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நமது மருத்துவ மையமும் கல்வி மையமும் சிறப்புற நடந்து வருகின்றன. இப்பணிகளில் பல நல்லோர் நன்கொடை அளித்துள்ளனர்.

நமது சேவை பணிகள் தொய்வு இல்லாமல் தொடர நிதி உதவி மிக்க அவசியம்.

உங்கள் ஒவ்வொருவரின் பங்கு அளிப்பையும் வரவேற்கிறோம்.

உறுப்பினர்களாகிய நீவிர் அனைவரும் நிதி அளித்து உங்களுக்கு தெரிந்தவர்கள் இடத்திலும் சைமா பற்றி கூறி நிதி வசூலித்து தருமாறு அன்புடன் வேண்டுகிறோம்.

## EDUCATIONAL AID PROGRAMME

17th July 2011 (Sunday) was a hectic day – On this day, We organized our Educational Aid Programme at Bharathiar Illam. There was a huge gathering. Besides distribution of School uniforms, We honoured School Toppers of Schools in Triplicane, provided financial assistance to College Students, distributed Prizes to the Winners of SYMA-Gold Winner ICC World Cup Cricket Contest.

Our programme started at 10.00 am with Prayer. Our Secretary, S Sampathkumar compered the programme, welcomed the Guests and introduced those on stage. Our President TA Sampathkumar in his Presidential address spoke about our various activities, tracing the origin, and dwelt at length on our vision and ideals. Every year we invite eminent persons whom the students can have as roll models. This year, we had two distinguished dignitaries Mr R Kannan, Principal Secretary (Higher Education), Government of Tamilnadu and Dr K Sridhar, renowned Plastic surgeon, who has been our guiding spirit. SYMA was fortunate to have these two Gentlemen embellishing the podium. Mementos to the Chief Guests were given on our behalf.

When the WC fever was on, we had organized a competition for predicting the winners of WC and 5 had given the correct answers to 11 Qs. The winners were decided by draw of lots on stage. CR Sredhar, of Media Associates, our Patron gave away the prizes to the winners. Financial assistance was distributed to the distinguished students of SYMA Growth and the school toppers of various schools of Triplicane were honoured. The prizes to School toppers is an award instituted by TA Ramachandran in memory of Mrs Rajalakshmi Padmanabhan.

Over the years, SYMA is the platform for honouring the toppers of various schools in Triplicane and this year we presented medals, certificates and cash award to those bright students wishing them to do well in future. We had planned to control the crowds and also wanted to ensure that the recipients of school uniforms which include lower class children receive them without hassle.

Mr R Kannan is the Principal Secretary (Higher Education) to Govt. Of Tamilnadu. He is a veritable scholar having had many degrees, joined IAS in 1981 and has held various positions. During his tenure, Chennai Govt. Museum prospered. His advice to children were indeed valuable and easy to practice. Dr K Sridhar is a renowned Plastic surgeon and a great social worker. State Planning Commission is a very important organ of the Govt formed with the objective of helping the Govt implementing its Five year plans. He has been inducted in to this august body which is a great honour. Dr Sridhar has been in our midst on various occasions. In fact he has been instrumental in SYMA running the medical centre. We have benefitted immensely from his association and we were so happy to have him speak in our forum. We are always indebted to him.

We are indebted to many good hearted persons for their continued support. Our Secretary R. Sanjeevi proposed Vote

of thanks detailing all those who have been helping SYMA for many years.

We are keen to make our tuition centre reach greater heights and we have been encouraging our students to do well. The toppers of our tuition centre – SYMA Growth were honoured on the podium. For 3 college students we awarded Rs.5000/- each and Rs.2000/- each for 15 students who excelled in 10th examination by scoring more than 400 marks. The award for Growth Topper was instituted by Ms Bharati Bhaskar as 'D Krishnan Memorial Award'. The financial awards for other achievers of Growth was sponsored by Mr S Raman through Mrs KN Vijayalakshmi

SYMA as a socially responsible organization has been respecting and appreciating other organizations and individuals rendering service to the society. This year SYMA Sewa Award was conferred on Shri J Babu, Sankara Eye Hospital, Pammal. Shri Babu has been associated with us for long and it was indeed a momentous occasion for us at SYMA to honour a person who has been rendering selfless service to the Society. He accepting our award was indeed a very occasion for all of us.

The function went off very well, largely due to the meticulous planning in distribution of uniforms by our Vice President R Seshadri @ Durai ably assisted by D Veeraraghavan, Madhavan and enthusiastic band of volunteers. The function ended with singing of National Anthem.

We express our gratitude and thanks to all those who have been supporting us. We owe our success in Social activities to the active participation, blessings, advices and donations of so many good willed, like minded persons. We see the SUCCESS of the function not as achievement of any particular individual but only a collective effort, a good one at that.

The list of large hearted, good minded people is long. The help is not measured by the amount of contributions alone but by the spontaniety, willingness and the kind heartedness. We would like to place on record, our special thanks to : all our donors, officials of Citibank who donated through our President, all Members who contributed and took efforts to collect from various sources with special reference to J Venkatesan, Mr T.S. Lakshmanan, and Mr Balasubramanian of Mangal Tirth Estates for clothes, Mr S Raman, Mr TA Raman, Ms Bharati Baskar for institution of awards, the officials of Bharathiyar Illam for providing the venue, the Head Master, Secretary and officials of NK Thirumalachariyar National Boys High School, Mr KV Srinivasan for arranging the Chief Guest, Kumaran Dresses and Sundaram Stores for the clothes, Media especially The Hindu Downtown, Dinamalar, News Today, The New Indian Express, Chepauk Malar and all others who helped us.

All events of SYMA are beautifully documented and photos are available at : <https://picasaweb.google.com/SYMATRIPPLICANE>. Special thanks to Mr Thirumazhisai Kannan for doing this meticulously.

## SEASONAL DISEASES - PREVENTION

**Dr.N.Udyakumar, M.D. D.C.H., D.M.B. (Ped) P.G.D.D.N Consultant, General and Developmental Paediatrician**

“True success is not in the learning, but in its application for the benefit of mankind.” - This quote assumes even greater significance if it is applied in the context of prevention of diseases rather than treatment. Diseases generally are classified as :

Endemic (present throughout the year), Epidemic (number increases at certain times in a year) or Seasonal (like flu which generally occur in winter season).

They are generally transmitted through :

1. Air borne – Through sneezing, coughing. (Seasonal flu, Swine flu, common cold, chicken pox, measles).
2. Water borne – Typhoid, Hepatitis A, Leptospirosis.
3. Vector borne – Malaria, Dengue fever, Filariasis, Chikungunya
4. Through fomites: like contaminated pens, stationary, doorknobs, computer keyboards etc.

In the interests of the Society, here is something on Some diseases which occur in increased frequency in specific seasons (during this period of the year) - such as seasonal flu, swine flu, dengue fever. The basic principles can be applied to related diseases like other viral upper respiratory tract infections, malaria etc.,

Preventive measures for Seasonal flu/ Swine flu:- Dengue fever is a viral illness occurring in cyclical epidemic in India during the winter season. The dengue virus is transmitted from one human host to other persons by a vector mosquito (*Aedes aegypti* mainly) after a period of 10-12 days in which times it grows in the mosquito. So measures to contain the dengue fever transmission targets at the control of vector mosquito (*Aedes aegypti*). The basic difference between this mosquito and the mosquito which spreads malaria (*Anopheles* species) is that this mosquito breeds in clean water and is a day time biting species. The control measures would include:-

1. Discourage domestic storage of water in various types of containers. These containers should be covered with tight fitting lids.

2. Mosquito proofing of overhead tanks\ sumps: mainly open outlets should be netted and covered adequately.

3. Unpolluted, disused well should be covered appropriately.

4. Draining of water supply and installation and other installation, rain water collecting systems, A/C outlet tubes.

5. Flower pots/vases should have appropriate draining holes so that water does not stagnate.

6. Do not keep used automobile tyres etc., which will allow stagnation of water.

7. Solid \ plant wastes namely tins, bottles, buckets, coconut shells, should be disposed of appropriately.

Personal protection includes:-

1. Protective clothing – light colored, thick, loosely fitting clothes with stockings may protect hands and legs.
2. Usage of electric vaporizer mats, coils, space sprays and liquid vaporizers are useful but should be used with caution.
3. Repellants: Natural repellants containing citronella oil, lemongrass oil and neem oil and chemical repellants such as DEET can provide protection for few hours.

Other measure include biological controls using certain larvivorous fish/ bacteria/ cyclopoids or chemical control measures like DDT, malathion etc.,

Vehicle mounted Fogging is often used in urban areas to cover large number of houses in a day. This is generally done if the incidence of malaria/ dengue fever suddenly increases in a particular area.

Community approaches towards prevention includes creating health awareness/ education ,emphasizing school based programs targeting children and parents to eliminate vector breeding at home, organizing school “Cleanup” campaigns 2-3 times/year to control larval habitats of the vector in public and private areas of the community.

Please try to adopt simple safety measures like :

- Coughing into a tissue/ handkerchief. Use tissues for wiping runny noses and to catch sneezes. Throw them in the trash right after each use. If not possible coughing into one’s shirt sleeves\ elbows. Frequent hand washing with soap. Use of hand sanitizers. Wiping hand with clean rather than contaminated towel/tissues should be routinely practiced. This prevents the areas of viruses to one’s nose and prevents infection. Anyone who is sick should stay home and limit contact with others. Keep a child home from school or child care until the fever is gone for at least 24 hours without taking fever-reducing medicine. Try not to touch your eyes, nose, or mouth.

Following such simple safety measures would go a long way in preventing spread of seasonal diseases. Please ensure that personal hygiene is maintained. Medication and administration of vaccines are to be done only consultation with the physician. A healthy Society is good for the Nation and that can be achieved by promoting self hygiene and keeping the surroundings clean.

*Dr. N.Udayakumar is a well known person in Triplicane. He runs a clinic in T.P. Koil Street and he is known to be extremely friendly.*

**Q : On August 12, 1981, at a press conference at the Waldorf Astoria ballroom in New York City, its arrival with a price tag of \$1,565. The product with numeral 5150. The person associated with the product was Philip Donald Estridge. Do you know the product that is being discussed ?**

## SYMA SEWA AWARD 2011



As a Service Organisation engaged in Social Service for over three decades, it is bounden duty of SYMA to recognise those who have been rendering service to the Society without thinking of any recompense. SYMA has been honouring people who have excelled in the area of service to mankind and society by conferring SYMA SEWA AWARD.

'Miracles cannot cure the blind, but together we can' is their catchline. The importance of Eyes does not require any elaboration. Prevention, control, treatment of eye diseases is highly important and Sankara Eye Hospital, Pammal has been in

the forefront in this. It has been an exclusive eye care centre with a singular vision of providing high quality care especially to poor. We are proud of our association with Sri J Babu, General manager of Sankara Eye Hospital. He is extremely friendly and soft spoken and responds readily for all calls of help. He has been with Pammal Sankara ever since 1994. His vision is to provide hi-tech eye care to the poorest poor. Sankara Eye Hospital has conducted more than 5000 rural outreach eye camps from which close to 150000 cataract surgeries have been performed free of cost. He has been selflessly devoting himself in doing more. He has worked in some foreign countries and has utilised his rich experience in formulating strategic plans for achieving Vision 2020 goals. He is an articulate scholar and holds a Master degree in Business Administration. He has also held various positions in Lions Club International and actively implemented many projects benefitting the public.

Persons with such dedication are very rare and We at SYMA have been largely motivated by him in our various activities, especially our Eye camps held every year on the Independence day. SYMA considers him a good role model and 17<sup>th</sup> July 2011 provided a grand occasion for us to bestow on him the SYMA SEWA AWARD 2011 in recognition of his outstanding contributions in the field of medical service to the under privileged.

BLISS prays to Lord Srinivasa to bestow on him and his family, long life, good health and vigour to enable him rendering service to the society for very many years to come.

**Answer :** At a price tag of \$1,565 it was the system unit, a keyboard and a color/graphics capability. It is the IBM Personal Computer (IBM 5150) touted at that time as something very new and different. Philip Donald Estridge led development of the original IBM Personal Computer (PC). It was created by a team of engineers and designers under the direction of Don Estridge of the IBM Entry Systems Division in Boca Raton, Florida. The PCs contained 83 keys, the keyboard was connected to the unit by a six-foot coiled cable, which meant users could rest it in their lap or on the desktop without moving the rest of the system. The options included a printer that could print in two directions at 80 characters per second in 12 different character styles, a color/graphics monitor with 16 foreground and background colors and 256 characters for text applications. Its graphics were in four colors; Multiple 32K and 64K memory cards that could be plugged into the option slots to increase memory to 256K.

### வாழ்த்துகிறோம்

இம்மாதம் எம்.ஏ. ரங்கராஜன், கார்த்திக் சந்திரசேகரன் மற்றும் கே. ஸ்ரீராம் ஆகியோர் இரத்தம் தானம் செய்தார்கள். அவர்களை BLISS வாழ்த்துகிறது. ரத்த தானம் செய்வீர். இன்னுயிர் காப்பீர்.

அணுக வேண்டிய முகவரி : **சைமா BLISS**

சைமா மெடிக்கல் சென்டர்

29, துளசிங்க பெருமாள் கோயில் தெரு  
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உறுப்பினர்களிடமிருந்து செய்திகள், துணுக்குகள் உபயோகக் குறிப்புகள் வரவேற்கப்படுகின்றன.

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