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From Editor's Desk . . .

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There are grave concerns at the National level – the continued unrest at Kashmir and the occurrences overshadowing the conduct of Commonwealth games at Delhi. There is need for immediate end to bloodshed and unrest in the valley and the all-party delegation headed by the Union Minister seems to be making no headway.

For the sports enthusiasts, the 19th Commonwealth games scheduled to be held at Delhi from 3rd October is causing more embarrassment. Some foreign delegates have severely criticized the games village expressing concerns about its cleanliness, hygiene and maintenance. In another setback, a footbridge under construction meant to link the parking lot for the spectators collapsed injuring 27 labourers. The conduct of game itself is dangling due to various news of corruption and poor infrastructure which is a shame for the Nation.

There are again reports of deaths arising out of Swine flu – an infection caused by a virus. The virus is contagious and there are lots of fear propaganda. Each century has seen some pandemics rapidly progressing to all parts of the World but in an advanced society, there need not be any panicky and knee-jerk reactions and rumours must be curbed. Last year there was panic and as rumours of people getting afflicted spread, every one started walking around wearing masks. Small shops made a kill and anxious parents were dying in fear though nothing really happened. Now do not panic nor ignore the symptoms. Read inside for some information on this and on what is the required action to be taken.

This year there has been hectic activity and many camps conducted. On our National Independence day, we held Eye camp for detection of cataract and free surgery, which was organized very well. We have full report inside. We also have a report on Sri Sankara Eye Hospital, Pammal.

Though a fresh match fixing was unearthed, the Champions League T20 attracted millions of Indian fans. We are glad that the local team CSK is making wave and is the first team to reach the finals. **Regards – S. Sampathkumar**

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மருத்துவப் பணியில் சைமா

On the Independence Day, the Eye camp was inaugurated at 0900am at Sri Sirvi Samaj Bhavan (next to Anjaneya Swami temple) opp to V House Bus Terminus. This camp for detection of cataract was organized in association with Pammal Sri Sankara Eye Hospital, Lions Club of Chennai, Sri Kanchi Kamakoti Sankara Medical Trust and Sirvi Samaj.

Cataract is a clouding that develops in the crystalline lens of the eye varying in degree from slight to complete opacity which causes vision loss. The clouding prevents the light to pass through lens and reach retina for image formation and can potentially become blinding if untreated. Cataract is a major cause of blindness in India caused mainly due to ageing. Other factors could be eye injuries, inflammation, diabetes, prolonged use of steroids etc., Cataract formation cannot be prevented. However, blindness due to contract and be avoided through timely surgical intervention. In our country there are many poor people who are not aware of this and who can ill afford the costs of surgery. SYMA has been striving to raise the awareness of the common public and to ensure appropriate medical care for those afflicted. We have been conducting Eye camp for more than a decade now.

The Chief Guest was Mr Mohan Ram, a famous cine artist and well known for his roles in soap operas in TV. The function started with a prayer. Our Secretary S Sampathkumar welcomed the gathering. President TA Sampathkumar spoke about our various activities. R Kannan spoke on behalf of Sri Kanchikamakoti Sankara Medical Trust

Mr J.Babu, CEO detailed about the troubles that could ail vision and explained the various activities of Pammal Sankara Hospital and their reach to rural poor. Mr Mohan Ram felt very happy to know of the activities of SYMA and advised us the need to continue to serve the poor in the locality and cautioned us on expanding our reach to distant places, as there is possibility of losing the goal and start

expending more on administration. A small memento was presented to the Chief Guest by our Treasurer Sudarshan. Our Secretary R Sanjeevi proposed vote of thanks.

More than 250 persons had registered in the camp. Around 200 were screened. 25 persons were prescribed spectacles and were provided the same free by SYMA – in memory of our beloved KE Raghavan, who was snatched away from our midst 3 years ago. 24 persons were detected with eye problems requiring surgical treatment for cataract. They were provided meals and were taken to Pammal Sankara Eye Hospital, Pammal.

Free cataract surgery was performed on 16th August. A group of our Office bearers visited them and enquired their well being. Those underwent operation were brought back and dropped at Triplicane this morning. The beneficiaries were very happy and blessed SYMA for our active social service and wished the well being of all of us. We at SYMA continue to strive for the betterment of society and provide helping hand to the poor and needy.

The orderly conduct of the camp was possible only because of the efforts put in by the Team from Sankara Eye Hospital, Pammal and we place on record our special thanks to Dr. R Kalyanakumar, Optometrists – Maheswaran & Dayalan, Para-medics – Jayashree & Chitra and Lab technician Somanathan. Mere words would not be enough to thank the camp coordinator, CEO of the hospital Mr J. Babu who continues to inspire us.

We place on record our appreciation to Mr MA Sadagopan for the coordination and arrangement of the Eye Camp. Our member Mr Thirumazhisai Kannan has been uploading the photos of all the events and the photos of our Flag hoisting, Eye camp and our visit to the Hospital can be viewed on : <http://picasaweb.google.com/SYMATRIPLICANE>. You can also add yourself as Favourites over there, which will ensure that you get notification / alert as and when more photos are uploaded.

We have been running a professional tuition centre for students of 10th Standard and + 2. These classes are run daily at NKT National Boys High School, Triplicane, Chennai 5. We are extremely thankful to our dedicated teachers who have been taking personal attention in teaching students. We place on record our thanks to all teaching staffs.

For the successful running, we are grateful to the excellent infrastructure provided by the Management of NK Thirumalachariar Educational Trust and the workers of NKT National Boys High School. We place on record our respectful thanks to Padma Bushan Dr Sarojini Varadappan, President of NKT National Educational Society, Mrs Leela Sekhar, Secretary, NKT National Boys High School and Mr. S. Venkatadri and other Office bearers for providing us the venue for running SYMA Growth and all the encouragement given to us from time to time.

Ques : “Long years ago, we made a tryst with destiny, and now the time comes when we shall redeem our pledge” are the immortal words of Jawaharlal Nehru. Do you know when and where this address was made and who sang the invocation song for that meeting ? **Ans Pg4**

பன்றிக்காய்ச்சல் - பீதி வேண்டாம்- தடுப்பூசி அவசியம்

Sometime during last year, every one was talking about Swine flu. People were restless and were spreading rumours about residents getting afflicted and of deaths. People walked around wearing masks which were more of fashion statement rather than real protection. The sudden spurt in sales benefitted only the seller who sold them at fancy prices. Now the disease is again reported to be prevalent raising fresh fears.

Influenza, commonly referred to as the flu, is an infectious disease caused by RNA viruses of the family Orthomyxoviridae (the influenza viruses), that affects birds and mammals. The name influenza comes from the Italian influenza, meaning "influence" (Latin: influenza). Swine flu, scientifically called by its serologic classification, as H1N1 Influenza A. is a respiratory disease caused by a new strain of the influenza virus type A. It is now a wholly human virus. There are thousands of different kinds of viruses that can cause the flu. New strains develop frequently and each one is different from the one before it. In June 2009 WHO declared a worldwide swine flu pandemic.

Contrary to claims that it is new and has no remedy, it reportedly was detected way back in 1987. Death after H1N1 flu is not common, infact infections like measles is taking toll of thousands more every year, and we are oblivious of the facts. Swine flu is being blown out of proportion. If you remember, 2 years ago SARS was blown out of proportion, what happened?

Precaution is certainly good but not panic. Medication is all about correct treatment by qualified

physicians at the right time, which can happen only when you approach the nearby qualified Doctor providing him with full and complete information of your medical condition. Most people who get H1N1 are likely to recover without special antiviral medications. Doctors would prescribe the necessary drugs depending on the ailment. Those who are affected are recommended plenty of rest and to drink lot of clear fluids.

Prevention is of utmost importance and vaccines are available in many places. An indigenously developed inter nasal vaccine is available. These vaccines are made just like seasonal flu vaccines and are expected to be as safe and effective. A small dose of vaccine delivered to the nasal cavity would guard the person against the worrisome virus for a specified period.

Some injectable vaccines are also available. This vaccine is reported to provide high protection against the strain. Doctors state that some one having fever or other respiratory infection should not take this whilst they are being treated. There are some restrictions such as these are not to be administered to pregnant and lactating women, children below 3 years and people with bronchial asthma, those having allergy to egg protein, allergy to gentamycin/garamycin and similar complications. Medical Authorities state that anti flu vaccine for children below 3 years is also in the process of development.

So do not panic. Go to your family Physicians and have the vaccine administered to you and to your family and live in peace.

INDEPENDENCE DAY



Independence Day of the Nation is a very significant day and SYMA has been celebrating the Nation's birthday displaying our patriotic fervour. This

year at 0830 am, National flag was hoisted at our Medical centre by Mr. J. Babu, CEO of Pammal Sankara Eye Hospital.

The kids organized by Mrs Prema Krishnamohan of Soundarya Rathinamala rendered mellifluous songs. Sweets were distributed to all those present. The rains did not deter the spirits of SYMA and the function concluded in a grand manner.

ட்ரிங் ... ட்ரிங்...

To have better administrative ease, now SYMA has a telephone connection at the Centre. The landline no. 044 28445050 is available and in operation now. The Centre can be contacted at this tele line. We welcome the new members Mr Rangarajan & Srinivasan to our fold and request our Members to enlist more young people.

Dear Members – Copy of BLISS gets couriered to all our members. **In case of any change in your address, please send a SMS to our member Mr KS Varadharajan @ 9884692258** who would incorporate the new address and ensure continued delivery. Our SYMA records also would be updated by this process. You can also send e mail to : srinivasyoungmensassociaton@yahoo.co.in.

வாழ்த்துக்கள் ரவி ஸ்ரீனிவாசன்



Quite often it is said that the game of Cricket edges out all other games. Tennikoit is an interesting game which has not received its due attention. It is widely believed that South India is its birth place.

The 2nd World Tenniquoits Championship was held at Koblenz, Germany from 31st July to 6th Aug 2010. 8 countries participated. The categories were Men Singles, Women Singles, Men's doubles, Women's doubles, and Mixed doubles. Indian Team won the Bronze medal finishing third.

It was a great honour for Mr Ravi Srinivasan (resident of Triplicane and life time member of SYMA) to be the Chef de Mission for the Indian contingent. Mr Ravi is also the Hony Treasurer of Tennikoit Federation of India and Hony. Secy of Tamilnadu Tennikoit Association. He is employed with State Bank of Mysore.

The Venue was a grand indoor stadium at Koblenz with state of art facilities, which had fibre glass white flooring and matches started at 9 am with natural light flowing through the roof glasses. Koblenz is a city situated on banks of river Rhine, one of the longest and most important rivers in Europe which originates from Switzerland and runs through France and Germany. The name itself means merging of rivers.

Ravi reports that the roads were greatly laid. There is train terminal inside the Frankfurt International Airport connecting various important places. The contingent were looked after well and they were able to see monuments including St Peters Church and Heidelberg castle, a famous ruin in Germany, partially rebuilt since its demolition. Ravi's trip was sponsored by Velammal Educational Trust.

SYMA congratulates Ravi Srinivasan on successful completion of the mission and wishes him many more achievements.

நமது சங்க ஆயுள் உறுப்பினர்கள் சிரஞ் கு.வி. ராமானுஜம், கு.வி அருளாளன், கு.வி. ஸ்ரீகாந்த் அவர்களது தந்தை திரு. குன்னப்பாக்கம் திருமலை விஞ்சிமூர் கிருஷ்ணமாச்சாரியார் ஸ்வாமியின் சதாபிஷேகம் 16.9.2010 அன்று சதாபிஷேகம் சென்னையில் விமரிசையாக நடைபெற்றது. சதாபிஷேகப் பெரியவரை BUSS வணங்குகிறது.

On 25th Aug 2007 our great friend and dedicated worker of SYMA – KE Raghavan passed away. He was a very cheerful person, soft spoken, friendly and a very good human being capable of binding all into unison. His culinary skills were also remarkable. SYMA has been donating spectacles in his memory. This year on 25.8.2010 spectacles were distributed to 25 persons at our medical centre by Mr KE Narayanan, brother of late Raghavan.

Ans : This famous speech was made Jawaharlal Nehru to the Indian Constituent Assembly on the eve of India's independence (towards the midnight on 14th Aug 1947). The Constituent Assembly to whom power was to be transferred began its sitting at 11pm with Smt. Sucheta Kripalani singing Vande Mataram. A historic and memorable occasion in the life of the Nation. By this speech, he called upon the Members to take a solemn pledge to serve India and her people to the end that this ancient land attain her rightful place in the world and make her full and willing contribution to the promotion of world peace and the welfare of mankind.

அணுக வேண்டிய முகவரி : **சைமா BUSS**

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

To