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From Editor's Desk . . .

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The grandeur festival of lights Deepavali is nearing. It is a day which brings out happiness in all, marking celebrations with sweets, crackers and new clothes. Wishing you all a very happy Deepavali.

The games were getting mired into controversies and there was lurking fear that the conduct of the Games might be affected. Contrary to all such views, the 2010 Commonwealth Games went off well during October. A total of 6081 athletes from 71 commonwealth nations competed in 21 sports and 272 events. Our Nation has proudly hosted the games well putting back the concerns and controversies. India gave its strongest performance and emerged second with 38 Golds, 27 Silver and 36 bronze medals. We salute those who brought glory to the Nation. In a right move, the Govt immediately after the conclusion, announced the formation of a special investigation committee to probe the allegations of corruption and mismanagement.

India has slipped to 87th spot in Transparency International's latest ranking of nations based on the level of corruption, with the global watchdog asserting that perceptions about corruption in the country increased in the wake of the CWG. Denmark, New Zealand and Singapore are seen as having the least corruption in the world. Somalia is viewed as the most corrupt country based on Corruption Perception Index published annually. The first visit of President Barack Obama to India next month, is generating lot of interest to Corporate America as over 200 companies are expected to attend the conference in Mumbai. It is expected to spur trade between the countries.

India finished on top beating Aussies in both the Tests as also in the only one dayer. It was very satisfying for all cricket fans. There are many squabbles in IPL and the no. of teams that will play the next version is very confused now. It is very sad to hear that more than 100 people have been killed and many are missing after a tsunami triggered by an earthquake off the coast of Sumatra, Indonesia. Flash reports state that scores of houses were destroyed by waves after the 7.7 magnitude quake, which struck 20km (13 miles) under the ocean floor near the Mentawai islands. Agency reports state that ten villages on the islands were swept away by the tsunami. Damage and rough weather are delaying efforts to reach the affected areas.

We conducted medical camp for elders on 24th Oct and a report is on page 3. Wishing you all happy Deepavali once again.

Regards – S. Sampathkumar

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Appreciating the services of Sankara Eye Hospital, Pammal.

We are fortunate enough to be associated with a noble organization rendering yeoman service in the field of eye care, especially for rural poor. For a decade now, we have been conducting Eye camp on our Independence day and no words would be enough to thank Sankara Eye Hospital and the CEO Mr J Babu who continues to inspire us.

This great organization was established in 1984 and is an ISO certified non-profit - charitable organization. They have been rendering service stating that "miracles cannot cure the blind, together we can". The hospital has been providing high quality, cost effective eye service to all, especially to those in the lower strata of the society. They have a programme titled 'kannoli-vision saver' reaching out to rural poor. The hospital offers specialized treatment for all ophthalmic ailments and is recognised by most of the Insurers including 'Star Health'. Quite remarkably this Hospital has so far performed more than 130000 cataract surgeries, of which more than 90% were free. The hospital has sophisticated equipments housed in a three-storied building with 160 beds. They have special package for paying patients, served by highly trained and committed team of medical experts.

As stated cataract is a major cause of blindness which cannot be cured by medication alone, but blindness can be avoided through timely surgical intervention. This afflicts many in rural areas who do not have access to quality medical facilities. Sankara Eye Hospital launched an eye care programme in 1994 known as "Kannoli - Vision Saver" and

have been providing free or subsidized medical relief to the poor, needy, downtrodden and economically backward sects of people.

During 2009-10 alone the hospital has performed close to 12000 cataract surgeries. On Independence day, besides the camp at Triplicane, they had organized some more and all the patients were treated free. The hospital performs small incision cataract surgery (SICS) with Intra-ocular Lens (IOL). For those below the poverty line, surgery is free as also is transportation. For the rest who can afford, the Hospital has special packages. The patient and the attendant are provided coffee, breakfast, lunch and dinner during their stay in the hospital.

We request you all to make a visit to the Hospital wherein one would be impressed with the facilities and be pleasantly surprised with the pleasant service rendered. There are endowments which can be made to mark important days in your life. The interest accrued is being utilized for one or more free surgery to poor patients. The counselling and care offered are excellent and with humane touch. The hospital can be best relied for all disorders relating to eye.

For more details please contact : Sankara Eye Hospital, 1, 3rd Cross Street, Sri Sankara Nagar, Pammal, Chennai 600 075 P: 044 22484799 & 22485299. For convenience of common public, they also operate free bus service from Pallavaram market at fixed times.

அலங்காரக் கொலு



Navaratri is a great festival in South India. Traditionally at homes, there will be display of dolls kept in a decorative manner. People invite relatives and friends and celebrate the festival with exuberance. This year it was a pleasant surprise as a grand golu was organized inside Sri Parthasarathi

Swami temple, near Sri Azhagiyasingar sannadhi.

The golu which had the display of the pond at the centre and a formation in which the dolls can be viewed

from all sides was very attractive. The ornate Golu consisted of various avatars of Lord Vishnu, dolls depicting Gitopadesam, Sri Parthasarathi, Maha Vishnu reclining at thirupaarkadal, Sri Ranganathar (Srirangam), Sri Andal (Srivilliputhur), Sri Yoga Narasimhar (Sholingur) and Sri Krishna (Guruvayur). Eight Lakshmi idols (Ashta Lakshmi) were placed around the pond.

A beautifully decorated replica of Tirumala temple was the cynosure of all eyes. The Golu was the work of Smart Creations, a pioneer in 24 karat Gold coating services with a spiritual touch. The Company and the authorities of Sri Parthasarathi swami temple deserve special appreciation for this fantastic religious exhibition.

Pooja at Centre and growth

SYMA has flourished for more than 3 decades committing to serve the Society, working for the betterment of humanity. The continued success of long journey is made possible by the divine grace of Lord Srinivasa.

For continued divine blessing and for the well being of all our members, we conducted Pooja at our premises and offered prayers to God on Ayudha Pooja day (Sat, 16th Oct 2010) at 0700 pm. Most of our office bearers and our members attended the function.

For the benefit of all students of SYMA Growth and continued well being of all, prayer to Goddess Saraswathi was conducted at NKT Boys High School @ 1000 am on Sunday, 17th Oct 2010.



Ques : "Close on the heels of the 2010 CWG games, do you remember the mascot of the games ? **Ans Pg3**

மருத்துவ பணியில் சைமா

Our Indian culture respects elderly persons and traditionally we are given to paying obeisance to elderly people. In our land, elderly people are respected for their knowledge and imparting wisdom to the younger generation. Unfortunately, there are incidences of abuse of old people and those who have to live in old age homes rather than with their family is increasing. This is evidenced by the fact that there are more old age homes now than ever before.

Getting older is a demographic evolution. There are millions of old people in India. Healthy older persons are valuable resource to the family and society and we should ensure that they remain healthy and are properly cared for.

In today's changing scenario, people are becoming more prone to diseases, illness and ailments. Preventive checkups from time to time are necessary. At SYMA, we have realized the need for providing good medical treatment to all of them, especially to the poor and needy who cannot afford quality medical treatment. We have our Medical centre and quality lab functioning from our premises at 29 TP Koil Street, Triplicane, Chennai 5. We are conducting regular medical camps also.

On Sunday, 24th October 2010, we conducted 'Free Health check up camp' for elderly people. We organized this jointly by us with Lions Club of South Madras and in association with Novartis. The camp was conducted at Bharathiyar Illam, 83 TP Koil Street, Triplicane. More than 100 persons were screened and underwent tests for checking blood pressure, blood sugar, Eye checkup and ECG. Some were prescribed glasses, which were available at a very nominal cost. Lions Club of South Madras sponsored free spectacles for 8 persons. K.I.M. Lions Eye Hospital at T Nagar, a project of Lions Club of South Madras deserves a special mention for providing sight to thousands of people. Apart from these, the aged persons were also screened for Dementia.

For those of you who have not heard of this earlier, this could be a shocker as there are reports that globally there would be millions affected by dementia by the end of this decade. It is worrying that a high % of them would be from low and middle income countries and one report suggests that there would more than 10 million Indians above the age of 65 who would suffer from this. The healthcare for older people have for long not been prioritized. Dementia could impact physically, psychologically and economically and is a grave threat to the society. There is need for a plan at the National level to tackle this problem. Some studies also state that dementia affects more women in India than men, this perhaps is attributed to statistics that women in India have better life expectancy than male.

Dementia (originally meaning madness) is a serious loss of cognitive ability in a previously ordinary person, beyond what might be expected from normal ageing. It may be static, the result of a unique global brain injury or progressive resulting in long term decline due to damage or disease in the body. It was earlier known as senile dementia ; it is a nonspecific illness syndrome in which affected areas of cognition may be memory, attention, language and problem solving. Early detection always ensures easier cure and exhibiting our care for the society and community, assessment for studying dementia was initiated at this camp by qualified personnel.

We are thankful to the officials of Lions Club of South Madras Mr P Narasimhan, President; TAS Ramamurthi, Vice Dist Governor, VMV Narasimhan, TS Sridharan and Dr Rajappa. Our thanks are also due to Mr Arunachalam and other officials of Novartis who were present with us and ensured success of the camp. Our Special thanks are due to Dr K.M.Vidya for the assistance during the camp. We appreciate the efforts of Sadagopan M.A in coordinating this programme.

Ans : The official mascot for the 2010 Commonwealth Games was *Shera*, an anthropomorphised tiger. His name came from the hindi word meaning lion. The logo was designed by Idion Design & Consulting. Shera represented the modern Indian, an achiever with positive attitude, a fierce competitor with integrity and honesty. Shera is also a 'large-hearted gentleman' who loves making friends and enthusing people to 'come out and play'. Shera embodies values that the nation is proud of: majesty, power, charisma, intelligence and grace. His athletic prowess, courage and speed on the field are legendary. He is also a reminder of the fragile environment he lives in and our responsibility towards the protection of his ecosystem.

வருந்துகிறோம்

நமது சங்க உறுப்பினர் N.G. சம்பத்குமார் அவர்களின் தகப்பனார், ஸ்ரீபார்த்தசாரதி ஸ்வாமி திருக்கோயில் சின்னமுறை பட்டர் ஸ்ரீ என்.ஏ. கோவிந்தராஜ பட்டர் (81) அவர்கள் 22.10.2010 அன்று ஆசார்யன் திருவடி அடைந்தார்.

நமது சங்க முன்னாள் தலைவர் R. விஜயராகவன் அவர்களின் தமையனார் ஸ்ரீ சந்தானகோபாலன் 23.10.2010 அன்று அவர்கள் காலமானார்.

Bliss தனது ஆழ்ந்த இரங்கலைத் தெரிவிக்கிறது.

செயற்கரிய செய்வார்

The mythological vessel 'akshaya pathram' is belived to have possessed mystic powers of supplying uninterrupted food. In the modern world, either many of those vessels or some more of this noble man are required to ensure that poor also live in peace getting some food everyday.

Narayan Krishnan is a man with a difference. Certainly he is a man with a heart of Gold who goes round the divine city of Madurai with a pot of food. He has founded Akshaya with a mission of committed care for helpless, forsaken, mentally ill, old, sick, roadside destitute, living and dying in the streets of Madurai - by providing healthy food, love and opportunity to rehabilitate, Restoring human dignity. In this materialistic world, most of the fight is for acquiring more wealth, land, and other material things powered by greed and engineered by lack of satisfaction. We often complain of the indifferent attitude of the people and the raw deal that we deserve, when lesser souls get the better of us. But when we step on the road, we become oblivious to the surroundings. Whether you live in a metropolis or town or a village – you have poverty and downtrodden people lurking all around. Many a times it is not their fault or choice that they are what they are. In this Great Nation, there are thousands whose lives simply are nonexistent, despite all the free schemes, they starve and do not get the barest of the necessities.

Narayan Krishnan dares to be different. His is real life story of a young man discarding a coveted job to help the homeless, mentally ill and others in Madurai. He takes special care of mentally challenged persons stating that they wont ask anyone for food or money. He also says that he would not feed beggars as they can look after themselves. For more than 85 months now, their lives have been different thanks to Krishnan who has been feeding hundreds of such people on the streets of Madurai – three times a day, all days throughout the year. No holidays no impediments – this man with a mission serves humanity. His charity called the Akshaya Trust has a clean kitchen, neat vessels, quality ingredients, food made with love and passion, garnished and made tasty by this man, who was a chef of a 5 Star hotel in a city not long ago.

In a day's life where we expect accolades from all possible quarters for every small thing done, get them recorded for future use – his routine is different and devoid of any thanks giving as his recipients often would not even understand the noble deed. The service is costly and he has put a lot of his own money apart from his selfless service. They claim with pride that their accounts are maintained scrupulously to ensure that the hard earned money flows to the poor fulfilling his aim. The Trust has been donated some acres of land and Krishnan hopes to build a home for his wards.

Quite obviously he has been doing all this without any expectation of recompense just as the rain clouds help the mankind. The good news is that CNN has nominated Indian Narayanan Krishnan in the top 10 CNN Heroes of 2010. CNN Heroes – an All Star Tribute is an annual television special created by CNN to honour individuals who make extraordinary contributions to help others. Recently on 23rd Sept 2010, the top 10 CNN Heroes for this year were revealed on CNN.com. The announcement also kicked off the online voting for the "CNN Hero of the Year" which opened immediately following the unveiling. Online voting will conclude at 3.30pm on 18th Nov. The nomination of the only Indian in the elitist panel reads " Narayanan Krishnan brings hot meals and dignity to India's homeless and destitute - 365 days a year - through his nonprofit Akshaya Trust. Since 2002, he has served more than 1.2 million meals."

We vote for so many things. Perhaps it is the right tribute to visit : <http://heroes.cnn.com/vote.aspx> and cast your vote in favour of this suave person. He certainly may not need your vote to continue his mission but we have a duty to ensure that our Hero stays on top of all and continues to inspire us.

அனைவருக்கும் எமது தீபாவளி நல்வாழ்த்துக்கள்

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உறுப்பினர்களிடமிருந்து செய்திகள், துணுக்குகள்
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To