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From Editor's Desk . . .

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Wishing you a very happy Deepavali – the great festival which lifts the moods of children and elders alike. Shops are bustling with activity as people are busy buying clothes, sweets and gold. After the Educational Aid programme, we conducted a health camp at Perumbakkam and another one at Triplicane. Members of SYMA visited Sree Sarada Sevashram (detailed coverage in our next issue)

Elections to local bodies are scheduled on 17th & 19th of this month. These are extremely important for all of us as they concern the civic activities and we must exercise our franchise for the candidate who is most certain to attend to the needs of civic society. Keep in mind that garbage cleaning, environmental hygiene, keeping streets clean, provision of lights at roads and the like are the quintessence of local governance. By some queer logic the Planning Commission pegged poverty in Urban areas at Rs.32/- per capita per day; in rural areas it is Rs.26/-; this purportedly is the affidavit filed in a public interest litigation filed by the Right to Food Campaign. In economics, inflation is a rise in the general level of prices of goods and services in an economy over a period of time. The prices have been going up and the common man feels the pinch with every increase, felt more intensely in festive seasons. There is another factor known as Food inflation determined on the basis of wholesale price Index. At a time when Lokpal garnered the whole attention, the rulers and others should think of the proposed food bill also.

Another matter of grave concern is the ever rising cost of health care. India is amongst the leading producers of drugs, still a high % of population cannot afford buy essential drugs at the present cost itself. In India unlike other countries, a very high % of drugs are sold through retail shops. The no. of drugs whose prices were controlled by the Govt has decreased rapidly and only very little is spent on Public health. The movement of Anna Hazare backed effectively by the electronic media brought to the fore the need for bridling corruption in Govt. The crusaders and activists need to understand that corruption exists in other spheres also and should ensure to keep all the pertinent areas free of corrupt practices. The famed institution of Parliament's credibility has gone down because of the presence of some with criminal background and the way the proceedings are stalled. It rose in unison to state that the prerogative of law making is solely theirs; they also have a responsibility to ensure that strong systems are in place to keep things under their control. Surprisingly there was even a proposal for lifting the ban on sex-determination tests so that parents are legally able to choose the gender of their child.

Petrol prices keep going up and for long crude oil price rise was stated to be the reason, but when the prices are plummeting down, there is not even a murmur of bringing them down. Cricket fans continued to rejoice as Mumbai Indians won the Champions League T20 – how the National team fares in the 5 one dayers at home against England is what remains to be seen. By a quirk of regulations, matches at Chepauk were played to some stands which had to be kept empty. **With regards – Editor.**

நன்றி! நன்றி!! நன்றி!!!

எங்கள் மையத்திற்கு சிறப்பு வைப்பு நிதி அளித்த திருமதி TAK கோதை அவர்களுக்கு.... நன்றி....



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 பங்களிப்பையும் வரவேற்கிறோம்.

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

SYMA CRICKET COMPETITION

At the start of the year 2011, the Cricket World Cup 10th version Fever was at its height. It was a 43 day long extravaganza of 49 matches. From the inaugural version in 1975 when there were 15 matches involving 8 teams, WC has a long history. For Team India, Venkat, Kapil, Azhar, Ganguly, Dravid and Dhoni have captained in the various editions of WC. SYMA has been associated with cricket in many ways.

Our members are cricket enthusiasts as most of the Triplicanites are... SYMA with its commitment of service to the society, considered it the apt occasion to join the bandwagon in celebrating the World Cup as also to enhance our list of blood donors. With this aim we launched "Goldwinner – SYMA Cricket WC Contest 2011" where contestants were asked to predict answers for 13 Questions. The contest was formally launched in a function at Bharathiyar Illam on 28th Feb 2011 to formally launch the contest. The contest form was released by S. Anantharaman, Divisional Railway Manager of Southern Railway and the first copy was received by KA Shankar, Executive Member of TNCA. The contest was sponsored by Gold Winner.

India emerged victorious and for cricket lovers 25th June 1983 and 2nd April 2011 would remain etched in the memory. SYMA could encash on the festive mood as more than 4100 persons entered the contest, swelling our list of blood donors further by 2000. There were 5 entries which had 11 correct answers.

In our Educational Aid Programme on 17th July 2011, winners were determined by draw of lots. The winners were : Ms Vidya Kesavan(1) ; Sakthi Kumar (2); V Aravind (3) V. Ganesh (4) and D Vivekanandan (5). There were 7 others who won special prizes. Besides, our members who collected higher no. of entries were also given prizes. The prizes were handed over by Mr CR Sredhar, of Media Associates. The winners took home handsome prizes of Microwave Oven, Tabletop grinder, Mixie, Panasonic Rice cooker, Iron box, Hair dryer etc.,

By this our commitment to the cause of blood donation is further strengthened. Special thanks to K Kesvan who helped us in recording all the entries and enabling us pick up the winners easily. We thank the event sponsor "Gold Winner" and Mr C.R. Sredhar.

மருத்துவப் பணியில் சைமா

SYMA has been rendering service to the Society for over 34 years now and we have conducted various health camps, yet 20th Aug 2011 will be etched in our memory for it was the day when we conducted a health camp outside the precincts of Triplicane.

On 20th Aug 11 SYMA associating itself with Rotary Club of Madras South and Sri Kanchi Kamakoti Sankara Medical Trust organized a 'Free Eye check up and General Health camp" at Medavakkam. The venue was Sree Gayathri Vidyalaya, Nesamani Nagar, Perumbakkam, Medavakkam, Chennai 601 302

The school premises was abuzz with activity with our volunteers and those who had registered themselves earlier. More than 60 children from the crèches run by Mrs Jaya Ramakrishnan underwent routine health check ups and more than 50 elderly persons underwent eye check up. 3 persons who were diagnosed with cataract were taken to Sankara Eye Hospital, Pammal and were surgically treated. Spectacles were provided to 10 persons.

We place on record our thanks for the support to the Rotary Club of Madras South and Sri Kanchi Kamakoti Sankara Medical Trust. We also thank the Doctor and technicians of Sankara Eye Hospital, Pammal. Special appreciations are due to Mrs Jaya Ramakrishnan who has been taking care of many children and destitute women in the area by teaching them vocational skills. Thanks are also due to the Headmistress and Correspondent of Sri Gayathri Vidyalaya. Sadagopan MA excelled with his deft coordination skills taking care of all aspects of the camp, organized at a venue far away from our home.

Q: In these days of electronic media, debates on political issues are popular and common. Do you know of the famous first televised debate, which changed the course of an election ?

DEEPAVALI

Deepavali the festival of lights is on 26th October 2011. For all of us it is one the most joyous moments. We celebrate Deepavali, by getting up early in the morning, having oil bath, wearing new clothes, bursting crackers, eating sweets, visiting our relatives and paying obeisance to elders and receiving their blessings.

All of us need to celebrate this festival safely and ensure that we do not cause inconvenience to others. The highlight of Deepavali are the multicoloured thrilling crackers and dazzling flower pots, sparklers, twinklers and more. The explosive pyrotechnic fireworks that light the air are extremely entertaining. Here are some basic precautions towards safety :-

- Purchase them only from authorized shops. Keep the crackers in a closed box, out of reach of children and animals.
- Keep them away from all the sources of heat.
- Wear Cotton Clothes: Don't wear loose clothes which can catch fire easily. Maintain distance between your body and crackers.
- Light crackers in open spaces; one at a time; don't light crackers holding them; don't keep crackers inside pocket or light them in a tin or bottle for extra sound effect; light crackers in open spaces.
- Never try to reignite partially burnt ones.
- Discard used ones in a bucket of water
- Keep Children Away: or ensure that they alight under the supervision of elders. ;
- Always keep a bucket of water. In case of any injury, water can serve you better. In case of any burn or cut, splash tap water on the burn until the burning sensation reduces. Cover the area of the burn with a moist and sterile bandage. Don't use blanket or towel to cover the burn. Provide proper medication by qualified personnel as immediately as possible.
- Don't light them near animals. Take care to ensure that old aged persons are not near when you light them.

Deepavali is great fun and it is the time to celebrate. Taking little precautions will ensure that the fun remains throughout for every one around.

தேர்தல் திருவிழா

தமிழ்நாட்டில் மாநகராட்சிகள் முதல் ஊராட்சிகளுக்கான தேர்தல்கள் இரண்டு கட்டமாக நடைபெற உள்ளன. மொத்தம் 118983 ஊரக, உள்ளாட்சி பதவி இடங்கள் மற்றும் 13418 நகர்ப்புற பதவி இடங்களுக்கு இத்தேர்தல்கள் நடைபெறுகின்றன.

86104 வாக்குச்சாவடிகளில் சென்னையில் மட்டும் 4876 வாக்குச்சாவடிகள் அமைய உள்ளன. மின்னணு வாக்குப்பதிவு இயந்திரங்கள் மூலம் 4,63,37,379 வாக்காளர்கள் வாக்களிக்க உள்ளனர்.

சிறுராட்சிகளில் தலைவர் மற்றும் வார்டு உறுப்பினர் பதவி இடங்களுக்கான தேர்தல் கட்சி அடிப்படையில் கிடையாது. மற்ற அனைத்து பதவிகளும் கட்சி அடிப்படையில். வேட்பாளர்கள் தேர்தல் முடிவுகளுக்குப் பின் 30 தினங்களுக்குள் செலவின கணக்குகளை ஒப்படைக்க வேண்டும்.

வேட்பாளர்களுக்கான அதிக பட்ச செலவின வரம்பு : சிறுராட்சி வார்டு உறுப்பினர்களுக்கு ரூ.3750. நகராட்சி மன்றத் தலைவர்கள் தேர்வு மற்றும் சிறப்புநிலை : ரூ.2,25,000. சென்னை மாநகராட்சி மேயர் : ரூ.11,25,000. சென்னை மாநகராட்சி மன்ற உறுப்பினர் : ரூ.56,250.

நேரடித் தேர்தலின் மூலம் மக்களால் தேர்ந்தெடுக்கப்பட்ட உள்ளாட்சி தேர்தல் பிரதிநிதிகள், மாவட்ட ஊராட்சித்தலைவர் (31), ஊராட்சி ஒன்றிய தலைவர் (385), மாநகராட்சி துணைமேயர் ஆகியோரை தேர்ந்தெடுப்பார்.

வாழ்க ஜனநாயகம்!

After many a changes the 'wear helmet' rule is back again. One can cite innumerable reasons of falling hear, sweat, smell, difficulty in carrying and more but remember your head is more precious than everything. The Administration does the rule no good by selectively enforcing it and penalizing once in a while. Typically, Chennai riders would like to try their luck in driving without getting caught stating it to be cumbersome and time consuming ! A little care will sure save life

You might be a very safe driver – still accidents do occur and it is the speed at which one would hit the ground that matters. Helmets made of fibreglass and thermoplastic act like a shell for protecting the brain. The inside of a helmet is lined with expanded polystyrene (EPS) of controlled density. When the helmet is struck with a hard surface, the inner lining acts as a buffer and absorbs the shock. It bears the sudden change in energy and pressure and keeps the skull intact. The EPS may crush but it still protects the skull. When the skull is hit it moves towards the brain, leading to brain damage. The helmet, by buffering the impact of shock and dissipating the energy, prevents the skull from causing an impact on the brain. The ones who are helmeted would prevent possible critical head and facial injuries.

Ensure that you don't wear cheaper ones but trust only approved makes. Ensure that there is a nylon or tyrelene strap and that you strap them properly. It should not be too tight or wobbly. The Police eyes need not be watching – wear them for your good and for the benefit of those who love you.

உங்களுக்கு நம் தமிழகத்தைத் தெரியுமா?

Do you know the no. of districts in Tamilnadu ? Can you name at least 20 of them ?

Presently the State of Tamilnadu has 32 districts – the last to be carved out were Ariyalur and Tripur. District Collector is the head of the District Administration.

Districts are divided into Taluks for the purpose of Revenue Administration.

After the Nation's independence in 1947, Madras Presidency became Madras State, renamed as Tamil Nadu in 1968. In 1953, 11 northern districts of Madras State became the State of Andhra Pradesh. In 1956, the boundaries of the State were redrawn. At that time, Madras State had 13 districts. In 1966 Dharmapuri was born out of Salem. Similar carving out of new districts have been taking place somewhat regularly and some have further been redrawn. In 1996, the names of some districts were changed – thus Kamarajar became Virudhunagar, Pasumpon became Sivaganga, Periyar became Erode, Kattabomman became Tirunelveli, and Madras became Chennai.

In the wake of the present century, Ariyalur was split from Perambalur; again to merge in 2003 and again split in 2007. In 2008, Tiruppur was carved out of Coimbatore and Erode districts. Presently, we have these 32 administrative districts: -

Ariyalur; Chennai; Coimbatore; Cuddalore; Dharmapuri; Dindigul; Erode; Kancheepuram; Kanyakumari; Karur; Krishnagiri; Madurai; Nagapattinam; Namakkal; Perambalur; Pudukottai; Ramanathapuram; Salem; Sivaganga; Thanjavur; Nilgiris; Theni; Thiruvallur; Thiruvannamalai; Thiruvarur; Thirunelveli; Tiruppur; Trichirappalli; Tuticorin; Vellore; Villupuram and Virudhunagar

Our Very Special Thanks

With an eye on future and to ensure continuance of our services without any let up, we instituted a scheme for collection of Corpus Fund. The names of donors who donate Rs.1,00,000/- and above are being etched on the facade of our Medical Centre.

We place on record our gratitude to the following donors for providing us the Corpus Fund of Rs.1,00,000/-

- 1) Shri KA Shankar
- 2) M/s AVM Charities
- 3) M/s AVM Charities
- 4) Smt. TAK Kothai w/o late TAK Sampathkumar.

We thank Shri AVM Saravanan for his benevolent gesture. Special appreciations to our President TA Sampathkumar and our Ex president N Ganapathi in collecting corpus fund.

Ans: It was more than 50 years ago in 1960. It was the 44th American Presidential election when Republican President D Eisenhower was not eligible and Richard Nixon was nominated. The Democrats nominated John F Kennedy, Senator from Massachusetts. It is believed that but for those televised debate, Kennedy would not have become the President. He won with a lead of 112,827 votes, or 0.1% of the popular vote, giving him a victory of 303 to 219 in the Electoral College. The televised dual fundamentally altered the way of political campaigns.

அணுக வேண்டிய முகவரி : **சைமா BUSS**
சைமா மெடிக்கல் சென்டர்
29, துளசிங்க பெருமாள் கோயில் தெரு
திருவல்லிக்கேணி, சென்னை -600 005.போன்:28445050
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உறுப்பினர்களிடமிருந்து செய்திகள், துணுக்குகள்
உபயோகக் குறிப்புகள் வரவேற்கப்படுகின்றன.

To _____

