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From Editor's Desk . . .

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India has been shining in the sports arena amidst din and never ending stream of news of financial scams. The amounts are mind boggling. Part of those would change the lives of the poor and downtrodden and would take the Country to economic betterment. After a good show in Commonwealth games, India had a decent performance in Asian games at China. China set a new record with 199 gold medals and the opening and closing ceremonies were amazing indeed.

The first test reversal provided fodder to many of his critics. Dhoni has embarked on a tough mission of attempting to win at South Africa. India has lost all its previous four series in SA and in fact has won only a solitary test in SA. Coming as it does on the eve of World Cup, the team needs to hone their skills further on the bouncy, bowler friendly wickets of the land. It is not always the history or the past that directs the present and we look forward to the series with a positive frame of mind. Sachin completed 50 tons which is an incredible achievement.

We are planning to conduct our blue riband activity "Child Fest" in 2011. Unlike the previous years, we have decided to split the event into two – the drawing competition would now be held in The Hindu Higher School, Big Street on 30th Jan 2010. The event as usual would be open for children studying from Lkg to 12th Std and would be in Six groups. The rest of the competitions including the Prize Distribution would be held at Mylapore Fine Arts on Sunday, the 6th of Feb 2011.

This year we have organised many health camps and Tamilnadu is at the top of healthcare provider's list. Unfortunately, it is also becoming the dubious diabetic capital. A recent study of Madras Diabetes Research Foundation reveals that 9.8% of the population which is a mighty 42 lakhs are ailing from diabetes, whilst another higher % are in the high-risk pre-diabetes stage., which does not augur well for the state and its citizens. Perhaps it is time that we indulge in more physical activities and do all that is required to keep away diabetes or any other disease. Some details of our recent health camp for raising awareness of cancer and prevention are inside.

Wishing you a very Happy New year 2011.

Regards – S. Sampathkumar

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ஸ்ரீசாரதா சேவாஷ்ரமம்

வாழ்க்கையைப் பகுதி பிரித்தால் இளமை முடிந்தவுடன் மனிதன்வேலைக்கு சென்று சம்பாதிக்கும் பருவம், தற்போதைய சமுதாயத்தினர் பேராசையுடன் ஓடிக்கொண்டே உள்ளனர். இன்றைய இளைய சமுதாயத்தினர் பணம் சம்பாதிப்பதையே குறிக்கோளாக கொண்டுள்ளனர். எதிர்கால தேவைக்கு எல்லாம் சம்பாதிக்க வேண்டும். இதுதான் குறிக்கோள்.

இப்படிப்பட்ட சமுதாயத்தில் இன்னமும் சிலர் சுயசிந்தை இல்லாமல் சமுதாயத்துக்கு ஏதாவது செய்ய வேண்டும் என்ற வெறியுடன் செயல்படுகின்றனர். இப்படிப்பட்ட ஒரு மாணிக்கத்தை அண்மையில் மண்ணிவாக்கத்தில் நம் சைமா குழுவினருடன் சந்திக்கும் வாய்ப்பு கிடைத்தது.

சாது யோகி குமார் என்ற இவர் 40 வயது இளைஞர். தனது இளம் வயதில் ஸ்ரீராமகிருஷ்ணஇயக்கத்தில் சேர்ந்து, இமயமலை சென்று சன்யாசம் பெற்று, யோகாகலை கற்று தனது தணியாத தாகத்தை தணித்துக் கொள்ள சென்னை திரும்பி, தன்னுடன் சில இளைஞர்களையும் இணைத்துக் கொண்டு 'ஸ்ரீசாரதா சேவாஷ்ரமம்' என்ற ஒரு ஆஷ்ரமத்தை நடத்தி வருகிறார்.

இந்த ஆஷ்ரமம் சாது யோகாகுமாரால் துவங்கப்பட்டு திருவாளர்கள் ரகுராமன், சந்திரசேகரன், விஜயசெல்வராஜ், குமரகுருபரன், பாலசுப்ரமணியம் போன்றோரின் சீரிய உதவிகளுடன் 5 ஆண்டுகளாக நடத்தப்பட்டு வருகிறது.

சென்னையின் வாகன மற்றும் மக்கள் கும்பலை தாண்டி வண்டலூர் அருகே மண்ணிவாக்கம் என்ற பகுதியில், மிகத்

தூய்மையாக இந்த ஆஷ்ரமம் அமைந்துள்ளது. இங்கு 26 மாணவ, மாணவியர் தங்க வைக்கப்பட்டு, உணவு, உடை, இருப்பிடம், படிப்பு, பாசம் அனைத்தும் சூழ நல்வாழ்வு வாழ்ந்து வருகின்றனர். ஸ்ரீராமகிருஷ்ணர், ஸ்ரீசாரதாதேவி, ஸ்வாமி விவேகானந்தர் நெறிமுறைகளை பின்பற்றி ஆஷ்ரம் நடத்தப்படுகிறது. சிறுவர்களை நெறிமுறை படுத்தி அவர்களுக்கு நல்லொழுக்கம், நேர்மையான வாழ்க்கை, குறிக்கோள்கள் கற்றுத்தந்து, அவர்களை வாழ்வில் வெற்றி பெறச் செய்வதே இந்த ஆஷ்ரமத்தின் நோக்கமாகும். அதிகாலை இறைவணக்கத்துடன், யோகா உடற்பயிற்சி போன்றவை கற்றுத்தரப்படுகின்றன.

சைமா குழுவினரை அன்புடன் வரவேற்ற ஸ்வாமி, நிர்வாகிகள், குழந்தைகளுடன் உரையாடி நாங்கள் மகிழ்ந்தோம். ஆஷ்ரமத்திற்கு சைமாவினால் இயன்ற சிறு பொருளுதவி அளித்தும், சிறிது தலையணைகள், பாய்கள், போர்வைகள், நோட்டு புத்தகங்கள், மளிகை பொருட்கள், வாளிகள் போன்றவைற்றையும் அளித்தோம்.

இந்த ஆஷ்ரமத்தின் முகவரி : ஸ்ரீசாரதா சேவாஷ்ரமம் பதிவு எண் 751/IV2006 எண்1/3 வடக்கு மாடவீதி, மண்ணிவாக்கம் (சிவன்கோயில் அருகில்) சென்னை-48. போன்:044 2275 0012/ 99402 08225. சைமாவினருக்கு இனிமையாக நாளாக அமைந்ததைப் போல்நீங்களும் உங்கள் குழந்தைகளோடு ஆஷ்ரமம் சென்று வரலாமே. மேலும் விவரங்களுக்கு ஆஸ்ரம வலைத்தளம் : <http://sreesaradasevashram.blogspot.com>

போற்றத்தக்க செயல்வீரர்கள்

Our last issue had an article appreciating the extraordinary efforts of Narayan Krishnan whose 'Akshaya Trust' has been providing hot food to thousands of people daily in the streets of temple town of Madurai. We had urged you to vote on line for this suave person and make him the Hero of CNN 2010.

Narayan Krishnan is indeed a man with a difference, who has been going around the divine city of Madurai with a pot of food and providing 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. He was amongst the top 10 heroes of CNN Heroes.

Recently, Anuradha Koirala of Nepal was chosen by the public in an online poll that ran for eight weeks on CNN.com and was announced as the winner by CNN's Anderson Cooper. Since 1993, she has helped rescue more than 12,000 women and girls. Through her organization Maiti Nepal, she has provided more than a shelter for these girls and young women, she has created a home. It is a place for them to heal, go to school, learn a skill, and for some who are infected with HIV/AIDS, it is the place where they can spend their days surrounded by love." Maiti Nepal also works on reuniting the rescued women with their families, patrolling Nepal-India border with police and other law enforcement authorities and also rescuing trafficked women from the brothels in India with the help of Indian authorities

The show reportedly opened with a salute to the 33 Chilean miners and five of the people who rescued them after the miners spent 69 days underground. They had endured a nightmare and CNN had brought the miners and their rescuers to the United States to attend the tribute show. The five rescuers were selected to represent the many thousands whose talent and effort led to the dramatic rescue.

He might not have been anointed with the CNN award but Narayan Krishnan and his Akshaya Pathram would ever remain top amongst Indian hearts. Akshaya has earned a solid trust and growing recognition from a wide cross-section of society from India and the International community. The Sanskrit word 'Akshaya' meaning undecaying or imperishable is indeed the vessel that has been providing human compassion without limits. The spirit of helping inculcated by this great Person is certain to grow unbounded. It is not the food that this suave person has been providing to the homeless in the temple town of Madurai but the restoration of dignity and compassion, which would rankle for ever. We appreciate the efforts of our Hero. For more details you can visit : www.akshayatrust.org

நமது இனிய நண்பர் எஸ்ஸெல்

Whilst any mention in National newspaper itself is meritworthy, how would one feel if close to quarter of a page coverage with photo is on "The Hindu" - that is what our close friend SL Narasimhan aka Yessel had on 23rd Dec 10.

A person residing with us in Triplicane, studied in Hindu High School, graduated from Madras University, ventured into pharma retail and moved on to advertising, creating exhibition stalls, organizing roadshows and more. From advertising and marketing, he became an entrepreneur co-owning a Company providing software solutions. His company, RALTES Technologies – is a Technology consulting company offering affordable, innovative, flexible and value added software solutions to customers across the globe and is committed to be the number one Service Providers with flare for quality.

Long way indeed. Just as we are engrossed in our learning centre 'SYMA Growth', passion drives him into teaching and training, being a guest lecturer in many Colleges and educational institutions.

Maybe his family gene, of being a blood relative of the legendary AK Ramanujan, the erudite scholar who is known to be a Poet, scholar, author, philologist and researcher in Tamil, kannada, Telugu, Sanskrit and English has helped him. It may not be out of place that AK Ramanujan after stint in many Universities here, taught at University of Chicago and has written volumes about Vaishnavism, Thiruvoimozhi and more.

Yessel has been a compulsive critic of various sports including cricket and tennis. This man in his forties and is a connoisseur of carnatic music. He has a great collection of recordings of rare concerts which include some of those outstanding musicians. His passion has ensured that these rare renderings are available to thousands of rasikas and sometimes to the musicians themselves. He is well known through his deeds to the South African community of Carnatic music lovers. Understand that he had shared some of the recordings of Violin maestro Lalgudi G. Jayaraman – some solo, two concerts he performed with his sister, two concerts he played for Alathur Brothers, and a few concerts with Madurai Somu and M.D.Ramanathan. His collections include those of stalwarts like Kancheepuram Naina Pillai, Veena Dhanammal, Tiger Varadhachariar and T.N. Rajarathinam Pillai.

It is indeed a great trait that he is ready to share the collection with any music lover, provided of course it not being commercially utilized.

As it occurs often, though I have conversed with Yessel many a times, this genial side of his was not too well known. There is another reason to celebrate and feel proud. Essel is a Life member of our SYMA and has actively participated in many of our activities.

மருத்துவப்பணியில் சைமா

Civic awareness, hygiene and good health are always on top of our agenda and this year we have conducted many Medical camps providing quality check up in detecting ailments and spreading awareness of knowledge of diseases and the ways of maintaining a healthy living.

Prof Dr S Subramanian is the founder, who has decades of experience in the field of oncology. He is a man known for his patience and compassion coupled with academic brilliance. He was recipient of award as one of top five oncologists in the State in a recent survey conducted by popular TV network.

Dr Subramanian was in our midst on 25th Nov. 10 and spoke to a gathering on the symptoms, research and treatment besides offering tips for leading a healthy disease free life.

On 28th Nov 10, we conducted a health camp at Bharathiar Illam in coordination with VS Hospital. VS is a comprehensive cancer care centre providing world class care at affordable rates.

Around 75 persons underwent screening by Gynecologist ; around 100 were screened and were provided free consultation by Ortho and Dental specialists. The hospital authorities can be contacted at :

VS HOSPITAL

13, East Spurtank Road, Chetpet, Chennai- 31

Phone : +(91)-(44)- 42001000, 28191020,

Mobile : +(91)- 9841538911 **Email :**
vshospitals@gmail.com, info@vshospitals.com

We place on record our special thanks to Dr KM Vidhya for the assistance during the camp. The efforts of Sadagopan MA in coordinating this programme is acknowledged.

Question : The 10th Cricket World Cup is scheduled to start in Feb 2011 hosted by 3 South Asian test playing Nations. Do you know what is the mascot for this tourney ? **Ans in Pg.4.**

CHILD FEST 2011

SYMA has been in the field of social service for more than 3 decades now and for many years now, we have been conducting Child Fest. This year our focus is on SYMA Growth (our own tuition centre) and our Medical centre (the free dispensary). Besides our various other activities like providing free uniforms, civic campaigns, medical camps, Child Fest is intended to imbibe in children the qualities of competitive spirit and participation. Over the years our Child Fest has provided opportunity to children to exhibit their special talents and the participation has been growing every year.

The entire fete is planned meticulously in advance. This year we will have Singing (Carnatic & Film), Quiz (6th to 9th; 10th to 12th), Drawing in Six groups (Lkg & Ukg, 1&2, 3-5, 6-8, 9&10, 11&12), Fancy Dress, Instrumental Fusion and Group dance events. For ease of conduct, we propose to have the Drawing competition on **Sunday, 30th Jan 2011** at The Hindu High School, Triplicane, Chennai 5. The rest of the events would be conducted on **Sunday, 6th Feb 2011** at 1 Mylapore Fine Arts, Chennai 4.

The brochures are getting ready and invitations would be sent to the schools shortly. The details of the conduct of the programme would be made available on our website : www.syma.in and will be updated frequently.

Our Secretary R. Sanjeevi will be the Programme coordinator. Request you all to participate and help us in conducting the Fete in a grand manner. Your suggestions are welcome. Do send them to our email id : srinivasyoungmensassociation@yahoo.co.in with Child Fest 2011 suggestions in the subject field.

SYMA THANKS ATTUNE TECHNOLOGIES

SYMA medical centre is functioning at 29 TP Koil Centre and everyday (excepting Sundays & Govt. holidays) many are benefitted by free consultation and medicines provided. Proper management of patient records, lab records and stock of medicines is necessary for efficient running of the Medical Centre and we have now in place a software product offered by Attune Technologies. This is a new age product SaaS (software-as-a-service) model. Attune Technologies have the vision of providing holistic health care and the software is known as Attune Health Kernel. This product provides end to end solutions for the health care industry.

It completely covers the workflow from registration to management and can be integrated with lab reports and medical images. This will benefit SYMA immensely in the long run when we expand our activities further, as all medical details of our patients will be available in one place.

We are extremely grateful to Mr. Arvind Kumar, CEO of Attune Technologies, Mr. V. Ramakrishnan (CTO) Mr.S. Parthasarathy (Head of Sales and Marketing) and other executives of Attune for providing us this software without charging anything. It was a kind gesture on their part to provide functional training also to SYMA in making optimum use of the software. We place on record our thanks to Attune Technologies.

Answer : Mascot is a term for any person, animal or object thought to bring luck and used to represent a common identity. Most Sporting events have a chosen mascot used for branding and advertising. This World Cup hosted by India, Srilanka and Bangladesh with fourteen national teams competing will have "Stumpy" as its official mascot. Stumpy is a ten year old elephant very young, enthusiastic and determined.

அனைவருக்கும் எமது 2011 புத்தாண்டு நல்வாழ்த்துக்கள்

அணுக வேண்டிய முகவரி : **சைமா BLISS**

சைமா மெடிக்கல் சென்டர்

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திருவல்லிக்கேணி, சென்னை -600 005.

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Website : www.syma.in

உறுப்பினர்களிடமிருந்து செய்திகள், துணுக்குகள்
உபயோகக் குறிப்புகள் வரவேற்கப்படுகின்றன.

To _____

