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From the President's Desk . . .

For internal circulation only

Dear (s)

It is with a sense of disbelief and shock that I heard the sudden demise of a great friend, good person and extraordinary volunteer of SYMA – KE Raghavan. A very amicable person liked by one and all for his cheerful disposition, Raghavan has been snatched from our midst by cruel fate. Undiagnosed jaundice is believed to be the cause but it is unbelievable that such a strong willed person could succumb to a disease. SYMA prays for him and we have a special write up as a mark of our affection to this kind person.

As all of you are aware, SYMA has lofty ideals of patriotism and social service. We have been celebrating the National days with patriotic fervour. The Independence Day was celebrated with pomp and gaiety and we conducted eye camp as well. Details inside. One of the proudest achievements is certainly Democracy – here in a country of poor, uneducated and diverse communities, democracy stands deeply entrenched, pluralistic and long-lasting. Elections tend to be free and fair most of the time, barring the odd aberration. The key indicator economic performance has been much lauded the world over, as We have done remarkably well since 1947, averaging a growth rate between 3-4 per cent from 1947-1980, and then upping it to around 6-7 percent in the quarter century that has followed. It will be good for the country when the fruits of economic growth are tasted by a vast majority – importantly the less known side of economic coin.

Terrorism has raised its ugly head once again and more than 50 have lost their lives in the recent bombings at Hyderabad. The Press gives undue importance to tinseldom and an actress visiting another convicted for poaching endangered species makes news as also the movements of another, convicted for possessing dangerous firearms. It is another matter that the Police machinery proposes to take action against the cops for the expansive handshakes and gestures of constables to the convict. At the sporting front, apart from the results at England where India registered a series win, the formation of Indian Cricket League has stirred up a gentle storm. Recently, the Delhi High Court has asked the giant public sector firms not to dismiss its employees who joined the new floated league. The court had also issued orders to the Federal Govt & the BCCI to submit their replies, and posted the next hearing to Oct 5th.

We pray to Almighty for peace to the departed soul and rededicate ourselves in the social cause.

Yours friendly T.J. Ramani

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மருத்துவ பணியில் சௌமா

The Nation's 60th Independence Day was celebrated with pomp and gaiety with patriotic fervour. Early in the day our volunteers teamed up near our Centre. The function started with a patriotic song rendered mellifluously by Soundarya Rathnamala Isai Kuzhu. Mr K Hariharan, Secy. , Sri Parthasarathi Swamy Sabha hoisted the flag and addressed the gathering.

At Sirvi Samaj Bhavan, SYMA in association with Sankara Eye Hospital, Pammal, Lions club of Chennai Venus, Sri Kanchi Kamakoti Sankara Medical Trust and Sirvi Samaj Bhavan organized a free eye camp for detection of cataract. The camp was inaugurated by a great sportsperson TA Sekar. Sekar as a tearway speedster had don Indian colours both in Tests and in ODIs in the early 1980s. He is a level 4 coach and now heads the MRF Pace foundation which is churning out quality pace bowlers for International teams. He impressed everyone with his modesty and straight talk.

Affable and person close to our heart – Dr Sridhar also spoke on the occasion. Around 140 people were screened; 15 persons were identified for cataract surgery. They were taken to Pammal Sankara Eye Hospital and free surgery performed for removal of cataract. We also provided free eye glasses for 30 persons diagnosed in the camp.

We are thankful to Lions Club of Chennai Venus which borne the camp expenses and to the doctors and other staff of Pammal Sankara Eye Hospital for their presence, kindness and medical treatment to the patients.

IS TRIPLICANE CONSTITUENCY STILL ALIVE ?

SYMA along with many like-minded organizations has been fighting for the continuance of Triplicane constituency. We have submitted many memorandums and our activities have been listed in BLISS . We have opposed the move of redrawing and merger and demanded that the constituency should be retained considering its historical background.

Recently on 13th Aug the Delimitation commission of India has issued a notification in pursuance of the Delimitation Act 2002 delimiting Parliamentary and Assembly Constituencies in the State.

Going by the Order No. 52, the assembly constituency 19 is now "Chepauk- Thiruvallikeni" consisting of ward nos.79, 81 to 93, 95 and 111. This constituency will now entirely fall under Parliament constituency 4-Chennai Central consisting of Villivakkam, Egmore, Harbour, Chepauk-Thiruvallikeni, Thousand Lights and Anna Nagar.

We can draw solace from the fact that the name still lingers on and interestingly; the Commission has mentioned the name as Tiruvallikeni (in Tamil) and not Triplicane.

CONDEMNING HYDERABAD BLASTS

Yet another instance of killing and maiming innocent common public was staged in barbaric manner – this time at Hyderabad on 25th: It is stated that simple quartz clocks that function on 1.5-volt batteries and an ammonium nitrate-based emulsifier were the main ingredients behind the twin blasts. In the IED, the electronic impulse triggered the explosion closing the lives of more than 50. When explosion occurs, the metal balls fly like bullets and unfortunately, even if a person survives the explosion's impact, the metal balls, metal pellets, shards of glass and iron shreds kill.

The explosions rocked a packed auditorium at Lumbini park where a laser show was under way in an amusement park jammed with weekend crowds.

In the hour of crisis, we deeply mourn the dead in the blasts and should vow to fight the anti national elements. These are cruel acts against humanity and the perpetrators should be punished ruthlessly. The Govt should deal this with strong will and grit rather than merely condemning such heinous crimes.

BIHAR YOGA AND JAYAGOPAL

To those of you conversant with the activities of SYMA, this friendly person would be familiar, for he has been taking active part in SYMA activities. Infact, we launched a project for upbringing youngsters steered by him. This youngster is 39 years of age, son of the more famous Vizha Vendhan Shri NKT Muthu. What you indeed do not know is the appreciable activities of this person NKT.M. Jayagopal who has been serving this society with lot of dedication, attached to the roots of the glorious motherland.

He is the founder of Sathyananda Yoga Educational Charitable Trust. This yoga exponent has been imparting yogic training to many individuals and to many big organizations as well. More importantly, he is involved in social service, service to the poor and needy. To list out a few: He organizes free yoga to the patients at Cancer institute four times a week. He is actively involved in training and taking care of mentally challenged children at Madhuram Narayam Centre. Not only the children but also the staff and more importantly, the parents of these special children are benefitted by his yoga classes conducted with special care. For some years now, he is instrumental in taking 100 orphans / children from the lower echelons of the society for 10 day special trip to Bihar to the yoga centre which certainly helps in raising their confidence and helps in culturing them to become responsible citizens.

We also need to know about the Bihar School of Yoga to understand the pristine glory of yoga and the activities of this noble person. The Bihar School of Yoga was founded in 1964 by Paramahansa Satyananda to impart yogic training to householders and sannyasins alike. The Yoga techniques developed here are a synthesis of many approaches to personal development, based on traditional Vedantic, tantric and yogic teachings in conjunction with contemporary physical and mental health sciences. Bihar School of Yoga also guides Yoga projects and medical research in association with prestigious hospitals, organizations and establishments. Programs made by Bihar School of Yoga are being used today in the education and prison Government sectors, in hospitals, by the Defence Services, private and public sector industries. It is recognized as an institute for Advanced Studies in Yogic Sciences and integrates the wisdom of past with today's needs. At present it offers Post graduate courses in three faculties: Yoga Philosophy, Yoga Psychology and Applied Yogic Sciences. A new one year Postgraduate Diploma course in Yoga Ecology is being introduced this year. Courses in Indology, Sanskrit and Linguistics will be introduced in due course of time.

The activities are conducted at Ganga Darshan Yogashram built upon a large hill overlooking the Ganga. It is believed that Ganga Darshan was the seat of King Karna of Mahabharata fame where he performed great acts of daan (charity), tapasya (austerity) and sadhana (spiritual endeavour). Mythology has it that the first sound of Gayatri was whispered on Bihari winds. Bihar comes from the word vihara which means 'monastery', and in Bihar spiritual life has been cultivated to a high degree for thousands of years.

The Bihar was the home of two great spiritual universities of yore, Nalanda and Vikramshila. Today Ganga Darshan Yogashram is the modern spiritual university in Bihar.

Satyananda Yoga™ uses practices in a traditional way, asanas (postures) to balance the body and mind through the physical body, pranayama (breathing practices) to work on the energy body and meditation to calm and focus the mind. It also takes a broader outlook by teaching and encouraging yogic lifestyles, not only for renunciates but also for householders and lay practitioners. The Satyananda approach incorporates the whole person, not just the body. There is an emphasis on awareness and practitioners are encouraged to learn about all aspects of their personality through Yoga. Change is a process that takes place naturally as a consequence of regular practice with full awareness, rather than by forcing the mind and body to the limit and beyond.

Yoga is the magazine of the Bihar School of Yoga, Sivananda Math, the Yoga Research Foundation and Bihar Yoga Bharati, the world's first Yoga University and other affiliated organisations. It contains articles and discourses by Swami Satyananda Saraswati, the founder and inspirer of the Bihar School of Yoga and also by Swami Niranjanananda Saraswati, Swami Satyananda's successor and the founder of Bihar Yoga Bharati University.

Yoga magazine was first published over 40 years ago. It was founded in 1963, as the quarterly journal of the International Yoga Fellowship, under the close and meticulous guidance of Swami Satyananda Saraswati, and was originally published by Swami Satyabrat, Swami Niranjanananda's father, in Rajnandagan.

In 1964, Yoga became a monthly publication. It continued this way until 1967 when it shrank to three quarters its present size. It also changed its cover style and mast head. This was the format for the next ten years. From 1977 onwards, it is being published by resident swamis of Sivananda Ashram, Munger. From 1996, with the invent of desk top publishing, the layout and printing out improved to the present day colour edition.

The good news is that this magazine is now out in tamil also for the the first time. Presently it is planned to be printed once in 4 months. SYMA can take reasonable pride for it is our NKT M Jayagopal, who is at the helm of affairs taking care of the print edition in Tamil.

We hope that SYMA members and common public would be benefitted by Yogic practice and the book "Yoga". For details contact Sathyananda Yoga Educational Charitable Trust, 4 TP Koil II lane, V House, Triplicane, Chennai 5. Tel 044 28442311 E: sycchennai@gmail.com

Q : The news channels unabashedly showed beaming Sanjay Dutt walked out of the prison in Pune on 23/8. How many of us know the historical relevance of this famous jail ?

Ans.in pg 4

நெஞ்சில் நின்ற ரகு

சனிக்கிழமை 25.8.2007 சைமா , தனது ரத்தினமான குன்னவாக்கம் இளையவல்லி ராகவனை காலனுக்கு பறிகொடுத்த துயரநாள். பூவுலகில் பிறந்த ஒவ்வொருவரும் ஏதோ ஒரு நாள் இறப்பது மன்னவர் விதியே. ஆயினும் இவ்வளவு விரைவில் இது நிகழ்ந்திருக்கக்கூடாது. நமது உயிர்நண்பன் ரகு 12.10.1953ல் பிறந்து இந்து உயர்நிலைப் பள்ளியில் பயின்றவர். அனைவரிடமும் இன்முகத்துடன், புன்முறுவல் செய்து, இனிமையாக மட்டுமே பழகி அன்பு காட்டியவர். பணிவுடையன் இன்சொலன் ஆதலனாய் வாழ்ந்து காட்டியவர். அரங்கில் முகம் காட்டாமல் பின்புலப் பணிகளை மிக சீர்மையுடன், சிறப்புடன் செய்து வந்தவர். 1989ல் நம் செயல்வீரர்கள் இந்திய சுற்றுப்பயணம் இருசக்கர வாகனத்தில் செய்ததில் பெரும்பங்கு இவருக்கு உண்டு. சைமாவின் பல துப்புரவுப் பணிகளின் முதுகெலும்பு. ஒருமுறை காஞ்சி சங்கராச்சாரியார் நமது மருத்துவ மையத்திற்கு வருகை தந்தபோது ஒரே இரவில் நமது மையத்தை சுத்தப்படுத்தி வெள்ளையடித்து புதுப்பொலிவு தந்தார். சைமா, சரஸ்வதி பண்டாரம் ஆசீர்வாத், பிராமண நலச்சங்கம் என பல இயக்கங்களில் ஈடுபட்டு சமுதாயப்பணி ஆற்றியவர். கடுஞ்சொல் எப்பொழுதுமே கூறாமல் சமுதாய நலம் மட்டுமே விரும்பி கோவில்கள் தழைக்க ஆர்வம் கொண்டவர். 1989 முதல் தனது சகோதரருடன் இணைந்து மளிகைக்கடையை நேர்மையாகவும், சுப காரியங்களுக்கு ஒப்பந்த முறையில் சமையலும் சிறப்பாக செய்து வந்தார். மிகச்சுவையாக சமைக்க வல்ல இவரது கைப்பக்குவத்தில் சுவையான பரிமாணங்களை சைமாவின் பலர் அனுபவித்துள்ளனர். முக்கியமாக சைமாவின் பல பிரயாணங்களின் போது இவர் ஆற்றிய பணி நெஞ்சை விட்டு அகலாதது. ரகு இருக்கும் இடத்தில் கலகலப்புக்கு என்றும் பஞ்சம் இருந்ததில்லை.

சென்றதினி மீளாது எனினும் நம்மில் அவர் ஏற்படுத்திய தாக்கம் அவரது இறுதி ஊர்வலத்தில் கலந்து கொண்ட நூற்றுக்கணக்கானோர் மூலம் வெளிப்பாட்டானது. நம் எண்ணங்களில் தொடர்ந்து வாழும் ராகவனின் நினைவாக ஒவ்வொரு வருடமும் சிறந்த தன்னார்வ தொண்டருக்கு அவர் பெயரில் விருது வழங்க விழைகிறோம். தவிரவும் ராகவனின் நினைவாக நாம் செய்யவல்ல சிறந்த பணி குறித்து உங்கள் கருத்தையும், உதவியையும் சைமாவுக்கு தெரிவிக்குமாறு வேண்டுகிறோம். ஒரு இரங்கல் கூட்டம் நடத்த வேண்டும் என்பதும் பல நண்பர்களது அவா.

பாரதி நினைவாஞ்சலி

நாள் : 11.9.2007, செவ்வாய்
 இடம் : மகாகவி வாழ்ந்த இல்லம்
 நிகழ்ச்சி நிரல்
 3.00 மணி : பள்ளி மாணவர்களுக்கான பேச்சுப் போட்டி
 தலைப்பு : வையத் தலைமை கொள்
 5.00மணி : ஹிந்து மேனிலைப்பள்ளி மாணவியரின் நாட்டிய நாடகம்
 6.00 மணி : எடுத்த காரியம் யாவினும் வெற்றி எனும் தலைப்பில் கருத்தரங்கம்.
 கலந்துகொள்வோர் : திரு. எச்.ராஜா,
 திருமதி சாரதா நம்பி ஆரூரன்
 திருமதி பாரதி பாஸ்கர்
 அனைவரும் வருக!

Answer : Yerwada Jail in Pune is indeed associated with Indian freedom struggle. Early in 1922, Gandhiji called for Civil Disobedience and started off from Bardoli in Gujarat. On 5 2 1922 a mob set fire to a police station at Chauri Chaura in UP. Gandhiji was arrested in march and sentenced to 6 yrs imprisonment. He was lodged in Yerwada jail in Pune. Another landmark agitation was the salt march which began on 12 3 1930. on 6th April Gandhi at Dandi, performed a ceremonial breach of salt law by picking a lump of salt. On 5th of May Gandhi was arrested and taken to Yerwada. He was released on 26th Jan 1931. Many other Great leaders who fought for our independence were also lodged at the same prison at various other points of time.

உறுப்பினர்களிடமிருந்து செய்திகள், துணுக்குகள் உபயோகக் குறிப்புகள் வரவேற்கப்படுகின்றன.

அணுக வேண்டிய முகவரி : **சைமா BLISS**

சைமா மெடிக்ஸ் சென்டர்

29, துளசிங்க பெருமாள் கோயில் தெரு
 திருவல்லிக்கேணி, சென்னை -600 005.

☎ : TJR 9444848880, R.Sesh. 9884211516,

R.Vijayaraghavan 9444930683

E-mail : srinivasyoungmensassociation@yahoo.co.in.

Website : www.syma.in

வருந்துகிறோம்

நமது சங்க உறுப்பினர் ஸ்ரீ எஸ். விஜயராகவன் அவர்களின் தாயார் திருமதி எஸ். லக்ஷ்மி அம்மாள் (73) 12.8.2007 அன்று இயற்கை எய்தினார். அன்னாரின் மறைவுக்கு BLISS தனது ஆழ்ந்த இரங்கலைத் தெரிவிக்கிறது.

To _____
