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From Presidents Desk...

"Service to the Society" being our motto, SYMA has been ably rendering its efforts by all means to serve people in their health and treatments. With more amenities and quality equipments having installed, our Medical Center set up at Car Street, Triplicane, is experiencing that more people get benefitted in their health treatments at a very lesser charges.

SYMA feels happy to announce that a big milestone has been achieved by SYMA last month as we have crossed 2000 patients. Now, on to detail:- Around 2001 persons have utilised our services as follows:- Lab Patients : 453 with 1385 Tests. General Medical patients (Rs.2) :840 Gynecology:13 Neuro : 10; Dental : 160; Physio : 137; Eye : 174 ; ENT: 151; Ortho : 31; Nephrology :14, Consultant Psychology :1; BP checked by 17 persons and children for treatment by Dr Venkatesh, Paediatrician.

SYMA Senior Volunteer Mr.N.S. Rangarajan filled the void with extraordinary service and was ably supported by Mrs. Prema another senior member. Mrs.Mahalakshmi and Mr. Rajkumar technicians and our new staff Mr.Ranganathan are doing wonderful work.

Once again thanks SYMA Doctor fraternity of Dr.Nagaiah Chetty, Dentist team of Dr.Vidya, Dr.Rajesh, Dr.Shruthi, Dr. Ramyaja, Physio Dr.Suganthi, Ophthalmologist Mr.Vignesh, ENT Dr.Sunanda, Child Specialist Dr.Venkatesh, Ortho Dr.Subramani, Neuro Dr.Senthilnathan, Nephrologist Dr.Jayalakshmi, Dermatologist Dr.Murali, Consultant Psychologist Mrs.Sudha Sampath Kumar.

I am extremely delighted to place on record that a phenomenal effort has been put in by our Vice President Mr R Sanjeevi for delivering a brand building video for SYMA which is played in the television at our Medical Centre. A great conceptualisation and a fantastic execution. Even a professional would not have done such a fabulous job. Proud of you Sanjeevi for delivering this to SYMA and Ramani for your dedication in guiding and helping Sanjeevi in this effort. Honestly I am very much impressed about the professionalism and dedication. Hats off guys !! Simply awesome !!! SYMA is blessed.

I, on behalf of the entire SYMA team saluting you both. I also would request all the members of SYMA to pay a visit to our medical centre and watch our brand video. You will definitely feel proud of being a SYMA member.

I often wonder how SYMA is running so successfully despite the time constraint most volunteers have. One thing I have realised is that a few extremely passionate dedicated volunteers are the ones who really breath SYMA and that is the only reason we are successful. I have no hesitation in saying Venkatesh is one such selfless person who really breath Syma in every action and has been phenomenally contributing to Syma over last many years. Thank you Venkatesh for your selfless service and we salute your dedication. Keep up the great work. Syma is thankful and proud of you.

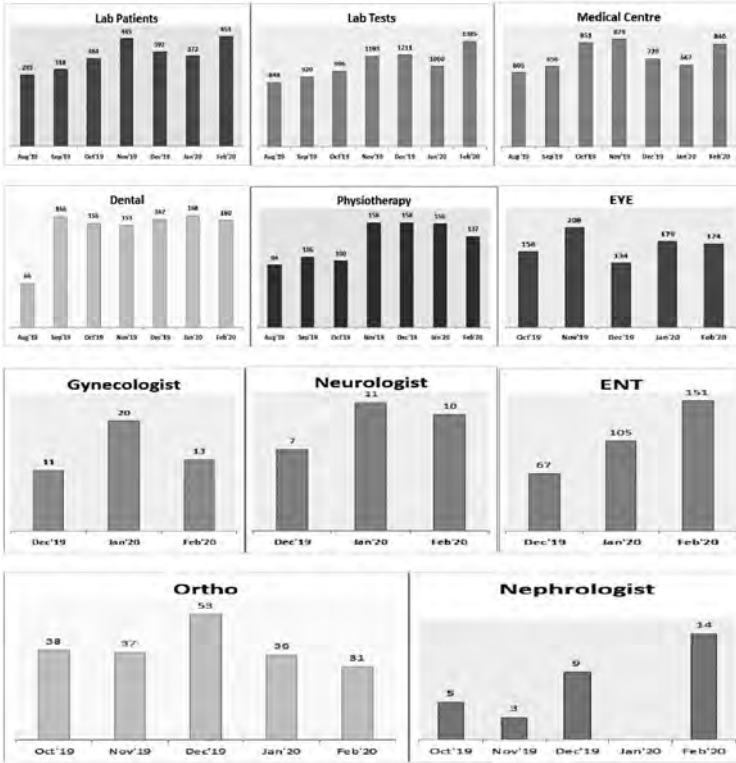
Then there are a lot of you who have contributed much towards SYMA services and I will be failing in my duty if I don't thank such people. Thank you all for the fantastic effort.

You all remember we recently introduced a scheme to keep our services going unabated, called "Dhanvantri Supreme Scheme". This scheme is to ensure that a donor will contribute Rs. 25,000/- (one time payment) and reserve that special day with us for lifetime. Hope and wish many of you will take this, and also make many more known to you to join.

Together we dedicate to all the well wishers and every member of SYMA. Regards.

Regards, **T.A.Sampathkumar**, President, SYMA.

Medical Centre Performance - Since Aug 2019



Cleaning camp at SYMA Medical Center

A complete Medical Centre premises cleaning camp was organised by Shri NKT.M. Jeyagopal on 23.02.2020 from his Satyananda Yoga Center carried out complete cleaning service starting from 9.30 a.m.

Thanks to Jayagopalji and Satyananda Yoga Center Volunteers



MASTER HEALTH CHECKUP @ our Medical Centre

We have conducted Master Health Check-up for employees of Mangal Tirth on 7th and 8th Feb 2020. Mr. M Balasubramaniam – Director Mangal Tirth who had initiated this with our Medical centre and we are happy to inform you all that around 137 employees of Mangal Tirth benefitted. We offered them with the following Services; X-Ray, ECG, Ultra Scan, Eye Check-up, Dental Screening, ENT Consultation. Around 30 number of tests were done. Our Sincere thanks to our Well Wisher and the Director of Mangal Tirth Mr. M Balasubramaniam, Technicians of Medall, Pammal Sankara Eye Hospital – Mr. Vignesh, Dr. Rajesh & his Team, Dr. Sunandha – ENT Doctor.

We can arrange this master Health Check-up for any institution with very Competitive price if they assure minimum of 30 head count.

Simple Quiz

1. A farmer had 752 sheep and took one shot that got them all. How did he do it?
2. How many times you can subtract the number 5 from 25?
3. What is the easiest way to throw a ball, have it stop, and completely reverse direction after traveling a short distance?
4. There are five oranges in a basket. How will distribute the oranges to five people, such that one orange is still in the basket?

Answer : 4th Page

SYMA Dhanvantri Supreme Scheme.

We thank the following for joining SYMA Dhanvantri Supreme Scheme.

DONATE OR PLEDGE ON YOUR BIRTHDAY/WEDDING DAY
MAKE A DONATION IN YOUR OWN NAME, HONOURING YOUR SPECIAL DAY
WHEN YOU ARE DONATING ON YOUR SPECIAL DAY, YOU'RE CHANGING THE LIVES OF MANY POOR

DHANVANTRI SUPREME SCHEME
DONATE Rs. 25,000
PERMANENTLY KEEP THAT DAY AS YOUR SPECIAL DAY WITH US

Our Account Details:
Bank Name: Punjab national bank
A/c No: 0246002100024570
Tripliane Branch
IFSC Code: PUNB0034600
MICR Code: 600024015

ALL DONATIONS TO SYMA ARE ELIGIBLE FOR EXEMPTION UNDER SEC 80G OF IT ACT UP TO 50%

For Further details contact: Sanjeevi Raghunathan - 99400 86026

Lions Club of South Madras Charter Day 26th October

Vaasanthi Kishore Birth Day 22nd October

G.Venkatasubramani Birth Day 22nd July

Srinivasa Ranganathan

Singham Bhat Family Master Sarvotham.....

Birth Day 14th May

Hope and wish many more will join .

Pooja for the welfare of SYMA Growth students

SYMA has an unsaturated desire for serving the Society. We understand the need for shaping the children and inculcating in them the good qualities, making them responsible citizens. SYMA's vision is to provide good quality coaching for those students who opt opportunities and dream of quality tuition to Students free of cost. Right since launching of our Tuition Centre, "Growth" on 6th July 2008, by Mr R Sekar, IPS, Commissioner of Police, we have been achieving grand success with very good results. The Centre is run on all days from 6-8 pm in the evening and on Sundays @ 10-12 am and has +2 Commerce, + Science Group; X standard – Tamil and X Std English medium – each having around 35 students. The classes for the past academic year started in July 2019 after our initial screening ensuring that the most deserving were selected on economic status criteria.

As is done every year, a pooja was organised on 26.02.2020 at the SYMA "Growth" Coaching Center for successful completion of academic year, to obtain good results in Annual Board Examination and for the well being of the Organisation in continuing this good cause. All our students were present in time. Special pooja was conducted by Sri Rangaswami Bhattar, Chinnamurai Archagar of Sri Parthasarathi Swami temple who blessed the students. The teachers present spoke and wished the students. Mr S Venkatadri, HM National Boys School elaborated the approach in strategically preparing and answering. All the teachers spoke to the students and advised on the need for putting in right efforts while preparing for the examinations.



Ms Thirupurasundari was invited as Chief Guest to interact, motivate and encourage the students. Ms.Thirupurasundari Sevel is an Architect planner (having studied in India, the UK, and France with scholarships). She is a story teller and educator as well. She runs an Architectural consultancy called Studio Conclave and a social initiative called - Nam veedu Nam Voor Nam Kadhai. She curates

stories on social issues, documents and uses traditional techniques in her projects, and works as a consultant for NGOs, schools and colleges. She is also a material restorer and conservator, working closely with under privileged women and children. She shows balance in both her office and social work. Her work has impacted a lot of families and children. It was an attempt to implant in the minds of students that they too can reach great positions in life when they aspire and put in required efforts.

Mr. S Sampath Kumar concluded the function with vote of thanks.

SYMA conveys our profound thanks to the Management of NK Thirumalachariyar National Boys High School, Mr S. Venkatadri, HM, NKT Boys High School, our beloved teachers of SYMA

Growth, Coordinator Ms .Gayathri who has worked so effectively in the short span of one year and the volunteers. SYMA greatly inspired by untiring efforts of our secretary R.Seshadri@ Durai who visited every day and monitored the students progress, coordination work and discipline of students. S.Sampathkumar has delivered motivational speech to students as many times as he visited center. Students were given farewell. We now look forward to our students coming out with flying colours in the Public Examination



NOTICE

It is informed that Mr.R.Ranganathan has joined as staff of SYMA Medical Center w.e.f. 14.02.2020 in place of (Late) Mr. Jayasimhan.

வெற்றிலையின் குணங்கள்

இந்த பகுதியில் வெற்றிலை மருத்துவ பயன்கள் பற்றி அறிந்துக் கொள்வோம். நம் முன்னோர்கள் மிக கொடிய நோய் நொடிகள் எதுவுமின்றி வாழ காரணம், அவர்களது உணவு முறைதான். நமது நாட்டின் பாரம்பரியத்தில் எந்த ஒரு விருந்து நிகழ்ச்சியிலும் இறுதியாக "வெற்றிலை" சாப்பிடும் பழக்கம் பல காலமாக பின்பற்றப்படுகிறது.



வாயு தொல்லை நீங்க வெற்றிலை ஒரு சிறந்த மருந்து. சிறு குழந்தைகளுக்கு ஏற்படும் மலச்சிக்கல் பிரச்சனை போக்க சரியாக ஒன்று அல்லது இரண்டு வெற்றிலையில் விளக்கெண்ணெய் தடவி நெருப்பில் வாட்டி, வயிற்றில் வைத்து 10 நிமிடங்கள் செய்து வர வாயு தொல்லையும் மலச்சிக்கலும் நீங்கிவிடும். வெட்டு காயம், அடிபட்ட காயம், புண் போன்றவை உடனே ஆற சிறிதளவு வெற்றிலையை எடுத்து அரைத்து காயங்கள் மீது பூசுவதினால் காயங்கள் மிக விரைவில் ஆற ஆரம்பிக்கும். சிறுநீரக உறுப்புகளில் பிரச்சனைகள் உள்ளவர்கள் தினமும் வெற்றிலை சாற்றினை பருகினால் சிறுநீர் உறுப்புகளில் இருக்கும் நச்சுக்கள் நீங்கும். வயிற்றுப்புண், வாய்ப்புண், வாயில் தூர்வாடை பிரச்சனை உள்ளவர்கள், மாலையில் வெற்றிலை அதிகமாகவும், பாக்கு சுண்ணாம்பு குறைவாகவும் சேர்த்து மென்றால் இந்த பிரச்சனைதீரும். டென்ஷனல் ஏற்படும் தலைவலி குணமாக 10 வெற்றிலையை எடுத்து மைபோல் அரைத்து நெற்றியில் பற்றுபோட்டு, பின் 1/2 மணி நேரமாவது நன்றாக உறங்கினால் தலைவலி தானாகவே சரியாகிவிடும்

CHENNAI HERITAGE

In 1842, Frederic Tudor constructed the building facing the Bay of Bengal as a facility to store ice. In 1880, the business collapsed and the building was sold to Biligiri Iyengar, an advocate in the Madras High Court. Iyengar re-modeled the house and named it Castle Kernan after his friend and judge in Madras High Court.



When Swami Vivekananda visited Madras in 1897, he stayed in the building between 6 and 14 February 1897. Later, Ramakrishna Math functioned from the building from 1897 to 1906.

In 1914, the building was acquired by the Government of Madras and functioned as a hostel and training school for children run by R. S. Subbalakshmi. In 1963, on the birth Centenary of Swami Vivekananda, the Government of Tamil Nadu renamed the building as 'Vivekanandar Illam' meaning 'Vivekananda House' in Tamil. In 1997, Government of Tamil Nadu leased the building to Ramakrishna Math and it currently houses an exhibition on the life of Swami Vivekananda.

Answers for Quiz in Page 2:-

1. He took a panoramic view
2. Once only. After the first calculation, you will be subtracting 5 from 20, then 5 from 15, and so on.
3. Throw the ball straight up
4. Distribute 1 orange each to the four people. And then give the fifth orange together with the basket to the last person.

அணுக வேண்டிய முகவரி :

சைமா BLISS

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