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Dear (s)

Deepavali, was celebrated with the usual grandeur. This year, crackers were sold at Island Grounds in Chennai – shops were neatly organized and there was plenty of variety. Amidst the usual voices that prices have spiralled up, the sales of fire crackers appeared to have increased. At Thiruvallikkeni, the veethi purappadu of Lord Parthasarathi took 4 hours from 6 pm. The variety of fireworks really enthralled those who had gathered to watch.

Nation can never forget that dreaded Nov.26 in 2008 when foreign mercenaries launched a bloody attack on multiple locations in south Mumbai; time when India was held to ransom by terrorists. The lone surviving militant was hanged at Yerawada Prison – bringing an end to the life of that militant but not to the case, as the perpetrators are still at large.

In end Dec last year, very Severe Cyclonic Storm Thane did great damage to property. This year, Nilam raised a threat. It did bring in some rains – schools and colleges remained closed for 3 days and parts of Tamilnadu felt its intensity. On Oct 31, Nilam made landfall near Mahabalipuram. At Marina, it pushed piles of sand ashore and seawater reached nearly a 100 meters inland. While human casualties were low, it is believed to have caused considerable economic losses. A tanker berthed off Chennai Port MT Pratibha Cauvery ran aground first near Besantnagar beach and then nearer the shores of Pattinapakkam. The place attracted huge crowds till, it was salvaged back to sea by tug Malaviya.

At SYMA, we have made some changes at our Medical centre. In the past, patients had to wait outside, which was of some concern. Now the Consultation is at the First floor even as the patients comfortably sit inside the premises in the ground floor. Some more changes are in the offing.

On Saraswathi Pooja day, we conducted special pooja at our Centre. Later a similar Pooja was organized at our Tuition Centre praying for continued success of ourselves and more importantly our students. Sri N.A. Rangaswamy Bhattacharyar & Sri N.R. Devarajan Bhattacharyar, Bhattacharyars of Sri Parthasarathi Swami temple conducted the pooja invoking the blessings of God. We are eternally thankful to them.

Dengue is widely reported in many parts of the City. Please ensure to keep your surroundings clean; do not allow water stagnation in which mosquitoes will breed; dispose off coconut shells; old tyres etc., and take special care that water does not get collected in open unused things – where mosquitoes can breed. Help spreading the awareness of keeping the environ clean. Read details of the Dengue awareness rally of SYMA inside on page..- **With Regards – S. Sampathkumar.**

*With best compliments from*

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## சைமாவின் மருத்துவ முகாம்கள்

SYMA has been conducting Medical Camps for the benefit of poor and for spreading awareness of preventive medicines. We have been propagating the need for a full-fledged medical camp for all our members and their families to ensure that all of us take care of our own health, in the manner it ought to be taken care of. We realize the need for taking care of our members and their families, as they exhibit concern for the Society. In modern World filled with stress and tension, Health should not be lost in the hurly-burly of running life's race.

On Gandhi Jayanthi day [2nd Oct 2012] SYMA in association with Kanchi Kamakoti Sankara Medical Trust, Sree Seervi Samaj and SRM Institute of Medical Sciences organized a 'Diabetic and Cardiac detection' camp at Sree Seervi Samaj premises.

It was a specialty camp organized from 08.30 am to 03.00 pm. A big team of Medical experts under the expert guidance of Dr Jayanthi, Cardiologist; Dr Sundararaman, Diabetologist and a Dietician took care of the patients. Around 165 patients were screened. Blood test, Blood pressure was checked; Electro Cardiography [ECG] a non-invasive procedure interpreting the electrical activity of the heart was done and to those for whom the Consulting Doctors felt the need, Echocardiogram [Echo], ultrasound sonography of the heart was also done.

Many of our members and their families benefitted from this camp. Health should never be ignored and there is imperative need for periodical medical check-up. The Camp thus was a great success.

Our very special thanks to Dr K. Sridhar, who is instrumental in SYMA running the Medical Centre and who has been actively encouraging us in our Medical service was the guiding force for this camp too. His presence was the great source of motivation for all of us SYMA and words would never be sufficient to express our gratitude to this affable Doctor, who stands tall in serving to the poor. Our thanks are also due to Sree Seervi Samaj Bhavan for their support in providing the premises. We appreciate the coordination and great efforts of Sadagopan M.A in neatly organizing this camp.

Q : Bagel, shaped like ring doughnut is made of bread – do you know what Golden Bagel Award and with which game is it associated with ? **Ans : in Pg 4**

SYMA celebrates the important days of Nation with patriotic fervour. SYMA has been organizing 'Eye camp' on every Independence Day. This year, SYMA in association with Lions Club Venus, Sree Seervi Samaj and Sankara Eye Hospital, Pammal organized Eye camp for detecting cataract and providing free surgical treatment to those affected. The camp was conducted at 'Sree Seervi Samaj' at Besant Road, Triplicane, Chennai 600 005.

Around 150 persons were screened for eye related ailments by the technicians of Sankara Eye Hospital. For 12 persons, free cataract surgery was performed at Sankara Eye Hospital, Pammal. Around 25 persons were later provided spectacles free in memory of our beloved member late KE Raghavan

The Eye camp was inaugurated in the morning by famous cine Music Director, Lyricist, Director – Gangai Amaran. S. Sampathkumar, Secretary, SYMA, welcomed the gathering and introduced those on the dias. TA Sampathkumar, President spoke of the various activities of SYMA. R Sanjeevi proposed the vote of thanks. Mr J Babu, Chief Executive of Sankara Eye Hospital, Pammal spoke of the various initiatives of the hospital and of their long association with SYMA. He impressed on the need for 'eye donation' and explained how by a simpler procedure only the cornea would be removed in minutes. He mentioned that Srilanka tops the list of eye donations, while Kumbakonam tops the cities within Tamilnadu.

Gangai Amaran's speech was thought-provoking with his humour peppered diligently. He enthralled the audience with some popular hits subtly delivering the messages of patriotism, respecting elder and worship. He said that when in Triplicane, reference to the Great Poet Bharathiyar is rather natural. He sang the verses of Bharathi's song 'Odi vilayadu pappa' and brought out how with the changing times, most city students do not follow anything of what the poet sang.

He appreciated the efforts of SYMA in the field of Social service and wished them to grow further. He was able to enthuse the old and young. He spoke of how from tiny village they moved to city, struggled in life towards famousdom, how city is viewed and how somebody going out of the country would still yearn for the motherland even in a land which offers much more benefits. Towards the end, he acceded to the popular demand ending with singing 'sonthame endralum, nammuru pola varuma' and the one Pondy Mother malar kondu – 'malar kondu'. He made a deep impact on the audience which was felt even after he left.

## கோசுக்கள் வளராமல் தடுப்போம்! டெங்கு ஜூரம் பரவுவதை தடுப்போம்

There are some names which are associated with bad things and 'Aedes' is perhaps one – derived out of Greek ἀἶδς, meaning “unpleasant” or “odious”. Sure you have heard and read lot about blood – the red coloured body fluid which supplies oxygen to tissues, supplies nutrients, removes wastes and is the most integral thing in life. The function of clotting of blood on its own known as coagulation, could be challenged by a tiny miniscule insect !! that is mosquito causing dengue fever.

There are reports of prevalence of Dengue fever in the city and that everyday some children are getting admitted into hospitals with signs of dengue. A real cause for concern indeed. Dengue fever is a disease caused by a family of viruses that are transmitted by mosquitoes. It is an acute illness of sudden onset that usually follows a benign course with symptoms such as headache, fever, exhaustion, severe muscle and joint pain, swollen glands and rash. Dengue (pronounced DENG-gay) strikes people with low levels of immunity.



To curb the menace of 'dengue fever' in Chennai city, the Government is actively taking measures to curb this menace. People must be made

aware of the 'dengue fever' and its prevention by keeping surrounding free of water stagnation. With the aim of propagating this among the common public, Srinivas YoungMen's Association [SYMA] coordinating with Chennai Corporation – Public Health Department and local Councillor of Ward 116 Mr B Srinivasan @ MGR Vasan, organized an 'Awareness rally' in Triplicane on 4th Nov 12.

With music from the band catching the attention and a propaganda vehicle blaring out message creating awareness of 'dengue, its symptoms and the ways of prevention' the rally in which large no. of school students participated, started from Barathiyar Illam. It was flagged by Zonal Chairman – Mr Sakthi, at 07.30 am. Mr. B Srinivasan @ MGR Vasan, Ward Councillor; Dr Revathi, Rosaline, Zonal Health Officer, Zone IX; Mr R Venkatesh, Sanitary Inspector; Mr KA Jaffar Sadiq, Basic Health Worker and a host of SYMA office bearers participated in the rally.

The rally wound through the streets of Triplicane, creating awareness about the disease, its symptoms and what needs to be done by the public to keep their area free of dengue. The participants distributed pamphlets urging general public: -

1. Not to allow water to stagnate in their surrounding
2. To ensure that overhead tanks are kept clean and capped.
3. To dispose off coconut shells; old tyres etc., and to take special care that water does not get collected in open unused things – where mosquitoes can breed.

They spoke to the residents on the possible symptoms like – fever accompanied by bouts of cold; continuous headache, pain – aching of body; pale pink rashes on the skin and the like. At a time, when dengue is prevalent, those having fever should not treat themselves or buy drugs from medical shops – but must go to Government Hospitals and qualified Medical professionals and have themselves properly treated.

The propaganda material had been beautifully made by Mr Vittal Narayanan, which captured the attention of audience.



Independence Day of the Nation is a very significant day; SYMA has been celebrating the Nation's birthday displaying our patriotic fervour. This year at 0830 am, National flag was hoisted at our Medical centre by Mr. Venkatasubramaniam, Advocate, who has been our patron for many years. The kids organized by Mrs Prema Krishnamohan of Soundarya Rathinamala rendered mellifluous songs. Sweets were distributed to all those present.

## கண்கள் காண்டற்கு அரியது

பூனை கண்ணை மூடிக்கொண்டால் பூலோகம் இருண்டு விடாது என்ற வழக்குமொழி தெரிந்ததே! கண்ணாமூச்சி என சிறு குழந்தைகள் தமது கண்களை மூடிக்கொண்டு தன்னுடன் விளையாடும் பெற்றோர்,மற்றோர் காணாமல் மறைந்து விட்டதாக நினைத்து ஆனந்தப்பட்டு விளையாடும் விளையாட்டு பல்லாண்டுகளாக பிரபலமானது. கேம்பிரிட்ஜ் பல்கலையில் குழந்தைகள் தங்கள் கண்களை மூடிக்கொண்டால் தாம் காணாமல் போவதாக கருதுவதற்கான விஞ்ஞான காரணத்தை ஆராய்ச்சி செய்து வருகின்றனர்.



மூன்று, நான்கு வயது குழந்தைகளுக்கு கண் முகமூடி அணிவித்து, அவர்களை கேட்டபோது, அக் குழந்தைகள் தாங்கள் மற்றவர்களின் பார்வையிலிருந்து மாயமாக மறைந்துவிட்டதாக கருதின. குழந்தைகள் கண்களை மூடிக்கொண்டால் தாமே மறைந்து விடுவதாக நினைக்கின்றன.

நம்மாழ்வார் தனது திருவாய்மொழியில் 'பூவுலகில் உள்ள அனைத்து உயிரினங்களுக்கும், கண்களால் பார்க்க அரியனானாலும், தியானத்திற்கு மிகவும் சலபமானவன் என பெருமானைப் பாடியுள்ள வரிகள் நினைவு கூரத்தக்கவை.

குழந்தைப் பருவம் அற்புதமான பருவம் அலுவலக இடர்கள் எவ்வளவு இருந்தாலும், வேலைப்பளு எவ்வளவானாலும் உங்கள் வீட்டு குழந்தையுடன் அன்பாய் விளையாட நேரம் ஒதுக்குங்கள்.



### வாழ்த்துகிறோம்

நமது சங்க செயற்குழு உறுப்பினர் **ஸ்ரீமதி உத்ரா சாரங்கராஜன்-ஸ்ரீ சாரங்கராஜன்** அவர்களின் சஷ்டியப்த பூர்த்தி விழா 4.9.2012 அன்று விமரிசையாக நடைபெற்றது. தம்பதியரை **Bliss** வாழ்த்துகிறது.

நமது சங்க துவக்க கால உறுப்பினர் திரு. டி.எம். ராஜகோபாலன் என்கிற ராஜா - வத்சலா ராஜகோபாலன் அவர்களின் சஷ்டியப்த பூர்த்தி விழா 5.9.2012 அன்று விமரிசையாக நடைபெற்றது. தம்பதியரை **Bliss** வாழ்த்துகிறது.

**Ans to Q in pg 2:** Bagel is of course an edible item made of bread, shaped like a ring doughnut with a whole in the middle. The term is associated with Tennis. When a player wins 6-0 i.e., wins a set without losing a game in that set, he hands out a bagel. The Golden Bagel Award is an award established in 2004 that honors the professional male tennis player who has handed out more "bagels" (sets won 6-0), than any other player on the circuit. Roger Federer holds the all-time record for most bagels in a single season with 18 going into the Tennis Master's Cup, and a total of 19 in 2006. In 2012, it was Novak Djokovic with 9 bagels

அணுக வேண்டிய முகவரி : **சைமா BLISS**  
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Website : www.syma.in

உறுப்பினர்களிடமிருந்து செய்திகள், துணுக்குகள் உபயோகக் குறிப்புகள் வரவேற்கப்படுகின்றன.

To \_\_\_\_\_  
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\_\_\_\_\_