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Bliss

Voice of Srinivas Young Mens Association

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A WORD FROM THE PRESIDENT'S DESK



Dear Members,

It is with great excitement that I introduce to you our association's newest digital publication, BLISS. This magazine has been thoughtfully curated to serve as a vibrant source of inspiration, information, and connection for all our members. With a focus on our activities - Health, Education and personal well-being, BLISS aims to provide valuable insights, expert articles, and engaging features that reflect the diverse interests of our members.

Through BLISS, we will share success stories, medical center trends, and helpful resources, as well as spotlight the innovative ideas shaping the future. Whether you're seeking practical tips, personal growth, or simply some creative inspiration, this magazine has something for everyone. I look forward to hearing your feedback as we embark on this exciting journey together!

அனைவருக்கும் இனிய தீபாவளி நல்வாழ்த்துக்கள்

Warm Regards,

Sanjeevi Raghunathan

President, SYMA

Teacher's Day Celebration



10th September 2024 - We are pleased to inform you that the Teacher's Day Celebration at SYMA's GROWTH Tuition Centre was a great success. The event was filled with heartfelt appreciation for our teachers, who play a pivotal role in shaping the future of our students.

As a token of our gratitude, small gifts were presented to the teachers, acknowledging their dedication and the difference they make in the lives of the students. We are thankful for the support we received from our members and encourage your continued participation in all our activities.

Thank you once again for making this celebration memorable, and we look forward to your active involvement and support in our future endeavours.

SYMA honored by Sri Sriraj Educational Charitable Trust

An Emotional and Proud Moment for Us All



On 8th September 2024, Sri Sriraj Educational Charitable Trust hosted a beautifully organized program, where SYMA (Srinivas Young Men's Association) was honored for its outstanding contributions to society, particularly in the fields of education and healthcare. The event was a moment of deep emotion and pride for everyone present, as the trust recognized the tireless work that SYMA has been doing over the years.

This event saw the members of Sri Sriraj Educational Charitable Trust in awe of SYMA's journey and the impact of our lyakkam (movement).

The trust extended their heartfelt respect and appreciation for the way SYMA has remained committed to uplifting people through various initiatives. It was clear that SYMA's work resonated with the audience, leaving a lasting impression.

During the ceremony, SYMA was honored with a prestigious award, which was accepted by our President, who received it on behalf of the entire SYMA team. This recognition not only highlights the efforts of SYMA but also strengthens our resolve to continue working towards our vision of building a better society.

This award is a reflection of the collective spirit and dedication of all the members, volunteers, and well-wishers of SYMA. It serves as a reminder of what we can achieve when we work together for a cause greater than ourselves. We are immensely grateful to Sri Sriraj Educational Charitable Trust for this honor and for recognizing the work of SYMA.

We look forward to carrying this momentum forward, continuing our service to society, and striving to reach greater heights in our endeavors. SYMA every year distribute note books and pen to the students of Hanumanthapuram in memory of Late Sriraj.

Essay Writing Competition

A Tribute to Dheerar Sri Satyamurthy and the Start of a Promising Series

SYMA recently hosted a highly successful Essay Writing Competition in memory of the valiant freedom fighter, Dheerar Sri Satyamurthy. This event, held for our GROWTH students, served not only as a platform to encourage young minds to reflect on the contributions of Sri Satyamurthy but also as a testament to the power of education in nurturing future leaders. The program was a resounding success, marking the beginning of a series of initiatives aimed at fostering intellectual growth and community engagement among students. A special mention goes to our Principal, Smt. R. Jayasudha, whose



unwavering dedication and meticulous planning ensured that the program ran seamlessly. Her hard work behind the scenes set the tone for a well-organized and impactful event. We also extend our deep appreciation to Secretary Smt. Saranya, whose steadfast support

was integral to the success of the day. The highlight of the event was the adjudication of the essay competition by Sri. T.A. Satyanarayanan (TAS) and Ms. Saranya, whose thoughtful and benevolent perspectives brought out the best in our participants. His careful evaluation ensured that the winners were truly deserving, and his role in the program added tremendous value.

We would like to congratulate the winners of the competition R Saikiran. 10th std and A Logeetha from XII Computer Science.

This event not only paid homage to Dheerar Sri Satyamurthy's enduring legacy but also showcased the bright future ahead for our students, who demonstrated remarkable insight and talent through their essays. It was the perfect beginning to a series of programs we have planned, aimed at inspiring, educating, and empowering the next generation. Our thanks are also due to Mr. Sriram who is also a relative of Dheerar for accepting our invitation and distribute the prizes.

We are excited to continue this journey, with many more events to follow, building upon the momentum and success of this competition. SYMA remains committed to fostering academic and personal growth through meaningful programs that leave a lasting impact on both participants and the community.

CSR - Gartner



19th September, 2024 - We would like to extend our heartfelt thanks for the persistent efforts of Ms. Saranya and dedication in bringing Gartner's CSR initiative back to SYMA. As part of company's CSR activity, a donation of stationery items was given to our GROWTH students. We are deeply grateful for the exceptional support and Gartner's contribution.

A big thank you to all who attended this event, which turned out to be a truly memorable occasion for our GROWTH students. We're proud to share that our students had 100% attendance, a reflection of their dedication and the positive impact of your support.

The event was well-organized, and we owe a special thanks to Principal Mrs. Jayasudha for her excellent leadership. Our sincere gratitude also goes to Mrs. Saranya, Mr. RV Narasimhan, Mr. AV Kasthurirangan, and special mention to Mr. SR Parthasarathy for his exceptional arrangements and unwavering support. As we continue to create more opportunities to empower our students, we kindly request all members to make time to attend future events, along with your families. Your presence and encouragement are vital to the success of these initiatives.

Our Medical Services

General - 4:30 to 6:15 pm Diagnostic Lab - 7:00 to 11:30 am Physiotherapy - 10:30 to 12:30 ENT - 10:00 to 12:00 SCAN - 11:00 to 12:00 (Mon, Wed & Fri) Cardiologist : 4:30 - 6:00 (Tue, Thu & Sat) Orthopedic : 4:00 - 5:00 (Mon & Fri) Gynecologist : Thursday (On Appointment) Psychologist : On Appointment Dentist : On Appointment (Daily) Skin : On Appointment	Blood Sugar - Fasting & PP - Rs. 50/- HBA1C - Rs. 250/- Lipid Profile - Rs. 200/- Thyroid Profile - Rs. 275/- Captions Health Checkup - Rs. 3100/- (Including Abdominal Scan & Echo) Ultra Sound Rs. 750/- Rs. 1000/- Echo - Rs. 1000/- Specialist Doctor Consultation - Rs. 100/- Eye Consultation - Rs. 50/- (Pammal Sankara Eye Hospital)
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Private Doctors : Cardiologist & Dentist
General Doctor : Registration @Rs.2/-
Consultation & Medicines Free

Pooja at Centre and growth

SYMA has flourished for more than 3 decades committing to serve the Society, working for the betterment of humanity. The continued success of long journey is made possible by the divine grace of Lord Srinivasa. For continued divine blessing and for the well being of all our members, we conducted Pooja at our premises and offered prayers to God on Ayudha Pooja day (11-10-2024). For the benefit of all students of SYMA Growth and continued well being of all, prayer to Goddess Saraswathi was conducted at NKT Boys High School. Most of our office bearers and our members attended the function.

The launch of SYMA's New Digital Newsletter, continuing the rich legacy of 'BLISS', the voice of SYMA, which had achieved great milestones in the past. **Editor Mr. S Sampathkumar** has played a pivotal role in maintaining its excellence, and we are excited to build on that foundation with this new digital platform. We humbly request your continued encouragement as we embark on this next phase of connecting and sharing with you.

தீபங்கள் ஆயிரம் ஏற்றும் தீபாவளி திருநாள்

Deepavali, the festival of Lights enthuses everyone and is celebrated all over the Country with great enthusiasm. People wear new clothes, eat and share lot of sweets and celebrate with crackers. The very thought of Deepavali celebrations pervades happiness and would enthuse us ~ the fervour felt right from our childhood. It is a grand festival that would provide everything in abundance – sweets, visiting and sharing with friends and relatives, watching movies and more....

Be it T Nagar, Purasawakkam, Vannarapet, Mylapore – streets will be crowded as people go on a shopping spree. Life has changed a lot from the days when families waited for Deepavali bonus and credit at NTC/Cooptex – to plastic money to billion day and other sales on the net. Yet the enthusiasm is only increasing – as people buy more clothes and sweets. It is a festival of common man celebrating and sharing their joy with family and dear ones.

Fire crackers – the small explosives designed to produce noise and the eye-capturing fireworks – both on the ground and on the air have captivated people for centuries now. Every year you get to hear newer names – new introductions - for ages the crowded Parrys would get more congested as Bunder Street, Badrian Street, Anderson Street all will look similar – only shops selling crackers. All roads would lead to shops selling fire crackers of various manufacturers including – Standard, National, Sri Kaliswari, Ayyan and other brands – now the sale is at Island grounds and other designated places citing safety reasons.

Sivakasi, in Virudhunagar District of Tamilnadu is the undisputed capital of India's firecracker industry with about 8,000 factories, big and small, producing 90 percent of the total fireworks output. This year there is a new challenge – the entry of Chinese crackers – through illegal channels. Recently, the Madras High Court Bench directed the Centre to conduct raids nationwide and seize Chinese crackers that had been imported clandestinely owing to the "slackness" in vigil at ports, airports and border checkpoints and the "absence of coordination among government departments. Shocked at the submission of Tuticorin port officials that only 10 per cent of the imported consignments were examined, the judges said: "As the prohibited crackers are able to creep into India without authorisation, there is every likelihood of even dangerous explosive materials coming in, endangering lives, property and, most importantly, the security of the nation. While the Govt. agencies would do enforcement of law – responsible citizens should desist buying such illegally

imported crackers. The Nation's security is uppermost let us celebrate Deepavali grandly – buy and burst crackers – buy only Indian crackers – only the ones legally made. When spirits run high this Deepavali, tipplers would glup more liquor and sadly some accidents too occur with people in inebriated condition. Let us pledge to ensure a safe Deepavali and advise people on the ill-effects of liquor.

Some section of media try to report that 'enthusiasm towards fireworks is going down; spiralling prices have forced people to buy less of firecrackers; the pollution awareness is swaying public away from crackers and the like– at Triplicane, Sri Parthasarathi Swami purappadu in the mada veethis takes 4 hours from 6 pm – 'hundreds of 10000 walahs and beautiful fire works would light the air – revealing the spirit and passion of celebrations..

As we celebrate grandly – it is imperative that 'we celebrate it safely'.

- Use Common sense and be aware of the fire and its propensity to cause damage.
- Never light flying fireworks from balconies or near buildings. Use terraces or open grounds.
- Keep all fireworks away from infants and small children and irresponsible people.
- Avoid loose clothing/synthetics. Wear cotton.
- Do not allow children to light fireworks without adult supervision. Fireworks are not toys for children.
- Never store fireworks near a flame or a source of heat.
- Never experiment. Don't take fireworks apart or mix anything with contents. And NEVER make fireworks at home. Fireworks that don't go off as expected may act unpredictably. Don't try to re-light duds. Soak them with water and throw away.
- Discharge one piece at a time. Keep all other Fireworks at a safe distance from where they are being discharged. Don't carry any Fireworks in pockets.
- Have a fire extinguisher or bucket of water at hand to extinguish an incipient fire. Also keep burn ointments handy.
- Keep pets indoor; close curtains and make things calmer for them.
- Have concern for old and disabled persons. Do not light crackers near them

G. Sampathkumar
Vice-President