



1. Objects of the Club in brief:

- 1.1. To provide a forum to care for the seniors.
- 1.2. To utilize the expertise of the members for the service of the community.
- 1.3. To make donations to deserving poor students
- 1.4. To promote camaraderie among members to provide a common platform for seniors to interact with one another and exchange information and experiences
- 1.5. To assist Rotary Club of Madras in its activities for service to the community
- 1.6. To promote interaction among different age groups to promote harmony and understanding
- 1.7. To raise funds for achieving above objectives.

2. From the President's Desk

Dear Probians,

The June month is eventful as already mentioned by me in my May month News letter that the Health Check up Camp which was started from 3rd of June ended on 21st and 356 Senior Citizens including our Probuz Club members participated in the camp and it was a tremendous success. Particularly Probians PP Venkatachari, Balasubramanian, Dr Chandramohan and others gave necessary help to the participants by coming early in the morning remaining all thorough. All participants obtained medical report.

The valedictory function is to be held sometime during the second week of July. In this connection I must say the whole project was due to the untiring effort of our energetic secretary R. Subbaraj.

As scheduled the General Body was held on 26th June. The nomination for all posts was called for by the election officer Probuz Fellow Vaitheeswaran and for the office of the President, Vice Presidents Secretary, Joint Secretary only one nomination was received for all those posts and therefore all those who filed the nomination were declared elected

There were 26 nominations for the office of Committee Members and the election for the post was held and after polling of the votes 14 who secured the largest number of votes got elected. **Congratulations to the newly elected committee members.**

We the newly elected office bearers and elected committee members affirm our commitment to further strengthen the image of the club in all spheres of activity of the Club.

Yours sincerely

S Kirshnaram Davey

3. Prayer:

O servant, where dost thou seek Me?
Lo! I am beside thee.

I am neither in temple nor in mosque: I am neither in Kaaba nor in Kailash:

Neither am I in rites and ceremonies, nor in Yoga and renunciation.

If thou art a true seeker, thou shalt at once see Me: thou shalt meet Me in a moment of time.

Kabir says, "O Sadhu! God is the breath of all breath."

4. A bright star vanishes

We regret that Shri A C Chaco General Secretary of All India Federation of Pensioners Associations, Chennai passed away on 18-6-2010 after brief illness.

He was the General Secretary for over 2 decades.

May His soul rest in peace.

Our heartfelt condolences to his wife and other members of the bereaved family

5. Donations:

5.1. Scholarship Fund:

5.1.1 Probuz V Hariharan

L 87 ————— Rs 10000

5.1.2. Probuz T S Ramaswamy L 132
Rs 10000

5.1.3. Probuz S. Ponnuswamy L 71
Rs. 10000

5.2. Breakfast sponsor

For June 2010

Probuz Dr Mrs K Jaya Shree, A 261—
Rs 5000

5.3. Sunshine Fund:

4.3.1. Probuz M S Raja-
Gopalan: A243 Rs 500

Wedding anniversary

5.3.2. Probuz S Ranganatha
Rao ————— Rs 251/-

Birthday

5.3.3. Probuz C Chandrase-
Karan A 12 ————— Rs 200

Wedding anniversary

5.4. Other donations:

5.4.1. Probuz V Jega- nathan A372 -Rs
1000

in memory of his father.

6. Rotary Club of Madras—Installation of new president

Rtn S. Gunashekar was installed as the new president of Rotary Club of Madras in a glittering ceremony held in Taj Coramandel Hotel on 6-7-2010

Rtn Dr Arulmozhi Varman is the new secretary

Our president and secretary attended the function and honoured the new president with a shawl.

Our club also honoured Rtn Olivannan Dist Governor RI Dist 3230 on the occasion.

Probus Club of Chennai wishes the new president all the best and there is no doubt that under his leadership the relations between our two clubs will become stronger.

7. Innerwheel Madras-

Ann Samyukhtha Gill was installed as the president (2010-11) in a well attended function held on 7-7-2010 at Boat Club Alumni

Our president and secretary attended the function and honoured her with a shawl.

8. Secretary's Report on Executive committee meeting held at Conference Hall at 4th floor, AASI office, on 10-7-2010

8.1. Present: Probn President : S Krishnaram Davey, 17 EC members, 2 special invitees.

8.2. The minutes of EC mtg held on 12-6-10 were approved.

8.3. Following committees were constituted:

8.3.1. Membership Committee:

- i) Probn P M Pandian— Convener
- ii) Probn R Seshadri, Coordinator
- iii) Probn S Chidambaram

8.3.2. Funds mobilizing committee:

Probn

- i) T Kripa Shankar-coordinator
- ii) S Gopalakrishnan- Convener
- iii) Dr P Pandian IAS –Adviser
- iv) N R Sampath Advisor
- v) PF Rtn C R Vaitheeswaran—Advisor

8.3.3. Program committee:

Probn

- i) V Hariharan, Ch-5 –Convener
- ii) G S Pandian—coordinator
- iii) Dr G V Rao—Advisor

8.3.4. Awards and events committee:

Probn

- i) Dr S Muthukumaran, VP—Coordinator
- ii) V. Rajagopal, VP— Convener
- iii) Dr G V Rao –Advisor
- iv) Dr G Kailash Advisor
- v) P Badrinath —advisor

8.3.5. Publication committee:

Probn:

- i) S Ganesan—Convener
- ii) PP K Venkatachari—coordinator
- iii) S Ranganatha Rao –member
- iv) Dr P Pandian IAS –Advisor

8.3.6. Scholarship Committee:

Probn

- i) R T Namasivayam—Convener
- ii) Dr P Nagabhoosahanam—advisor
- iv) Mrs Nirmala Thyagarajan—Coordinator
- v) Dr T S Ramaswamy-Advisor

8.3.7. Public Relations and Welfare committee:

Probn

- i) K. Krishnan —Convener
- ii) V Audimoolam VP—cordinator
- iii) Mrs Lakshmi Natarajan—member
- iv) Dr V R Chandramohan—member

8.3.8. Finance Committee:

Probn

- i) M Arunachalam –Convener
- ii) V Sreenivas—Coordinator
- iii) P Thyagarajan (A 316) –Member
- iv) PP K Venkatachari—advisor

8.3.9. Library Committee:

Probn

- i) V Balasubramaniam –ECM_ Convener
- ii) M Chidambaram—Coordinator
- iii) A Mahadevan—Member
- iv) R Ramakrishnan-Member

The president and secretary shall be ex-officio members in all committees. The convener of the committee shall ascertain the participation of either the President or secretary for better follow up action and coordination of

implementation.

NB: Either the convener or coordinator has to enlighten the projected plan or project in the ensuing EC meeting (every month)

9 Annual General Meeting held at Russian Centre of Science and Culture, Ch-18 at 11-30 am on 26-6-2010

9.1. Present: Probn President S Krishnaram Davey, 122 members, spouses, 25 guests.

9.2. After the breakfast, the voting for electing 14 executive committee members began under overall direction and supervision of the election officer Probus Fellow Rtn C R Vaitheeswaran.

Probus Fellow Secretary R Subbaraj has made excellent arrangements for smooth election process.

He had arranged polling booth, ballot paper, counting-record sheets etc. The voting ended at 11-30 am.

9.3. AGM: President called the meeting to order by 11-30 am. Probn PP R Manickam garlanded the president with Probus insignia.

9.3.1. Probn PP Dr V Balambal rendered invocation song.

9.3.2. President welcomed all. He apologized for inadequate seating arrangements as the attendance exceeded all expectations. He appreciated the good work done by the outgoing executive committee, especially Probus Fellow R Subbaraj, secretary.

The video presentation of important events of the year, arranged by the secretary was really wonderful. It was on the pattern of the presentation in Corporate AGMs.

9.3.3. The president observed that the secretary has raised our Probus Club to a higher level and that he deserved all our appreciation. The members gave a loud applause in recognition of his dedicated involvement and service.

9.3.4. Honoring of Past presidents: Then the past presidents who were present in the meeting were honored with shawl for their dedicated services.

9.3.4.1. The PPs honored were probn Dr Mrs. V Balambal, Probn R Manickam,

Probn T T Srinivasa murti and Probn K Venkatachari.

9.3.5. Honoring of donors:

Following donors were honoured with a memento:

9.3.5.1. Donors for Sunshine Fund.

a. Probn G V Ramamurthi L61 - Rs 250/—

b. Probn S Ranganatha Rao L87—Rs 251

9.3.5.2. Donation to education fund:

a. Probn PP Dr V Balambal - Rs 10000/-

b. Probn T S Ramaswamy L132—Rs 10000/-

c. Probn V Hariharan L 87 — Rs 10000/-

The donors were honoured with shawl and a book memento.

d. Donations by PF Rtn C R Vaitheeswaran

Donation for special scholarship to the students of MP Anand Mat Hr Sec School and donation for old age homes as mentioned in the newsletter for June 2010.

Amount donated Rs one lakh each.

He also promised special donation for women's day celebration.

Members greeted his announcement with thundering applause. He was honoured with shawl.

9.3.6 The chief Guest Mrs Sumyuktha Gill President of the Inner wheel in her address praised the Probus Club of Chennai for its achievements and promised donation.

9.3.7. The AGM took up the agenda items:

9.3.7.1. The following were approved unanimously:

a. The minutes of the extra ordinary General meeting held on 26-9-2009 Presented by the secretary.

b. The annual report for 2009-2010 presented by the secretary.

c. Audited financial statement for the year 2009-10 presented by Probn V Hariharan treasurer.

9.3.7.2. AGM reappointed Shri A.

Mohan B Com, FCA, Chartered Accountant, 27/11, Bazaar Road, Saidapet, Chennai-15 as auditor for the year 2010-11 at a remuneration of Rs 5000/- only.

9.3.8. Following members were declared elected to the Executive Committee for the period from 1-4-2010 to 31-3-2012.

Post : President
S Krishna Ram Davey L178

Post : Secretary
R Subbaraj PF 4

Post : Vice Presidents
1. V AudiMoolam L97
2. Dr S Muthu kumaran L167
3. V. Raja gopal L170

Post : Treasurer
R Seshadri L174

Post : Joint secretary
S Chidam baram A365
Post: EC MEMBERS

1. M ArunaChalam L 73
2. V Bala subramaniam A06
3 M Chidambaram PF 6
4.S Ganesan L48
5.S GopalaKrishnan L171
6.V HariHaran L87
7.T. KripaShankar L157
8. K Krishnan A273
9. Mrs.Lakshmi Natarajan A379
10. R T Namasivayam L54
11.G S Pandian L50
12.Dr P Pandian A357
13. P M Pandian A362
14. Mrs.Pushpa B Shah L 62

9-4. After the vote of thanks by the secretary, the AGM concluded.

Hearty greetings to the members of the new team—Editor.

10- Email greetings received

10.1. I wish the new team all the best and I shall do my small bit whenever the club needs me to help subject of course to my being able to do it—PF Rtn PP P Sridharan

10.1.2. wish them all the very best for their success to serve the members of the Probus Club Chennai.

—**Shri K R Gandadharan**

National Coordinator,
National Alliance of Senior Citizens Associations of India.

10.1.3. Probn T.R Jayaraman

Congratulations and best wishes to all Members of the Executive Committee.

10.1.4. Dear Pbn, Please

Convey our Hearty Congratulations and Best Wishes to the new team.. We all will work together to achieve the Goal..

M.SINGAARAVELU

10.1.5. I convey my best wishes to probians subbaraj, chari, davey and their team for their reelection in recognition of the laudable work in the agm.

Probn PP Dr M Singaraja
+919840300108

11. Felicitations :

11.1. Probns Having birthday (BD) in Aug 2010

| | Name of the probn | BD (8/10) | Phone No |
|-----|---------------------------------|-----------|--------------------------|
| 1. | Deivasigamani N Probn | 1 | 24933886 9841144215 |
| 2. | Venkataraman Hari Probn. | 2 | 24987182 |
| 3. | Nirmala Thiagarajan. Mrs Probn | 5 | 24935983 |
| 4. | Srinivasan T G Probn | 8 | 26426123 |
| 5. | Narasimhan N S Probn | 12 | 28472074 |
| 6. | Lakshmi Dore Mrs Probn | 13 | 24937740 |
| 7. | Venkatesan R IA&AS (Retd) Probn | 13 | 24997977 |
| 8. | RamaNathanV K Probn | 15 | 2243 5124 94440 82672 |
| 9. | Subramanian R Probn | 15 | 24928769 9444503672. |
| 10. | Ramaswami P P Probn | 17 | 26286521 9841280256 |
| 11. | Sridharan G N Probn | 17 | 24912725 |
| 12. | Veeraraghavan K V Probn | 19 | 43597564 9789801381 |
| 13. | Krishnan G Probn | 21 | 28111521 |

| | | | |
|-----|-------------------------------|----|------------------------|
| 14. | Balasubramanian T K Mr | 22 | 24982757 |
| 15. | Narayanan V Probn | 22 | 2432 2659 |
| 16. | Rao G V Dr Probn | 22 | 24990802 |
| 17. | Venkatakrishnan A Probn | 23 | 24470200 |
| 18. | Rao H S Probn | 26 | 24937388 |
| 19. | Balakrishnan V. Probn | 27 | 24983939 |
| 20. | Gomathi Narayanan Mrs. Probn | 27 | 24833813 52133530 |
| 21. | Augustine B Probn | 28 | 65295049 |
| 22. | Chidambaram S Probn | 29 | 24451563 9884710480 |
| 23. | Raghavan B S IAS (Retd) Probn | 29 | 24919436 9840229827 |

11.2. Probus Spouses having birthday (BA) in Aug2010

| | Spouse Name | BA 8/10 | Ph No |
|-----|--------------------------------|---------|------------------------|
| 1. | Ganga Bai Davey Mrs | 1 | 24341334 |
| 2. | Padma Ranga bashyam Mrs | 1 | 42867423 9840014000 |
| 3. | Chitra Rengarajan Mrs | 5 | 24995840 |
| 4. | Punithavathi Thyagarajan D Mrs | 5 | 24851204 |
| 5. | Kausalya Raghavan Mrs | 6 | 24919436 9840229827 |
| 6. | Meera Balachander Mrs. | 7 | 22520243 |
| 8. | Kantham Sreenivas Mrs | 10 | 43546696 9940143444 |
| 9. | Bagheerathi Venkata Raman Mrs. | 13 | 2495408 24954123 |
| 10. | Lakshmi Jambul ingam Mrs | 23 | 24996957 |
| 11. | Mrs. Janaki Nathen | 23 | 2493 9557 |
| 12. | Geetha Deiva sigamani Mrs | 23 | 24933886 9841144215 |
| 13. | Lakshmi Santhana krishnan Mrs | 24 | 28271051 26411938 |
| 14. | Varalakshmi Thyagarajan Mrs | 25 | 32912951 |
| 15. | Prema sadasivam Mrs | 25 | 24345774 9840186441 |
| 17. | Dr V Ramanathan | 25 | 28474405 |
| 18. | Uma Doraiswamy Mrs | 26 | 24914555 |
| 19. | Mrs. Vaidehi Desikan | 28 | 2481 2823 |

11.3. Probus Couples having Wedding Anniversary (WA) in Aug 2010

| | Probn and Probus Spouse | WA 8/10 | Ph No |
|-----|-----------------------------------------------------------------------|---------|--------------------------|
| 1. | Chandramohan Dr VR Probn and Kousalya Chandra mohan Mrs | 8 | 9444079531 2474028, |
| 2. | Vijendra Rao Probn & Padmini Vijendra Rao Mrs | 15 | 28156392 |
| 3. | Purushothaman K P Er & Vijayalakshmi Purushothaman Mrs | 15 | 24345854 |
| 4. | Thanya Kumar S & Thavamani Devi Thanya Kumar Mrs | 16 | 22322018 |
| 5. | Hariharan V & Sulochana Hariharan Mrs. | 21 | 26261011 |
| 6. | Parthasarathy R Probn & Choodamani Parthasarathy Mrs | 21 | 24342417 |
| 7. | Radhakrishnan P C P Probn & Manga yarkarasi Radhakrishnan Mrs (Pondy) | 25 | 2200179 (pondy) |
| 8. | Chandrasekaran p Probn & Maha lakshmi Chandra sekaran Mrs | 26 | 9840314550 24993349 |
| 9. | Indira Somasundaram Mrs probn & Soma -sundaram P Mr | 28 | 24467828 |
| 10. | Singaravelu Dr M S Probn and Thilagavathy Singaravelu Mrs | 29 | 42087875, 98403 00108 |
| 11. | Santhana Krishnan P S Probn & Lakshmi Santhana krishnan Mrs. | 29 | 28271051 26411938 |
| 12. | Narasimhan K Probn & Anusuya Narasimhan Mrs | 29 | 9884024670 24670892 |
| 13. | Raman K V Probn & Lilly Raman Mrs | 29 | |
| 14. | Gopi Aravamuthan Mrs Probn & R.Aravamuthan Mr | 30 | 24893284 |
| 15. | Sridharan P Probn & Asha Sridharan Mrs. | 30 | 28473136 |
| 16. | Subramanian V Probn & Seetha Subramanian Mrs. | 31 | 24938368 |

Greetings have been sent individually to all the above probns.

Probus Club wishes them many many happy returns.

May God bless them with Happiness and good health.

12. Change of address

Probn A S Gopalakrishna L 164

Revised address:

A1 May fair Apts, 31, Berlie st, Lang Ford Town Bg-25

13.1. Upanayanam function of Probn Sanjivi's grandson.

Upanayanam function of Chi. Sriram (a) shreyas was celebrated on 2-7-2010 at Bapalal Bhavan, Thiruvan-miyur, Ch-41.

Probus President , Secretary, Probus past presidents and many probus members were among those who attended and blessed the boy.

Probus Club of Chennai wishes the boy all the best.

13.2. Probn T S Ramaswamy celebrates 80th birthday.

As part of his sadhabishekam celebration a function was held at Edugiri Kalyana mandapam Triplicane Chennai-5 on 19-7-2010 at 8 am Many Vaishnav scholars participated in the function Probn Secretary R Subbaraj and PP K Venkatachari participated and honoured Probn Ramaswamy with shawl and memento.

We pray for his long and healthy and happy life.

14. From Probn M Arunachalam

Anniversary celebration of LIC retired officers' Association:

LIC retired officers' Association in Chennai celebrated its 10th Anniversary on 15th May 2010. Probn Venkatachari was a special guest to deliver a key note and felicitation address to retired officers. It is worthwhile to note that LIC bears the premium to the extent of 75% in the medical insurance scheme for retired officer and the spouse. Since officers paid premium in full, 75% of the same has been refunded

15.1. Special announcement:

Contributions for probus annual publication due for release in Oct 2010,

on the occasion of celebration of International Elders Day are invited so as to reach the editor on or before 15th Aug 2010.

Originals/ CDs, will not be returned on any account. Articles will be edited when found suitable for the publication. The matter should be neatly typed on one side only of A4 size paper. Articles should not exceed 3 pages of A4 size. No reason for rejection/acceptance of the contributions will be communicated to the contributors.

Hand written articles are likely to be rejected.

Kindly help us to help you. Editor

15.2 .Celebration of International Day of the Elderly In the first week of October 2010.

Honouring members who have completed 75 years of age and those who have completed 50 years of married life and wife is alive.

Conditions to be fulfilled:

a. The member has completed 75 years of age /50 years of married life as on 1-10-2020.

b. He has not received this honour before.

c. He has been member of the club at least for a period of one year as on 1-10-2010

Such of the members fulfilling the above conditions may kindly send a pass port size photo to the secretary urgently. He may write his name on the reverse of the photo.

In the case of golden jubilee couple, the member has to send a joint photo duly writing his name on the reverse.

Similarily it is proposed to conduct games for senior citizens in connection with Elders Day. Details will be announced later.

16. Topics of general interest to Seniors:

16.1. Help lines in In Kolkata. Normally we do not hear anything at all about Kolkatta

I am pleasantly surprised that so much is happening in helping seniors.

16.1.2. Types of help sought by seniors:

16.1.2.1. Talk to me:

The elderly are calling helplines to overcome loneliness

16.1.2.2 Legal Aid

The law is on their side, though many senior citizens are not aware of how It empowers them.

The free legal cell of Calcutta High Court offers help to the elderly.

“They can take up abuse-related issues directly with the unit and their cases will be fought for free,” says Kaushik Gupta, an advocate with Calcutta High Court.

- Section 125 Code of Criminal Procedure 1973 (Order for maintenance of wives, children and parents) compels a child or heir to provide for his dependent parents.

- An elderly woman facing abuse or turned out of the house by her children can also lodge a complaint under the Protection of Women from Domestic Violence Act, 2005. If there is any evidence of abuse the children can be jailed.

- A male victim can seek justice under Section 323 of the Indian Penal Code.

- An elderly woman facing abuse or turned out of the house by her children can also lodge a complaint under the Protection of Women from Domestic Violence Act, 2005. If there is any evidence of abuse the children can be jailed.

- The Maintenance and Welfare of Parents and Senior Citizens Act, 2007, has had few takers so far, says Calcutta High Court advocate Jaymalya Bagchi.

16.1.2.3 A crowded lane off Sarat Bose Road takes you to Ballygunge police station. As you enter, you find on the right Pronam, the Senior Citizen Emergency Co-ordination Control Room. Shukla Taraphdar, its administrator, sits inside the office taking calls over a cup of tea.

“Many of our members don’t need immediate attention. They just want to talk to someone,” she says.

Since mid-2009, the city has seen a spurt of help lines catering to the elderly. The phones have been fairly busy, indicating that a large number of the four lakh over-60 population in the city are turning to a helpline. Many of them call only to hear a voice at the other end.

“Recently we got a call from a retired professor who was suffering from bouts of depression since her sister moved to another city. With her only son settled abroad, she wanted someone to enjoy cha and talk to,” says Taraphdar.

16.1.2.4.”Once we had to counsel the six children of a woman, none of whom was willing to pay the medical bills,” says Taraphdar. She sat with the family for hours in her office till a solution was reached.

16.1.2.5. “Another time we had helped hospitalise the father but the son, who lived elsewhere in the city, did not turn up. Later I had a tough time trying to improve the father-son relationship,” says Taraphdar

16.1.3. Since its inception on June 27, 2009, Pronam, an initiative of Calcutta police, has had 1,577 members.

One of her duties includes checking on these members from time to time.

16.1.4. “Other metros also have helplines for senior citizens but most are concerned with providing security to the elderly. Pronam provides a comprehensive service, from counselling the elderly to even organising social gatherings for them,” claims special additional commissioner of police Banibrata Basu.

16.1.5. Pronam is not the only helpline that has diversified. A smaller organisation, Healing Touch, which has been running a 24-hour medical emergency helpline for senior citizens since January 2007, now doubles as a counselling service for the lonely — unofficially. “Complex cases are referred to psychiatrists,” Dr Dhires Chowdhury, in charge of providing only emergency medical help to senior citizens living alone.

16.1.6. HELP A CALL AWAY in Kolkata
Pronam: 24190740

Dignity Foundation: 30690999

Helpage India: 1800-345-1253

Healing Touch: 65160058, 9903388556 (For medical emergencies only)

Saanjhbaati: 9748856000

(Based on report in the Telegraph of 27th June 2010)

Source: Email from Dr P Vyasamoorthy, 30 Gruhalakshmi Colony Secunderabad 500015 Ph 040-27846631 / 9490804278

16.2. Fast Track Courts. Shri. M.V.Ruparelia. (by email)

It was first time in 1999, the International Year Of Older Persons that Orders were issued by Chief Justice of Supreme Court of India had issued orders to identify and dispose of all matters on priority basis in which persons above 65 years of age are involved. Thereafter, Eleventh Finance Commission (2000-2005) formulated the Scheme of Fast Track Courts along with several Schemes of Upgradation of Standards of Administration with a view to streamlining the working of several departments of State Governments, which were in arrears and sanctioned special grants. It was observed by EFC that there were two crore cases pending in District & Subordinate Courts. EFC sanctioned a grant of Rs.502.90 crores for creation of 1734 additional Courts specifically for the purpose of disposing of long pending cases. These additional Courts are called Fast Track Courts. , as Special Problem & Upgradation Grant for all States/ UTs. It was expected that with these additional Courts & the reforms in the laws & procedure, cases will get reduced considerably, if not completely eliminated. The Scheme was further extended for five years with grant of Special Grant of Rs. 509 crores. This assistance from Centre is limited to an approved norm i.e. Rs 4.80 per court p.a. for recurring expenditure & Rs 8.60 for establishing new court (initial non-recurring for building, furniture etc). It is the primary responsibility of State Governments to establish Fast Track Courts in consultation with their High Courts as per these norms and bear all additional expenditure.

Shri Jaitley, the then Law Minister wrote to each Chief Minister and Chief Justice of States vide his D.O. letter no. 12011/2/2003-Jus(M) dt 10-7-2003 to actively pursue the objective of establishing full complement of additional courts and get

all session courts cases pending for two years disposed off early, emphasising that due priority should be given to more vulnerable segment and disadvantaged section of the community namely people in the 60 plus age group. He brought out that the Chief Justice of India has already brought out to the notice of High Court Judges to take up pending matters involving older persons on priority basis. Chief Justice had identified that in India, there is high incidence of litigation concerning property, inheritance, tenancy disputes and service matters in which elderly are involved. There are also older persons languishing in jails as under trial prisoners facing criminal charges. It was desired by Law Minister that elderly litigants, either as complainant or defendant should be given immense relief by providing separate Fast Tract Courts and their cases should be given priority regardless of duration. He laid down that wherever there are more than one Fast Track Court, one of them should be earmarked exclusively to deal with cases involving senior citizens. Where there is only one FTC, instructions must be issued to deal with all cases involving Senior Citizens on priority. All cases pending with normal courts and District Judges must be transferred to FTC for priority dealing. He further desired that an Action Plan to deal with cases of Senior Citizens should be drawn out in consultation of High Courts, so that this essential Judicial Reform is achieved at the earliest.

Almost 1300 FTCs are working in various States/UTs and have disposed off 28-84 lakh cases out of 21.16 lakh cases allotted to them till May,2008. Separate figures of cases of Senior Citizens are not available. The Central Government acts as a coordinator & facilitator and the actual implementation rests with the States/High Courts. Maharashtra State has asked Centre for additional Rs 500 crore for disposing 41 lakh cases as per latest Press Reports.

Ministry of Law & Justice has advised that instructions have been issued to National Judicial Academy, the apex training authority for Judicial Officers in the Country, for inclusion of a module in their training programme on the need

for expeditious disposal of cases of Senior Citizens. A proposal for expansion of legal services/Legal Aid to Senior Citizens under Sec 12 of the Legal Services Authority Act,1987 is under their consideration.

17. RBI's latest cheque rule only for NCR

Mumbai: The Reserve Bank on Tuesday clarified that its recent directive on alterations on cheques is applicable for cheques cleared through the state-of-the-art image-based cheque truncation system (CTS). Currently, CTS is used in RBI's clearing house in the National Capital Region (NCR) only. In all the other places, mostly MICR method of cheque clearance is used, and RBI's recent directive on alterations in cheques is not applicable for MICR, non-MICR and over the counter clearances. The CTS standards will come into effect on December 1, 2010.

The CTS standard said that no changes or corrections should be made on the cheques. It also said for any change in the payee's name, amount in figures or amount in words, etc, fresh cheques should be used by customers. This would help banks to identify and control fraudulent alterations. TNN —

18. Elder abuse;

Son arrested for neglecting octogenarian father

CHENNAI: Police have arrested and remanded to judicial custody a man who had been accused of neglecting his parents, under the provisions of the Maintenance and Welfare of Parents and Senior Citizens Act, 2007.

The arrest occurred after an octogenarian lodged a complaint with the Ayanavaram police that his eldest son left him in the lurch by not even contributing for his food, clothes and medicines. Hours later the accused M. Kumar (55) of Ayanavaram, was arrested and remanded to judicial custody.

According to police sources, J. Muthukrishnan (83) of De Mellows Road alleged that his eldest son Kumar was not taking care of him. While the old man was living with his two other sons, the accused had refused to contribute

any money for basic maintenance. Police arrested Kumar, produced him in a city court and later, lodged him in the Puzhal Central Prison.

The first such instance of a ward being arrested for neglect of a senior citizen under the Act occurred in Namakkal, according to Social Welfare Department officials. The District Collector has also been proactive in taking other steps to ensure the welfare of senior citizens, they added. The Act provides for punishing anyone who is tasked with caring for a senior citizen abandons the latter with imprisonment up to three months, or a fine up to Rs.5000, or both.

Meanwhile, Chennai Commissioner of Police shri T. Rajendran has warned that criminal action would be taken against any person harassing aged parents by not providing them basic facilities like food and shelter Courtesy "The Hindu" dt 25-6-2010

19. Humour

19.1. SMS Jokes: Commerce Professor asks student: What is the most important source of finance for starting a business?

Student: Father in law.

Source: Chennai times dt 25-6-2010

19.2. Before electric fans came in vogue, pankhas used to be tied to long ropes which were constantly pulled by a coolie. On one hot sultry day in the Madras High Court, the judge went to sleep. The late Mr. Norton, who was arguing the case before him, found himself in an awkward situation. It so happened that the pankha coolie was also enjoying a nap. Mr. Norton felt very annoyed. He thumped the table with his books, as a result of which both the pankha coolie and the judge woke up with a start.

The judge asked the counsel: "Why, what's the matter?" Mr. Norton's crushing retort had telling effect. He replied: "Oh, nothing, my Lord.—it is only the impertinence of the coolie to think that he can go to sleep in the open court, as if he is also a judge."

19.3. "Once Pandit Motilal Nehru had a witty encounter with a witness. When exasperated by some inconvenient questions at the time of cross

examination, the witness said to the legal counsel: "You are mistaken." And he continued in an angry tone: "Sir, do you think I am a fool?" Motilal Nehru quietly retorted: "Why, no." and then after a pause, added: "But, of course, I may be mistaken." It was a devastating stroke and its affect was manifest.

19.4. Sometimes, an affable insolence heard in the court relieved the tedium of the law.

The story goes of a prisoner who was an old offender not unknown to the judge who was trying him.

"It is time you checked your career of crime," said the judge. "How many times have you been convicted of this offence before?"

"Five," was the man's unruffled reply.

"Five," said the judge. "Then this time I shall give you the maximum sentence laid down by the law."

"Maximum!" echoed the prisoner. "Don't regular customers get a bit of discount?" Humour is a valuable weapon in the armoury of those present in the law courts, including the witnesses. At times, the lack of it, however, can raise a laugh against those unfortunate souls.

19.5. Here is a fascinating story of a judge who was not very alert to the arguments advanced at the bar. The judge then suddenly noticed that a donkey had begun braying outside the court room. He inquired: "What is this noise?"

Pat came the reply from the lawyer arguing that case: "Sir, this is the echo of the court."

The witty retort elicited laughter in the court room. The judge became more attentive thereafter.

Soon he got the better of the lawyer. The donkey began braying again and the judge comically remarked: "Please, don't both of you speak at the same time."

20. Donations to Sevalaya:

1. Unused medicines donated by Probn L R A Narayanan
2. Rs 300/- donated by Probn PP K Venkatachari

Date of donation: 24-6-2010

21. Health Care

Q. Why does my wife have high haemoglobin?

Tuesday, 22 June 2010

Answered by: **Dr Shirish Kumar**, Haematologist, WHO, Geneva Doctor.ndtv.com

Q. My 50 years old wife has haemoglobin (Hb) of 16 g/dl for the last two years. She does not have any illness like diabetes, blood pressure. Her periods have been stopped for last one year. Recently during routine checkup, the doctor asked her to get haemogram. Haemogram was done and red blood cell (RBC) count came to 5.43%, packed cell volume - 48% and platelet count was 48%. All other parameters were within range. Is there any problem with above readings? The doctor told us that there is no problem and asked her to donate blood so that her Hb comes down

A. The number of red cells normally present varies according to a person's age and sex. Men have higher results than women do and newborn babies often have higher values than adults. The presence of an elevated red cell count is called erythrocytosis or a polycythaemia. This increase in red cells may show in a blood test result as an increase in red cell number, or as a rise in haemoglobin, or packed cell volume. Red blood cell production is governed by a hormone called erythropoietin that is secreted by the kidney. Erythrocytosis is not a disease but is usually part of some other problem. There are no specific symptoms or physical signs although the underlying disease may cause the patient to seek medical help. Many times, the high hematocrit is noticed when a person has a blood count done as part of an exam for an unrelated complaint.

The normal hemoglobin value in an adult male can range up to 18 g/dl and for women up to 16 g/dl. It can be raised due to many reasons and these causes may be subdivided into whether there is a 'true' or absolute erythrocytosis (polycythemia) due to an increase in red

cells or an 'apparent' erythrocytosis when the red cells are not increased but are instead more concentrated. The secondary increase can be due to dehydration, diuretic drugs, burns, stress, or high blood pressure. True polycythemia may be primary and is then called polycythemia vera, a myeloproliferative disorder in which the RBC count increases without being stimulated by the red blood cell stimulating hormone erythropoietin. Secondary polycythemia is due to an increase in RBC counts following an increase in the hormone erythropoietin. This hormone increase is in response to low blood oxygen, caused by heart disease or high altitude; continual exposure to carbon monoxide (heavy smoking); chronic lung disease, congenital (hereditary) disorders producing abnormal hemoglobin or an overproduction of EPO; and diseases such as kidney disease. Symptoms of polycythemia include easy bruising, purpuric spots on skin, blood in the stool, blood clots, painful redness of the skin & warmth in parts of the limbs, blackening of the fingers or toes (necrosis), fever, heat tolerance, weight loss, and itching.

If an underlying problem is found, it can usually be corrected, and the erythrocytosis should disappear. If there is not a correctable problem, then further management depends on how high the hematocrit is. If the hematocrit is just a little above normal, perhaps nothing needs to be done. However, if the hematocrit gets too high (above 60 percent), it thickens the blood, causing circulatory difficulties that may result in strokes and heart problems. To avoid these problems, the patient can have phlebotomies (blood-letting) to reduce the hematocrit, which is like donating blood. One unit of blood can be removed every few days or once a week until the hematocrit is down and then done at intervals of time to keep it down.

22. Probus philosophy meeting held on 19-6-2010

Gist of talk by Probn M R Narayanan on "Importance of Truth"

What is truth? Truth is what accords with fact or reality. It is based on reason or correct principles. It is the quality of

being true or accurate or honest. Truth and Dharma are the prime pillars of our faith.

Truth provides us confidence in our actions. Lies in most cases cannot stand scrutiny.

The famous astronomer Copernicus was condemned by the Church but was exonerated only recently.

Those who tell truth often come to grief. But their honour is eternal. They leave the world a better place.

Sometimes you have to tell a lie to do good to a person. As Valluvar says, "even a lie is truthful if it does unsullied good."

Truth is what finally wins. Lies on the other hand are only poisonous palliatives.

Exaggeration, deliberate or habitual also amounts to lie. Lies oft repeated may come to be believed in, misleading the very person who did so. If further action of any kind is based on this, it is likely to lead to wrong result.

Lies may be a first line of defence, but truth must be reverted to as soon as possible after making due amends and explanations. A dishonest man tends to lie to cover up his misdeeds. Honesty on the other hand makes telling a lie redundant to state his position on any matter.

Is telling a lie or hiding a truth defensible at any time? Corporates telling a lie to extol their products is indefensible. Govt hiding a truth in public interest and safely may be defensible.

The proverbial mention of Raja Satya Harishchandra signifies a persons wedded to truth.

Truth is an honoured principle world over. The story of Mayor of Casterbridge by Thomas Hardy is of a man—Michael Henchard by name who as drunken labourer in his early days sold his wife and daughter. Later in sober years he rose to affluence and position as the Manor of Casterbridge, hiding his earlier misdeeds until he was exposed by a woman who was a witness to the sale his wife and daughter. The story illustrates how a tainted success is unstable.

There are many episodes in Mahatma Gandhi's life stand in bold relief to the fact that truth alone triumphs.

There are many instances where powerful and famous people who were undone by the lies they told believing that they will save them. Mr Bill Clinton, Mr Nixon were are instances of example.

The names of Ashoka, Lincoln, Mahatma Gandhi, Lal Bahadur Sastry stand the test of time.

There was an interesting inter action with audience. Probn

V L Iyer proposed vote of thanks.

The next meeting will be on 17-7-2010 at MP Anand Mat Sr Sec School.

23. Probus fact sheet:

Birth of Probus Club of Madras (Later renamed as Probus Club of Chennai in 2004):

An advertisement was placed in the "Hindu" in May 1992 by Rtn Dr S M Diaz IPS on behalf of Rotary Club of Madras.

The "ad" gave a brief description of the Probus Clubs that were functioning abroad and announced that it was proposed to start such a club in Madras for Elder Citizens who were no longer in active life, so that their talents could be used and at the same time they could feel that they were not neglected by the society. Particulars of persons who were interested in the formation of such a Club were invited. There was good response. The persons who responded to a breakfast meeting at Ball Room of Connemara Hotel on 29th May 1992 organised by the Rotary Club of Madras. At this meeting it was decided to form the Probus Club of Madras under the sponsorship of Rotary Club of Madras. The founder members and the office bearers for 1992-93 were decided at the meeting. The late Mr C R Sundaram was made the President of the Club and Shri M S Sivaramakrishna IRS (Retd) and Lt Commdr KM Thomas were made vice Presidents, Mr G Ranganathan was made secretary and Mr N Srinivasan the treasurer., capt M Singaraja, C Eng and Mr N Subramanian IRS (Retd) and a few others were made members of the executive committee.

(TO BE CONTINUED)

24. Probus Song:

Now that our youth has long since passed

Life is less urgent, not so fast,

We've time to sit and think at last

How best to live our lives.

Join us at Probus, meet with your friends,

Relax and be happy as Nature intends,
With such good companions your life-style extends,

Probus — the Club for you!

Life does not end at sixty-five,

We aim to show we're still alive,

We'll prove that we've not lost our drive

Or our will to serve.

Join us at Probus, the time will speed by,

Revive your ambitions and reach for the sky,

You may not succeed but at least you can try,

Probus —the Club for you!

(Source: Probus Centre, South Pacific In)

25. Mindbender:

The day before yester day, Alan was 27. Next year he will be 30. How?

(Pls see page 10 for answer)

Source: Chennai Times dt
28-6-2010

19. Probn at Semmozhi Manaadu at Coimboare:

I am glad to inform that three probns were invited to Semmozhi manaadu at Coimbatore to present papers: They are

1. Dr V Chokalingam

2. Dr P. Pandian IAS (retd)

3. N R Sampath

26. Dr P Pandian Dr.P.Pandian,I.A.S (Retd) informs that he has presented Paper at the International Classical Tamil World Meet On English Translation of Cankam works Organised By The Centre For Classical Tamil Under The Aegis Of The Government Of Tamilnadu At Coimbatore 23rd to 27th June - 2010

He has been requested to take up the work of translation of Manimekalai into English and he has agreed to do it.

We wish him all the success.

27. Members' Space:

27.1.Travelogue from Probn K Krishnan:

He and his friends recently visited Varkala Beach Resort and Poovar Island Resort in Kerala.

They visited important tourist spots such as white sands of beaches and temples. They visited 2000 years old temple of Lord Janardhan Swamy located on the top of a small hill top built in typical Kerala style. There was customary blasting of crackers at the foot of the hill. There are many yoga and Ayurvedic centres in and around the place.

Poovar island is really a magical island of exquisite beauty and whispering palms. It is only 30 KMs from Thiruvananthapuram.

A special feature of the accommodation is the floating cottages of wooden structure of 400 sq ft, self contained and air conditioned.

After two nights stay of scintillating experience they left for Chennai

28 .2. From Probn PP Dr.Prof. Mrs.V.Balambal, Professor(Retd) of History on her participation in international conferences.

28.2.1. She presented a paper titled "Dignity & Peace of Mind of the Elderly in the UNESCO International Asia-Arab Philosophical Dialogue Conference :Culture of Peace & Dignity held at Thistle Beach resort, Port Dickson, Malaysia on 14-17, May, 2010. The conference was well attended by representatives from 35 countries. Each paper was commented by a scholar from another country. Dr. Balambal's paper traced the importance given to the elderly in the Ramayana, Mahabharata & Upanishads, Joint Family system and how there is decline in the status of the elderly in India because of non following of ethics related to seniors. She also quoted the importance of Reverse Mortgage and the Maintenance of Parents Act passed

in 2007 for the benefit of the elderly. The paper was well commended by Ms.Anniken of Norway(UNESCO) The interactive session was quite interesting. All the delegates were taken to a trip to Malacca where one could see the Dutch & British influence. As the conference was in a beach resort all could enjoy nature's beauty, far from the madding crowd.

Dr.V.Balambal participated and presented a paper titled "Issues on Domestic Violence" in the 10th South East Asia Regional Scientific Meeting of the International Epidemiological Assn held at Cinnamon Grand Hotel, Colombo, Sri Lanka from 23-26 May, 2010. More than 500 participants attended the conference and presented research papers. Dr. Balambal spoke about the condition of the problems of the women of three strata of society and how they face the abusers. The physical, financial, emotional problems and sexual violations affect their mental and physical health. children at homes where there is domestic violence are affected horribly. More than anything else, what is important is the empowerment of women. It was quite useful to learn things from various speakers.

The local city tour on the Buddha Poornima day was quite interesting. Dr.Prof.Mrs.V.Balambal M.A.B.T.Ph.D. FRAS(London) Prof(Retd) of History, University of Madras,

Ch 044 24838806

29.Dates to remember:

EC Meeting at 10-30 am on 15-8-2010 at Conference Hall, 4th floor, AASI, Chennai-6

For details contact PF

R Subbaraj secretary PH: 9444455872

30. Probus philosophy meeting: 17-8-2010 at 4 PM at MP Anand Mat Hr Sec School, CIT Colony Ch-4

For details contact Probn V L Ayer ph: 24992329

31. Breakfast meeting:28-8-2010 at 9-00 am at Russian Centre of Science and Culture.

Guest speaker: Shri T Tenappan, GM Indian Overseas Bank.

Breakfast sponsor : Probn T S Ramaswami"

For details contact PF

R Subbaraj secretary PH: 9444455872

32. Srilanka trip:

Departure date: 4-9-2010

Cost: The cost for travel (by air/road), break fast, dinner, transport with guide in Srilanka, taxes will be Rs 18,800 Each for two bed accommodation and **Rs.19500** each for three bed accommodation.

Duration: DAYS – 7; NIGHTS – 6

Places to be visited Sugiria, Dambulla, Kandy, Niwara eliya and Colombo

Inclusions: airfare, transport charges

in srilanka, Breakfast, dinner, stay in hotels

Exclusions: Lunch, Insurance, entrance fees, and items not included in itineraries

Return date:10-9-2010

They should also take warm clothing,

Starting point: Probn

S Ranganatha Rao's house.

New No 10, Subbaraya Ave,

Abiramapuram, Chennai-18 Ph:

24995290 at 7-30 am sharp. The

transport charges from this above point

to airport is to be borne by the individual.

We are arranging a van. For further details pls contact

Probn R T Namasivayam

Ph 9789974100K Venkatachari

PH:24981099

33. Directory update:

Pls inform change of address or phone number to the secretary or phone number to the secretary

34. Payment of annual

subscription: pls send the subscription cheques to the secretary if not already done.

35. Answer to mindbender:

The information was provided on Jan 1.

Alan's birthday is on 31st December. He

is now 28, the day before yesterday he

was 27 and he will be 29 this year and

30 next year.

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