

GNC

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CONNECT

FOR MEMBERS OF THE GANDHINAGAR CLUB ONLY



THE BEST WAY
TO STAY GREEN



DEAR MEMBERS,
September marks six issues into the journey of GNC Connect... a most exciting journey that's converted an

idea into this fabulous magazine. This month's issue features the dynamic Venu Srinivasan, the MD of the iconic brand, Leo Coffee. Read about the origins of the name and his plans for the multi-generation old company to take on competition and the evolving coffee drinking choices of the current generation in Young Achievers (interview by Thanvi Srikant). Durga Venkatesh makes her debut as a contributor to GNC Connect with a wonderful article on the healing powers

of music..I'm certain that this will strike a chord with many of our readers. TL Raghavan travels to Sri Lanka and writes all about his experience in the beautiful emerald island. The Foodie Diaries does what he does best..go restaurant hopping and comes back to give you his recommendations on places to eat in Chennai (with a little addition of a charming place to stay in Pondicherry, this time around). And if you're one of those who's fascinated by the world of 'start-ups', you must read Kapil Viswanathan's article where he attempts to make sense of the valuation game and concludes that as an entrepreneur, there's never been a better time to raise money. All this and lots more in yet another special issue of GNC Connect.

The GNC Website would have gone 'Live' by the time this magazine reaches

your hands. While phase 1 (completed) of building our website covers all the informative parts of it along with allowing members to pay their bills via a payment gateway, the next stage of development will seek to make the Website a true one-stop-shop for any requirement at the club – booking conference rooms, ordering food for take away, booking rooms in our Guest House, reserving a slot for play under Lights at our Tennis Courts and lots more. Do go through the Website and shoot me a mail if you come across any errors /missing elements in the website. The new GNC website is at www.gandhinagarclub.in

Regards,
KP Balakumar (B103)
Committee Member – Library, Magazine, Website and PR.

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Dear Members,

The club is bustling with sports activities. It's a delight to see the sports facilities filled up with players from



both our club and other clubs too. Restaurant and Bar are drawing better crowds. Swimming pool is in increasing demand.

The EGM was convened on 2-8-15 to take up subjects:

1. Pass the minutes of the adjourned EGM held on 5th April 2015 (copy already circulated)
2. Discuss and approve the restructured Byelaws of the Club with or without modifications.
3. Discuss General Committee's Resolutions.
4. Election of Committee Member for - Maintenance, Guest House

& Conference Halls – (vacancy created due to resignation of Elected Member).

Prior to the appointed date to the EGM (2-8-15) copies of "Draft Restructured Byelaws (as compiled by the Byelaw committee consisting of Mr.N.L.Rajah, Mr.V.A.Ramesh and Mr.K.Madhavan and adopted by the General Committee) were circulated amongst the Members by email on 20th July 2015. Copies of the resolutions proposed by the General Committee were also circulated.

An informal meeting of the General Body was held on 26-7-15, to invite suggestions on the recommendations



made to the 'Draft restructured bye laws' and to incorporate such suggestions as agreed upon by the members and the "final draft" be placed before the EGM so that the proceedings could go on smoothly and desired results achieved at the meeting. However at the informal meeting Members present after discussions, suggested that the "Draft restructured bylaws" cannot be brought to the EGM in its present recommended format, since any modifications / recommendations to be carried out, has to be brought in only by way of resolutions and changes can be effected only after due approval of the General Body. After deliberations, it was decided that the "restructured byelaws" will not be

taken up at the meeting and that the bye laws in its existing format will be updated and filed with Registrar of Societies. Consequently, resolutions suggested by the General Committee were also withdrawn and not taken up at the EGM,

The EGM scheduled for 2/8/2015 was adjourned to 09/8/2015 for lack for quorum. At the adjourned EGM held on 9/8/2015.

- The minutes of the adjourned EGM held on 5th April 2015 were passed.
- Election of Committee Member for - Maintenance, Guest House &



Conference Halls - vacancy created due to resignation of Elected Member. Mr. Samuel Surendran was declared elected, unopposed,

- "General Boy's directions in the case of corporate member M/s.Infosys were sought and the members present approved of retaining the membership of M/s. Infosys.

The General Committee is delighted in having Mr. Samuel Surendran as member in charge of Maintenance, Guest House & Conference Halls. For the past five months, our Vice-President Mr. V. Lakshman was manning the portfolio with great commitment, injecting fresh ideas. We are happy that members

have expressed happiness about the maintenance and upkeep of the club. The renovated Guest House has come in for appreciation from members and guests. Special praise has been given for the staff of managing the guest house.

The General Committee is happy to inform that the MINI CONFERENCE/PARTY HALL located in the ground floor of the Guest House ground floor is functional since 14th August 2015. The hall with a seating capacity of 12 with a maximum 15 persons could be hired for, smaller get togethers, board meetings, private dinners, breakfast/lunch meetings and for any other event requiring compact space. Services will be extended as is being done

in the main conference hall. Photos of the hall are annexed. The hall can be hired any time from 7.00.a.m. till 11.p.m.

Likewise the Restaurant with seating capacity of around 70 people will also be available for hire for the members between 7.a.m. till 4.p.m. on all weekdays and could used for private breakfast, lunch and or any other functions / meetings that are permissible as per the rules of the club Charges for hire of Mini hall and Restaurant are available at the Club office.

The General Committee has taken a decision to cover the Roof Top situated above the Bar and to make the space usable round the year irrespective of weather conditions.

While doing so, it would be ensured that the present panoramic view, the breeze and pleasing effects of nature would not be compromised. Once ready this will be a premium place to host parties for around 35 to 40 people. Plans are under way to set up live counters to serve Tandoori, Barbecue, Grilled and other multi cuisine food.

As all of you would have been aware from the publicity carried out by the Press and Media that the Gandhinagar IVth Main Road (one of the most prestigious roads of Adyar) has been re-named as B.RAMACHANDRA ADITHYAN ROAD in memory of our beloved Founder President Shri. B.R. Adityan.





Shri. B.R. Adityan, a founder member of our club, was the President for over 4 decades and was instrumental in the institution's growth in its formative years. His contributions to the club by way of finances, administration and public relations has been invaluable and ensured sound fundamentals. This gesture by the Government

of Tamil Nadu is indeed a fitting tribute to this legendary personality and is a matter of a great pride to Gandhinagar Club.

Till the 3rd week of September, the Club will be witnessing sports activities in multiple disciplines. From mid July till mid of August, Intra Club tennis tournament was conducted

for different age groups There were 27 participants competing in one or more formats and we are happy to furnish details of the results.

SINGLES:-

Mr.Gokul Anand G158 - Winner
Mr.Vikram Seshsayee (V344) – Runner

DOUBLES:-

Mr.Sudhakar Rao (S233)
& Mr.Ramu (R125)

Mr.Dhruv Narayanan (D173)
& Mr.Gokul Anand (G158)

Cheers to all participants and kudos to the winners.

GAAMES UNLIMITED and GNC are conducting Inter Club tournaments in Tennis, Billiards / Snooker and Squash from 22nd August to 10th September 2015.

Clubs participating in the mega tournament:-

- Gandhinagar club
- Mylapore Club
- President Club
- Cosmopolitan Club
- Alumni Club
- Indira Nagar Club
- Anna Nagar Club
- Anna Nagar K Block Tennis Club
- Besant Nagar Club
- Besant Nagar (Clay)
- Madras Cricket Club
- T Nagar Club
- Madras Race Club
- TNCA



We thank Games Unlimited for their encouragement and contribution of 2.5 lacs to conduct the tournaments.

The Prestigious ITF Tennis Tournament will be held in the Club between 12th and 19th of September 2015. The above is organized by TNTA, Sponsored by Mr.Karti Chidambaram and co-sponsored by Malai Murasu (Mr. Kannan Adityan).

The crowning glory has been the Swimmers of GNC. In the Inter Club Swimming Tournament hosted by the Cosmopolitan Club Chennai a strong contingent of 35 entered the fray and bagged 29 medals spread over various disciplines.

Eleven Gold, Ten silver & eight Bronze medals were bagged by our swimmers making it one of the highest in the competition.

Notable was a performance of Master Sahas Bohra (R477) aged 9 yrs who won 2 Gold and 1 silver Medal in the event Free Style, Brest Stroke and Back Stroke. Similarly in the above 60 performance of Mrs.Girija Venkatesan (G168) and Mr.S.Ram (R109) were commendable. Rohini Sadasivam won 2 gold medals and Ranjith won 2 Gold medals.

Salute to all the participants for their sprit and exceptional performance in the competition. The undersigned was present at the tournament and was invited by the management of Cosmopolitan Club to distribute Prizes. A photo shoot was had at our Swimming pool of all the Members with their medals (Photos attached).

Soon after the photo shoot, the undersigned thanked all the participants and the medal winners for their contribution in raising the image of GNC to great levels amongst its peers. The untiring services of our swimming coach Mr.Manoharan came in praise from the undersigned and the swimming members as well. It is indeed a tribute that in the past 19 Years of his service, Mr. Manoharan has coached over 500 of our Members and their dependents of different age group and by all of them he is considered as one of the best coaches of basics in the city of Chennai.

It is equally creditable to know that in his coaching of so many Members / Dependents not once has there be any complaint what so ever about either the behavior or character of Mr.Manohar. All the medal winners and their family members present at the photo shoot paid

very high tributes to Mr.Manoharan and dedicated their victory to his coaching. A few of them had written their opinion of Mr.Manoharan which is being shared to our Members.

“ Club is gifted to have Mr.Manoharan as a Swimming Coach. His dedication is well appreciated. He is very Patient and calm and helps elderly people especially ladies to learn swimming in an efficient way. Please continue to have him as a coach in the Club for a longer period” – by K218, J181 A389

It will be appropriate to mention that the staff of our Swimming Pool working under the guidance of Mr. Manohar are been so committed to their work, that the GNC Swimming Pool is considered as one of best maintained pools and is an envy amongst many.

Flag hoisting was done at the club by the President on 15th August 2015. Hon. Secretary Member in Charge of Maintenance, Guest House & Conference Halls and few of the staff were present.

The AGM will be held on 20-9-15 to pass the accounts for the financial year 2014-15. As is mandatory copies of the accounts would have been circulated by email to enable members prepare for the meeting. The General Committee requests all the eligible Members to be present for the ensuring AGM.

From September till January end events like, Club Day, Dussera festival, Dandiya Nite, Diwali Nite, Karaoke Competition, New Year Eve, Pongal celebrations and more are all being planned. Hope the rain Gods help to carry out these events with our much of disturbance.

Looking forward to your continued support, presence and encouragement in our efforts to offer best entertainment and services.

Thanks
Ashok Sarrangan – Secretary (AI29)



Meet The Author RV Rajan (R-143)

On Friday 21st August, 2015, R.V. Rajan (R-143) a long standing member of the Gandhi Nagar Club gave a talk on 'Media & Advertising in Chennai- a fascinating story' at the Press Institute of India, as a part of their Madras Week celebrations. A booklet on the same subject written by him was also released on the occasion by S.R. Madhu, a senior journalist. The first copy was received by S. Muthiah the veteran columnist, author & historian.

According to Rajan the booklet is an attempt to record for posterity a very brief history of Media & Advertising in Chennai for the benefit of students of advertising and those interested in the subject. The multi colour booklet (52 pages) features examples of advertisements released in the old days, The front page of the 'The Hindu' issue dated 26th May, 1881 & 22nd May, 1889 and the inaugural issue of the Indian Express published on 3rd September, 1932 featuring classified and other product advertisements find a place in the booklet. Evolution of Print Advertising from classifieds, to advertisements with line illustrations, with half tone photographs and cut colours are illustrated with examples of advertisements published over a period of time.

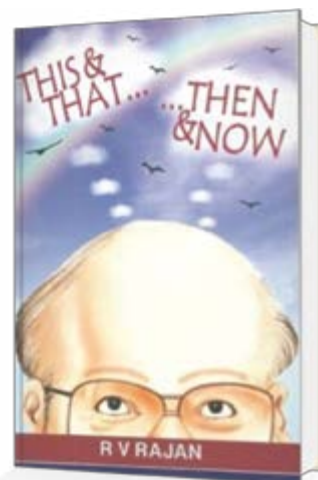
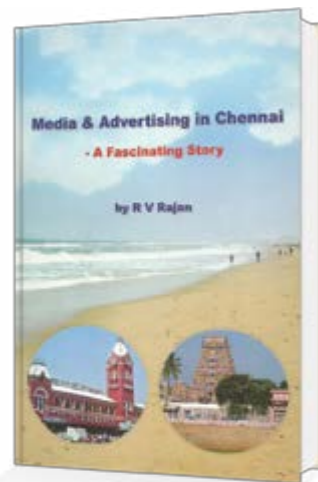
The booklet also briefly traces the history of other media like, Radio, Cinema, TV, Satellite T.V., and Outdoor with photographs of veterans who contributed to the growth of the various media in the city. A review of the current advertising scene in Chennai and where it is heading constitutes the last section of the book.

Written in lucid style the book is an interesting read for everyone.

A veteran Adman and a rural communication specialist, who is currently the Chairman of Anugrah Rural Marketing Academy (ARMA), R.V. Rajan got hooked on writing post retirement. A prolific writer he has already published four books in the last six years. His first book- a candid autobiography titled 'Courage My Companion' was published in 2009. This was followed by a hand book on rural marketing titled 'Don't Flirt with Rural Marketing'. His third book is a collection of his essays on a variety of topics published under the title 'This & That... Then & Now'. He continues to write for his blog and his articles have been published by leading Chennai based English dailies and periodicals including GNC Connect. 73 years old Rajan is a resident of Sastri Nagar, Adyar for the last 41 years. Soon his 'Random Reflections' will be appearing as a regular column in Adyar Times.

All books of Rajan are available in the GNC library. An active user of the library facilities since its inception Rajan says, 'GNC library is one of the best Club libraries I have come across in the city. With an excellent collection of books and magazines, managed by a friendly Librarian, it is a joy to visit the library every evening'.

Those interested in receiving a free copy Rajan's latest booklet on advertising as a hard copy or soft copy can write to him at rvrajan42@gmail.com or phone 9840392082.



WADING THROUGH MURKY WATERS

Thanvi Srikant (S563)



My usual 'comfort zone' of books are the unabridged classics, novels of Jeffrey Archer, Robin Cook, Paulo Coelho and occasionally, Daphne Du Maurier.

Determined to review one of our latest additions at the GNC library, I risked stepping out of my 'zone' in an attempt to read a book whose author I hadn't come across before. Thankfully, **One Mile Under** by Andrew Gross wasn't a disappointment; else I would have been left with no choice but to write something philosophical (which I'm sure will make you stifle a yawn!)

THE STORYLINE:

When whitewater guide Dani Whalen discovers the body of her friend Trey in the Colorado rapids, she is shocked beyond despair. However, she has reasons to believe that it may not have been an accident. The police chief in charge of the investigation arrogates the unmistakable evidence material to be insufficient, and even goes to the extent of sending Dani to jail.

Enter Ty Hauck, former detective, who is determined to protect his god-daughter Dani. They travel to Trey's hometown only to discover that the small 'accident' could have been collateral damage for protecting something much bigger. Apocryphal statements by energy companies and the drilling of oil wells in a drought-stricken farming town slowly reveal a conspiracy. Yet Trey's father and the locals refuse to divulge information, leaving many questions unanswered.

Braving threats and near-death experiences, Hauck and Dani put their lives at risk. How they expose the truth and restore justice forms the rest of the story.

NOTES OF A CRITIC:

One Mile Under has a promising start. At first glance, 32 pages in 15 minutes was more than just a good sign that the author's writing had a grip on the reader. Similar to the white water rapids, the plot twists and turns in the beginning but soon becomes streamlined.

Halfway through the story, the conspiracy is revealed and the element of suspense seemed to have drifted away. I must admit that this was the point when I was praying for more surprises and nail-biting adrenaline rushes, to bring back life into the story.

True to the nature of the river, the abeyance is lifted and the ride begins again.



The author needs to be given credit for choosing a straightforward plot, yet introducing multiple characters with distinct personalities. Continuing with the river analogy, these are small meanders in an otherwise straight course. In most instances, they bring the necessary depth to the plot, but there were pages where they could have been called unnecessary interruptions, testing your patience.

Nevertheless, the author shows his prowess in amalgamating remotely connected ideas into a single story. He covers river rafting, geology, military operations, crime, environmental lawsuits, security, oil drilling and natural resource conservation, which is a tad educative too.

BOTTOMLINE: Fast paced, slightly predictable, but worth a read. I may have been a little critical, but there must be a reason why the book cover claimed it to be 'The Sunday Times Bestseller'

The Wonderful Therapeutic Power of Classical Music



Durga Venkatesh (V 301)

Music is the universal language of Mankind. It influences all levels of human existence. It is a medium for communication, which can be both pleasant and healing. The power of musical vibrations connects in some manner all things and all beings in the universe. Modern science and medicine are now rediscovering the healing powers of music. And music therapy the specialized use of music in treating persons with special needs in mental and physical health, rehabilitation and special education is gaining ground.

- A popular Greek legend confirms the remedial role of music, as it could heal a deadly wound of Ulysses.
- Ibn Sina, an Arab writer had recorded the use of music as a remedy for ailments-both physical and psychological.
- "The human body is the living resonance of the sound" said Hazrat Inayat Khan, a Sufi musician belonging to the early 1920's. He felt that sound has an effect on each cell of the body, on all glands, on circulation of blood and pulsation. It is interesting that in recent times, a number of therapists have come to endorse this particular observation of Hazrat Inayat Khan.

• We have read and heard research articles confirming that cows give more milk when they listen to music while milk is being extracted. Similarly the growth in plants can be stimulated by playing music regularly to them.

Coming to the Indian Music scenario, we have a treasure trove of history that confirms the use of Music Therapy for healing various ailments.

- Music is an age-old part of Ayurveda, the holistic science which promotes a happy and healthy lifestyle.
- While music as a whole is well recognized for its entertainment value throughout the globe, it was the Indian genius, which had discovered Raga Chikitsa, the raga-cure. Raga Chikitsa, an ancient text in Sanskrit, deals with therapeutic importance of melodies. Raga, we all know is the sequence of selected notes that lend 'colour' or emotion. Depending on their nature, a raga could induce or intensify joy or sorrow, anger or peace and it is this quality which has to be carefully understood to induce the healing properties in patients.
- The doshas like Vata, Pitta and Kapha can be controlled effectively by Music Therapy.

• Great composers of classical music in India called the 'Musical Trinity', - who were curiously the contemporaries of the 'Trinity of Western Classical Music, Bach, Beethoven and Mozart- were quite sensitive to the acoustical energies. Legend has it that Saint Thyagaraja brought a dead person back to life with his Bilahari Raga composition Naa Jiva Dhaara. Muthuswamy Dikshitar's Navagriha kriti on Shani Bhagwan, Diwakara Thanujam in Raga Yadukula Kamboji is believed to cure stomach ache. Shyama Sastry's composition Duru Sugu uses music to pray for good health.

• The history of Carnatic music says that the great father of Carnatic music Purandaradasa, introduced Mayamalava Gowla raga which has the potency to neutralise the toxins in our body, when sung in the early hours of the morning, and also strengthens the vocal chords.

So much for history, lets see what actually happens in the human body when we listen to Music .

- It is believed that music stimulates the pituitary gland, whose secretions affect the nervous system and the flow of blood.

- The human body has 72,000 astral nerves (Nadis) which incessantly vibrate in a specific rhythmic pattern. Disturbance in their rhythmic vibration is the root cause of disease. The musical notes restore their normal rhythm, there by bringing about good health.
- The articulation, pitch, tone and specific arrangement of swaras (notes) in a particular raga stimulates, alleviates and cures various ailments inducing electro magnetic changes in the body.
- Music beats have a very close relationship with heart beats. Music having 70-75 beats per minute equals the normal heart beat of 72 .

Research on Music Therapy

- The Raga Research Centre in Chennai, India is currently making a comprehensive study of Indian ragas and evaluating their therapeutic potential with the help of musicians, doctors and psychiatrists. It is believed that classical Indian ragas can benefit a whole host of conditions ranging from insomnia, high and low blood pressure to schizophrenia and epilepsy. It is believed that there are some ragas that can help fight ageing and pain, too.
- The Apollo hospital group, the largest of its kind in Asia is now having a Medical Music Therapy course and obviously, it is the first of its kind in Asia.
- Acknowledging the deep healing power of Indian classical ragas, Dr. Neelam Verma, consultant Physician and Cardiologist, Saras Foundation explains the notes of ragas reach the energy centers of our body and produce vibrations. The pitch, tone, vocalization and specific arrangement of notes in ragas cure ailments by inducing electro- magnetic changes in the body.
- The Omkar therapy an effective tool of Music widely used for stress management. OM is the primordial sound , which created the universe.
- The Bhatkhande Music Institute , under the guidance of Pandit Shashank Katti has been doing research on music and its application on patients with the help of experienced doctors. He is said to be remarkable successful in treating patients with arthritis,

hypertension, diabetes, asthma, migraine, insomnia and depression. The treatment normally goes on for 30 days for duration of 20-25 minutes a day. Results are observed after 4-5 weeks.

Based on the continuous research being carried on by various centres, I give below some proven observations as to the therapeutic qualities of Carnatic Ragas.

- **Bhairavi** Raga cures T.B, Cancer, Severe Cold, Phlegm.
- **Kharahara Priya** strengthens the mind and relieved tension.
- **Hindolam and Vasantha** gives relief from Vatha Roga, B.P, Gastritis and purified blood.
- **Saranga** cures Pitha Roga.
- **Kalyani, Sankarabharanam and Charukesi** give relief from heart ailments.
- **Ranjani** helps to cure kidney disorders
- **Mohana** is useful for the treatment of migraine headache.
- **Madhyamavati** Clears paralysis, giddiness, pain in legs/hands, etc. and nervous complaints.
- **Amrutavarshini** alleviates diseases related to heat.
- **Asaveri** cures headache and psychological disorders. **Ahirbhairavi and Todi** are prescribed for those who suffer from hypertension.
- **Jayjaywanti** and **Sohni** are said to be beneficial for treating headaches
- **Hindustani Ragas** such as **Deepak** cures acidity, **Jaunpuri** cures constipation and **Malkauns** cures intestinal gas and controls fevers.

Some more revelations by various therapists about the changes in the moods of individuals by listening to certain Ragas. Kapi – Evokes a humid, cool, soothing and deep mood Hamsanandi-Kamavardini evokes sweet, deep, heavy, cloudy and stable state of mind and prevents acidity..

Bageshri – arouses a feeling of darkness, stability, depths and calmness. Raga Nalinakanti, Hansdhwani, Durga- evoke a very pleasing effect on the nerves.

Shivaranjani – Useful for memory problems. Punnagavarali, Sahana – Controls Anger and brings down violence. Rathipathipriya – Adds strength and vigor to a happy wedded life. Shanmukhapriya – Instills courage in one's mind and replenishes the energy in the body.

Sindhubhairavi – For a Healthy Mind and Body, Love & Happiness, Gentleness, Peace & Tranquillity, Serenity Hameerkalyani – This particular Hindusthani coloured raga, one with great therapeutic value relaxes tension with its calming effect and brings down BP to normal Brindavana Saranga – For Wisdom, Success, Knowledge, Joyfulness and Greater Energy Reethigowla-A raga that bestows direction when one seeks it Darbari Kanada, Kamas are found to help in defusing mental tension, particularly in the case of hysterics.

Experimenting on the impact of ragas on mentally-retarded children, some ragas help in calming the mental outbursts of these children.

Ragas are classified into morning ragas, afternoon ragas, evening ragas and night ragas which evokes different moods.

Music therapists are slowly making people understand the Transformative Power of Music. They claim that music has the power to charm the savage beast, eliminates Negative Emotion and enhances Positive Emotion, and it helps cultivate compassion on one's fellow beings and finally gives peace.

Lastly I wish to tell you the key to individualize your musical prescription. Based on your experiences with listening to Music for many years, you can design your own musical prescription. To take advantage of Music's healing power, you don't need to take the prescription to your local music store at all, the remedies you need are probably already in your personal music collection.



CANDID COFFEE CONVERSATIONS

Thanvi Srikant (S563)

When I first came to know who I would be interviewing for this issue, the word Leo triggered a distinct memory in my head. It was that of a popular advertisement featuring the significance of coffee in the daily morning routine of a South Indian homemaker.

It was 7 pm on a Thursday evening and I couldn't be more excited to speak to Mr. Venu Srinivasan, currently the Managing Director of Leo Coffee.

As the interview begins, it's the first thing I talk to him about. "Oh yes, that was actually the 2007 version of the original '93 advertisement featuring actor Arvind Swamy. However, the custom of the wife making coffee for her husband doesn't necessarily hold true in today's world. To be honest, I make my own coffee everyday!" says Mr. Venu.

With its head office in Mylapore, Leo Coffee has been the coffee of traditional Madras for several decades now.

"As a brand we're evolving, having a modern outlook, but our roots are the same even today".

Speaking of modern, I mention to him how the younger generation seems to have a taste for Cappuccinos, Lattes, Mochas and more.

"As a brand we're evolving, having a modern outlook, but our roots are the same even today"

"That's true. But lately, several executives in the corporate environment seem to have developed a liking for filter coffee. Just like how the retro theme is being revived in all fields, so is traditional coffee."

Several cafes around the city have started serving filter coffee as well. Leo, on the other hand, has introduced an Espresso blend, which tastes just as good when made with a south Indian coffee filter too.

When asked how the name Leo struck, Mr. Venu evokes a story

that has probably passed on through several generations in his family. "My great-grandfather had been trading with European Missionaries. A French priest, Fr Leonard, Archbishop of Madurai was a good friend and mentor for my grandfather. On coming to Chennai, my grandfather decided to name the coffee business after him, when the priest suggested that it could be shortened to 'Leo'. Since then, our brand has been well recognized. Today, Leo is a name which is easily identified in the international market too."

In a business that has been managed by the family for nearly a century, what made Mr. Venu choose the same path, I wonder.

"I was working at Eserve, part of Citigroup between 2004 and 2008. The job was satisfying, but I was not very passionate about it. I felt a sudden passion for involving myself in the family business. Initially it was difficult shifting from the corporate world to a conservative culture environment, but slowly

things changed for the better. On hindsight I realised that having the corporate experience definitely helped me innovate and expand the company."

In the last five years, Leo Coffee has seen tremendous growth.

Apart from their own outlets all around the city, they have around 220 kiosks inside supermarkets in Chennai and various cities in Tamil Nadu, Goa, Bangalore, Telengana, AP and Mumbai as well.

What makes these kiosks special is how the coffee beans are freshly ground right before the eyes of the customer. "The taste of freshly ground coffee is completely different from the packaged powder", he says.

With several distributors all over South India, they have also

catered to the international market. "Indians living abroad crave traditional filter coffee. Foreigners find the taste interesting too. We have distributors in the U.S. and in Australia as well."

What makes Leo Coffee unique?

"Our coffee beans while roasted and not subjected to direct heat. This is done using a German-made machines, which have been used in the family right from '90s when my father bought it. Also, giving our customers fresh coffee powder everyday is something we strongly believe in."

Recent developments and future plans:

On competing with international brands like Starbucks, I ask him how soon it would be before we see the launch of a Leo Coffee café.

"We have opened Mylapore Mocha, a coffee joint located in Mylapore and in Nanganallur, where we use a vending machine that has been developed exclusively for making filter coffee. We do have plans of opening a café in the near future." Leo Instant Coffee which was launched in Coimbatore this June has received good response so far.

Spending quality leisure time

Besides his work, Mr. Venu pursues many other interests. He plays squash, snooker, is an active jogger, and loves animals and nature too. In the family's coffee estates at Kodaikanal, he admits to being at one with nature and enjoying the peace.

Although most of the company's coffee beans are sourced from Kushalnagara and Chikmangalur in Karnataka, he hopes to build an Eco-friendly resort at Kodai, where visitors could be shown the entire process of coffee-making.

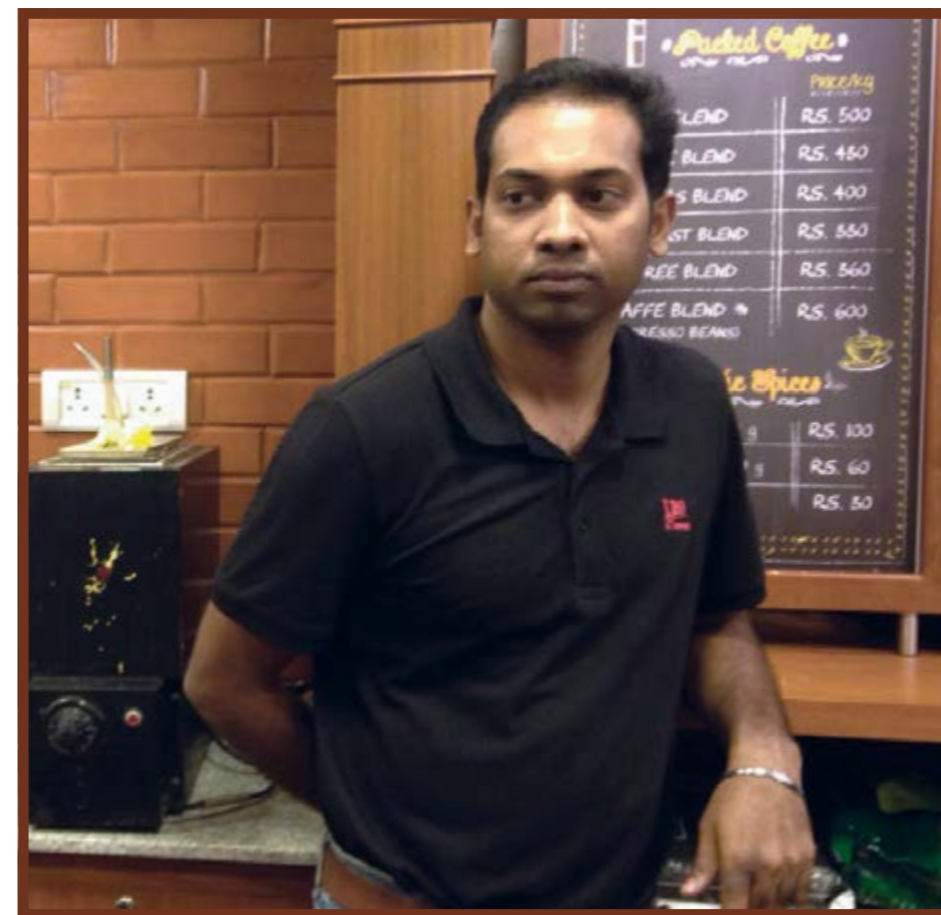
GNC Memories

"I literally lived in GNC during my school and college days. Rain or sunshine, I would promptly be at the club at 3 pm everyday either to play squash, workout at the gym or hang out with my friends.

Though times have changed, I do try to catch up with the same group of friends at the club during the weekends once in a while."

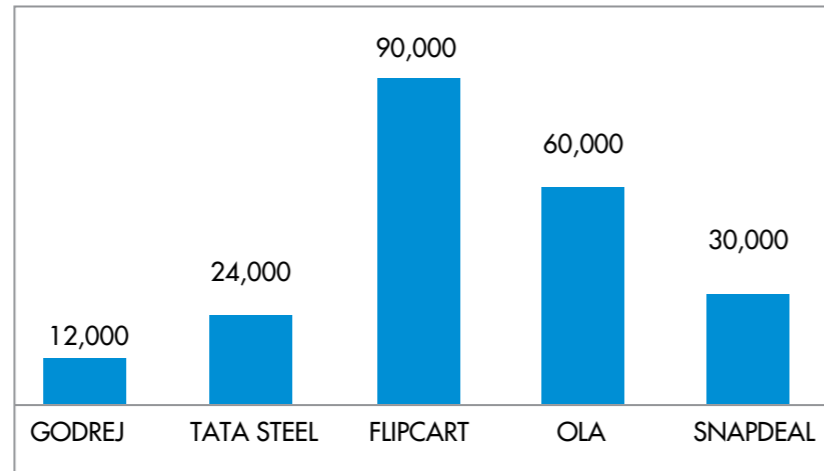
Words of advice to youngsters

"Be whatever you want to be, as long as you're passionate about it and not because of any pressure from family or society. I am fortunate to have found that passion for coffee early in my life. Ultimately, having fun at work is all that matters. Do something not for the money but for the sheer passion for it. The money will follow automatically."



STARTUP!

Kapil Viswanathan (K228)



MARKET CAP (IN CRORES OF RS)

Notice anything odd about this chart? Decades-old companies with trusted brands, real assets, long track records and impeccable integrity are today worth a fraction of what some new-age companies appear to be worth.

Take Flipkart and Snapdeal for example. These companies, just over 5 years old, measure themselves on one metric only – GMV, or gross merchandise value. This is the same as sales turnover, but doesn't factor in the deep discounts these firms offer on mots of their merchandise. If you've bought anything at all online, you have probably noticed that most items have a marked price and a discounted price. Of course, you only pay the discounted price, but the accountants busily at work at Flipkart and Snapdeal make sure they count the marked price as the sale value

– yay, more GMV! Flipkart's GMV is about Rs. 30,000 crores, and SnapDeal's GMV is about Rs. 20,000 crores. Both companies make huge losses. An old-age company would typically balk at losses, and the promoter/owner would be running helter skelter to get the company back in the black, and infuse his or her personal money into the company to fund short-term losses. But not Flikart and Snapdeal. Their founders are anectodally known to shun away investors who even inquire about when the firm will breakeven – that is clearly not a priority. So how do they fund their huge losses – they raise money from venture capitalists. In fact, each of these firms has raised Rs 10,000 crores of venture capital – not to invest in long-term assets or build intellectual propoerty or new

technologies that will change the world – but to fund losses. If they had tried to raise this money as a bank loan rather than venture capital, the banks would have insisted on seeing at least Rs. 2,500 crores of net profits before lending that kind of money.

Another such company, Ola Cabs, is planning to raise Rs. 5,000 crores of VC money, in a deal that values the company at a whopping Rs. 60,000 crores. I hope our friends at Chennai Call Taxi are paying attention!

And these are just the larger companies, "older" startups. Take the case of a couple of brand new startups that have also had a decent run. You might call them "instant" startups. Treebo, an online hotel aggregator,

" So if Flipkart has a bad next few years and has to sell to Amazon at "only" Rs 10,000 crores, the VCs will get the entire Rs. 10,000 crores that Amazon coughs up, although they may hold only a 40% stake in Flipkart.

was founded in March this year, and already raised some Rs. 40 crores in venture capital in a deal that values it at Rs. 250 crores. That's about Rs. 50 crores of "value" created each month since founding! LogiNext, a logistics analytics company founded in January last year, is reportedly worth around Rs. 400 crores.

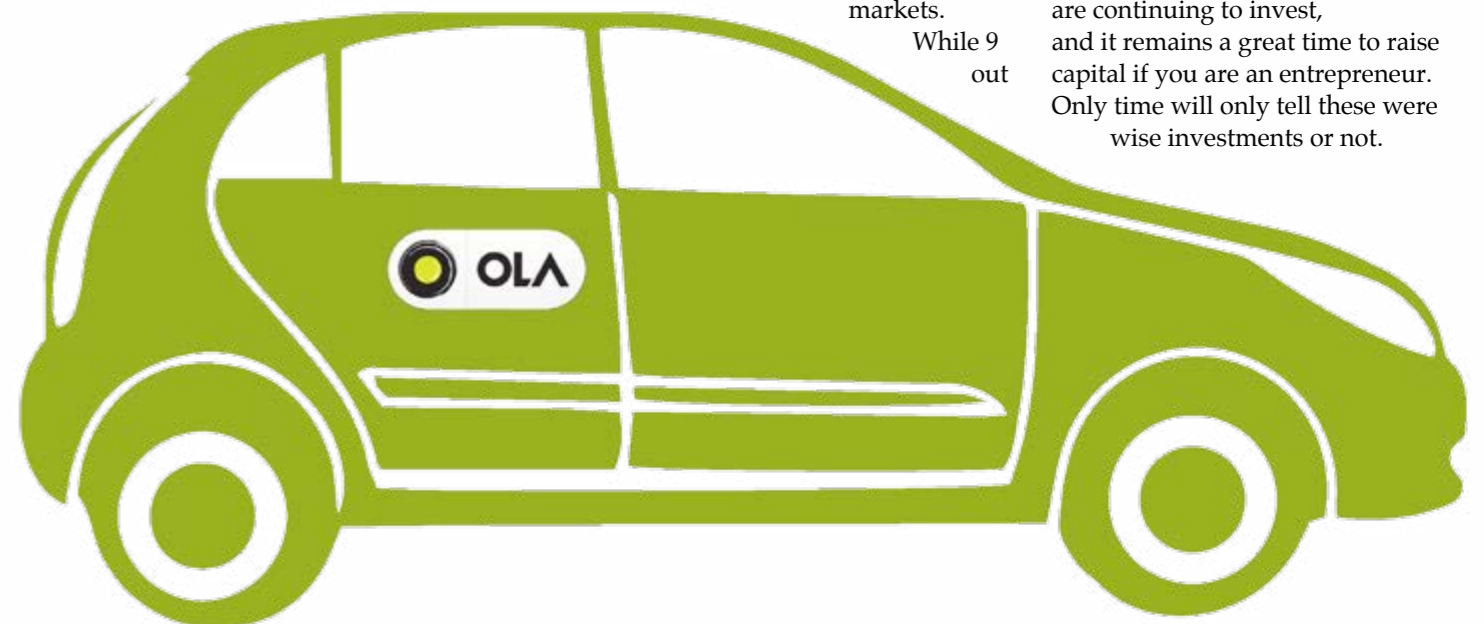
All this notwithstanding, the most ridiculous deal I have personally come across is a company that creates software for spa management – basically fixing appointments, scheduling treatment rooms, billing etc – that got funded by a reputable VC firm at a valuation of some Rs. 300 crores. These deals appear to be emblematic of the irrational exuberance in the venture capital space today. The icing on the cake is a music streaming company called Saavn, which recently secured Rs. 600 crores in VC funding just a few weeks after Dhingana, one of its VC-backed competitors, had to shut down. Go Figure!

But as with anything else, there is another side to the story. Globally, top VC funds have returned significantly better return than funds that invest in stock markets.

While 9 out

of 10 investments they make might go nowhere, the 10th one could arguably generate a large enough gain to more than make up for the other 9 – that is the fundamental venture capital model. Moreover, most venture capital firms are run by qualified, intelligent, experienced professionals, and I personally know many of them. One might argue that they know what they are doing. While the valuations of these startups do seem high, VCs typically have "liquidation preference", or the right to take their money, or often a multiple of it, say 2x or 3x, out first at the time of exiting the investment. So if Flipkart has a bad next few years and has to sell to Amazon at "only" Rs 10,000 crores, the VCs will get the entire Rs. 10,000 crores that Amazon coughs up, although they may hold only a 40% stake in Flipkart. Finally, some global VC funds have made huge profits elsewhere in the world, before coming to India. Softbank, for example, made about Rs. 500,000 crores on AliBaba in China. Its easy for them to say, ok, lets make a Rs 10,000 crore bet on the Indian e-commerce space – if we get another Rs 500,000 crore from it, great; if not, worst case we lose the Rs 10,000 crore, which is anyway only rounding error for us.

Irrational or not, VC firms are continuing to invest, and it remains a great time to raise capital if you are an entrepreneur. Only time will only tell these were wise investments or not.



THE FOODIE DIARIES

KP Balakumar (B103)



PALAIS DE MAHE

A quick weekend trip to Pondicherry with visiting family turned out to be memorable thanks to the stay at a highly rated property that's part of the CGH Earth group of hotels, Palais De Mahe. We'd scoured the internet for reviews of places to stay in PONDY and pictures of this beautiful boutique hotel caught our eye. Arriving after a two and a half hour drive, we were happy to be greeted by a hotel that looked exactly as the pictures had suggested. An old colonial style construction, beautiful large bedrooms with a very high ceiling and a location that was win the French quarters (and close to the sea front) had us patting each others back on choice of place to stay. The food at PDM was excellent and the best critics, our kids, were wolfing down all that was ordered (pasta, grilled chicken, french fries, baked fish and more). The breakfast on Day 2 was equally good with some of the best pancakes & bacon I've had in recent times. Fresh juice, eggs to order, selection of breads (including a delicious croissant) made for a hearty meal. If ever you're in PONDY, I would highly recommend this hotel.

www.cghearth.com/palaisdemahe

4, Rue de Bussy, Lal Bahadur Shastri Road, Near Pizza Hut, Pondicherry – 605001. Contact No: 0413 2345611

Note: While we booked our room via Expedia, since the hotel website didn't have a direct booking option, it turns out that one can book at a far cheaper rate if you call the hotel directly. We paid about Rs 8,500 per night via Expedia but were told that by calling the hotel directly, the same room would have cost us between Rs 6,000-6,500.



Image Source: Facebook Page

MAPLAI

My search for a restaurant to replace my local favourite, Mudaliar's Arcot Kitchen, which abruptly shut down a few months ago, led me to one that's had good reviews from a few who've tried it. Maplai is situated on the busy stretch leading to Loyola college and the menu has been curated by the man popularly called 'The Mad Chef', Chef Koushik. Ever since I'd seen images of the Thanjavur Kair Katti Gola doing the rounds on food groups on FB, I'd wanted to lay my hands on it. It was our very first order at Maplai along with a Mutton Chukka, Nethilli Fry, Chicken Chettinad and 'Barotta'. The TKKG didn't disappoint and the chef deserves all praise for not just the taste of this beautifully flavoured starter but also its presentation (image enclosed). Everything's well prepared and the portion sizes are reasonable. The menu is fairly extensive and has lots of dishes for both vegetarians and non vegetarians. This single visit wouldn't justify a comprehensive review and I will definitely go back to try lots more of their varied fare. (The mutton thokku, guntur chilli chicken, kothu barotta, coin barotta and lots more, caught my eye).

Meal for two: Rs 1000

14, Sterling Avenue,
Nungambakkam, Chennai – 34.
Contact Number: 98846 51111



Image Source: Facebook Page

WINTER PALACE

First came the Serbians and now it's the turn of the Russians! An invasion of the culinary kinds is hitting Chennai and Winter Palace, within the premises of the Russian Cultural Centre, adds to the increasing choices of international cuisine in our City. Only a couple of months old, the restaurant has already started to generate a fair amount of buzz. The restaurant is split into two – a café and an air conditioned dining section. We'd gone on a sultry Chennai night and the air conditioned section was a no brainer. The interiors are beautiful, there's no other way to describe it. We felt like we'd walked into a restaurant from another era.. the predominant blue theme lending it a touch of class. I'm certain that this was an attempt to recreate the ambiance of their restaurants back home and the owners have done a great job. We order a Fish Steak, a Beef Steak while our vegetarian friend goes for an assortment of small orders – a vegetable tower with cheese & a delectable starter made from rajma and walnuts and flavoured with herbs. I forget the Russian names for each of these, having misplaced the bill but the flavours and taste are spot on. We make space for dessert and are pleasantly surprised when the manager offers us a selection of them on the house. A pumpkin cheesecake, a dense brownie and the highlight of the evening, a beautiful Napoleon cake that had layer upon layer of puff pastry sheets that'd been drenched in a deliciously creamy sauce. This is a must order on your visit to WP.. we loved it so much that we ordered a second one which disappeared just as quickly as the first. Moderate pricing, quality offerings, friendly service and beautiful interiors make Winter Palace a must visit.

Meal for two: Rs 1000

74, Kasthuri Ranga Road, Alwarpet, Chennai – 18.
Contact No: 89392 85725



CHAACHA'S KITCHEN

A new entrant to the home delivery options of home cooked food, Chaacha's Kitchen has been started by the well known baker, Maaria Kulsum. Focussing on Deccani Mulsim styled cuisine, the sample menu sent home for me to try had the following:

Shammi Kabab (Minced mutton patties...excellent!
Rs 170 for a plate which had 5-6 patties)

Chicken Kabab (similar to chicken 65, deep fried.. very good. Rs 140 per plate)

Mutton Kurma (well made, flavorful, mutton could have been more tender. Rs 180)

Khuskha (Ghee rice, similar to the Nei Choru we have in Kerala, went well with the mutton kurma. Rs 70 for 500 gms)

Paashti (Rice chapathi – In Kerala, we have something similar called Pathiri (very light and addictive) and I found this one to be excellent. Rs 10 per piece)

Almond Kheer (name's self explanatory, was very good. Rs 60 per serving)

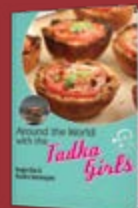
Contact: 99401 73603, 98400 76488

Delivery: Within a 5 km radius, free of charge, nominal delivery fee beyond that. Take away point: Café Adoniya, Spurtank Road, Chetpet.

Orders are taken on all days from 9 am to 7 pm. Minimum notice of 1 to 2 hours depending on area of delivery and size of order.

RED WINE POACHED FRUIT

Ruchira Ramanujam



Ruchira Ramanujam is the author of the book, *Around the World with the Tadka Girls*. The book is available for purchase on Flipkart and Amazon



As the apples and pears begin to flood the markets, try this deliciously different yet super simple dessert with the fruit steeped in mulled red wine. A scoop of vanilla ice cream or fresh whipped cream, and some toasted walnuts are all you need to make this dish a showstopper.

INGREDIENTS

- 500 ml dry red wine
- ½ cup sugar
- 1 cinnamon stick
- 2-3 cloves
- 1 star anise
- 2-3 pieces of fresh orange peels*
- 1 small vanilla bean
- 5 firm apples or pears or a mix, firm and ripe

Select a saucepan that can snugly hold all the fruit. Pour the wine into the selected empty pan and add the sugar, spices and peels.

Bring the wine to a boil, then reduce heat and simmer.

Meanwhile peel the fruit, keeping the stems intact. Cut away a thin slice from the bottoms so that it can sit stably.

Place the fruit in the hot poaching liquid, cover and continue to simmer for about 20-30 minutes (depending on how big and how firm the fruit is). Every few minutes turn the fruit to ensure even poaching on all sides.

Once the fruit is cooked but still firm, turn off the heat, uncover and allow the pot to cool. This can be done a day earlier and you can cover and place the entire pot in the fridge overnight.

Remove the fruit from the poaching liquid and place in a shallow serving bowl.

Bring the poaching liquid back to a simmer and cook on low heat for 15-20 minutes or until it turns slightly thick and syrupy. Cool the syrup.

Drizzle the syrup over the fruit and serve at room temperature.

* Just take the peels off a firm fresh orange with a vegetable peeler. Remove any white pith if it comes along.



Roasted Vegetable Chaat

Ruchira Ramanujam

If you've never roasted vegetables in your oven, this recipe is a must try. Oven roasting brings out the flavours in even bland vegetables like zucchini and amps up the sweetness of carrots and onions. The vegetable medley is then given a royal chaat treatment, making this starter a real crowd pleaser.

ROASTED VEGETABLE CHAAT (Serves 6)

- 2 Tablespoons peanut oil
- ½ Teaspoon salt
- ½ Teaspoon red chilli powder / cayenne or to taste
- ½ Teaspoon coriander powder
- ½ Teaspoon roasted cumin powder
- 1 Sweet potato, peeled and cut into large pieces
- 2 Potatoes, peeled and cut into large pieces
- 3 Carrots, peeled and cut into medium chunks
- 5-6 Cauliflower or broccoli florets
- 1 Zucchini cut into large chunks
- 1 Onion and cut into large chunks
- Black salt to taste

- Chaat Masala to taste
- ¼ Cup green chutney (recipe follows)

Preheat the oven to 200°C. Prepare a large baking tray by lining it with parchment paper or foil and greasing well.

In a large mixing bowl pour the oil and add the salt, red chilli powder, coriander and cumin powders.

To the bowl add all the veggies and toss well using a large slotted spoon. Spread the veggies on the prepared tray in a single layer. Place in the oven. Roast for 35 to 40 minutes or until the pieces are tender and browned, tossing once after 25 minutes.

Wipe the bowl with a paper towel and set aside. Transfer the veggies back to the same bowl. Sprinkle black salt, chaat masala and add the chutney. Toss lightly. Serve as an appetizer with a side of radish slaw (recipe follows).

RADISH SLAW

- 2 Tender, young radishes
- 1 Small carrot
- A few coriander leaves, chopped
- 1 Tablespoon lemon juice
- ¼ Teaspoon red chilli powder
- Salt to taste

Finely grate the radishes and carrot. Toss with the lemon juice, red chilli powder and salt. Serve immediately.

GREEN CHUTNEY

- 1 Small bunch coriander leaves, cleaned and washed
- ½ Cup mint leaves, washed
- 1 Tablespoon lemon juice
- 1-4 Green chillies / Serrano peppers, to taste
- 1 Small pod garlic
- Salt to taste

Blend all the ingredients in a blender or mixie until smooth. Store in a covered container in the refrigerator for 4-5 days.



SOJOURN IN SRILANKA

T L Raghavan (V142)

Pushing 80, I was more excited than my two little grand children when we were at Madras Airport to take the flight to Sri Lanka. The children looked forward to this trip – inauguration of their new passport and fulfill their ambition to go ‘phoren’. My excitement, however, is related to prospects, wrapped in nostalgia, of revisiting this ‘tear drop’ of an island after nearly 70 years, when it went by the name ‘Ceylon’. I did my schooling there.

Colombo beachfront jumped in the mental screen instantly. Just a few tall buildings were in existence then – Millers and Cargills, supermarkets, fashioned after Harrods of London – precursors to the current day malls, grand Orient and Galle face Hotels, which left enough space for one to see the glorious blue of the Indian Ocean not too far away. The country then was just few months old in independence retaining still the occidental influence of Portuguese, Dutch and English who ruled.

The last of this was most intense considering length and immediacy in terms of time. Aptly, it was called Little England.

Negombo, where I studied in St.Mary’s College (schools are called that) with its lovely beach and lagoons came as scintillating sequel on the mental screen. Though I was yet to get in to my teens, I vividly remember that Don Stephen Senanayake was the inaugural Prime Minister and V V Giri, later day President of India, was the High Commissioner.

With these thoughts swelling we were hustled and herded to the boarding exercise. Past the aero bridge we were soon into a not too commodious a craft. The flight was little over one hour – barely time to get used to the confines of the aircraft and to savor the tasty Srilankan tea and curry and rice served by the slim Sinhalese girls draped in saree and smile.

We alighted at Bandaranaike Airport which was called those days

Katunayake airstrip, used for movement of South East Asian Command Troops during world war II. Admiral Mountbatten, future Vice Roy of India was supreme commander of SEAC.

From the airport, we went to Sigiriya – few hrs. drive towards central Srilanka. Sigiriya Resort where we stayed had a superb ambience having been carved out of pristine forest. Quite a few exotic trees and plant spices and vast and undulating lawns with convenient internal pathways, all handy work of good landscaping, added to the allure. Chirping of birds of different feathers crackling of crickets and iguanas scurrying here and there harmlessly, helped in heightening the foresty feeling.

Massive monolithic Sigiriya rock was almost cheek by jowl with the Resort casting its historic shadow.

Sigiriya incidentally was the ancient capital of Sri Lanka and on top of the rock there is a dilapidated fort or palace with a tastefully maintained garden.

But one has to climb some 2000 steps but the layout of the garden and the stupendous sight blow make this climb an eventful exercise.

Safari in the nearby forest of Minaria and Abarana, reputedly the most densely populated pachyderm wise in Asia and also the home for ‘maknas’ the only tusk less elephant species in the world, was an exciting experience as the vehicle was not armored nor the accompanying guides were armed. The vehicle ploughed through tall and dense elephant grass with nothing more than wheel tracks to guide us and quite a few times, we came close enough to see them raise their trunks to accompaniment of trumpeting belligerence writ large on their eyes as if telling us ‘thus far and no farther’.

Keeping Sigiriya as base, following places of Buddhist pilgrim interest were visited – Dambolla Caves, replete with cave painting and architecture dating to 2nd or 3rd centuries BC, Anuradhapura and Polanoruva full of viharas and ruins of yester year Kingdoms, Trincomalee with superb scenery of mountain on three sides dipping into the crystal clear blue sea. This nature’s synergy of mountains and sea made it a strategic maritime location, which was used in the years gone by by Cholas when they had maritime forays to Srilanka – trade and wars oriented.

Our next trip was to Kandy, a neat and cute town, some 3000 ft in altitude.



Our stay at a hotel of Victorian vintage with massive wooden staircase leading to a foyer with wooden flooring and high ceiling was memorable. The whole ambience was old world Britain but for modern contraptions like shower, AC unit etc. Kandy was capital of long standing and flourishing kingdom which was wiped off by the Britishers when captive heirs were sent to prison at Vellore at TN. This town is the seat of the famous Buddhist temple – Dalada Maligawa enshrining Buddha’s tooth. There is an annual festival called perehara when the tooth is taken in a procession on a lead elephant with numerous caparisoned elephants following it. This procession is around the lake in front of the temple.

Grandeur and splendor of perehara with assemblage of numerous elephants will have matched ‘elephant for elephant’ as it were, the majesty of what you have at Pooram in Trichur. Kandy is also famous for its traditional dance called Kandian dance, a hybrid of bharatanatyam and Balinese dance if I may put it. This lake is very clean with lots of ducks, snipes, kingfishers and the like which dive for the fish. Strangely I also saw a kabarakoya, an amphibian reptile – minor version of komodo dragon.

Nearby, at Peradinya there is a world class botanical garden. It is a well laid out and planned one which is a must for tourists who want to see a good garden and also for the students of botany



as it contains lots of species of plants. They have solar powered buggys to take tourist for a quick round of the facility.

Our next hop was to Nuwarelia, 7000 ft in altitude. The stay was at Hill Top club meant for planters. It is nearly 150 years old, and quite a few celebrities from other countries seem to have stayed there. They have a very good library containing quite a number of old books connected with wild life, hunting etc. It is a pity no club in TN is affiliated to this club. The nearest is the Bangalore club. Near this place, there is place called Sita Elia where legend has it that Sita was kept captive by Ravana.

Return journey to Colombo – via Hatton saw us winding down picturesque dales and vales interspersed with tea gardens which spoke the great efforts of Irish, Scots and Britishers in bringing tea, the main stay currently for Srilanka. Loud tamil devotional songs from numerous small temples which dot the route made us, from Tamil Nadu, have a tinge of home sickness, pleasant though it was.



These were legacies of thousands of indentured labour who were brought from southern districts of TN, centuries back in boats across the ocean to work on plantations like how their brethren were herded out to Mauritius, Seychelles, West Indies and the like. Though some in the present generation know where they come from have not sadly as yet set foot on Indian soil which they fondly looked forward to. Hats off to them for their contribution to Srilanka's economy.

The silvery streak of the great Kelania river, revered by Srilankans like how we do with Cauvery, running almost parallel to the ribbony mountain road was scintillating – like seeing sliver thread embedded on the emerald of tea plantation and woods. Somewhere in this stretch the great Hollywood movie 'The bridge on the River Kwai' starring Sir Alec Guinness and the Japanese legendary actor Haiakawa was shot. It was about a British platoon held captive by Japanese in world war II (As a school boy I remember a song in English on this great river by Hector Edhirisinghe in his rich baritone like how Paul Robeson,

US tenor, paid his homage to Mississippi in the song 'olemanriver')

"One such was 'ministry of crabs' run by the famous cricketing duo Sangakara and Mahila Jayawardane."

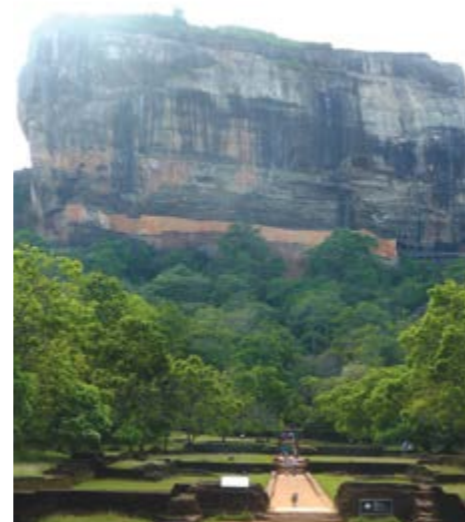
Colombo like any other metropolis is full of buildings – relievingly however, not many skyscrapers. Noteworthy among old buildings is the Dutch hospital built by the Dutch for the health of their subjects. Today it is sort of a mall tastefully architected and decorated without disturbing the old ambience. Mostly, eateries and pubs are located. One such was 'Ministry of Crabs' run by the famous cricketing duo Sangakara and Mahila Jayawardane.

An important place, those days especially, in Colombo was Pettah where hawkers, mostly of Tamil origin displayed their wares on pavements. If you can successfully retain your composure, and wallet surging through the crowd you can buy almost anything under the sun. Today they are all housed in an organized way in a common building.

En route to the airport, past Jaelakandana I was happy to see a statue for the yester year singing star Rukmini Devi who was a rage at our times along with Eddy Jayamanne. How I wish we had statues for our own stars and also singers and dancers of repute. This is how such celebrities in fine arts have been honoured by Austria where you find statues for composers like Strauss, Hayden and Mozart whose mastery and fame in the field was simply beyond what Vienna or Austria could hold.

I took a detour from this place to go to Negombo to look at the school where I studied between '47 and '51. It is more than 150 years old and has produced great many scholars and sportsmen, especially cricketers. Bennavaratne, a great wicket keeper who is still talked about as how we do of SVT Chari, studied in this school.

When we planned this trip we said to ourselves that we shall be on a 'shoe string budget'. Well it was that all right only thing the shoe turned out to be a Gucci !! With wallet thinning, more than tiredness on hitting about for ten days, the zest for purchases had to be contained to the purchase of seeni sambol (a chutney of Maldives fish and capsicum) and wood apple jam – delicacies of the island.



ACHIEVEMENTS

MEMBER ACHIEVEMENTS



At the recently concluded State Ranking Tournament organized at the Krishnan Tennis Center, Chennai, our member's children, Arjun Rathnam (Son of Dr. Sivagami Rathnam and Natarajan Rathnam – R462) and Aswath Arjun (Son of Sowmya Kumar Arjun and Arjun Ananth – A105) finished as Winner and Runner-Up respectively in the Under-12 category. The prizes were given away by tennis legends, Mr. Ramanathan Krishnan and Mr. Ramesh Krishnan.



GNC – RAJAH RVGK RANGA RAO INTRA CLUB TOURNAMENT

KP Balakumar (B103)



The third edition of the GNC – Rajah RVGK Ranga Rao Intra Club Tournament was conducted at our courts recently. As always, there was active participation by all our tennis loving members. The multi-week tournament was very well organized by the Committee Member in charge of Sports, Mr. Ganesan, ably assisted by Dr. Vijay Bose and Mr. Subhash. Yesu, our tennis marker, deserves special praise for coordinating and accommodating the different time schedules of our members and ensuring that the tournament went on smoothly.

The lead up to the finals of both, the singles and doubles,

saw many engaging matches. The tournament top seeds, Vikram Seshasayee and Gokul (Singles) and Vikram/Gokul and Ramu Rao/Sudhakar (Doubles), justified their top billing and made it to the finals of their respective categories. While Vikram beat Anand Kathare in his singles semi finals, Gokul was pushed by Dr. Bose in the first set before sailing through the second set and booked his place in the final. The much awaited Singles final was cut short when Vikram, lunging for a drop shot, hurt his calf muscle and had to request for an injury time out. Medical help didn't help relieve the pain and Vikram was forced to concede while leading 6-2, 1-1.

The injury to Vikram meant that he couldn't take the court for the Doubles final and in his place, Dhruv Narayanan was brought in to partner Gokul. The tournament organizers (and the opponents in the final, Sudhakar/Ramu) must be commended for this very sporting gesture. The finals turned out to be a very close affair with fortunes swinging with every single set. Ramu and Sudhakar came from behind, having lost the first set, to eventually prevail in a keenly contested match 3-6, 6-4, 6-4.

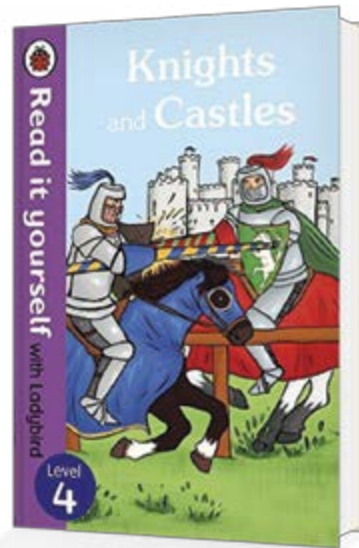
Prizes were given away by the President, Mr. B Venkatesh, the Secretary, Mr. Ashok Sarangan

and the sponsor, Mr. Ramu Rao, at the dinner organized to conclude the tournament. There were prizes for the winners, runners up & semi-finalists,

as well as for two other categories – most stylish player (Dhruv Narayanan) and most improved player (Subhash). A wonderful third edition drew

to a close and all of us looked forward to the big inter club tournament, once again organized by GNC, that was to start in a few weeks time.





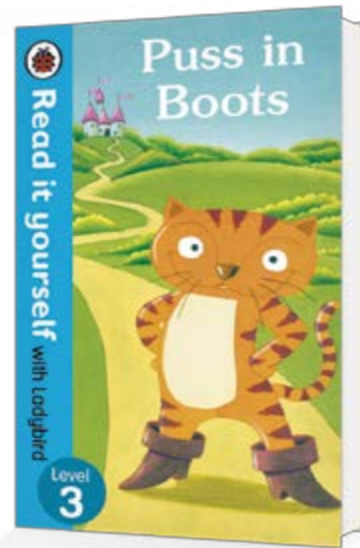
Ladybird
Knights and castles level 4



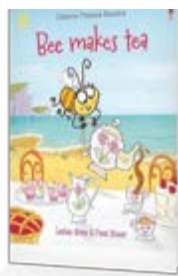
Ladybird
Dick whittington level 4



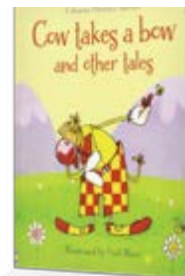
Ladybird
Peter and the wolf level 4



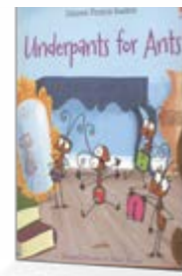
Ladybird
Puss in boots level 3



Usborne Phonics Readers
Bee makes tea



Usborne Phonics Readers
Cow takes a bow



Usborne Phonics Readers
Underpants for ants

OTHER BOOKS:

- The Book Thief
- Tintin And The Lake Of Sharks
- Tintin And The Picaros
- Tintin The Crab With The Golden Claws
- Tintin Land Of Black Gold
- Tintin Destination Moon
- Tintin Explorers On The Moon
- Tintin The Calculus Affair
- Tintin The Red Sea Sharks
- Tintin In Tibet
- Tintin King Ottokar's Sceptre
- Tintin Theshooting Star
- Tintin The Blue Lotus
- Tintin The Secret Of The Unicorn
- Tintin Red Rackham's Treasure
- Tintin The Seven Crystal Balls
- Tintin Prisoners Of The Sun
- Tintin The Broken Ear
- Tintin The Black Island
- Tintin In The Land Of The Soviets
- Tintin Cigars Of The Pharaoh
- Tintin In America
- Tintin The Castafiore Emerald
- Tintin Flight 714 To Sydney

- Children's Encyclopedia - Ancient World
- Tinkerbell And The Lost Treasure
- Magical Story Treasury
- Winnie The Pooh
- 365 Bedtime Stories And Rhymes
- Storybook Collection
- Storybook Collection - Disney Junior
- 100 Things To Make And Do
- A Gathering Of Friends

- Percy Jackson And The Sea Of Monsters
- Percy Jackson And The Titan's Curse
- Percy Jackson And The Greek Gods
- Famous Stories Of Akbar Birbal

- Best Of Witty Tenali Raman
- Jataka Tales
- More Aesop's Fables
- Rapunzel & Other Stories
- Cinderella & Other Stories
- The Best Collection From Panchatantra
- Golden Collection From Panchatantra
- Finders Keepers
- Modi's World
- Heretic
- Robert Ludlum's The Janson Equation
- Grey
- Scion Of Ikshwaku
- My Treasury Of Indian Mythology

OTHER BOOKS:

- Ladybird**
- Ladybird**
- Usborne Phonics Readers**
- Usborne Phonics Readers**
- Usborne Phonics Readers**
- Peppa Pig**
- Peppa Pig**
- Peppa Pig**
- Peppa Pig**
- Peppa Pig**
- Chhota Bheem**
- Chhota Bheem**
- Clare Mackintosh**
- Cynthia Eden**
- Cynthia Eden**
- Anurag Drag**
- Danielle Steel**
- Jennifer Probst**
- Ravinder Sigh**
- Greg Iles**
- Sophie Kinsella**
- Chris Carter**
- Danielle Steel**
- Geronimo Stilton**
- Geronimo Stilton**
- Simon Scarrow**
- Mary Higgins Clark**
- Clive Cussler**
- Avirook Sen**
- Andy Mcdermott**
- Lincoln Peirce**
- Johanna Lindsey**
- Chris Pavone**
- Andrew Gross**
- Philippa Gregory**
- Tom Harper**
- John Grisham**
- James Patterson**
- Steve Berry**
- Jack Higgins**
- Vinod Rai**
- Coomi Kapoor**
- Raghu Karnad**

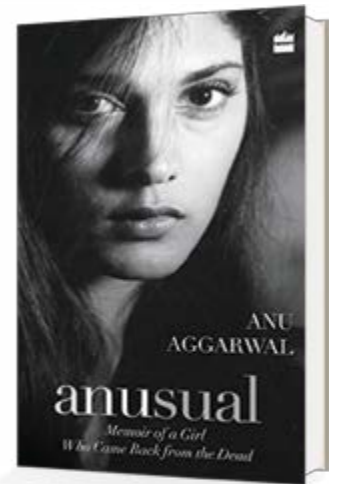
Diego Maiornao

- Joseph E Stiglitz**
- Harper Lee**
- Sanjay Suri**
- Barbara Taylor**
- Annapurni**

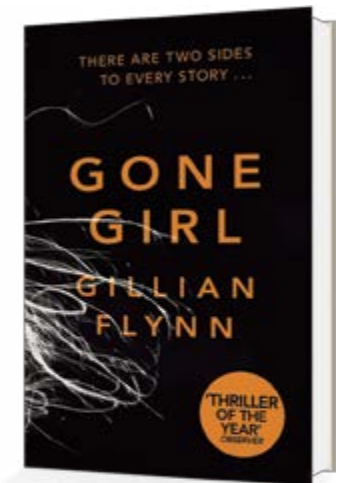
- The Angry Owl Level 2
- Pinocchio Level 4
- Croc Gets A Shock
- Snail Brings The Mail
- Crow In The Snow
- George Catches A Cold
- George And The Noisy Baby
- Fun At The Fair
- Peppas First Glasses
- Peppas First Sleepover
- Chhota Bheem In Flying Carpet
- Chhota Bheem In Blast From The Past
- I Let You Go
- Broken
- Twisted
- Love Not For Sale
- A Perfect List
- Searching For Always
- Tell Me A Story
- The Bone Tree
- Finding Audrey
- An Evil Mind
- Power Play
- The Enchanted Charm
- Thea Stilton And The Lost Letters
- Brothers In Blood
- The Melody Lingers On
- Ghost Ship
- Aarushi
- Kingdom Of Darkness
- Big Nate Lives It Up
- Stormy Persuasion
- The Accident
- One Mile Under
- The Kings Curse
- Zodiac Station
- Theodore Boone The Fugitive
- Truth Or Die
- The Patriot Threat
- Rain On The Dead
- Not Just An Accountant
- The Emergency-A Personal History
- Farthest Field - An Indian Story Of The Second World War
- Autumn of the Matriach - Indira Gandhi's Final Term In Office
- The Great Divide
- Go Set A Watchman
- 1984 Anti Sikh Violence & After
- Emma's Secret
- Heritage Cuisine From Tamilnadu



Stephen King
Mr Mercedes



Anu Aggarwal
Anusual: Memoir Of A Girl Who Came Back From The Dead



Gillian Flynn
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