

GNC

VOLUME 2 ISSUE 1
NOVEMBER 2015

CONNECT

FOR MEMBERS OF THE GANDHINAGAR CLUB ONLY

PET **INVESTING** **THE**
RESCUE & ADOPTION **ROOTED** **FOODIE**
A TASTE OF HEAVEN! **WE** **DIARIES**
SOJOURN IN SRILANKA **STAND** **WINDS OF CHANGE**
No Time **CANDID COFFEE CONVERSATIONS**
Please! **STARTUP!**
THE GREAT **RED WINE** **The Wonderful**
TEMPLES OF TANJORE **POACHED FRUIT** **Therapeutic**
Japan Diary **ACES ALL** **Power of**
A JOURNEY TO **THE WAY!** **Classical**
THE EDGE OF THE WORLD **Music**

CELEBRATING **ONE YEAR** OF CONNECTING PEOPLE



DEAR MEMBERS,
October, November and December are my favourite months in Chennai. The monsoon, the many festivals

and the excitement of bringing in the new year, make it truly special. As we celebrate Deepavali with friends and family, it's also a special time for all of us at GNC Connect. This November issue is an anniversary issue and marks one year into its journey. Few thought that a magazine of this standard was possible for a club to produce but as is evident, with the right team in place, limitation is what you imagine it to be.

This issue features an interview with Mr. Ramanathan, a founder member of the club, who along with a few other

founder members, was instrumental in making the GNC of today. The interview (by Thanvi Srikant) throws light on this very enterprising gentleman and his latest venture, trying to help diabetics through a breakthrough product, DiaBliss. Sowmya Kumar Arjun traces her roots back to her ancestral towns (hers and her husband's) and comes back with many a tale to tell..read all about it in Interesting Trips. Vinay Kamath has a most interesting take on India's latest global export, the humble lungi. In this age of rote learning and competitive exams, how do alternative teaching methodologies stand? Read about the Montessori system in a well researched article by Kapil Vishwanathan. And finally, starting with this issue, we're introducing a short series on investing (contributed by yours truly), do hope you find it interesting.

I am certain that you will find this issue a fun read and enjoy it as much as we did putting it together. My many thanks to team GNC Connect (Thanvi Srikant, Vinay Kamath, Sowmya Kumar, Karthik Athreya and our latest addition to the team, Janani Govindankutty) for their contributions to every single issue. Edge Design House and Canara Printers, our designers and printers respectively, deserve every single good word that has come their way for the fabulous job that they've done with every single issue of GNC Connect and helped transform the magazine. As always, feedback is welcome (mail me at kp.balakumar@gmail.com). Happy Deepavali and New Year wishes to all of you.

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

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Dear Members,

The write up for this issue is drafted under two headings.

- 1) Happenings @ GNC &
- 2) Festivity at GNC

Happenings @ GNC

After the excitement in sports activity in the months of August & September AGM was convened for 20th September to transact business as is annually mandatory. The adjourned AGM was held on 27th Sep 2015 due to lack of quorum on the 20th of September 2015.

Matters taken up at the AGM.

- 1. Passing of the minutes of the EGM held on 09/08/2015

The draft minutes already circulated amongst members were tabled and passed with a few changes.

- 2. Passing of accounts for the financial year ending March 2015

Prior to the AGM, the Accounts for the financial year 2014-15 were prepared with great care by the Hon. Treasurer. After due diligence by the finance Committee and after having been adopted by the General Committee, copies of the accounts was circulated amongst Members by email. Hard copies were also made available in the club office for members' perusal.

After passing the minutes of the previous EGM, passing the Annual Accounts was taken up.

After deliberations on the floor on few minor issues, the members present unanimously passed the annual accounts as presented.

The General Body congratulated the Hon. Treasurer for his neat presentation and excellent structuring of the accounts.

3. Appointment of statutory auditors

The auditors were appointed for the year 2015-16.

4. Under Any other matter, the AGM approved the request made by the undersigned for "updating the Byelaws". As a sequel, the present byelaws would be updated, indexed chronologically and after which will be filed with the Registrar of Societies.

Before concluding the meeting, silence was observed to mourn the sad demise of some of our members. The meeting ended with thanks to the chair.

Our Club participated in the TAMILNADU STATE 5TH MASTERS SWIMMING COMPETION HELD AT AQUATIC COMPLEX, VELACHEERY ON 17 & 18TH OCTOBER 2015 and won many medals, details furnished in the tabular cloumn.

We congratulate the winners for their enthusiastic participation and for having won laurels to the club. Special kudos to Mr. Sundarakrishnan (S729), and our club swimming coach Mr. Manoharan for their wonderful co-ordination in the endeavor. The annual cracker sales started on 26th Oct 2015 and the sale touched 6.5 lacs.

As a measure to pursue energy savings, the General Committee has taken the decision to move towards LED lightings in a phased manner. 14 LED light fittings of 65 watts each have been installed in the shuttle badminton court replacing the 8 nos of 250 watts Metal Halide lamps that consume very high power.

Permit me to take this opportunity for giving a gentle reminder about a couple of initiatives that could be put to use on occasions. The restaurant is available for parties /get-togethers' on all weekdays from 7 am till 5pm. Likewise the Mini Conference hall (12 seater) is also available on all days from 7 am. Rates for these facilities have been priced reasonably. Availability may be checked with the office on any working day.

FESTIVITY @ GNC

CLUB DAY -2015

The Club Day for the year 2015 was held on 17-10-15.



The event comprised of "Vijay TV Super Singers, DJ and Lucky Draw".

The special feature of the evening was the stage decor, lighting and table arrangements for the Members. For the 1st time in many years, the CLUB DAY was dedicated exclusively for our Members and their families. Guests were not invited. In spite of restrictions, there were around 400 plus walk-ins for the program and 350 plus dinner served.

As a special gesture to members, for the 1st time the dinner served on the evening, was on a no charge basis. The performance by the young, talented and upcoming singers from VIJAY TV AIRTEL SUPER SINGERS ably supported by CRYSTAL band was pleasing and well appreciated by the audience. Members could request for their choice of songs. The relaxed atmosphere and the elaborate arrangements though simple and elegant made the evening memorable. The Bar Committee chipped in with special offers and the Catering Committee befitted the occasion with a lovely spread of buffet food and lip smacking snacks. Thanks to large participation from members and their families for making the event a grand success.

Our special thanks to the following sponsors who have come forward to generously sponsor the event by way of cash, gift vouchers & gift articles. Sponsors to the program: M/s. Big Laundry & Ibaco Ice Creams contributed by way cash. M/s. Sterling Holiday & Financial Services, M/s. Foot Heaven, M/s. Currimbhoys gave redeemable gift vouchers and Mr. Kingston Victor gift articles.

NAVARTRI FESTIVAL

Among the many firsts this year, our club had the "NAVRATRI KOLU" display in 2 tiers of 9 steps each. The arrangements were on display for 12 days and photographs of the same are annexed.

As a custom, Sundal was distributed on all the days. Ayudha Pooja was conducted upholding the traditions of the festival. Employees & staff of the club from all the facilities attended the pooja and were distributed "PORI", Sweets & Fruits.

DIWALI DHAMAKA

DIWALI CELEBRATIONS was held for 2 days, 7th & 8th of this month. Like last year this year too the rains were relentless and there were doubts of going through with the programs till the last minute. Arrangements were made to cover the entire lawn area including the stage.

Conference halls & restaurant were kept as stand by to conduct programs and to serve snacks & dinner. Valet parking was arranged and all possible steps to counter the impact of rains were taken. Sure enough, all the events were held at the appointed time and had huge attendance from our members.

The Mohamed Rafi Nite by "Musically Yours" had at the lawn on the evening of 7th November drew packed audience. The musical delight started at 7.45 pm and it was difficult to end the program with many members staying till the end and requesting their choice of songs.

The combination of Mr. Chandan & Usha Raj blended with the evenings' light & sound and were liting all the way. Ms. Usha Raj in particular reminded us a lot of Lata Ji & Asha Ji with her mellifluous voice and brilliant presentation. Attractive prizes were distributed for winners of the Lucky Draw conducted three times during the evening, The North Indian Cuisine, specially tailored for the occasion was sumptuous & well appreciated. Rains were heavy on the 8th right from the morning.

Continuous down pour & gusty winds through the day forced us to move the programs from lawn to the Conference halls.





But to our delight even by 7 pm the hall was overflowing with over 120 members & children taking their seats to participate in the Children's tambola. When the first game of Children's tambola was called to order there were around 150 participants to the game. Rains did not seem to matter as those who decided to come were determined to enjoy the Diwali Dhamaka evening to the fullest extent possible. After completion of the first game, the response grew even bigger and the growing crowd could not be controlled. We were left with no other option but to shift the remaining games back to the Lawn area.

Luckily for us, during the process of shifting the rain gods relented for about 30 minutes, during which period the cracker show was taken up. Members viewed the half an hour light & sound show from the tennis court, lawn & the rooftop of the second floor. The response was so overwhelming that persistent drizzle did not matter either to the members or to the cracker show organizer. It was a treat to watch so many children, youngsters, and elders who braved the rains and were in such joyous mood all though the evening. The footfall on the evening recorded was around 400 Plus. Soon after the cracker show, amidst pouring rains and heavy winds, 2 games of tambola was held with attractive cash prizes totaling to around Rs.25000/-.

The response was amazing and seen to be believed. Till the completion of all games lawn was filled with participants. Not stopping with this, the DJ music was started around 10.30 pm at the conference halls. The halls were packed till it was curtains down at 12 mid night. Photographs published alongside will reveal the spirit of members participating in the programs. If the programs were such a success the food and snacks were even a better success. With Live DOSA & AAPPAM counters in operation there was no stopping the members tucking on to delicious multi cuisine dinner. 170 dinners were served and the snacks were in constant demand through out the program.

It will only be fitting to pay our hearty tributes to the staff of our club who yet again rose the occasion admirably and that too in conditions of adversity. Their unconditional support and tireless efforts in getting the infrastructure ready in multiple locations formed the backbone and deserves commendation. The maintenance & administrative staff worked round the clock to ensure seamless execution of the committee's ideas. I thank the Almighty God for his unabated courtesy and blessings that made the lives of so many of us enjoy the DIWALI DHAMAKA despite nature's fury.

No amount of thanks would suffice to express our gratitude to the members for their continued patronage in all our efforts to provide quality programs. For the second successive year the members have shown that well designed events, good quality food, simple & elegant decor would always be well supported by their presence & participation irrespective of the weather conditions. Our hearty thanks to all members, spouses & children for standing by the committee once again in its sincere efforts to provide best possible entertainment all through the year. The confidence reposed is a great source of encouragement and would push to us serve better in the times to come. There is a school of thought sharing the view that the Club should not encourage the Annual fireworks show and Sale of Crackers since its alleged that Child labour is involved in the making of crackers and that bursting of crackers add to Noise & Smoke pollution. Request your views in writing by mail to the club mail id (Gandhinagarclub@gmail.com).

CHILDRENS DAY

The Children's day program planned for Saturday the 14th of this month started at around 11.30am. Though there were only 11 warn ins, within an hour the numbers touched 55. Understandably so given the continuing inclement weather. The day was packed with, Close up Magic Show, Caricature, Live Tattoo sessions, Balloon Sculpting, Craft Corner, 2 Stall games, Lucky draws and Children's Movie. Snacks, Lunch & Dinner were customized for the event. The aura of joy, sound, happiness and infectious enthusiasm from the participating children gave us immense satisfaction. Once again we thank the parents & children for making the day exciting and for giving us so much happiness. Having covered the lawn fully, we propose to have regular movies, musical nites, tambola & drama shows in the coming 45-50 days. Watch out for email & SMS notice about the programs. Do come & enjoy.

Thanks
Ashok Sarrangan – Secretary (AI29)



TAMILNADU STATE 5TH MASTERS SWIMMING COMPETITION



INDIVIDUAL MEDAL

SL.NO	NAME	M.NO	COMPETION	STYLE	WON
1	ANJALI BHATIA	B-120	50 METER	BREAST STROKE	GOLD
2	ANJALI BHATIA	B-120	100 METER	BREAST STROKE	GOLD
3	DHIRAN BHATIA	B-120	100 METER	BREAST STROKE	BRONZE
4	REKHA	R-359	50 METER	BREAST STROKE	SILVER
5	REKHA	R-359	100 METER	BREAST STROKE	BRONZE
6	PRIYA SUBRAMANIAN	R-477	50 METER	BREAST STROKE	GOLD
7	PRIYA SUBRAMANIAN	R-477	100 METER	BREAST STROKE	GOLD
8	SINDUJA	S-561	100 METER	FREESTYLE	SILVER
9	SINDUJA	S-561	100 METER	BREAST STROKE	SILVER
10	SINDUJA	S-561	50 METER	BREAST STROKE	BRONZE
11	SINDUJA	S-561	50 METER	BUTTERFLY	GOLD
12	R.SUNDARAKRISHNAN	S-729	100 METER	FREESTYLE	BRONZE
13	R.SUNDARAKRISHNAN	S-729	50 METER	BACK STROKE	BRONZE
14	R.SUNDARAKRISHNAN	S-729	50 METER	FREESTYLE	SILVER
15	DR. K SURESHKUMAR	S-487	50 METER	BUTTERFLY	BRONZE
16	MANOHARAN	GNC STAFF	50 METER	BREAST STROKE	SILVER
17	MANOHARAN	GNC STAFF	100 METER	FREESTYLE	GOLD
18	MANOHARAN	GNC STAFF	50 METER	FREESTYLE	GOLD
19	MANOHARAN	GNC STAFF	100 METER	BREAST STROKE	GOLD

4 X 50 M MEDLY RELAY MEN - BRONZE

SL.NO	NAME	M.NO	STYLE
1	DR. K.SURESHKUMAR	S487	BUTTERFLY
2	R.SUNDARAKRISHNAN	S-729	BREAST STROKE
3	ISMAIL SAIT	I-140	BACK STROKE
4	MANOHARAN	GNC STAFF	FREESTYLE

4 X 50 M FREE STYLE RELAY MEN - SILVER

SL.NO	NAME	M.NO	STYLE
1	DR. K.SURESHKUMAR	S487	FREESTYLE
2	R.SUNDARAKRISHNAN	S-729	FREESTYLE
3	ISMAIL SAIT	I-140	FREESTYLE
4	MANOHARAN	GNC STAFF	FREESTYLE

THE MONSOON ENSEMBLE

Thanvi Srikant (S563)

A cool breeze plays a tune
The leaves rustle on cue
A wind-chime decides to croon
The closing window joins the crew.

The stage is set
The rhythm in place
Have the lead singers arrived yet?
Then the clouds shower their grace.

A large choir of raindrops
Land with a pitter-patter
As they wash the rooftops
The silence, they shatter.

The swaying tree branches
Are the dancers of the evening
The thunder takes its chances
With beats that are reverberating.

The extravagant music ensemble
Begins to play in harmony
A rush, a chill, a rumble,
Bring life to the symphony.

If only they could hear
The applause of the restrained audience
Or see admirers far and near
Smiling, enjoying the melodic ambience.

Happiness engulfs our heart
And mends the tiny holes
As it proudly presents its art,
Monsoon music serenades our souls.

Image Source: imggood.com/rain-girl-dance.



Image Source: www.panoramio.com

INTERESTING TRIPS

Mrs. Sowmya Kumar Arjun (A105)

Roots....the wonderful book written by Alex Haley is still so fresh in my mind. It talks about the African roots of the author, tracing his lineage up to 7 generations. Another lovely book is Dreams from my Father written by the US President Barack Obama, where he traces his mixed lineage and interesting growing up years in Hawaii, Indonesia, and Africa.

Well, by now you must be wondering why I am bringing all this up. It is always good to trace one's roots and I take a break from the regular arts and cultural theme to write on the interesting trips made to mine and my husband's ancestral homes this year. Not for the purpose of finding out our roots, but to go back in time a little and enjoy the simple living and warmth of people.

Earlier in March this year, was a trip to Chittur, Kerala, my husband's ancestral village.

Chittur is one of the many villages in Palghat district. Palghat, being in the border of Tamil Nadu and Kerala is very interesting as they people there talk Tamil but with a Malayalam accent and with a lot of words in Malayalam. It took me quite sometime after my marriage to learn this 'new' language!

As in any village, there are local extended relatives who have lived there forever, some who have come back and settled in their village after travelling all over and some like us who come when there are important functions. My father-in-law, has taken a keen interest in the temple activities these past few years, and this year it was arranged that I would also perform a concert during the important Rama Navami festival and Ther (chariot) function.

We stayed in a very comfortable inn which had 6 rooms, and were given a choice of excellent Palghat food right from the get go.

My elder son, who is a connoisseur of food, asked the cook to make things for him to his whim and fancy such as puttu kaladai and nendaranga bajjis at the 4pm tiffin time. Since our family was the main guest at the inn at this time, the staff was more than happy to accommodate to our culinary demands!

The next morning was one of the temple functions which were followed by some music and dance, and my concert, late in the evening. There were at least 300 people participating in the programme, many from nearby villages too. The children who performed were very good and confident considering they were all from have the exposure big cities have. This was then followed by my concert which started at 8pm. I thought most of them would head for dinner...however, the audience was respectful, knowledgeable and much unlike Chennai audiences, not a person got up till I wound up the concert at 9.45.

They were prepared to listen to more, however considering the late hour and their early rise for the functions the next day, I figured it would be good to end the concert then. After this, the entire jingbang went for another lovely simple Palghat meal.

The following morning, we went for a little trip around the village on foot. Saw my husbands' ancestral homes replete with all the lovely Kerala teak wood interiors and lacy grill and wood works. His grandparents come from the two prominent families in Chittur and hence everywhere we went we were introduced accordingly. Stories were told on how one could enjoy the village life starting with fresh cow's milk in the morning and eating wholesome food every two hours.

A more recent trip we made was to the Tamil heartland, towards my ancestral roots. The trip originated due to the long overdue temple visit of the family deity and then extending it by two days to enjoy the Tamil heartland a bit more. So the plan was made, first to finish the temple visit and thereafter enjoy the heartland.

We left on a Friday morning and reached Kumbakonam by 3 pmish. Stopped over at Pondicherry for a lovely lunch on the way. Reaching there, we soon had lunch and then after a short rest completed our temple visit and enjoyed the resort, which was in Veppathur.

The following day we decided to explore Kumbakonam a bit more. We were told that Mangalambika mess was a very old restaurant there and the food served was authentic Tanjore cuisine. Hence began the long search to see where this place was and we went around a bit. After much walking and driving in the sun, we finally found this inside the big temple premises itself.

The hotel had moved places a few times and hence some initial confusion as to its whereabouts. The hotel looked as regular as a meals place in Kumbakonam can be, as it was a little dark inside the temple premises. We had the proper elai sapadu. Nothing exceptional but the food had a homely taste, good and the service was very warm.

The next day we thought of driving to the other side of Veppathur, towards Mayavaram...my roots. Apparently, both my great grandfathers were neighbours in Tiruvidaimarudhur. We didn't stop here and went on towards Mayavaram (known as Mayiladuthurai now). We looked for the main street, pattamadai theru as it is known. Walked around for a bit and went looking for a special ice cream place... Aruna ice factory...and we finally found it. An antique establishment of the 70-80's. Stocked with old audio cassettes, quaint and few people silently relishing their ice creams and floats!!!! Yes, can you imagine they had floats, way before we knew it from Archie comics!

There were some amazing combos like Chiku Juice and chocolate ice cream, jackfruit juice and vanilla ice cream and so on. They also had some rare ice cream flavours like raspberry and pineapple not usually found in smaller ice cream joints. My sons were initially sceptical of these 'funny and weird combos' as they called it. But had a blast eating it!

We were also told about a Kaliyakudi hotel there. This was very famous right from the 60's. However the place was not as quaint as we expected. Fully modern with AC. However, the regular tumbler coffee there was phenomenal!

We didn't have much time to explore more but we look now forward to our next trip. Maybe it will be Tanjore, where we are told there are more nooks and crannies to explore!

*Stocked with old audio cassettes, quaint and few people silently relishing their ice creams and floats!!!!
Yes, can you imagine they had floats, way before we knew it from Archie comics!*

CLUB DAY

17th October 2015





DIWALI DHAMAKA







ROOTED WE STAND

An Interview with
Mr. V.R.Ramanathan
(R101)

Thanvi Srikant (S563)

It is a rainy Sunday evening when I go to the club for a few games of badminton. Over the years, the club has gradually become a second home for our family, with regular visits during the week- be it for badminton, swimming or for dinner.

However, as I enter the club today, I stand transfixed at the entrance.

Earlier this afternoon, an interesting conversation had shed new light on the building that significantly landmarked 4th main road.

I was given the opportunity to interview one of our club's founding members, Mr. V.R.Ramanathan. Despite asking him several questions out of curiosity and excitement, I was amazed at the composure and clarity with which Mr. Ramanathan answered each of them, recollecting age-old memories as if they happened only yesterday.

The GNC Roots:

“What you see as the lobby and deck spaces today, were actually two tennis courts back then. The area did not have any compound wall, merely a dilapidated asbestos shed. There were around 50 of us playing tennis during the mornings and evenings, paying monthly subscription for the maintenance of the courts.

In the absence of a wall, our occasional visitors apart from trespassers were the cows from the nearby streets. The courts also did not have any restroom facilities.

That was when we decided to contribute a substantial amount each, to tackle all of these problems. With different people dividing the responsibilities, we had successfully formed a committee. We first built a 5 ft high compound wall for the ‘tennis clubhouse’, as we called it.

Observing the ongoing activity and making enquiries, several curious people in the neighbourhood were interested in becoming members too.

Charging them with an appropriate registration fee, we slowly collected enough funds to construct new asbestos roofing for the shed, restrooms and a kitchenette with traditional Aathangudi tiled floors.

On a special night, we inaugurated the club and celebrated with delicious food (a caterer had been appointed) and drinks. That was the first phase of construction. Meanwhile, people kept drifting in for membership and the entry fee was increased as we went along.

Though we initially aimed to build a country club house with walkways to different facilities, we ultimately decided to expand vertically instead of covering horizontal ground.

The land area which had been leased to us for 99 years by the Gandhi Nagar Society, had a naturally occurring low lying region in the North East segment. Consulting the famous Ganapathy for the basic placements and locations according to the Vaasthu Sashtra, the tennis facility was housed in the North Eastern segment, the kitchen in the South East Corner and the entrance facing South.

By then, we had collected enough funds to build a complete club facility. The result of our subsequent planning and construction is what you see today.

Looking back, I acknowledge that it has been God's Grace for us to have started this project at an auspicious time and helped it grow from strength to strength.

However it should be mentioned that all of this was possible with the able guidance of our Founder President Late Mr. Ramachandra Adityan, (The 4th main road has been named after him by our CM Dr. Jayalalitha) with various office bearers and committee members comprising of only Founder members in the early stages, gradually joined by the new members later on.

All of their untiring efforts are the reason for our Club's success."

Bliss for Diabetics!

Today, Mr. Ramanathan is the Managing Director and CEO of DiaBliss, a company which manufactures the world's first low GI sugar, with 30% lower Glycemic Index than regular cane sugar.

In an attempt to provide a healthy lifestyle for diabetic patients, DiaBliss blends a colourless, odourless and tasteless herbal extract of turmeric, black pepper, cinnamon, ginger, fenugreek, gooseberry(Amla) and pomegranate, with cane sugar.

During a chance meeting with Dr. C.K. Nandagopalan and his brother Mr. Prem Kumar (Founders and Innovators of Revolution Research Foundation), Mr. Ramanathan decided to take up their project of manufacturing this diabetic- friendly sugar. Having performed scientific tests on efficacy, content analysis and clinical trials, DiaBliss has also published several papers on its effectiveness at reducing the glycemic index of sugar.

The company manufactures DiaBliss tea, rice, whole-wheat, mixed fruit jam, cookies and sweets too.

"That would be the satisfaction of seeing families visiting the club as a place of leisure and entertainment. Be it kids learning tennis, or the elders reading in the library, I'm happy that the society at large is enjoying the space."

GNC: Past, Present and Future

Having regularly played tennis from early years, Mr. Ramanathan visits the club often to play tennis, use the gym or to go swimming.

"What makes you most happy about GNC today?" I asked.

"That would be the satisfaction of seeing families visiting the club as a place of leisure and entertainment. Be it kids learning tennis, or the elders reading in the library, I'm happy that the society at large is enjoying the space."

Talking about the future of GNC, he has a lot of ideas in mind. He hopes that one day, the club will be able to merge the cricket ground behind it along with its members, build a small stadium, a peripheral parking area for vehicles, a jogging track around the ground, boating facilities and last but not the least, a central ground that can entertain cricket, hockey and football as well!

"All that has happened is with Grace of the Existence and we are all mere Tools. Creating something new is not very difficult, but maintenance is a challenge. Let us hope our members continue working together and achieve great success for the club!"

Coming back to reality, I let the inspiring words of this conversation sink into my head. I enter the club today with a new perspective and a hope to treasure memories for the future generations.



With Dr Pratap C Reddy, Chairman, Apollo Hospitals at the Apollo Sugars Annual Meet

THE LUNGI'S COOL, IT'S GLOBAL

With King Khan doing the lungi dance after he became Dr Khan at Edinburgh University, the humble lungi is now a world garment

Vinay Kamath (V- 322)

The occasion was supposed to be sombre. The setting couldn't have been more so. Edinburgh University's vast hall exuded old worldly charm. Royalty in the form of Princess Anne, was in the audience. SRK was all set to become Dr SRK. So, what does he do to celebrate? Perform the lungi dance, minus a bright check lungi but. Yes, those hallowed halls reverberated to the lungi dance from Chennai Express, that parody and stereotype of South Indians. But, that movie has made the lungi, the humble, multi-purpose garment, truly global.

And, I can now say unabashedly, that I wear it. It's a global garment, it's cool and with it. Even industrialist Anand Mahindra, who studied at Lawrence school, Lovedale, in the Nilgiris, tweeted after he saw Chennai Express: "Worn lungi at home since Ooty school days. Kids called me a Scotsman with an oversized kilt. Thanks@rohitshettyfilm for making the #lungicool."

My initial lungi wearing days weren't easy. It began at my grandfather's sprawling old mansion and farm in Kasaragod, in northern Kerala and just 50 kms from Mangalore. Kasaragod in the '70s could best be described as semi-urban, a town where time stood still.

A short walk and you were out of the town where one could see the long, serpentine backwaters, their banks thick with coconut trees and lush green as far as the eye could see. Eating farm fresh mangoes, pedas that grandmum made from fresh milk from cows on the farm, lazy afternoons reading Enid Blytons and Hardy Boys books, all made for that idyllic summer. In Kasaragod of that time, almost everyone wore either a mundu or a lungi.

The trouser indicated that you were city folks. My mama (mum's brother) would smoothly shift between a lungi at home to quickly slip on a veshti when we headed to town for a walk, and perhaps to eat a masala dosa in the town's sole large restaurant. I recall being envious of his comfort and decided to drop my shorts for the lungi.

Of course, the initial lungi-wearing experience wasn't easy. For one, I discovered it's an art to keep it on the waist without belt, buckle or button. So, one would wander off in the long corridors of grandad's home and realise in horror that the lungi wasn't on and I was roaming around almost in the buff! I had to run round all the rooms to find where I had dropped my lungi.

The initiation wasn't easy. One tried wearing a belt over the lungi or made sure one wore it over shorts to save yourself the blushes. Gradually I began to get used to the whims of a lungi, mastering the art of it keeping it around the waist without the danger of it dropping off at unexpected moments.

Over the years I've transitioned through lungis of all kinds — batik prints, gaudy prints, large checks, small checks. Along the way you realise how versatile the garment, apart from the obvious advantage of it being able to come off in a whisk for ... err... whatever, or on a cool night, when you realise you don't have a bedsheet to cover yourself; you can improvise with your lungi. Hitched up, it's informal, covering your legs and with a shirt on, it can be reasonably formal. If roads are flooded, as Chennai roads are prone to be with the rains, no problem; a quick flick up with the legs and you can tie the lungi double around your waist.



Image Source: www.in.com

I remember my late uncle, my father's brother, who went to study advanced medicine in the UK in the '70s and stayed on to become a top anaesthetist, would buy lungis in bulk whenever he visited India. Sometimes as many as ten lungis would go into his suitcase. He was most comfortable in his lungi, only, he reasoned, it was too cold to step outside home in a lungi ... and, of course, the neighbours would stare! Of course, at home you still have to explain to upcountry ignoramuses that lungis and veshtis are not the same thing, and saying you're wearing a white lungi, an absolute no-no!

Soon after the movie became a hit, at a Deepavali party one night, when everyone was ...well, high spirited and dancing, suddenly the wife pulled out a cover full of, what else, but lungis, not just my array of them, but she had even swiped some from a neighbour and all the gents quite gleefully wore it to perform our version of a lungi dance! With a couple of large ones inside you, you don't mind what's outside on your waist.

Now that the lungi's cool quotient has been resurrected, lungi dance anyone? At a GNC Club night?

The Montessori Way

- Kapil Viswanathan (K228)

In the past few years, a number of Montessori schools have cropped up in Chennai. If you're a parent of a school-age child, chances are you know someone whose kids go to a Montessori school. And chances are they can't stop telling you how amazing it is. So what exactly is a Montessori school, and how is it different from a conventional school?

I'm no expert on the topic, but due to a personal interest, I recently read a number of books on the subject and spoke to a number of practitioners, teachers, students, and parents. I was surprised to learn about how radically different Montessori philosophy and methodology is from the conventional schools we are used to, in so many ways.

1. First, the Montessori philosophy is built on the assumption that children develop themselves, on their own. They have a natural and inherent drive to become independent and thrive in their environment. They need not be taught by adults.
2. Since children have a natural drive to develop themselves, there is no need to motivate them to learn through rewards and punishment. They are self-motivated.
3. Children learn discipline because they want to be disciplined, not because the teacher expects them to be. The teacher's will is never imposed on the child's will.
4. This implies a great respect for the child as an individual, and understanding that the psyche of children is fundamentally different from that of adults.

The approach is to look at the world from a child's perspective and not through adult eyes.

5. Given the right environment, children can discover things on their own. They are so excited by their discoveries that they will never forget what they learnt.

6. Different children develop at different speeds, in different ways, at different times. They are free to develop at their own pace, with no external pressure or judgement.

With such a radically different philosophy, it is fair to expect that a Montessori school is quite a bit different than a conventional school. And it is indeed, in so many ways.

1. The school does not typically look like a school, it looks like a home. The Montessori school is designed to be an extension of the home. In fact, the first Montessori school was originally called Casa dei Bambini, or house of children.
2. There is no Class 1 to Class 12. Children are in mixed age groups. Typically ages 3-6 are the primary group, ages 6-12 are the elementary group, 12-15 are middle school, and 15-18 are high school.
3. There are no fixed hours or periods. Kids walk in to the class, and then decide how they are going to spend their time.
4. The teacher is more of a guide, nudging children in the right direction only when they need a nudge, and doesn't really teach much.
5. No exams, no homework, no stars, no black marks, no grades. No punishments, no rewards, remember?

6. Older children help younger children learn. Helping younger children helps older children reinforce what they already know – it is one thing to know something, it is yet another to know it well enough to teach it.

Sounds like a recipe for disaster?

On the contrary, Montessori children are generally very mature, disciplined, independent and go about their business in a very adult-like manner.

I didn't believe it till I saw it in person, and you probably won't believe it until you go visit one of the Montessori schools in the city.

However, Montessori is not for everyone. The Montessori system helps children identify their intrinsic drivers of motivation and figure out a way to be financially independent while still pursuing their passion. This could be the regular mainstream areas like engineering or medicine, or it could be non-mainstream areas such as music, photography, archaeology, etc, which are typically not the most lucrative. They may not end up making a packet, but they will be happy with where they are and what they are doing. For parents who would like their children to be engineers, doctors, or other mainstream careers because those are more lucrative, the Montessori system does not really match with what you want for your kids.

One way or another, Montessori is a great schooling option to consider for your children, no matter which way you end up deciding. If you have not explored it already, it's a great idea to do so now.



GNC - GAAMES UNLIMITED Inter Club Tournament







**Justice
PS Kailasam
Centenary - GNC ITF
Tennis Tournament**
14th - 19th September 2015





Chicken In Red And White

Spice poached chicken in white sauce redolent of ghee and ginger, a decadent dollop of cream and the dramatic red streaks of the finishing tadka make this dish an easy addition to your festive menu. Or, make it for a special Sunday brunch, it is lovely when served with fresh-baked rolls and a colourful salad.



Ruchira Ramanujam

(SERVES 6)

INGREDIENTS

- ¾ Kg small chicken pieces (boneless or bone-in, as preferred)
- 6 Peppercorns
- 4 Cloves
- 1 Bay leaf
- 1 Cinnamon stick
- ½ Star anise
- 1 Black cardamom
- 1 Tablespoon ghee
- 1 Tablespoon finely grated ginger
- 2 Cups milk
- 3 teaspoons cornflour stirred into ¼ cup cold milk
- Salt and ¼ teaspoon pepper
- ½ Cup fresh cream
- ¼ Teaspoon garam masala

FOR THE TADKA FINISH

- 2 Teaspoons ghee
- ½ Teaspoon red chilli powder
- 2 Firm tomatoes, de-seeded and chopped

METHOD

Arrange the chicken pieces in a single layer in a large pan, cover with 3 cups of water, add salt and the whole spices - peppercorns, cloves, bay leaf, cinnamon, star anise and cardamom. Bring the pan to a boil, lower the heat and simmer gently until the chicken is poached, about 8-12 minutes. Take out the chicken pieces using tongs and set aside. Strain the broth. Reserve 1 cup of the broth and save the remaining for a different soup or curry.

In a large saucepan, warm the ghee on low heat and add the ginger. When the shreds turn slightly pink, add the milk and let it come to a simmer.

Remove it from heat while you whisk in the cornflour mixture, salt and pepper. Return it to the stove and bring to a boil, then reduce the heat. Simmer the sauce for 2 minutes, then add the chicken and reserved cup of broth. Bring to a boil and then lower the heat and cook for 5 minutes. Add in the cream and garam masala, and heat through.

Transfer the chicken to a serving bowl and then prepare the finishing Tadka. Heat the ghee and then add in the chilli powder. Once it darkens slightly, add the tomatoes, swirl them for a few seconds in the spiced ghee and pour over the chicken.

Note: This recipe is from her book - Around the World with the Tadka Girls

Kaju-kishmish Mawa Muffins

Ruchira Ramanujam



The smooth richness of mawa and condensed milk paired with the heady fragrance of our favourite Indian dessert spices makes these egg-free muffins ever so appealing. Not only are they a snap to put together, but also perfect to pack for snack time on the go. Substitute half whole wheat flour for a heartier and healthier muffin

(MAKES 12)

INGREDIENTS

- 1 1/3 Cups (160gm) all purpose flour
- 1 1/2 Tsp baking powder
- 1/2 Tsp baking soda
- 1/4 Tsp powdered cardamom seeds
- 1/8 Tsp powdered cloves
- 100gm khoya / mawa (unsweetened)

- 200gm (1/2 can) condensed milk
- 40gm unsalted / cooking butter, melted
- 1/2 cup (120ml) milk
- 1/4 cup powdered sugar, optional**
- 1/4 cup chopped roasted almonds or cashews
- 1/4 cup raisins, washed and drained
- 1 Tbsp almond flakes and a few raisins for the top

METHOD

1. Preheat the oven to 180°C / 350°F.
2. Line 12 cups of a muffin tray with paper liners. Set aside.
3. Sift together the flour, baking powder, baking soda, cardamom and cloves. Set aside.
4. Microwave the mawa for about 30 seconds and then mash it thoroughly.
5. In a medium bowl beat together the mawa, condensed milk, melted butter, milk and sugar (if using).
6. Tip in the dry ingredients and mix until well blended. Stir in the nuts and raisins.
7. Transfer the batter to the muffin cups, filling each about half-way. Top with the almond flakes and raisins.
8. Bake for 18-20 minutes or until the muffins are golden and a toothpick inserted into their centres comes out clean.
9. Remove the muffins from the pan and cool on a wire rack.

*** These muffins are soft and rich, and the sweetness is on the lighter side to balance. Add the optional powdered sugar if you like your muffins fairly sweet.*

Vegetable Pongal

- R V Rajan (R- 143)

My friends know my abiding interest in cooking. From being a Sunday cook when my wife was alive, I have now graduated to be a regular cook, dabbling in the kitchen almost every day. I occasionally experiment with new dishes. Here is one such dish:

Venn Pongal is a popular breakfast item among Tamilians. Hot Idliies, Medu Vadas and Pongal are guaranteed to be available in any restaurant in the mornings. But I discovered a recipe which can upgrade the Pongal to a main course item during lunch or dinner. I will call it the `Vegetable Pongal`. Until I experimented with it, I had never heard of Vegetable Pongal. The inspiration to try the experiment came when I was savouring the tasty and sumptuous `Swaminarayan Kichdi`, served in the Swaminarayan temple in Ahmedabad.

Here is my recipe for this delicious item which my guests enjoyed at a lunch I hosted recently. Readers are welcome to try this simple recipe & enjoy! Please do send me your feedback.

(SERVES 6)

INGREDIENTS

- Rice- 1 cup;
- Moong Dal (Pasi paruppu)- half cup;
- Vegetables: 150 grams each of the following vegetables: Beans, Carrots, Brinjals, Tomatoes, Potatoes (3 or 4 medium size), White Pumpkin. (Avoid Onion or Capsicum which are likely to distort the Pongal flavour);
- Black pepper powder- 2 or 3 tps;
- Turmeric powder- 1 tps;
- Black pepper (whole) -1 tps;
- Cashew nut -cut into pieces - 100 gms;
- Curry leaves- to garnish;
- Ghee – a full cup;
- Cooking oil- 2 tps;
- Salt - to taste;

STEPS INVOLVED:

1. Mildly roast the moong dal in a pan and mix it with rice- keep it aside.
2. Cut all the vegetables into small pieces- Take a cooking pan, add 2 tps of oil and when it is hot, add the vegetables one by one, keeping the tomato as the last item. Add the turmeric powder. Cook the vegetables for about 10 minutes in medium flame.

3. Once the vegetables are reasonably cooked, add six cups of water (for one-and-a-half cups of rice / dal mixture use six cups of water i.e. 1:4 proportion).
4. Before closing the pan, add the pepper powder and salt. Stir the vegetables before closing the pan with the lid.
5. After 15 to 20 minutes, when rice is well cooked, garnish it with black pepper and cashew nuts roasted in ghee.
6. Before removing the pan, add the curry leaves and a generous helping of ghee and stir the rice well.
7. Tastes very good when served hot. Can be taken without any accompaniment or with raita in the spiced ghee and pour over the chicken.

Post Script: I tried another variation of this dish. Preparing Avial (using black pepper powder instead of green chillies) with plenty of gravy and Pongal separately and mixed them to create `Avial Pongal` or `PONGAVIAL` as I would like to call it. A meal by itself it tastes very good. Try it.

Feedback welcome on rvrajan42@gmail.com

Image Source:
mykitchentrials.wordpress.com



AN INNOVATOR IN OUR NEIGHBOURHOOD – Mr. C.K. Nandagopalan.



Mr.C.K.Nandagopalan spouse of Mrs.Shubhangi Nandagopal S260 residing at II Main Road Gandhinagar, Adyar has been acclaimed by many countries as one who constantly innovates new solutions in the fields of health, medicine and agriculture.

With a post graduation in PSYCHOLOGY from the University of Madras, ventured into many fields in the area of Evolution. He is a keen follower & researches the “studies of renowned siddharas like Agasthiyar and Bogar” to name a few.

He has travelled extensively along with Siddharas of present times to various forests in Tamilnadu studying on plants of medicinal values that are capable of curing even chronic ailments. He has specialised in the study of molecular science & extensive study of Ancient Tamil Science in the field of Physiology, Pathology, Medicine, Food & Nutrition and allied sciences. Has done research in the area of Molecular science, bimolecular value and the subject of toxicology.

A few of his achievements & recognitions are listed below:

ACHIEVEMENTS

- Founded “Revolution” - a Research Foundation in 1987 which is actively involved in searching for answers for number of World challenges facing humanity
- Producer of Heritage Sanjeevi, the external application which is the highest wound care, burn care and skin care.
- Has successfully launched “diabliss” a natural cane sugar which diabetic friendly and is a commercial production.
- Has also innovated manufacturing of natural salt which is Cardio Vascular friendly by neutralising toxicity.

- Developed number of technologies for water management with special emphasis on purification of water -“Nanneer”
- Making Natural cane sugar diabetic friendly for the first time in the world, recognized by LIMCA Book of Records 2015.
- Universal - The Technology developed for neutralizing the effect of excess Nitrogen and Potassium due to use of NPK in Rice and Wheat. “Universal”, answer to the world challenge.
- BIO FIX – The first ever organic based plant extract technology for the field of agriculture. Treating the seeds with BioFix will provide extra growth and extra yield and provide vigor to the plants against pest.

AWARDS

- Recognition by CII for India Innovation initiative – i3 Regional Fair 2010. Innovation by Revolution for Making “Cane Sugar Diabetic Friendly Through Herbal Technology”.
- Recognition by CII for India Innovation initiative – i3Regional Fair 2010. Innovation by Revolution for Making Carbohydrate Diabetic Friendly WSalt Through Herbal technology.
- Year – 2011, April Certification by IC2 Institute University of Texas at Austin, USA for Technology Commercialization and Entrepreneurship Program
- Year – 2012,February Awarded by DST INDIA – RESEARCH COUNCILS UK, Indo-UK Science Bridge: BioPharm 2020. IIT Kanpur, IIT Bangalore & the University of Nottingham UK.

- Year – 2013, April Certification by Stanford Graduate School of Business for Technology Commercialization and Entrepreneurship Program.
- Year – 2013, May Certification award by IC2 Institute, University of Texas at Austin for the successful completion of the Innovation Readiness Series.
- Year – 2013, May Winner Award at the Innovator’s Competition for DST-Lockheed Martin India Innovation Growth Program.
- Year – 2013, September Recognition by i3 Expo organized by PSG Institution & PSG College of technology at CODISSIA Trade fair Complex, Coimbatore.
- Year - 2013, December Selected under Top 150 innovation of the country by Inclusive innovations by the Government and the universities of the state of Maharashtra.
- Year – 2015 Awarded by LIMCA book of Record for the year 2015 – National record Holder
- Awarded Doctorate by European Continental University, State of Dalware, U.S.A
- Awarded certificate of Appreciation by DST-LOCKHEED Martin India innovation growth program

(Compiled & presented by Ashok Sarrangan from the details provided by Mr. Nandagopalan)

INVESTING

Building an equity portfolio going into 2016



Image Source: dandilyonfluff.com

KP Balakumar (B103)

The stock market. For as long as I can remember, the way stocks trade and the enormous wealth creation possibilities they offer, has always fascinated me. I was introduced to this wondrous world by my father, who, though a Doctor by profession, had a keen interest in finance and parked almost his entire savings in the shares of well run companies rather than opt for the safety of fixed deposits. From him I learnt about investing, dividends, capital gains, inflation and the most important of all, taxes. This being the anniversary issue of GNC Connect, I thought it'd be as good a time as any to introduce our first article on finance and specifically, the stock market and investing.

It's been about a year and half since the NDA govt led by the BJP has taken over the reins of the Country.

The 'Modi effect' led to great optimism in May 2014 and the following months saw the indices rally strongly in anticipation of a turn around in the fortunes of the economy and with it, better operating results from companies. From about 7200 on the Nifty on 16th May 2014, when Mr Modi swept into power, the index continued to rally through most of 2014 and ended the year at 8282.70, a gain of about 15%. 2015 also started on a promising note with the index continuing to rally and making a new high, breaching the 9000 mark in early March but has since faltered. None to encouraging results coupled with global volatility contributed by the happenings in China (bursting of the liquidity driven bubble that caused their markets to first go up massively and then fall equally fast), has seen our markets go into a corrective consolidation phase for most parts of 2015.

As we speak the index trades at 8065.8 (closing level on 30th October), bringing the YTD returns to a negative 2.6%.

While things don't seem very promising at the moment, given the prevailing uncertainty, as an equity investor, one must always assess the future and not look at the past. The past is already in the stock price (excess leverage, large NPAs that banks carry in their books, slow growth et al) and investing is all about the future.

India is currently in a very sweet spot relative to most economies in the world. Not only are we growing at 7%+, we also have inflation and the CAD (current account deficit) under control, thanks in large parts to the collapse in commodity prices world wide. The fall in commodity prices has also helped many companies expand operating margins at a time when sales growth has tapered down.

Tax collections have remained buoyant and the economy seems to be on the mend – an early indicator that one can look at, sales of automobiles are up 20% in October, reflecting increased consumer confidence. While there will be hiccups as we go along with so many events that could cause volatility in global fund flows (increase in interest rates in the USA, continued uncertainty in China etc), the domestic situation looks promising. With a majority government in power (and hence political stability), low and falling inflation (and hence increasing likelihood of interest rates falling, lowering the cost of borrowing & servicing debt), steps already being undertaken to revive the economy & ushering in transparency in functioning (auctioning of coal mines et al) and chronic leakages in the system being plugged (thanks to initiatives like the Direct Benefit Transfer, subsidy is now directly transferred to beneficiaries), the outlook for India is positive.

A portfolio that comprises of high quality consistent performers (a cursory glance at the portfolios of most top ranked mutual funds will throw up a dozen names that one can potentially look at) mixed with companies that will be out-sized beneficiaries of a reviving economy, should do very well. What kind of companies should one be looking at for those out-sized returns? To my mind, these will come from sectors that have struggled over the past few years for a number of reasons – excess leverage, a stalled investment cycle, high NPAs, slowing consumer and corporate spending, global excess capacity and more. There are a lot of quality companies that are trading at attractive valuations on account of these factors (across market cap – large, mid and small cap and across sectors – metals, infrastructure, power, banking) and are likely to gain significantly as the economy revives. Sectors like tourism & hospitality, housing & its allied sectors

(sanitary ware, pipes, water storage solutions, plywood & laminates etc), transportation, mining etc are also likely to see substantial investor interest from increasing consumer spending, revival in the investment cycle and change in policy (news reports of a likely Government policy making it mandatory for PSU's to give half their freight business to Indian shipping companies is great news for the sector).

To close this piece, a word of advice from my father that is ingrained in my brain and has held me in very good stead – to be a successful investor one has to think cerebrally and not emotionally. Far too often, the gyrations of the market forces investors to get swayed by all the noise around them and lose focus on the long term prospects of a company. Stock market volatility can be gut wrenching (imagine a stock that goes from 100 to 400, falls subsequently to 40 and then rises eventually to over 1000! A stock I recently exited experienced that kind of volatility over the 8 years that it was a part of my portfolio) but if you've bought the right companies, either stay put or use the opportunity those big corrections offer to buy more or even add other quality companies to your portfolio. If the average investor treated major stock market falls like he/she did a major discount sale on Flipkart, he/she'd be buying aggressively but unfortunately, few have the guts to take advantage of those heavily discounted stock prices. Do your homework, invest regularly, build a portfolio of solid companies (or take the mutual fund route) and let the power of compounding of earnings do wonders for your wealth. And the icing on the cake? Long term capital gains (over 1 year in respect of equities) and dividends declared by companies are tax free in your hands. An income stream that most people underestimate, dividends can make a significant difference to your long term returns.

to be a successful investor one has to think cerebrally and not emotionally. Far too often, the gyrations of the market forces investors to get swayed by all the noise around them and lose focus on the long term prospects of a company.

Children's Day

14th November 2015







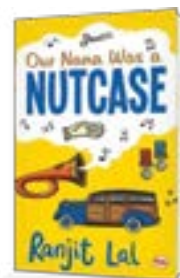
Anand Neelakantan
Rise Of Kali



V Rajesh
Break Free -
Unlock The Powerful
Communicator In You



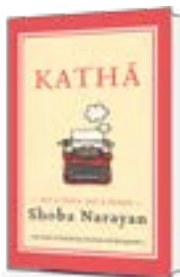
Keigo Higashino
Journey Under
The Midnight Sun



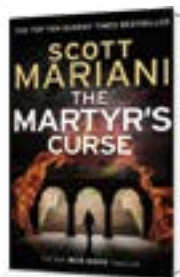
Ranjit Lal
Our Nana Was A Nutcase



DN Ghosh
No Regrets



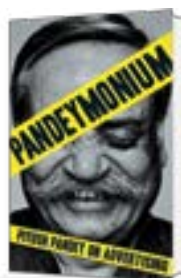
Shoba Narayan
Katha - Tell A Story,
Sell A Dream



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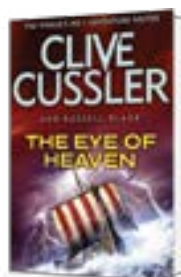
Mary Higgins Clark
The Cinderella Murder



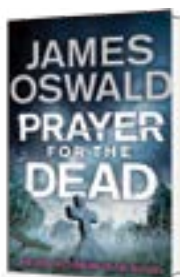
Chetan Bhagat
Making India Awesome



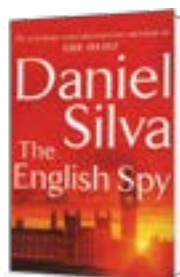
Manjula Padmanabhan
The Island Of Lost Girls



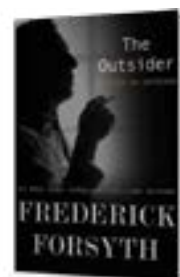
Clive Cussler
The Eye Of Heaven



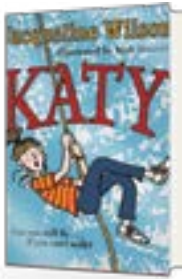
James Oswald
Prayer For The Dead



Daniel Silva
The English Spy



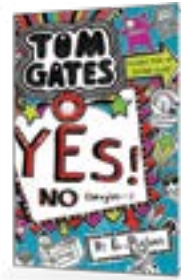
Frederick Forsyth
The Outsider



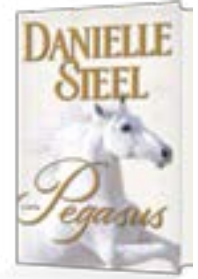
Jacqueline Wilson
Katy



Stephen King
Revival



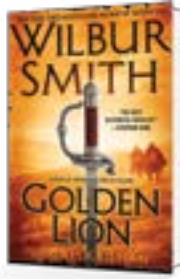
L Pichon
Yes! No (May Be)



Danielle Steel
Pegasus



Salman Rushdie
Two Years Eight Months
And Twenty Eight Nights



Wilbur Smith
Golden Lion



David O' Doherty
Danger Is Still Everywhere

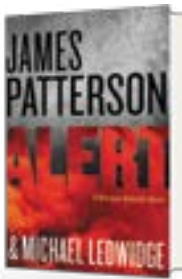


Emma Carroll
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And The Greek Heroes

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- The Keeper



EYE CARE EXPERTS CARING FOR YOUR EYES, FROM ALL ANGLES

Dr. Agarwal's Eye Hospital, the globally renowned Pioneers in Eye Care, is now in Adyar Chennai.

Dr. Agarwal's Eye Hospital at Adyar, is a secondary eye care hospital with facilities to access Complications of the eye diseases like Glaucoma, Retinal and Macular degeneration, Squint etc., apart from treating Cataract and Refractive Errors. This centre is equipped with latest and high end equipments to diagnose and treat different eye ailments. The hospital aims to improve the accessibility and affordability by common man for quality eye care in and around Adyar. The hospital also has facilities like laboratory, pharmacy and opticals that offer wide range of frames and lenses of high quality and leading brands.

'The aim of the centre is to provide modern diagnostic and treatment of the highest quality. A firm commitment to quality is at the heart of all services provided at this centre. Diabetes, Hypertension and Renal diseases, all affect the retina resulting in decreased vision. It is important for diabetics to be diagnosed early and to begin treatment early to avoid vision loss.'



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Dr. M.S Rajarathinam
Chief Medical Officer
Dr. Agarwal's Hospital Adyar

Q. Are people more knowledgeable about eye disease today?

Dr. Rajarathinam: Yes, the internet has vastly improved knowledge of eyes, that provides information for patients. Having increased knowledge is good because it gives patients more input into their own care. There is no better reward than helping patients after cataract surgery. I've gotten many hugs. The elders are joyous to have regained vision and the young are all smiles for having got rid of glasses after refractive surgery.

Q: What are the most common eye problems after age 50?

Dr. Rajarathinam: The chances of developing an eye disease increase with age. In the 50s, common eye changes include cataract formation, glaucoma, and the start of macular degeneration. Every decade that a person lives, the chance of getting these diseases increases.

Q: What causes a Cataract?

Dr. Rajarathinam: It is not completely known why cataracts occur in all instances however the most commonly known type of cataract is age related. Cigarettes, air pollution, heavy drug usage and severe alcohol consumption may also contribute to your chances of developing cataracts.

Q. How has treatment for cataracts advanced?

Dr. Rajarathinam: Cataract formation is a normal part of aging. Over the last 20 years or so, we have seen advancements. We're fortunate that current technology is absolutely wonderful. Cataract surgery can be performed in 10-20 minutes or less. We don't have to put a patient under anaesthesia. We can perform Cataract surgery with microincision & no sutures and patients have good vision the same day without glasses. Today's upgrade in Cataract treatment is to impart as natural vision as possible and this is now simplified by implanting Premium Multifocals, Trifocals & Toric IOLs. These intra ocular lenses have revolutionized post operative recovery of vision; without the need of wearing glasses for reading.

Q. How has treatment for glaucoma improved?

Dr. Rajarathinam: Glaucoma is a condition which is multifactorial and in which, there is by and large increase in eye pressure. Typically seen around middle age, but no age is a bar. Also, eye pressure alone is not the only parameter. Today more effort is given on analysing the Optic Nerve by various advanced imaging technology. Medical management is the first line of treatment and Surgical is last.

Q. What are the signs and symptoms of diabetic retinopathy?

Dr. Rajarathinam: Diabetic retinopathy is a condition arising out of fluctuating blood sugar levels. In the early stages of diabetic retinopathy, you might have no symptoms at all, or you might have blurred vision. In the later stages, you develop cloudy vision, blind spots or floaters

Q. Is eye care important for people with type 2 diabetes?

Dr. Rajarathinam: Cases of type 2 diabetes are increasing of Healthy Life style and the kind of food we eat causing obesity even in young. I recommend that patients have a dilated eye exam yearly to look for diabetic eye diseases. Family physicians and endocrinologist are sending patients to get an annual eye exam because early treatment can save sight



Q. What is computer vision syndrome?

Dr. Rajarathinam: Computer vision syndrome is an umbrella term for eyestrain and other vision problems that may occur as the result of working on a computer all day. Anyone who spends two or more hours on a computer each day can develop this vision problem. It can affect adults and children in a way that makes vision problems more difficult to detect.

Q. What are the symptoms of computer vision syndrome?

Dr. Rajarathinam: If you or your child spend more than two hours per day in front of a computer screen, it's likely you will experience some degree of digital strain. Frequent headaches, red eyes, double vision or blurred vision and constant neck and shoulder pain are your signs

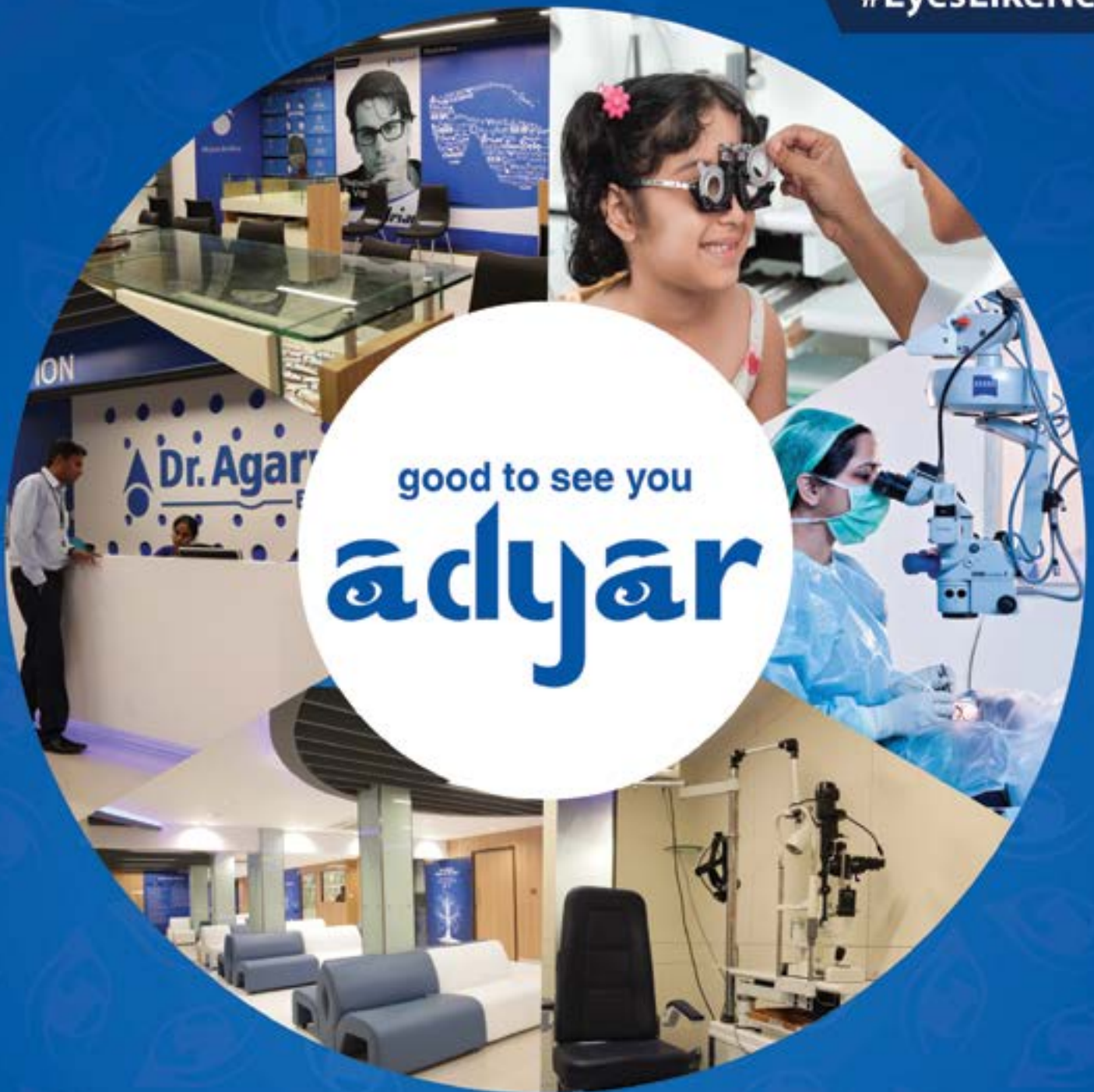
Q. How do we handle it?

Dr. Rajarathinam: The best means of addressing computer vision syndrome (CVS) is prevention. We recommend you follow these tips to help you avoid eyestrain and other CVS-related issues - Adjust your computer screen viewing angle, blink often and Rest your eyes more often and get your eyes checked often.

For more information, Call: 99400 05047

Dr. Agarwal's
Eye Hospital
with Dr. M.S Rajarathinam

#EyesLikeNew



good to see you
adlyar

Dr. Agarwal's Hospital is now in **adlyar**

Dr. Agarwal's Eye Hospital now brings its proven expertise closer to you. Led by a team of highly-skilled ophthalmologists, Dr. Agarwal's Eye Hospital is committed to offering world class eye care solutions and a personalised touch.

 **Dr. Agarwal's**
Eye Hospital

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MOMENTS ARE PRECIOUS.
SAVE THEM FOREVER.