

GNC

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JANUARY 2016

CONNECT

FOR MEMBERS OF THE GANDHINAGAR CLUB ONLY



RECYCLE.
REUSE.
UPCYCLE.
LEAVE A BETTER
PLANET FOR
OUR KIDS.





DEAR MEMBERS,
November and December 2015 will be long remembered for the unprecedented rainfall that Chennai

Their efforts complemented the Govt's relief work and ensured that the city was back on its feet very quickly. While the economic costs at an individual level will be long felt, taking ownership for the rehabilitation of those affected in one's own circle of influence – drivers, maids, delivery boys, road cleaners, small vendors etc, will go a long way in minimising their economic hardship.

Back to GNC Connect, this issue marks the first for the year 2016. Thanvi Srikant, Sowmya Kumar Arjun, Babu Jacob and yours truly are back with their regular feature columns. A first time contributor, Shwetha Seshadri, shares a lovely article on prenatal yoga and how it helped her with the delivery of her child. The recipe section of GNC Connect stands expanded with this issue with the addition of recipes by Rajani Sivaram,

a wonderfully talented blogger, to complement our regular contributor, Ruchira Ramanujam's beautiful recipes in every issue.

Finally, I'm very happy that the deck area will now house a beautiful cafe run by our very own Leo Coffee. Readers will recall that Venu Srinivasan, whose family owns Leo Coffee, was featured in GNC Connect. Suggestions made to the Committee to bring Leo Coffee to GNC were taken positively and acted on, to ensure that we all now have one of Chennai's finest filter coffees (and lots more!) at GNC itself. So come by your club one of these days, nothing beats relaxing over a hot cup of nature's best brew.

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

witnessed. The intense rainfall and the subsequent flooding saw destruction on a scale Chennai hasn't witnessed in a very long time. In the midst of all the chaos and despair, what was most heartening was the response of the people of Chennai (including many of our members at GNC), who rose to the occasion and did a lot for their fellow citizens – rescue work, arranging for food, medical help, rehabilitation assistance and lots more.

LIST OF COMMITTEE MEMBERS FOR 2014-16

SL.NO	NAME	M.NO	PORTFOLIO	CON. NOS	EMAIL ID
1	MR.B.VENKATESH	V101	PRESIDENT	9884019021 242337357	venkat@ariel.net.in
2	MR.V.LAKSHMAN	L102	VICE PRESIDENT	9884092480	lakshman@nuccsat.com
3	MR.R.V.GOPALAN	G164	HON.TREASURER	9884239590	ergopalan@gmail.com
4	MR.ASHOK SARRANGAN	A129	HON.SECRETARY	9444422444	ashoksarrangan@gmail.com
5	MR.K.P.BALAKUMAR	B103	COMMITTEE MEMBER PR, LIBRARY WEBSITE & MAGAZINE	9940025110	kp.balakumar@gmail.com
6	MR.A.GANESAN	G134	COMMITTEE MEMBER SPORTS	9840267405	ganesanannaswamy@gmail.com
7	MR.S.MAHESH	M151	COMMITTEE MEMBER ENTERTAINMENT	9384824333	subashproperties@gmail. Com
8	MR.S.SUBRAMANIAN	S195	COMMITTEE MEMBER BAR	9840720728	ssubbu64@gmail.com
9	MR.PS.SRINIVAS	S243	COMMITTEE MEMBER CATERING	8144415106	pundisrini@gmail.com
10	SAMUEL SURENDRAN.D	S244	COMMITTEE MEMBER MAINTENANCE, PROJECT, GUEST HOUSE AND BANQUET	9444394999	d.samuelsurendran@gmail.com

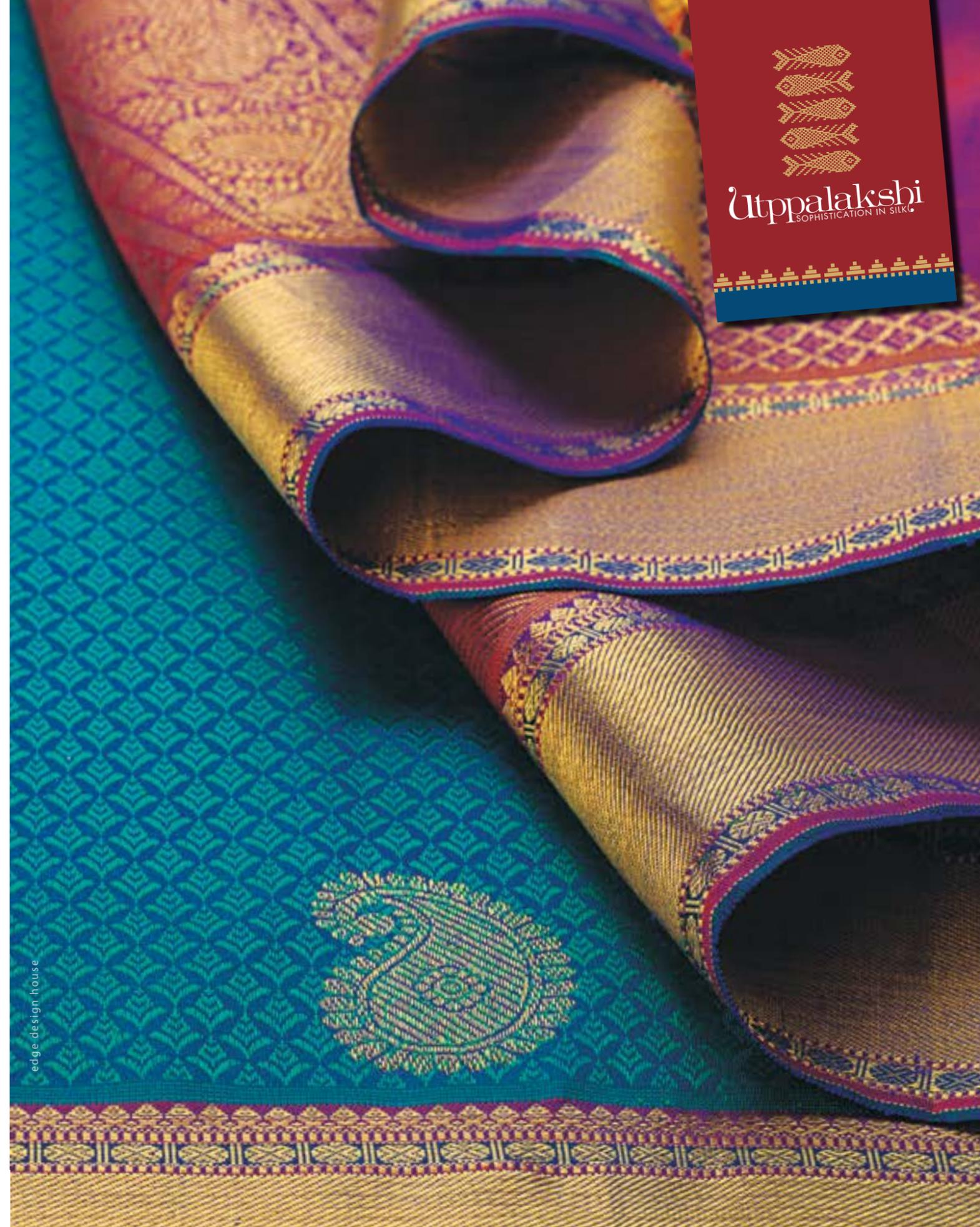
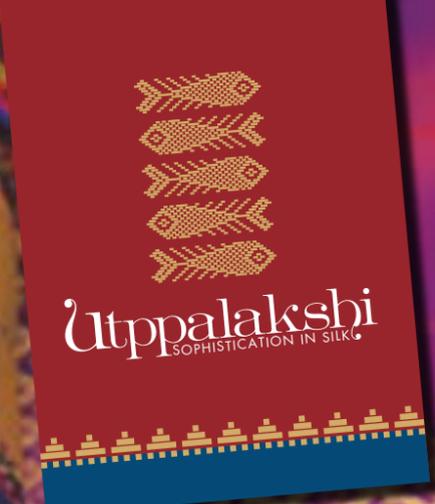
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Dear Members,

The General Committee is pleased to extend its warm greetings



for the year 2016. The year has begun in a good note with good sunshine and excellent weather for the past few days. We hope the ensuing 3 months will be pleasant and best months of the year.

December 2015 witnessed a catastrophe that is rare and not seen in the last 10 decades. The city of Chennai was paralyzed for a fortnight and our club too was affected due to over flow of the Adyar River. The Tennis Courts have been damaged extensively with the wall on the eastern side of the court completely collapsed. Temporary wall has been erected to prevent trespassers and stray cattle coming inside.

Insurance claim has been lodged and we are awaiting sanction to restore the Tennis courts. Once the issue with the insurance is resolved, it's proposed to have a meeting with the Tennis Playing Members to elicit their views in the restoration of Synthetic courts. Based on the outcome of the meeting we would be approaching the General Body for its approval, should the necessity arise.

The basement of our main building was also partially affected due to seepage of water from the main entrance of the building. There was water stagnation of around 4 ft in the road leading to the entrance.



Greater damage was averted thanks to the preventive efforts taken to safeguard the premises. Restoration work in the basement areas have been completed. Flooring & matting in the Billiards room have been replaced. Likewise repairs have been carried out in the GYM & Cardio facilities. Accounts room was put back into action after carrying out minor repairs. Renovation of accounts room would be taken up shortly to give a facelift & to extract optimum usage of space. Library books affected by rain & moisture have been removed and disposed. Those partially affected were offered to members at concessional rates.

Contribution from maintenance staff in our efforts to drain the water from the basement and all other waterlogged areas was commendable. The General Manager and the maintenance staff in assistance with House Keeping contractors, worked round the clock for 4 days to put things back in order, We salute their commitment & dedication in helping us to put the club back into action in a very short period of them. We profusely thank our members for bearing with us when the club was shut down for a few days and when the restoration works was being carried out.

Our club staff & their families were badly affected due to floods with some of them loosing their lifetime possessions. A meeting of all the staff was organized immediately after the club resumed operations and their grievances heard. A written report detailing the extent of damages was sought from them. In the meanwhile as an immediate measure, A Medical Camp for the staff and their families was organized on 18th Dec 2015 at the club conference halls. The geriatric medical camp was conducted by M/s. B.P.Jain Hospital (Unit of Sankara Health Education & Charitable Trust Pammal, Chennai) and team of doctors from important specialities along with nursing & para-medical professionals including dietician examined around 175 persons. After diagnosis, appropriate treatment was given and medicines distributed. The hospital came forward to conduct the camp free of cost and did not charge any monies what so ever. (Photos of Medical camp are published in this issue).

Staff & their families expressed their profound gratitude and happiness for the kind gesture by the club. Our sincere thanks to Vice President Mr. V Lakshman, who is also the Treasurer of Sankara Health Education & Charitable Trust for making this possible.

He has assured that similar camp will be conducted every year and that he would endeavor to provide treatment for deserving cases.

The report containing details on the losses incurred were received from employees and after due evaluation was placed before the General Committee for its consideration. The General Committee has taken the decision to give a grant Rs.7500/- per staff for those in service of 1 year & above and appropriate amounts on a pro rata basis for those in less than one year of service. The General Committee has also taken the decision to appeal to all the members for a contribution a sum of Rs.350/- and use the proceeds for distribution amongst the staff. A decision has also been taken by the General Committee to implement a Medical Insurance Scheme for the staff for a policy of Rs.1.00 lac and the premium of which will be borne in the ratio of 80% & 20% by the Club and the Staff respectively.



Both the medical camp and medical insurance is proposed to be an on going feature year on year. In the meanwhile a representation from the staff union was received with charter of demands for the period 2016 to 2018. After 2 meetings with the staff, the issue has been resolved amicably. While most of the demands have been settled similar to the previous term the salary increase has pegged at 12 % for the ensuing three-year term. The annual bonus has also been pegged at 8.33% year on year. Tour allowance & food allowance have been revised marginally. Special incentive for attendance & penal provision for irregular attendance have been included.

In order to facilitate good education for their children the Committee has decided to set up an Education fund wherein the club and the staff would contribute a sum of Rs.500/- each per month and the same will be kept in a recurring deposit account in a bank redeemable only after 12 months.



The amount accrued upon completion of the term of the deposit could be availed by the staff for the purpose established.

In order to come out of the gloomy situation caused by the floods and to usher in 2016 for happier times, it was decided to organize New Years Eve celebrations in a quite manner. Mega tombola with cash prizes of around 25,000/- had terrific response. Vedalam, Tamil Move was screened and drew a good gathering. Special Dinner menu & private seating was organized with around 75 tables to seat around 350 chairs. Around 300 members attended the programs and 175 dinners were sold.

General committee's decision to organize Pongal Fest on 17th January 2016 was an excellent move. The events were well complied. Folk artists brought from a village near Madurai did a score of traditional programs like, karagattam, Mayilattam, Oyilaattam, Kavadi, came up with commendable presentation. Dinner was outstanding with live counters going full steam.





Children's participation in large numbers was revelation. Their enthusiasm and unbounded energy to participate in all the events added to the glitter. The décor was befitting the occasion. Efforts taken by the committee was well rewarded. Photographs of the show are published in this issue.

We are happy to inform that the Cafeteria to function out of the Deck area would be ready by month end. Our thanks to M/s. Leo Coffee who have come forward to starting the stall and provide the complete range of products to be vended in the facility. Weather proofing work on the terrace area adjacent to the Cards room & Bar and on the roof top area situated above the Bar facility would be completed in a fortnight. A Dump waiter to cater to all the 3 floors (Including the roof top) is being planned to ensure speedy and efficient service.

Newly installed lights in the Shuttle Court have been inconsistent in their performance after the heavy rains during the last month. Corrective measures are being undertaken and till such time the new lights are fully functional, the old metal halide lights are being put to use. Apologies to the members for the inconvenience caused during the change over of the lights.

The balance work in the proposed Roof Top and Restaurant will be taken up in the 3rd week of January 2016 and completed within 15 days. The General committee has taken the decision to enable the facility with live Tandoor and Barbecue counters. On the weekends tandoori & barbeque food would be served and the facility would be hired for parties on weekdays. We would be too glad if members could suggest any other suitable idea.

We invite suggestions from members for improvements to facilities, service and or any other area that needs attention.

Thanks & best wishes.
Ashok Sarrangan – Secretary (AI29)

PRENATAL YOGA & NATURAL CHILDBIRTH



Image Source: abbybordner.com

Shwetha Seshadri
D/o R.Seshadri (S-170)

When I heard that I was pregnant for the first time, I was speechless! I had to let go of my prior plans, that didn't involve a baby, and start planning a new one instead. After all life is full of surprises! As a part of my new plan, I decided to take care of myself during pregnancy and get ready for childbirth. On top of my list was to start prenatal yoga ASAP! I'm sure you have read a hundred articles on how great prenatal yoga is for both the mother and the foetus. Instead of writing another article on how prenatal yoga could help you, let me narrate my experience with pregnancy and how yoga helped.

I diligently practised prenatal yoga 4 times a week and mild walking on other days. The days I felt completely exhausted I would listen to my body and rest. The key here is to listen to your body. If I felt uncomfortable in any posture I would try a variation of the same and if it still continued I knew I shouldn't be doing it. Everyone's body is different and so their level of comfort will also vary. Always speak to your doctor before you start any form of physical exercise.

As I mentioned earlier, life is full of surprises. The second major surprise happened during my third trimester. My doctor told me that I might not have a normal delivery. I have to mention that never once during my pregnancy I ever thought that I would have a C-section. So this was definitely BIG! Not that I have anything against a C-section labour, as scary as normal delivery may sound, I actually for some reason wanted to experience one! C-section did seem like a better option as the whole thing would take only 20mins and you could choose when you wanted it! So no nightmares about my water breaking at the mall!! My doctor was 90% sure that I would have a C-section as my pelvis was too small for my baby. I refused to believe that I would have a C-section and told the doctor of my confidence that my child would be born through natural birth. With that confidence I got admitted on my due date as my contractions had started. Twelve hours later I was still having mild contractions and my baby had barely moved an inch down. Maybe my doctor was right after all.

I was very close to giving up but didn't! After some frantic calls to the doctor, she asked the nurses to keep the operation theatre ready and told me to be prepared. She gave me a time frame within which the baby must show signs of moving down, if not you know the answer by now. The next few hours were tense and my emotions were running high as the chance of experiencing a natural birth was low.

"I huffed and puffed using all the breathing techniques I practised along with yoga.....guess what? It worked! All the yoga I had done worked and I gave birth to a healthy baby boy through normal delivery."

Finally, to everyone's surprise my contractions got stronger and my baby quickly started moving close to the birth canal! My doctor was thrilled and admitted that yoga really did help me! A few months later, she was called as a guest speaker during an inauguration of a new yoga studio. I happened to attend that event and she narrated my experience as part of her speech. All's well that ends well!



Here's the routine I practised through my pregnancy (don't forget to listen to your body and do what's most comfortable for you).

Warm up:

- Start with 3 rounds of deep breathing
- 3 rounds of Ujjayi Pranayam
- 3 Om Chants

In Sukhasana (legs criss-crossed while seated) gently rotate the upper body 5 times in each direction continuing to breathe deeply.

From the same position stretch the right leg out and bend to the right with left arm over the head. Hold for 10 seconds.

(Repeat on other side)

Full body rotation starting with the neck followed by shoulders, wrists, hip, knees and ankles (Do it slowly and gently)

- Marjari Asana – 5 rounds
- Badhakon Asana (Butterfly pose) 1 min
- Trikon Asana (Triangle posture) 5 breaths each side

Upper Body:

- Parvath asana (downward dog) 5 breaths
- Santolan asana (plank) - 10 counts (2-3 reps) only during first and second trimester

Balance:

- Vrikshasana (Tree pose) 30 secs each leg
- Tadasana (Mountain pose) 30 secs

Lower Body:

- Veerbhadhrasana 2 (Warrior 2) 15-30secs each leg
- Natraj Asana -15-30 secs
- Utkat Asana – 15-30 secs

Don't go too low in any of the Asanas for the lower body. Just low enough to get your leg muscles heated up!

Pranayama:

Regular deep breathing without retention of breath (5 -11rounds)
Anulom Vilom without retention of breath (5 -11rounds)Ujjayi Pranayam (5 -11rounds)

Alternatively you can also listen to a guided yoga nidhra recording to help you relax and sleep better during this overwhelming period.

Remember to enjoy your pregnancy despite the several discomforts! Take good care of yourself and your baby will be automatically taken care of.



Image Source: sportsolentblog.com

Sowmya Kumar Arjun (A105)

As I write this article, the Chennai Marathon is just round the corner. So I thought why not a piece on women and workouts this time for a change.

The workout scene in Chennai has changed so much the past 10 years. In the earlier times, I remember my grandmother adorning her sparkling white branded "American Shoes" that her grandchildren would send from the US, paired with her workout sarees! She had special sarees for workouts that was light, not silk, yet not too crumpled, not too stiff, had to be a dark shade, so if the bottom of the saree touched our 'clean' roads, it was still ok! Of course she had matching blouses for the same. She went for her regular walk and did yoga and was quite a pro at it. Then one fine day, she was asked by her doc to stop the Shirasaasana when she was 65!

10 years ago, when my husband was working at a leading international sporting brand, his company faced a new challenge...their competitor had come up with a salwar kameez workout outfit!! Well, don't know if that still exists today...

While walking and yoga still continue to be prominent these days, the workout gear has moved on from sarees. Many aunties now sport salwar tops and tracks and the bolder ones wearing tee's instead of the traditional kurthi. No matter what, their shoes would still be the top brands which are nowadays bought in the many outlets in the city.

The younger lot are brand conscious starting with their apparel. Depending on their workouts, they want the cool colours, the lycra tights be it ¾ or the shorts, the dry fit tees, the bandanas, the gloves, the special watches, the headphones, the music, the phones, and not to forget the cool sipper to carry to say "yes...I workout too!"

While in the yesteryears, the indoor workouts could have probably been only for the rich in their own homes, it has now mushroomed in every nook and cranny in the city. There is one for every budget. There are auto drivers, fishermen children, simple retail boys who may be part of gyms on their way to becoming lean and muscular like their favourite action heroes.

It has become cool and hip to say the word "workout". No one says "exercise" anymore, except maybe the docs who would note that down as part of their questionnaire

"So what exercise do you do?"

What is this word "workout"? We work it out. We sweat it out. It is work which means we spend time and effort on it. Result is not terms of money...but in terms of good health and fitness, which in turn can also result in money for some! So yes, it is work. A lot of hard work, one would say, if you want to keep fit and healthy.

In my younger days, I remember my paternal grandfather, who was a very busy man, going for a walk everyday at 4.30 in the morning. He would have a special square torch light for the same...and had 2 spares too in case one did not work. He would walk with a group of like-minded friends (also more or less the same age!) and till the age of 85 this went on till the day he passed away! It is a miracle how he managed to get up early everyday single day even if he was at meetings till late at night. Just how did he do it?

For girls in our household, exercises were in built into our dance class routine. There were classes 4 days a week and this was more than enough to keep us fit. My cousins and I were all taught Bharatanatyam till we were in college. A great workout for both the mind and body.

But so tough to keep at it as once we are away from our main dance class, somehow things are not the same. Very difficult to practice dance all alone with tapes. At least for most!

Well, I sort of asked around a few friends who are into some sort of a workout routine as to how they coped with workout routines from childhood to now. Many women find it very difficult to set into a routine, if they relocate after marriage and then more so after they have kids. The kids needs are 24/7 initially. Well after they are at a certain age, the weight of all the pregnancy has built up and one needs to start on the exercise regimen. So there comes the start. Here are a few exercises women have taken to in recent times...again these are regular women who have no sports background and who do not have not played a competitive sport in the past.

1. Running – while it still more predominantly a man’s world, women have started running too. More short distances than long. Probably could be a time factor. They have to come back in time, to get the kids ready for school during the weekdays. Weekends are again busy with family stuff. Can’t run a 21 km and expect to take rest all day to recoup! Again running in Chennai, is best done only early morning and not at all times of the day like in other countries. I know my friends in Europe or the US who start their run as late as 7am. Well, come March/April and we will be toast at that hour of the day !! So if you are not an early morning person, running is tough. Well one can always argue...there is evening time. Then who is to take care of the kids when they get back from school, taking them for classes, get dinner ready...blah blah... Of course, we are here talking about the regular normal Chennai women and not those who have help at home.

2. Zumba – There is the new fun thing zumba. Dancing sort of a workout done originally to Spanish music.

However, we have seen these being interspersed with Bollywood and Tamil songs to get the local flavour going. Well if some women enjoy it and it makes you sweat, then hey! way to go! Again there are not many zumba classes in town. There are a few in clubs where only club members can join. Sometimes it is repetitive and one finds this boring after a while if the same music is played on and on. Also for those who have learnt a classical form of dance, zumba is a no brainer and hence not challenging.

3. Yoga / Pilates – There are specialized places offering them. Great for people who have some level of flexibility and can bend a bit. What about those who can’t even touch their feet? A very frustrating experience. The core is the Suryanamaskar. A great way to begin your day...very relaxing. Not an energetic adrenalin building sort of workout. But yes one can really sweat with the asanas. But again only for some.

4. Boot camp – Where you are challenged to use your body weight, to lift light / heavy weights, to do burpees, squats, lunges. Excellent and challenging fitness training sessions. Generally outdoors, one tends to get very muddy after class. So it is good if the place is close to your home, to get a quick shower. If one has to drive more than 15 min for a class and the class does not start and end on time then it becomes difficult. Close to 2 hours is spent from beginning to end.

5. Cycling – A great sport. Most of us have done this as kids. Even if we get on a cycle after years, one can’t ever forget the basic motion of pedalling. Nowadays, of course, cycling as a sport, is a big thing. First and foremost a good cycle is a must. Not necessarily a very high end one, but if one wants to ride a geared cycle is definitely a must. Other accessories include, clear glasses so the insects done come into the eye when riding, helmets – a MUST! ,



gloves so your hands don’t get all rough and clammy after long ride. So all in all...some investment is needed. Well, it doesn’t end here. Again just like running...cycling is best done only in the morning. So if you are going for a 40 km ride...a 4am alarm time is a must! After which you come back home and have to make up that sleep at some point! We are also prone to outside weather conditions like rain/ winds. There is a maintenance factor to these cycles. Having bought it for quite some money, one cannot afford to just let it wilt away. There are gears, tyres, and general upkeep and after all these checks in place ...Murphy will be there on the day of the ride! Having a good group for these long distances is also a must...more than a social element, it is for safety, when sometimes in the early morning hours there are a few “mobile snatchers” ready in the dark roads...

6. Swimming – for those who love the water, part of a club with a good pool and very motivated to do at least 30 laps every alternate day! Again...linked to weather.

7. Aerobics – a great workout for women. Then again, not too many classes conducted. The whole class is instructor driven only. So if the instructor is fun, has good music, is intelligent to give new workouts every time, the class is good. Else, it becomes monotonous...

So what are all the attributes that women look for in terms of their work out? As per my survey taken...

1. Sweating and increase in heartbeat rate. It is good to feel that sweat. A definite high!

2. Time factor – We have only 24 hours a day. We have to slot our workout in this period along with household duties, work, kids and other activities. So even if the workout is just 40 minutes, if it is effective, then that is great! That is what we want.

We don’t want a long stretched 1hour 15 min workout that even at the end of it, we feel nothing, either physically or soulfully!

3. Music is a great plus for many. Good music gives good positive energy which gets the adrenalin pumping automatically. It is great when someone else is in charge of this music. Very difficult for many to find time to download music onto their ipods / phones. This by itself is time consuming!!

4. Flexibility of time – a big big plus! Don’t have to get up at that unearthly 4am to rush for workout, rush back and get kid ready for school, rush to work again...One whole rushed morning!

5. Having an instructor/trainer – a big plus. Someone to guide. Handhold

6. Group workout – nothing more fun than that. Women love groups. Love to hangout outside class and sometimes do lunches, movies outside of class time too. It becomes one whatsapp group!

7. Varied classes- can’t be the same boring mundane stuff. This is what happens at home! Who wants it in class too? It has to be mixed up, make it challenging, don’t know what’s coming next.

8. Fun clothes & attitude- Women like to feel young, look young. So a place that will make her feel young again a big plus.

9. Reasonably priced – Women like to spend if the above criteria are met in some ways. When spending happens in beauty parlours for very many treatments, a reasonable fee towards feeling good is definitely not a problem!

Well as women we are always looking for something new, something fun to keep ourselves healthy! As always, here is THREE CHEERS to all those women who continue to do it all and inspire us to get there!!

TRADING THE MARKETS

KP Balakumar (B103)

Remember the ad a few years ago on TV showing a man, dressed for the office, being seen off by his family (in true traditional style, tikka being smeared on his forehead), storming into a room with a computer (in his own home) to start his trading day. The message – trading stocks is a sure way to earn an income. That message couldn't be farther from the truth. Trading isn't easy and certainly isn't for the faint hearted. It doesn't take a stock market crash to wipe out a trader, just a simple correction where one gets caught on the wrong side would suffice (especially if one is leveraged), if one doesn't have proper risk management systems in place.

In this piece, we'll take a brief look at one of the trading methodologies being employed by market participants called Technical Analysis and the purpose is educational rather than recommending it to anyone.

What is Technical Analysis:

Technical analysis refers to the study of price and volume patterns to predict the likely direction of a stock/index/trade-able instrument in the days ahead. A trader using this method isn't concerned with the fundamental analysis of a company's prospects and instead believes that everything is reflected in the price and volume as plotted on a chart.



Trend

One of the first things a trader must identify is whether the stock is an uptrend, downtrend or moving sideways. An uptrend is nothing but a price pattern that is categorized by rising prices giving higher highs and higher lows while a downtrend marks the reverse with prices falling in a pattern of lower higher and lower lows. When prices meander along with no clear definition of trend, it is said to be moving sideways. While uptrends are used to trade with a 'long' (buying) bias, downtrends are used to trade with a 'short' (selling) bias. When stocks lack a defined trend, trading can be tricky though one can look to see if prices are within some kind of established 'channel' (where prices bounce up and down between a defined price range) and trade appropriately.

Support/Resistance

Once you've identified the trend, the next step is identify an entry level if you're looking to buy a stock (or sell, if you're more comfortable being a short seller – which is a rarity among retail traders and it is the professional/institutional desks that are more likely to engage in such 'short' trades). This should be guided by what is referred to as 'support' and 'resistance' levels. A 'support' level is an area of price action where the demand for the stock exceeds

supply and prices tend to bounce up from, while a 'resistance' is a price level where supply exceeds demand and prices tend to fall back from.

Importance of Volume

Having identified the 'trend' and likely 'support' and 'resistance' levels, one must then look at another very important trader's tool, the volume supporting the price action. Volume refers to the quantity of shares traded in a stock on a daily basis. The greater the volume, the more intense is the trading activity in that particular stock. Why is volume such an important part of a trader's tool kit? The reason is that it tells you what the rest of the market thinks of the potential for a likely move in the coming days. If prices are rising with increasing volume, it shows greater conviction in the uptrend and the converse is true for a downtrend - increasing volumes with falling prices indicate increasing pessimism in the prospects of the stock. Volume is also a great way to be warned of impending changes in direction of the stock price. Rising prices with tapering volume is a sign that market isn't very confident of sustaining the trend much longer while falling stock prices and tapering volume tells you that a potential 'reversal' is around the corner. (A reversal refers to a change in trend).

Volume is also very useful in establishing a 'break-out' – if prices have been meandering along in a sideways trend, a break past the upper end of the channel with increasing volumes signals that the stock is now ready to establish a new range that is higher than the earlier range (and vice versa in case of a break down from a price range).

Chart Types:

A 'Chart' refers to the graphical representation of the price movement of a stock over a period of time. There are various time frames that are employed by chart readers – daily, weekly, monthly etc. While there are various chart types (Line, Bar, Candlesticks, etc), Candlesticks are the most popular and widely used chart type. A Candlestick has the following components –

1. A thin vertical line that represents the day's price range, high to low
2. A wide bar (often called the body of the candlestick) which tells you where the stock opened and closed
3. A colour for the body (red denotes that the closing price was lower than the opening, while green denotes that the closing price was higher than the opening quote).



image source :stock-trading-infocentre.com

Chart Patterns:

There are a number of price patterns that chartists keep an eye out for so that they can participate in the ensuing price action based on their study. Two of the better known and widely tracked patterns are:

Triangles

As is evident from the description of this pattern, stock prices tend

to converge towards some price level (and are drawn using two trendlines) but the manner in which they converge towards the price level and the prior trend before the prices began to 'consolidate', gives you a sense of the impending price action.

Ascending Triangles – In this pattern, the upper trendline is flat, reflecting demand-supply equilibrium at a particular price level while the lower trendline is rising, reflecting

that demand is exceeding supply at higher and higher price points at every subsequent bounce back from the upper trendline. An AT is most often a bullish pattern.

Symmetrical Triangles – In this pattern, the upper and lower trendlines converge with prices running into greater supply at lower levels as they rise and greater demand at higher levels as they fall, thus producing two converging trendlines. This pattern could be either bullish or bearish and trade initiation is most often in the direction of the break-out of the pattern.

Descending Triangles – In this pattern, the upper trendline is falling, reflecting excess supply at lower highs as prices rally and the lower trendline is flat, reflecting supply-demand equilibrium at a particular price level. This pattern is most often bearish.

Double Top/Double Bottom

Again, a self-explanatory name, a Double Top refers to price action where prices rally to a particular price

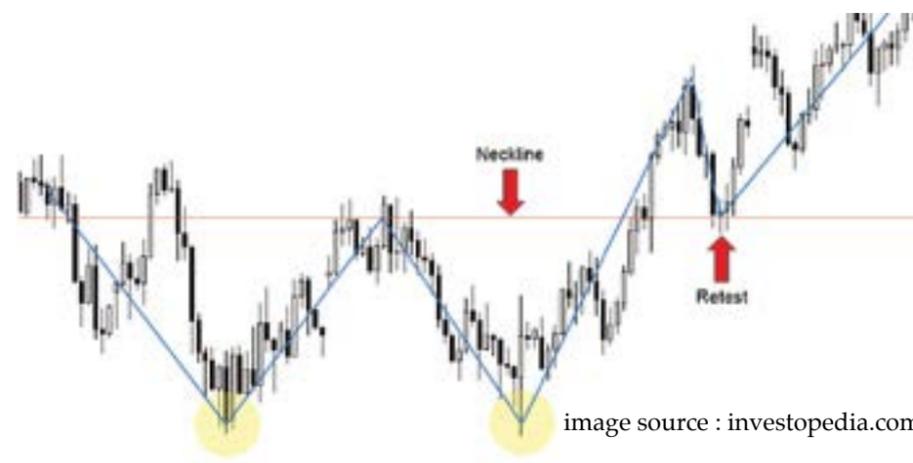


image source : investopedia.com

level, fall back into a correction and a subsequent rally also encounters greater supply at precisely the same price level as the previous instance, thus forming a 'Double Top'. This is interpreted to mean that selling pressure is too great for prices to rally any further and the confirmation of a major top being formed is when prices break below the 'low' formed from the correction after the first 'Top' is made. Double Tops, as is evident, are bearish patterns. A Double Bottom is the converse of the DT and signifies a price level where buying pressure far exceeds supply and prices refuse to fall any further on two consecutive occasions. The confirmation of the pattern is when prices rally beyond the top of the first pull back rally after a bottom was made. DB's are bullish patterns.

Some other tools used by Chartists:

Moving Averages

In addition to reading the price & volume action and looking for trends & patterns, various indicators help a technical analyst narrow down his/her basket of trade-able stocks. One very popular indicator is the Moving Average (MA).

As the name suggests, it's an average of a series of prices over a length of time – 10 DMA (daily moving average) is the average of prices of the preceding ten trading sessions, 20 DMA (20 day moving average), 100 DMA (100 day moving average) & the 200 DMA (200 day moving average). MA's can be used in isolation or in conjunction with one another. When used in isolation, the appropriate moving average is used for an appropriate trade – for example, the 10 and 20 DMA's are useful for very short term trading while the 50, 100 and 200 are useful for longer term trading and to judge change in trends. As one goes over charts, you will also notice that MA's can also serve as support or resistance levels and prices tend to bounce off them. A concept called 'Crossover' is used to alert a chartist to a likely change in trend and can happen in two ways –

1. If stock prices cross an important long term average like the 50 or 200 DMAs or
2. If a shorter term MA crosses a longer term MA. Moving Averages are one of the most widely used tools in technical analysis.

Relative Strength Index

A very popular momentum indicator is the Relative Strength Index (RSI) and is used to indicate if a stock is overbought

(and hence nearing buying exhaustion and prices are likely to correct) or oversold (prices are nearing selling exhaustion and likely to rebound). The RSI is defined by readings between 0 and 100 with levels over 70 considered as 'overbought' and readings below 30 as 'oversold'. Chartists often use this indicator to check for any divergence between the price action and the readings on the RSI – for example, if stock prices are making lower lows but the RSI is making higher lows, the obvious takeaway is that the selling has lost momentum and prices could rebound very shortly. RSI is very widely used and is often one of the best indicators of loss in momentum (up or down) in a movement of a security.

One last part of the trader's repertoire before I wind up this piece – the Stop Loss. One must remember that even the best studies of charts may fail in the face of unexpected price moves. When this happens, the only way to protect yourself against serious capital loss is to place a Stop Loss, a price point beyond which you will force close your trade.

While this means losing a particular % on your trade, it helps you preserve capital for a future trade.

I hope this article has given you a peek into the world of Technical Analysis. The topic is very vast and like anything in life, needs plenty of understanding and experience before it is put to good use.

For further reading, the following piece (and other articles on the website) is highly informative- <http://www.investopedia.com/university/technical/>

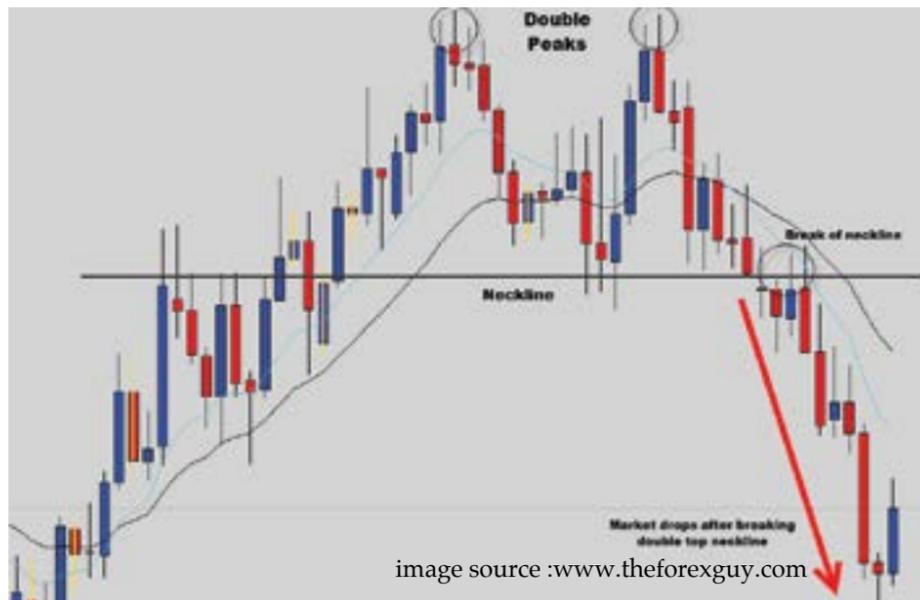


image source :www.theforexguy.com



Image Source: kungfupanda.wikia.com



Image Source: tenrandomfacts.com

Where Lions Sing Philosophy

Thanvi Srikant (S563)

“Remember Dragon Warrior, anything is possible when you have Inner Peace”.

-Master Shifu (Legendary fictitious character, Kung Fu Panda, 2008)

Inner Peace is not something that can be bought by a visit to the most expensive Ayurvedic Spa in Chennai. However, if you are lucky enough, it will probably help you embrace the chaos of life and achieve the impossible. It is pretty amazing how a talking red panda from an animated kids’ movie attempts to teach you life lessons.

On a recent visit to my grandparents’ house, I rummaged through a shelf of dusty old VCDs (which are probably extinct today!) only to discover the Disney movie collection. The Jungle Book, Lion King, Cinderella, Beauty and the Beast, Pocahontas and the rest brought back some priceless memories of my childhood.

It wasn’t just the beautifully painted talking animals on screen, but also the musical elements which made these movies so magical. I vividly remember one of the opening sequences in the Lion King series, ‘He Lives in You’

where all the animals of the African desert assemble and bow to the King of the Jungle.

With a sudden excitement to sing along with the characters, the 5 year old in me impulsively turned to the Internet for viewing the lyrics of the entire soundtrack. I was left completely nonplussed when I understood the underlying philosophy behind the fairly simple lyrics.

“If there’s so much I must be, can I still just be me, the way I am?”, asks an innocent Kiara in Lion King 2. Being 20 years old and at the crossroads of life, I am intrigued by the same question even today.

“For whether we are white or copper skinned, can you sing with all the colours of the mountain? Can you paint with all the colours of the wind?” sings Pocahontas. A truly fitting response to questions on racism.

For those frequently disappointed people who have great expectations from life, there are chances that you will receive more than you expect when you least expect it.

An exuberant song in the Jungle Book sung by Baloo the Bear

to the protagonist Mowgli, explains this perfectly.
*“And don’t spend your time lookin’ around
For something you want that can’t be found
When you find out you can live without it
And go along not thinkin’ about it
I’ll tell you something true
The bare necessities of life will come to you!”*

If you’re a dreamer like me, you’re more likely to put yourself in Cinderella’s shoes (Or should I say glass slippers?) when she sings

*“Have faith in your dreams and someday
Your rainbow will come smiling through
No matter how your heart is grieving
If you keep on believing
The dream that you wish will come true.”*

You have to admit that some of the best therapists and philosophers in the world are found in the mellifluous voices of fictitious animated creatures.

With all the worries that the modern world presents us, it is time we accepted that we occasionally need an anodyne to keep us sane. Perhaps you should consider watching an old animated Disney movie and begin to perceive the world with magic and a sense of humour. It could be a refreshing change from all the seriousness around you.

Until then, ‘Hakuna Matata!’



Image Source: www.festivalsherpa.com

Janani Govindankutty (G175)

There has been a steady rise in the city’s populace opting for an ‘organic lifestyle’. Adapting to an organic lifestyle involves making choices that will have a positive impact on us and the earth. Embracing everything natural and free from pesticides or harmful chemicals is the way ahead—from vermicelli to vegetables to cleaning products, consumers are spoilt for choice while making the alternate choices for an organic lifestyle. Though, the organic shopper knows that it is slightly expensive than the standard market prices, here are reasons why it is still gaining popularity.

Eating organic food not only helps in living a dynamic and healthy lifestyle, it also reduces the negative impact of fertilisers and pesticides on earth- its soil, lakes and rivers. One can also grow herbs and vegetables at home. It saves on your budget, it is fresh produce right from your garden, and it’s not a GMO (Genetically Modified Organism) crop. Right from your pulses to vegetables and fruits, going organic has a lot to offer. The health benefits include reduction of heart disease, prevention of premature aging, it boosts the immune system and lastly,

it tastes better than non-organic food. Moreover, organically raised animals are not given antibiotics, growth hormones, or fed animal by-products. Studies show that certain fruits and vegetables have high pesticide levels when grown, so it is best to buy the organic produce in such cases. These include apples, cucumbers, potatoes, cherries, and grapes. All of this makes us committed towards eating our way to healthier lifestyle

“The best way to stick to organic produce is to buy foods that are in season.”

Since manufacturers infuse harsh chemicals in cleaning products and washing detergents, consumers have also started buying organic cleaning products for household purposes. Such a practice helps reduce the usages of ammonia and chlorine in our house. Four of the best natural cleaning products are vinegar, salt, baking soda and borax. We could use these natural supplements instead of harsh toilet cleaning or washing detergents. A paste of baking soda and water cleans counter tops and greasy pans, as well as bathtubs and sinks.

Vinegar added to the laundry rinse water naturally softens your clothes. Wearing organic cotton clothes is the latest trend among eco-friendly consumers. This is due to the fact that pesticides, fertilizers and chemicals used to grow and process conventional cotton fabrics may go directly to the users’ blood stream, which consequently affect’s the body’s organs and tissues. Thus, the switch to the naturally soft organic cotton fabric, as it is a lot more comfortable to use and is available at competitive prices. Some of the Indian organic cotton apparel brands include Anokhi, Bhu:sattva, Tvach among others.

Since the city is sprouting many organic shops stacked with organic products, one should be wise while buying. When you’re shopping for organic foods, look for the NPOP (National Program for Organic Production) certification by the Agricultural and Processed Food Products Export Development Authority. Just the label ‘natural’ or ‘no preservatives’ on the produce/product is no guarantee that it is organic. Being an informed shopper it the first step in going organic.

So, start living the organic lifestyle.



MY IAS DREAMS

Babu Jacob (J126)

It was my father who planted the idea of joining the Civil Services in my young mind when I turned a teenager. He was a private bank employee and my mother, a government servant- both struggling hard to bring up five kids and make ends meet. Since both were only SSLC pass, they could not enter the portals of a college. In retrospect, I wonder what made my father to make me dream to become an IAS officer. I grew up in a small town called Ponkunnam in Kottayam District. My school education was done in five schools in Ponkunnam and neighbouring Kanjirappally, another small town. Two of these schools were government schools, and it goes without saying, all were Malayalam -medium schools. I started reading The Hindu from the age of 12. My father used to bring the previous day's copy from the bank, after his Manager had read it! I used to read the entire paper, especially the editorials.

I had a fascination for English language and it became my passion as I entered high school. M.E Joseph Sir, my Headmaster and English teacher could easily spot my English skills and it was he who nurtured and encouraged me to be proficient in the Queen's tongue! He used to give me books for reading (there was no library in the school), and corrected my assignments with a critical word or two, and an occasional word of encouragement and appreciation. Thanks to him, I scored distinction in English for my SSLC and possibly, a state rank too! Professor Sebastian of St Berchmans College, Changanacherry, honed my English language skills when I joined the college for my pre-university course and encouraged me to excel.

It was my good fortune to have met an adolescent prodigy (as I used to call him) in SBC.

We were classmates for a year. He was none other than V.Krishnamoorthy, who later secured first rank- at all India level. We used to call him Swamy, since he was a Brahmin (Iyer). Swamy did not hide his ambition to join the Civil Services. There was not even an iota of doubt in all our minds that he will surely get into IAS. And he did, with flying colours! Krishnamurthy retired as Kerala's Chief Secretary. His benign influence on me has to be acknowledged gratefully.

Another person whom I should thank is Thomas Kuruvila, who was doing B.A. Economics when I was doing B.Sc. Chemistry. We soon became very close friends and we two were perhaps the only students in SBC who used to talk mostly in English. Remember, In Kerala, even now, talking in English is considered to be snobbish, even though most youngsters have studied in English medium schools!

The legendary Prof.C.A Shepherd was our English Professor. He was truly amazing! We used to be spellbound while listening to his lectures. Our Principal, Fr. P.C.Mathew also encouraged me a lot. Overall, the four years I spent in SBC laid a solid foundation on which my IAS ambitions were built and further gave wings to it. After graduating in Chemistry, I took up a job in Mar Ivanios College Trivandrum as a Junior Lecturer. Actually my designation was Demonstrator! Some people used to mock me by calling me a Demon. Fr.Geevarghese Panicker was the Principal. When I complained to him that my designation is causing me a lot of heartburn because of the ridicule I was subjected to, he agreed to re-designate me as Junior Lecturer. He even told the Head of the Department of Chemistry to allow me to take lecture classes for pre-professional class. So I became a Guru for a number of future doctors and engineers! Incidentally, my salary was a princely sum of Rs 108, which was later raised to Rs 158!

Earlier, I had been offered the job of a Demonstrator in my own Alma Mater, SBC. However, My IAS ambitions were instrumental in my decision to move my base to the capital city of Kerala. The University College Trivandrum was conducting pre-examination coaching classes for Civil Services examination by Union Public Service Commission. So in the year 1963, I was selected for this evening class from 6 to 9 pm. I was staying in SCA Hostel, near the University College, for easy commuting (and of course for cheaper accommodation). As a Teacher in Mar Ivanios College during day and a student at University College at night, I struggled for about 9 months to cope up with time for my IAS studies. But I did very well in class, by being the topper from among the 12 merit quota students when a scholarship exam

(for a scholarship of Rs 60 per month) was conducted and results were announced! I was fortunate to have at least half-a- dozen friends in the class who later joined the Civil Services. Two of them joined the Tamil Nadu cadre, while two others got into Kerala cadre. One of them was Ms Lalithambika IAS, whom we used to make fun of by calling her IPS because she was somewhat obese! We had Prof.Warrier as Course Director and a few other eminent professors for teaching us varied subjects. Their faces are still vivid in my mind, although the names I am unable to recollect. All of them would have gone to heaven by now!

“On one hand, the lure of a well paid job with a multinational company was too much to resist. On the other hand my decade long dream of getting into IAS was too much to discard overnight.”

The saddest part was that I could neither get my Rs 60 pm scholarship (totally Rs 600 for 10 months), nor appear for the UPSC exam due to a quirk of destiny. I proposed and God disposed! I got the hall ticket for the exam and was looking forward with confidence to write the exam and pass it, too. However, that was not to be. I had applied for the job of a medical representative with Park Davis India Ltd, a leading American pharmaceutical company. The interview was held just two weeks before my IAS exam. Mr T.V. Nalluswamy, the Regional Manager who interviewed me was so impressed with me that he selected me on the spot and asked me to report at the company's Bombay Head office within a week for a one month long orientation course. I tried in vain to convince Mr. Nalluswamy to permit me to write the IAS exam and join duty after that.

He refused to relent and coaxed and cajoled me by saying that I will be getting 50% more salary than an IAS officer. He even taunted me by saying that there can be many a slip between the cup and the lip, implying that my getting into IAS is not at all a certainty.

I was really on the horns of a big dilemma! Should I join Park Davis or say no to the American giant? Being the eldest son, I had a big responsibility to shoulder. By this time, my father had lost his job (Palai Central Bank, where he worked, went into liquidation, thanks to Morarji Desai, the then Finance Minister of India) and the only source of income was my mother's salary. My two younger siblings were in college. On one hand, the lure of a well paid job with a multinational company was too much to resist. On the other hand my decade long dream of getting into IAS was too much to discard overnight. My former Headmaster M.E.Joseph Sir was, by this time, promoted as Regional Deputy Director of Education and was stationed in Trivandrum. With a trembling heart, I sought his advice. Having understood my predicament, he suggested that I accept the job offer from Park Davis. And I did accordingly. My IAS dreams were given a decent burial! After three years with Park Davis and after my younger sister and brother became graduates, thanks to my financial support, and I left Park Davis. But looking back, I have the satisfaction that I could help my parents and younger siblings when they needed help the most. I salvaged a bit of prestige when I got selected as a Probationary officer by State Bank of India (with a salary more or less equal to that of an IAS officer), after an all India competitive exam. However, SBI was not lucky to have me for long since I resigned after 15 years!
 feedback: bjacob20@rediffmail.com/9840089864

CHILLI GOBI

Rajani Sivaram

Chilli gobi, a spicier version of our Gobi Manchurian, is a perfect side dish for any Indo-Chinese recipe or a good appetizer on its own. The ingredient list and the preparation might look too long, but these spices are the modern day Indian pantry staples. With a little planning, this dish can be prepared well within 20 minutes. Get the cauliflower cooking in one end, prepare the batter parallelly. Make the sauce and set aside. Drain and deep fry the cauliflower florets with a coat of batter and add it to the prepared sauce. Done!

INGREDIENTS

For the cauliflower:

- 1 medium cauliflower, cut into florets
- a pinch of turmeric powder
- salt to taste
- water
- oil to deep fry

For the batter:

- 1/2 cup maida
- 1/2 cup corn flour
- 1 teaspoon chili powder
- salt to taste
- water to make the batter

For the sauce:

- 1 medium onion
- 1 small green capsicum, diced
- 2 teaspoon ginger garlic paste
- 2-3 green chillies, sliced into half (optional Or adjust per taste)
- 1 teaspoon chili powder
- 1 tablespoon soya sauce
- 1 tablespoon tomato ketchup
- salt to taste
- 1 tablespoon oil



METHOD

1. Prepare the cauliflower : Bring a pot of water to boil with enough salt as needed and a pinch of turmeric. Add the cauliflower florets and let it boil for 5 minutes. Take off the heat and drain the water off completely.
 2. In a wide bowl, add 1/2 cup maida, 1/2 cup corn flour, 1 teaspoon chili powder, salt as needed. Add enough water to form a batter of cake batter or dosa batter consistency. When we dip the cauliflower in the batter, it should coat it around and not drain off completely.
 3. Heat oil for deep frying. Dip the cauliflower in the prepared batter and deep fry. Once all the florets are fried, set it aside.
 4. Remove all but one tablespoon of oil from the pan.
- We are going to prepare the sauce for the florets. You can prepare this ahead as well.
5. Add one medium chopped onion and 2 sliced green chillies and let it cook. Add 2 teaspoons of ginger garlic paste and saute until the raw smell goes off. Add one tablespoon of soya sauce and one tablespoon of tomato ketchup.
 6. Tip in one finely diced capsicum. Cook for 2-3 minutes.
 7. Let everything cook together for 3-4 minutes. Taste test and adjust seasonings.
 8. Add the fried cauliflower florets and mix gently without breaking it. Take off the heat.
 9. Garnish with spring onions and serve as an appetizer. side for fried rice or a tea time snack.

Crusty Cornbread Paniyaram

Ruchira Ramanujam

If your paniyaram pan only gets filled with dollops of leftover idli batter you might be doing it a great disservice! From aloo bondas to sabudana vadas, quinoa bites to sweet Danish ebelskivers, cooks everywhere are using this versatile pan to dish up their favourite recipes in charming new, lower-fat avatars. Here is a recipe for a savoury cornbread that does not require you to turn on the oven, and puts the crusting power of your appe pan to good use. Put a stack of these crusty bites on the table and watch them disappear in no time! They can moonlight as a side for any meal or as a wholesome after-school snack with a glass of milk. And they happen to be perfectly portable to take along for a picnic or potluck.

(MAKES 18 - 20)

INGREDIENTS

Special Equipment – Paniyaram pan

- Dry Ingredients –
- 1/2 cup yellow corn flour or makki ka atta
- 1/4 cup whole wheat flour /atta
- 1/4 cup all-purpose flour
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp red chili powder
- 1 tsp cumin powder
- Wet Ingredients –
- 3/4 cup buttermilk, at room temperature
- 1/4 cup butter, melted and cooled
- 2 eggs, at room temperature
- oil or ghee for cooking
- 1/2 cup grated Cheddar cheese
- 1/2 cup boiled corn kernels
- 1 green chilli, minced



METHOD

1. Preheat the paniyaram pan as per the manufacturer's instructions.
2. Mix together the dry ingredients in a large bowl.
3. Whisk the wet ingredients together in a smaller bowl or measuring cup
4. Make a well in the dry ingredients and pour in the wet. Stir briefly until mixed.
5. Stir in the cheese, corn and chilli.
6. Put a few drops of oil or ghee into each cup of the paniyaram pan. Spoon in the batter into the preheated pan – about a tablespoon in each cup, leaving a little room for the cornbread to rise.
7. Cover the pan with a domed lid.
8. Cook for about 3-5 minutes or until set. Carefully turn them over using a thin spatula or bamboo skewer. Cook the other side for about 2 minutes or until well-browned, adding more oil or ghee, if desired.
9. Remove from the pan and serve immediately with salsa, guacamole and sour cream.

Fresh Fig Clafouti

Ruchira Ramanujam



French desserts don't always have to be complicated and daunting, and the Clafouti is a perfect example. Classic custard ingredients are whisked together and then baked up along with fat chunks of whatever fruit is in season. Cherries, pears, plums, all work well though we've used fresh figs here that are now in season. The jammy flavor of the figs intensifies beautifully when they are baked, and you also get that irresistible crunch from the tiny seeds. This Fresh Fig Clafouti is a perfect Friday night dessert, setting the stage for decadence to follow in the weekend.

(SERVES 4-6)

INGREDIENTS

- 5 figs
- 1 cup milk
- 1/3 cup sugar
- 3 eggs
- ½ teaspoon pure vanilla extract
- ¼ teaspoon salt
- ½ teaspoon cinnamon powder
- Pinch of freshly grated nutmeg
- ½ cup all-purpose flour
- 2 tablespoons brown sugar

METHOD

1. Preheat the oven to 180°C.
2. Generously butter a 9" pie plate or medium oven-proof dish and set aside.

3. Wash and dry the figs gently. Then trim away the stems and quarter the figs.
4. Scatter the figs around the prepared dish. Set aside.
5. Put all the remaining ingredients except the brown sugar into a blender and process for about a minute or until smooth.
6. Pour the mixture over the figs.
7. Sprinkle the brown sugar over the custard and fruit.
8. Bake for about 45 minutes or until the custard is puffy and golden and a knife inserted in the custard comes out clean.
9. Dust with a little icing sugar and serve warm with thick cream.

SPINACH POTATO BROCCOLI PATTIES

Rajani Sivaram

INTRODUCTION:

This is one of the oft repeated recipes at my place. There is minimal effort involved, it tastes wonderful and has the goodness of greens. It can be prepared ahead and refrigerated till ready to use. It makes a great snack for the lunch box. The broccoli can be replaced by carrots or cauliflower or any other vegetable of your choice.

I use it extensively as a sandwich filling, again a great lunch box solution.

INGREDIENTS:

- 2 medium potatoes
- 1 cup broccoli (or any vegetable of your preference)
- one slice bread
- 1/4 cup spinach or methi
- salt and pepper
- 2 tablespoons oil

METHOD:

1. Pressure cook 2 medium potatoes, 1 cup broccoli and ¼ cup spinach together for 2 whistles. Once it is cooked, drain the water completely.
2. Dip one bread slice in a plateful of water. Take out immediately and squeeze out excess water.
3. Add this bread piece (or 1/2 cup bread crumbs) with salt and pepper as needed to the potatoes mix.
4. Mash everything well together until no lumps remain. Check the seasonings and adjust if needed.
5. Shape into oval or circular cutlets and keep it ready.
6. Heat 2 tablespoons of oil in a shallow pan.
7. Add the patties without crowding the pan. Let it cook and become golden brown on the bottom. Flip over and cook the other side.
8. Take off the heat and place on a paper napkin. Serve with ketchup.
9. This patty makes an excellent sandwich filling. Heat a tawa and place two slices of bread. When the bottom side is toasted, flip it over. Add about 1 teaspoon of grated cheese or half of a slice on both pieces of bread. When the cheese begins to melt, take off the pan and place in a plate. Add the prepared patty and a few thin slices of tomatoes on one of the slices. Add mayonnaise on the other and press it softly on top of the other. The melted cheese will hold the fillings in place.



Pongal O Pongal



January 26th at GNC

Dear Members,
This day will be long remembered for 2 important events. At 8.00.a.m. Hon'ble Justice MM.Sundresh hoisted the National Flag at the lawn in the presence of over 60 members. Soon after unfurling the flag the Hon'ble Justice briefly spoke on the importance of independence and the constitution of India. He quoted couplets from Thirukural to stress the importance of a robust economy through good citizens noble deeds and strong business presence. The National anthem was sung by members present and the Chief Guest of the function.

After completion Hon'ble Justice Sundresh and his spouse inaugurated the LEO COFFEE RESTO BAR at the deck area. An outlet to vend coffee, tea, milk shakes, coffee powder and more. Coffee served to the members present as a token of their contribution by M/s.Leo Coffee & received appreciation by all present. Mrs & Mr.PRKB Srinivasan and Mr.Venu Srinivasan of M/s.Leo Coffee who are also members of our club were present for both the events.

Our thanks to Mr.Srinivasan for having come forward and put up the Leo Coffee Resto Bar without charging the club.

The facility will be open from 6.a.m till 9.30.a.m and from 3.30.p.m. till 9.30.p.m. on all days.

Breakfast was served on the house with live counters dishing out Vada and Dosa. It was a delicious and a fitting finish to the pleasant mornings' function.

We thank all the members who were present for both the events and for having made it memorable.

Hon.Secretary
Ashok Sarrangan – Secretary (AI29)

REPUBLIC DAY



GNC-Scolympics Republic Day Quiz held at Gandhinagar Club Conference Hall On 26th January 2016

Neithra Venkat (N239)

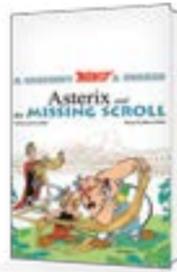
Today was definitely the most different and exciting Republic Day I have ever had. I had the opportunity to be part of a very special, GNC-Scolympics Adult-Child Republic Day Quiz! What a day it has been.

I entered the club around 1:30 PM to see the conference room packed with about 35 families with around 60 children waiting to start quizzing. Who would have thought so many people would turn up on one of the very few holidays? Great job parents for supporting your kids and thank skids for being such sports. The very beautiful conference room now had a group of enthusiasts; I would say that is a perfect combo for a perfect competition.

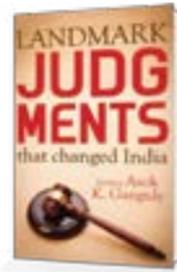
The quiz was to be of 2 parts- the prelims and the finals. The prelims consisted of 20 questions based on which 8 teams would be chosen to take part in the finals. Oh! But we had 9 teams in the finals! This shows the quality of participants we had and their drive to do their best. The kids were convincing their parents saying "Wrong Pa! The answer is Vizag. I'm sure about it" and parents very obediently noting the answers their kids, or should I say teammates, were so sure of. There were various questions being thrown, from latest news to movies to sports and everything else you can think of. The very famous quizmaster, Mr.Gopal Kidao, was doing a fabulous job at keeping the crowd on the edge of their seats. The prelims saw some jumping while knowing an answer, some raising their hands in excitement and gave us 9 finalists.

Just as the prelims scoring was going on, the snacks were served! Oh boy, I haven't seen kids this happy before! We were served hot samosas which gave the finalists enough energy to battle it out. The finals saw various fun rounds like Taboo and emojis etc and when the quiz was over, the crowd was not yet done; They wanted more!

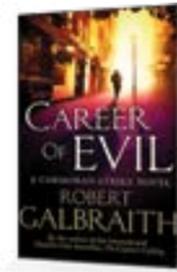
An overall great event, impeccable service, the best hosts, enthusiastic participants, entertaining organizers, yummy snacks and a Republic Day I am going to remember for the rest of my life! A Special thanks to the Hon. Secretary of the club, Mr.Ashok Sarrangan, who took a lot of pains and effort to make this event a success. Also, thanks to the President, Mr. B Venkatesh and Mr.Ashok Sarrangan for coming and making this event more special for everyone!



Asterix
Asterix And The Missin Scroll



Justice Asok K. Ganguly
Landmark Judgements That Changed India



Robert Galbraith
Career Of Evil



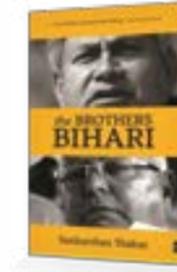
Pratibha Ray
Citadel Of Love



Nicholas Sparks
See Me



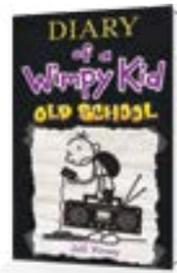
Ravi Subramanian
The Bestseller She Wrote



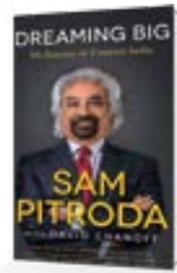
Sankarshan Thakur
The Brothers Bihari



M.I.fotedar
The Chinar Leaves



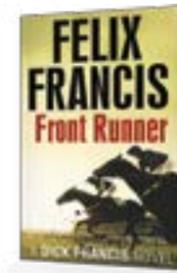
Jeff Kinney
Diary Of A Wimpy Kid Old School



Sam Pitroda
Dreaming Big - My Journey To Connect India



Lisa Kleypas
Dreaming Of You



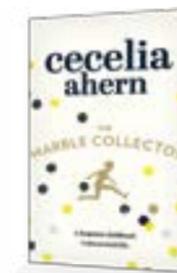
Felix Francis
Front Runner



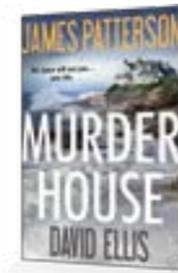
David Baldacci
The Guilty



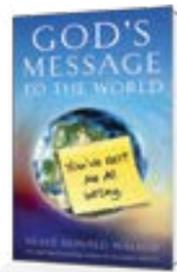
Sudha Murty
The Magic Of The Lost Temple



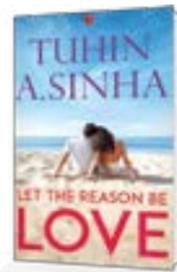
Cecelia Ahern
The Marble Collector



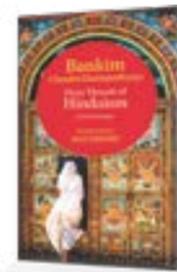
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Murder House



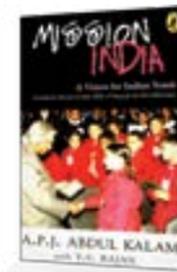
Neale Donald Walsch
God's Message To The World



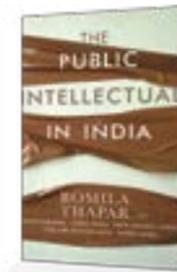
Tuhin A Sinha
Let The Reason Be Love



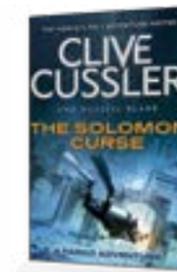
Bankim Chandra Chattopadhyaya
Many Threads Of Hinduism



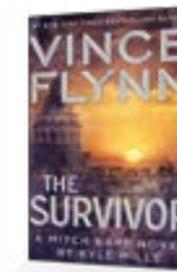
Apj Abdul Kalam
Mission India - A Vision For Indian Youth



Romila Thapar
The Public Intellectual In India



Clive Cussler
The Solomon Curse



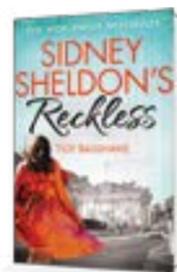
Vince Flynn
The Survivor



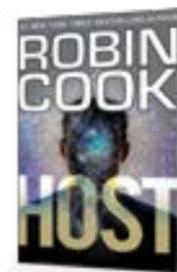
Lisa Kleypas
Then Came You



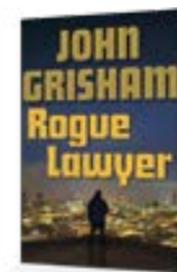
Geronimo Stilton
Mouse House Hunter



Sidney Sheldon
Reckless



Robin Cook
The Host



John Grisham
Rogue Lawyer



Twinkle Khanna
Mrs Funnybones

OTHER BOOKS:

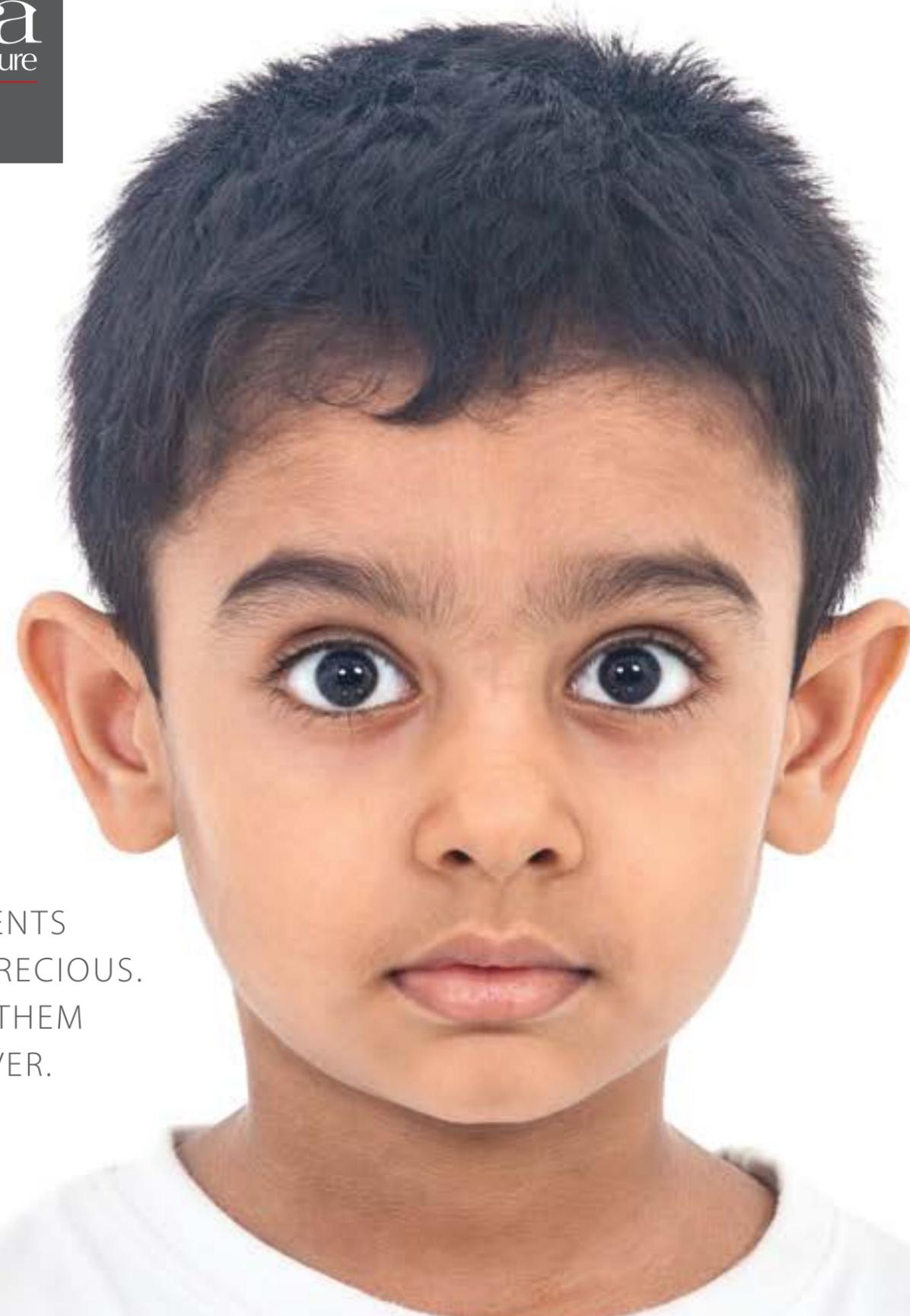
A P J Abdul Kalam
Devdutt Pattanaik
Preeti Shenoy
Claire North

My Life
My Gita
Why We Love The Way We Do
Touch

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