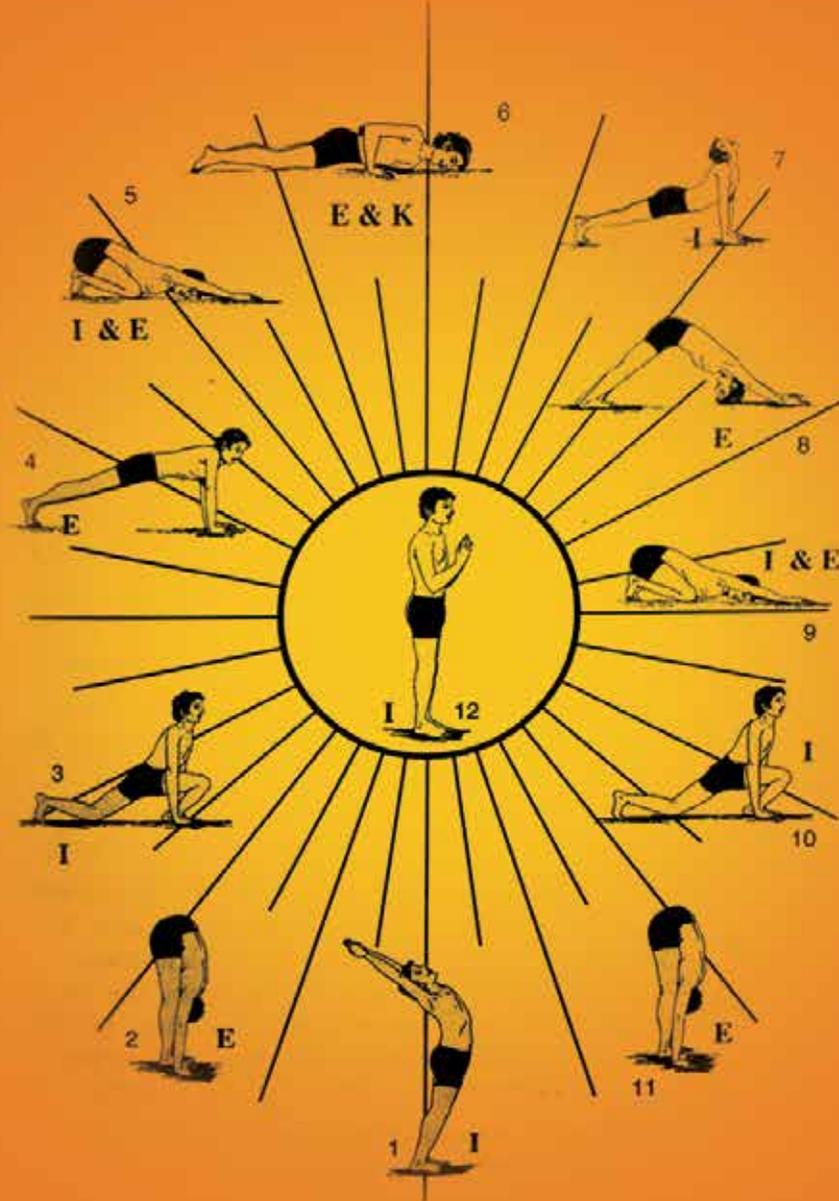


Bits & Bytes

For Alumni Club Members
July 2016

SŪRYANAMASKĀRA



I-Inhale | E-Exale | K-Hold the Breath

President's Desk

My Dear Fellow Members of Alumni Club,

It is my great pleasure to be talking to you through Bits & Bytes for the second year. On behalf of the Managing Committee, I thank each and every one of you for having elected us as Committee Members for the year 2016-17.

I take this opportunity to thank every member of the previous committee for their excellent and dedicated work carried out in the last year. The management's response during the flood crisis is highly appreciated.

The smart card introduced by the previous committee is well received by the members. This committee is planning to make the smart card smarter by introducing new features in steps and will strictly implement card use. I request every member and his wife to get smart cards and use them.

After seeing the AGM report, the foremost thing that comes to my mind is the need to increase the participation by members in the club. Keeping that in mind, the MC is planning various entertainment programs, sports activities, children's programs etc. These activities will improve the opportunity for members to actively participate. The MC welcomes all your suggestions to increase the number of members participating in club activities.

Mr. R. Elumalai will continue to bring out the BITS & BITES this year too. He may be reached at his email address: eluprint7@gmail.com. Feel free to give your valuable suggestions enabling us to serve you better.

Mr. S. Chandrasekaran, our Secretary, will be in touch with you with more details on club activities. Any one of the Committee members will be available on a daily basis and feel free to contact them personally to give your valuable suggestions. Looking forward to your co-operation in making 2016-2017 a grand success.

With Warm Regards,

C.A. Raj Mathivanan
President



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IRON MAN

Imagine taking on a gruelling 3.8 km. swim in the open sea, 180 km. of cycling and a 42.2 km. run. This is what it takes to be an Iron Man. And when we realise that Iron Man is one amongst us, it is really a proud moment to all of us. It is none other than our own club member Mr. K. K. Arun Krishnan (M. No. 63). Arun was the captain of his college swimming team. He was into fitness from a young age and one fine day he decided to train for a marathon. He ran the Pune Marathon in 1987 followed by those at international venues like Singapore, Paris, Berlin, Tokyo and Chicago.

His latest feat happed on June 12 when he completed the Ironman Asia-Pacific Championship, Cairns, which made him the oldest Indian to be christened as instead of an "Ironman". He achieved the demanding routine in 16 hours, 27 minute and 35 seconds ahead of the cut-off time.

Arun had prepared vigorously for 24 weeks for this championship and believes self-motivation is his biggest strength





Arun had prepared vigorously for 24 weeks for this championship and believes self-motivation is his biggest strength. He says “anyone can do it...if you are motivated enough”. Now he is in the process of inspiring youngsters and setting up a centre that will teach total immersion swimming techniques. Salute to Arun Krishnan.

ENTERTAINMENT CALENDAR FOR JULY 2016

- 02-07-2016
Saturday 7.00 p.m.
**OLD HINDI HITS BY GEET
GATTA CHAL**
- 03-07-2016
Sunday 7.30 p.m.
TAMBOLA
- 09-07-2016
Saturday 7.00 p.m.
TAMIL MOVIE
- 16-07-2016
Saturday 7.00 p.m.
TAMIL MOVIE
- 23-07-2016
Saturday 7.00 p.m.
TAMIL MOVIE
- 30-07-2016
Saturday 7.00 p.m.
TAMIL MOVIE

BRIDGE NEWS

June Intra Bridge Tournament on 26th June 2016

CONGRATULATIONS TO THE PRIZE WINNERS

THE RESULTS ARE AS FOLLOWS.

1. Lachu/ lalitha 72.4 % 4 Mps
2. Baskar/ CMK 64.0 % 3 Mps
3. Sriram/ Kannan 56.8 % 2 Mps.
4. Raju Nat/ Prem 48.4 % 1 Mp.

Out of 10 pairs, only three pairs have scored more than 50 %.

Thanks to Baskar for conducting the Tournament.

- NRK

BENEFITS OF SURYANAMASKAR

- ☀️ Tones up the digestive system by the alternate stretching and compression of abdominal organs. It activates digestion and get rid of constipation and dyspepsia.
- ☀️ Strengthens abdominal muscles.
- ☀️ Thoroughly ventilates the lungs and oxygenates the blood.
- ☀️ Acts as detoxifying agent, by getting rid of enormous quantity of carbon dioxide and other toxic gases.
- ☀️ Promotes sleep and calms anxiety.
- ☀️ Tones up the nervous system and improves memory.
- ☀️ Normalizes the activity of the endocrine glands – especially the thyroid gland.
- ☀️ Refreshes the skin. Prevents skin disorders.
- ☀️ Improves muscle flexibility.
- ☀️ Prevents loss of hair and graying.
- ☀️ Helps reduce fat.
- ☀️ Reduces abnormal prominence of the Adam’s apple.
- ☀️ Eliminates unpleasant smells from the body.
- ☀️ Lends grace and ease of movements to the body.
- ☀️ Revives and maintains the spirit of youthfulness.
- ☀️ Broadens chest and beautifies arms.
- ☀️ Makes the spine and waist flexible.
- ☀️ Produces health, strength, efficiency and longevity.





Children's evening

It is fun and frolic all the way through Children's Evening which was conducted on Saturday 25th June at our Club. The children were enthusiastic in participating the challenging events and enjoyed too.



YOGA IN OUR CLUB

Yoga workshop was conducted at Alumni Club on Sunday, 12 June in the morning 6.30 to 9.00. Around twenty members were participated. A CD from Isha was played on the big screen wherein an introduction to Yoga was given by Sadhguru Jaggi Vasudev. During the practice session, step by step procedure was demonstrated and the participants are guided to do asanas and pranayama.

Hindi Musical Nite

SOME RANDOM MUSICAL THOUGHTS

Vijayalaxmi Sukumaran (Mem. No. 351)

This is what Shakespeare wrote many many years ago

*If music be the food of love, play on;
Give me excess of it, that, surfeiting,
The appetite may sicken, and so die.
That strain again! it had a dying fall:
O, it came o'er my ear like the sweet sound,*

But even today in the 21st century when we all Alumni family were listening to the melodious music of the Hindi film songs of sixties & seventies on Saturday, 28th May, the above saying of Shakespeare still holds good.

The pure white setting, with scattered lights for the soft music of the bygone era was a pure blissful experience. The flow of the music was there and we all literally floated along with it. To some it brought back those sweet memories of those carefree college days. The unsaid magic moments with friends who are there but we never meet and some who have gone beyond our call. Was this the song we all sang on the last day on campus. Remember while dancing for the college day and this was the song I remember it so clearly and how so and so tripped towards the end .

The picnics where all these songs helped us to win the Antakshiri (the song game)

Just on the next table I heard this “remember this was the song you sang when we came





to see you". Sweet memories and sweeter smiles even today. The singer was singing a beautiful bhajan which sort of helped us all to connect remotely with a direct line to God. These few minutes by which a beautiful voice could transform our souls towards heaven could only be experienced and cannot be worded. The joy of sixties and seventies music was because the background music was soft, the lyrics were so sensitive and touched the heart and the singer could be heard.

Some of the songs did make us feel high, we clapped to the music and tapped our toes but none got up and danced. We just wanted the music to play on, enjoy the serene moment of thou beside me under the bough with nectar in my cup of overflowing joy. The old melodies still remain with us some may hum it, few may sing it but all of us never forget it. But today's music just fades away. The era of seventies was ruled by some of the best voices. The songs never got old they were evergreen. It was a romantic golden era of music. They seemed to smoothen the ruffled worried mind.

We all had different beliefs, ideologies, tastes, background yet all our ears were fine tuned towards an incredible common force MUSIC that united all of us for the few hours. Music they say has no language and it is a fact. Play any music even if you don't understand a word of it yet your fingers move to its rhythm. All goldie oldie melodies and all oldies listening with such serene contended looks. It was a sight to behold and we all will always cherish these golden moments!

Glimpse of Udaipur and Rajasthan

S.Vijayakumar (Mem. No.029)





A short trip to Udaipur and Rajasthan was planned and executed. We visited Nathdwara temple after landing in Udaipur. This is one of “pancha dwaraka” temples of Lord Krishna. He is called “Shreenathji” in Nathdwara. We also explored sightseeing spots in Udaipur.

Udaipur is an oasis in the dry heart of Rajasthan. Udaipur means the “city of sunrise”. Maharana Udai Singh founded Udaipur in 1567 on the slope of Aravali hills at an altitude of 577feet. In the past, the capital of Mewar was at Udaipur. It is surrounded by hills and mountains and set on the edge of 3 lakes - Pichola Lake, Fateh Sagar Lake and Swarup Sagar Lake.

The dream city is well known for lakes and palaces, marbles, gardens and old temples. The place is of tourist attraction for almost 9 months in a year, one can see many foreigners

visiting this place. There are 55 hotels situated on the periphery of pichola lake - like Taj lake palace, Leela palace, etc. Udaipur is known for marbles, bed spreads, sofa/pillow covers, bandini silk/cotton sarees, etc.

We visited city palace, garden, pichola lake, Fateh Sagar Lake, Swarup Sagar Lake, Pratap Smarak Samrati, Museum and Haldi Ghati, Nehru Island Park, etc as a part of one day sight-seeing tour. We also visited old Jagdish temple (Vishnu) and Ekling Ji temple (shiva) in the evening. The Jagdish temple was built-in 1662 A.D. by King Maharana Pratap Singh and is depicting Indo-Aryan architecture.

Later part of the evening we went to “Baghor Ki Haveli” to see Rajastani music and dance show for an hour. Overall it was a memorable and enjoyable visit and we relished some Veg.Rajastani stuff during our stay.

BEST THINGS IN LIFE

Find out yours

Falling in Love Laughing so hard your face hurts
 A hot shower No lines at the mall counter Getting
 mail Lying in bed listening to the rain outside
 Finding the Jerkin you want is on sale for half
 price Chocolate milkshake Having someone tell
 you that you're beautiful A long conversation with
 an old friend Waking up and realizing you still have
 a few hours to sleep Playing with a new puppy
 Sweet dreams Swinging on swings Watching a
 good movie with someone you love Watching the
 expression on someone's face as they open a much
 desired gift Winning a competition Holding hands
 Being tickled Watching a sunset by the ocean A
 pat on the back An ice cold drink on a really hot
 day Having someone give you that special look
 Having someone play with your hair A walk in the
 park A surprise Getting out of bed each morning
 and thanking God for another beautiful day

THE TENS

- The most damaging one letter word : **I** - Avoid it.
- The most satisfying two-letter word : **WE** - Use it.
- The most poisonous three-letter word : **EGO** - Kill it.
- The most used four-letter word : **LOVE** - Value it.
- The most pleasing five-letter word : **SMILE** - Keep it.
- The fastest spreading six-letter word : **RUMOUR** - Ignore it.
- The most enviable seven-letter word : **SUCCESS** - Achieve it.
- The most nefarious eight-letter word : **JEALOUSY** - Distance it.
- The most powerful nine-letter word : **KNOWLEDGE** - Acquire it.
- The most essential ten-letter word : **CONFIDENCE** - Trust it.