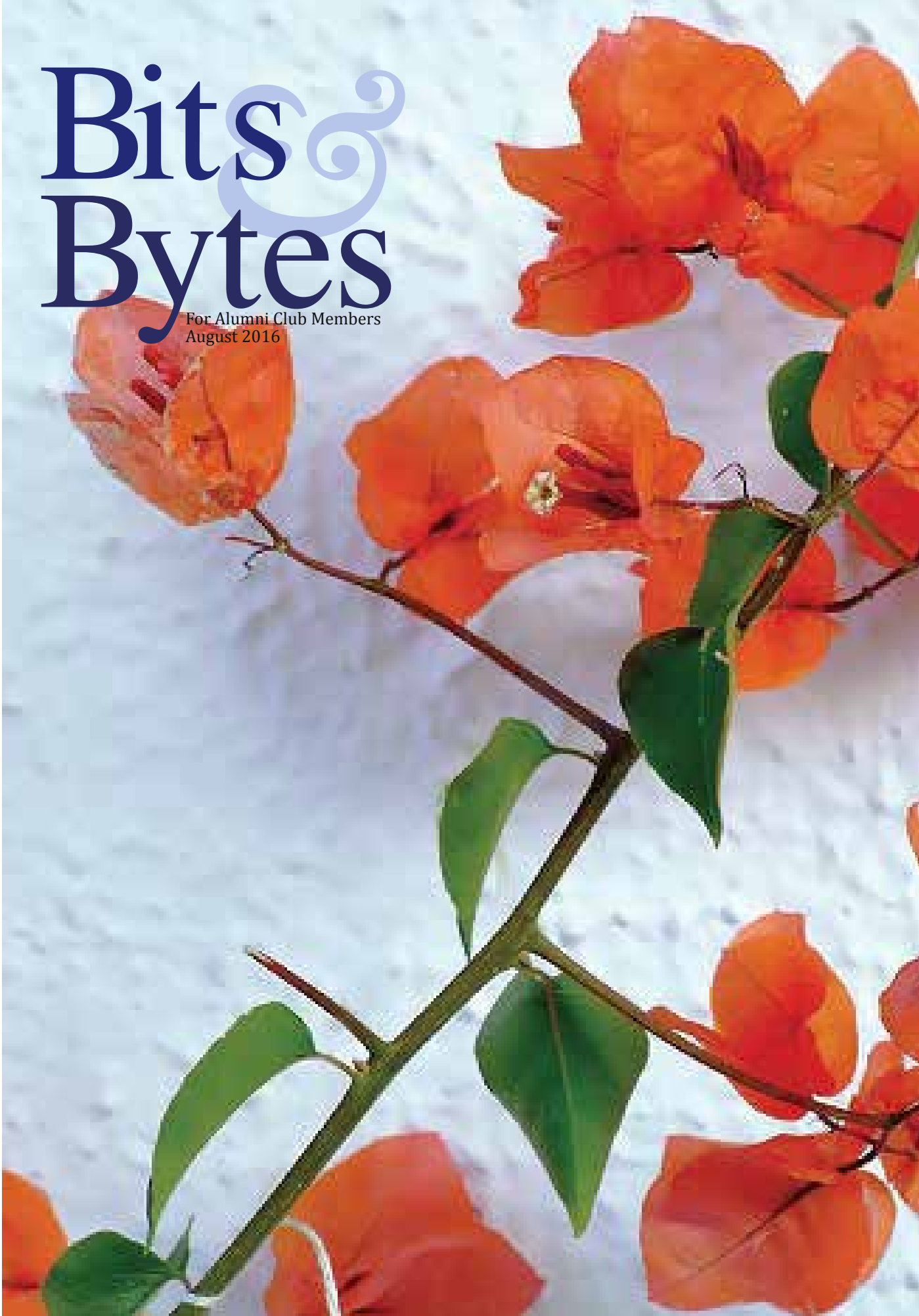


# Bits & Bytes

For Alumni Club Members  
August 2016



## Secretary's Desk

My dear fellow Alumni club members,

I thank every one of you for putting faith in me to contribute for betterment of the club. As honorary secretary, I will devote time and make sincere efforts towards progress of our club. The team, Management committee has strong performers. I am sure that the direction set by predecessors will be followed. I salute with genuine respect the men who made great contributions to our club, which earned our club an enviable place among elite clubs of Chennai. We are respected not only as a well-run club with great facilities, but as a group of intellectuals, who contribute to their alma mater and society at large.

The team members of the management committee have started their work earnestly. The fruition of these efforts can be made possible only with continuous feedback from members. It will be even better, instead of just feedback; it becomes a continuous interaction and sensible course corrections. We will receive all feedback, advises and suggestions with an open mind and take forward the practical ones. Motivating appreciations will go a long way in bolstering our resolve to work more effectively.

Every member of our club defines the club as per their needs and the impressions their experience had created. This is the wonderful gift of nature which we humans are born with. Sports, permit room, restaurant, partying place, meeting place with class mates, movies, music, entertainment etc. The visible domains, the intangible social and psychological domains and the domains which are beyond this list can be source for plethora of definitions. I take the liberty of presuming that these definitions are based on a strong common platform that the club is a leisure place. It is my special request to my fellow members that club is understood and used as a leisure place away from maddening city activities and not a place to hop in and hop out in a hurry for a specific activity.

The issues that need immediate attention s are 1. Reducing deficit (cash loss), 2. Streamlining and augmenting Human resources which form the very foundation of any organization. 3. Removing the difficulties faced by members in effecting e-payments through payment gateway.

The smart card was recently introduced to achieve simplicity in operations of the club with seamless integration of all activities. Mr. R. Mohan, who as Hon. secretary headed the project has agreed to continue his work and will complete the implementation. Mr. Mohan is also working on upgrading our web site. The new look and more friendly web site for our club will be up any time. I am sure that this would make us proud.

We are planning a sober celebration for our club day and grand New Year eve. The committee members M. Saravanan and R. Rajamanickam will form a special team for entertainment and catering for these events. I thank them for this.

All the committee members have formed their team of subcommittee members and their annual plans are ready.

Mr. M. Saravanan , with his vast experience in entertainment, should be making our club a happy place for us to spend our weekends. Please look forward to some exciting programs.

Mr. R. Rajamanickam, in charge of catering, has already started introducing new menu. Mid-week, Wednesday, Take away, Non Veg specials are already in place. Sunday lunch and movie day snacks are drawing his special attention. He is also focusing on all round better service.



### MANAGEMENT COMMITTEE 2015-16

#### PRESIDENT

**C.A. Raj Mathivanan**

Mobile: 9500041808

E-mail: presidentalumniclub@gmail.com

#### VICE PRESIDENT

**Prof. Dr. S. Selladurai**

Mobile: 9444140138

E-mail: ssdurai@yahoo.com

#### SECRETARY

**S. Chandrasekaran**

Mobile No.9840151619

Email: kirancharan@yahoo.co.in

#### TREASURER

**R. Saravanan**

Mobile No.9841010033

Email: kenwith\_50@yahoo.in

### COMMITTEE MEMBERS

#### ENTERTAINMENT

**M. Saravanan**

Mobile: 9444777007

E-mail: msarov007@gmail.com

#### HOUSE-KEEPING

**S. Krishnakumar**

Mobile: 98400 89721

E-mail: skkprime@gmail.com

#### SPORTS

**S. Umashankar**

Mobile: 9841688178

E-mail: umeh90@gmail.com

#### CATERING

**R. Rajamanickam**

Mobile: 9884202345

E-mail: raJamanickam\_r@yahoo.co.in

#### PERMIT ROOM

**A. Aravamudhan**

Mobile: 9444018036

E-mail: arava.krish@gmail.com

#### CO-OPTED MEMBERS

**Dr. K.M. Veerabdran**

Mobile: 9841261447

E-mail: kmveera67@yahoo.co.in

**M. R. Senthamil Arasu**

Mobile: 9444610084

E-mail: senthamilarasu@hotmail.com

#### Independent Charge

#### LIBRARY & NEWS LETTER

**R. Elumalai**

Mobile: 9444287756

E-mail: eluprint7@gmail.com

Mr.S. Krishnakumar, with a very systematic approach taking the maintenance and Project to different level. He will work on club ambience and safety. If the budget permits you can see some ambitious projects completed.

Mr. A. Aravamudan, will not allow our permit room to go dry. He will spend his time and efforts to ensure that wide range products meet the connoisseurs' taste. Please extend your support informing your preferences in the liquid domain.

Mr.S.Umashankar, an athlete himself, continues in the progressive path set by Mr. A. Jayakumar. He is full of energy and enthusiasm to try out new concepts and ideas. We can expect a vibrant sporting year.

M & D committee is headed by Mr. A. Jayakumar with a strong team. Mr. B. Rajappa, Mr. M. Senthamizh Arasu and Mr. Suriyanarayanan are the team members. We can be assured that they will not only take care of the normal work of such committee, but will also be a guiding force for progress of the club.

Academic and University co-ordination committee -- Dr. M. Sekar and S. Karunakaran will help the club achieve the objectives set forth in our manuals. I request our members to extend their support to this team, using their Industrial and professional expertise and contacts.

Mr. R. Elumalai, who has done a wonderful job of the In House Journal last year, will continue to be in-charge of library and house journal. Technical papers, cultural presentations and other articles by club members are welcome to the House Journal Bits & Bytes.

The Mega Bite is renovated into a classy restaurant. In this new design of comfort and style, it is difficult to provide extra chairs to the table. Members, who have mini parties of more than six persons, are requested to use the small room restaurant. Further the Mega Bite extension is not suitable for evening get together of more than 10 persons. Please use Upper deck for such an event. This is an alumni club, we the alumni meet frequently in good numbers and recall college days and enjoy sober evenings. Please take the help of the club staff in finding a suitable place for such meets.

Those wearing shorts are not allowed in permit room and AC restaurants. This rule is in place since long. Kindly cooperate in observing this rule.

The smart card is issued not only with the view of seamless integration of all activities, but also to provide statistics that can be used for improving the service to our members. We request the member, spouse and wards to register their arrival at the club. Currently, the temporary card is issued without any charge. In future the temporary cards will be provided and charged Rs.50/- per issue. The temporary cards should be returned at the time of leaving the club.

Please forward your suggestions and complaints to mail id< [acau@ymail.com](mailto:acau@ymail.com)>.

Wishing you all a good time at club.

Yours truly,

**S. Chandrasekaran**  
Hon Secretary

## AGM - NEW AMENDMENTS

**DURING AGM HELD ON 26.6.2016 THE FOLLOWING AMENDMENTS WERE PASSED. THE NEW RULES AND BYE LAWS ARE EFFECTIVE FROM DATE OF AGM.**

### **8.7.2: Amended :**

The admission fee shall be Rs. 6,00,000/- (Rupees six lakhs only) per institution Member. No further entrance fee shall be charged for the successor nominee until expiry of ten years from the date of admission of first nominee.

The one- time admission Fee shall be non-Refundable.

### **9.1 : Amended :**

All aspiring and eligible members, except honorary members will be required to make a formal application for admission, make a non – refundable admission fees of Rs. 2,00,000/- upon selection agreeing to abide by the rules and code of conduct for member of the club, in force from time to time.

### **9.3 : Amended:**

Faculty members of Anna University in service may be admitted to membership on payment of Rs. 40,000 as admission fee, and make a formal application for admission with due approval by Registrar, Anna University, agreeing to abide by the rules and code of from time to time and such membership being co-terminus with their service in the University.

### **9.4.: Amended**

All Members will be required to pay an annual subscription of Rs. 4000 per annum and also other charges for service rendered for athletics and other facilities.

### **9.11 : Amended**

Resolved to restore the Minimum Billing of Rs. 400/- (Rupees Four hundred only) to be charged with effect from 01.07.2016 to the members to provide for increase in the operational expenses and fixed costs even if the member is not using the club facilities during that month. The Minimum Billing charges will be Billed on a monthly basis and adjusted on a quarterly basis.

### **9.14 : Amended**

Eligibility for ward members to be set at 25 years of age. All other dependents treated as guests.

### **10.1 : Amended**

Elected Members subject to the provisions of the rules and procedures for election of members to the Managing Committee of the club, there shall be nine members elected by the General Body Meeting.

## LET US WELCOME NEW MEMBERS

Further to the Interview held by M & D Committee on 12th June 2016 (Sunday), Eleven new members were selected, of which ten members joined the Club paying the requisite Admission Fees. An Induction cum Familiarization dinner was held for the new members (with family) on 25 June 2016 (Saturday) to welcome them into the Alumni Club Fold.

Dear new Members, welcome to the new world of Alumni Club !!



### BRIDGE NEWS

## PROUD MOMENT



Sri. D.V.Ravi, our member has been elected as a Joint Secretary of Bridge Federation of India, known as BFI. He is past Sports committee member of our club. Presently he is the Secretary of Tamil Nadu Bridge Federation.

During his tenure as TNBA Secretary, Ravi has been one of the organising Committee member of the World Bridge Championship, held at Chennai during October 2015. This is the First time the World Bridge Championship Tournament was held in India and that even at Chennai. The event was held at Hotel Grand Chola. Holding this tournament involves great efforts, coordination, participation from more than 30 countries, arrangements for their Visa, Travel, stay of Competitors and officials and so on. More than that mobilisation of Funds, Government recognition takes up lot of time and involvement.

Our D.V. Ravi, coordinating with the BFI officials, devoted lots of time and energy and made this World level Event a Grand success. When the elections for the BFI officials were held at Bangalore during the national tournament this July, Ravi was a definite choice for the post of Joint Secretary.

Ravi is a successful Bridge player representing our Club with his team in National and State levels. He is now busy with the Organising the South Zone Bridge Tournament, being held at Jawaharlal Nehru Indoor AC Stadium on 12, 13, 14 th August 2016.

We all wish him all success in his passionate field.

- NRK



# ELECTRONIC VOTING

With the initiative of Mr N.R. Krishnaswamy (Returning Officer) and with the support of the Managing Committee, ELECTRONIC VOTING (EV) was introduced for the first time in our Club election held on June 30, 2016. This write up is to share with our members about the whole process of EV. The web based software was developed by the Bangalore based data visualization company “GRAMENER” with the inputs provided by the election officials.

**VOTING PROCESS :** Voters exercised their choice by clicking on the candidate appearing on the laptop screen as in the screen shot.

After voting is completed, results are available on inputting a secret password known only to the returning officer.

**BENEFITS OF EV :**

- No invalid votes
- Results available within 2 minutes of completion of voting
- Time taken for election process is considerably reduced

**BACK UPS:** In case of Wi Fi failure, mobile based “hotspot” was kept as back up.

In case of system/software failure, manual voting system was planned.

**BEHIND THE SCENE ACTIVITIES:** On the basis of inputs, software was developed. Demo of this was done to the Managing Committee and election officials. From the feedback on demo, some modifications were done in the software. Election officials did a mock voting to test the reliability Training was provided to the officials manning the polling stations Five voting stations were installed in the voting area A wi-fi booster was installed for good signal strength.

**THE IMPACT-** About 200 members voted in five polling stations. The time taken (from queue formation by the voters to announcement of results) was just 40 minutes. With more polling stations, time can be still reduced.

The Electronic voting was error free, fast and paperless. In future, further improvements can be made. Thanks to the Managing Committee for its commitment and support.

- *NRK*



After selecting the candidates, voter clicks “SUBMIT” button to record his choice.

Voter can also change his choice before submitting.

After a voter submits his choice, system is automatically locked. Next voter can vote only after the election official enables the system using a password.



# IF YOU ENJOY TRYING TO LEARN NEW FACTS AND FIGURES, TRY THIS:

1. Where is the world's hottest place?
2. Where is the world's coldest place?
3. Where is the world's most populated city?
4. Where is the world's least populated city?
5. Where is the world's wealthiest city?
6. Where is the world's poorest city in the poorest country?
7. Which is the highest point in the world?
8. Where is the lowest point in the world?
9. What is the most photographed place in the U.S.?
10. Where is the wettest spot on Earth?



## 1. DEATH VALLEY NATIONAL PARK

The highest air temperature ever recorded on Earth was 134 degrees Fahrenheit, at Death Valley National Park on July 10, 1913.



## 2. EAST ANTARCTIC PLATEAU

On the high ridge of the East Antarctic Plateau, the temperature can drop to as low as -135.8 degrees Fahrenheit, which was recorded in August, 2010.



## 3. SHANGHAI

At a whopping 24,150,000 permanent inhabitants, Shanghai is the only city that is home to over 24 million people in one city.



## 4. VATICAN CITY

With a paltry population of 842, the city-state of Vatican City is the smallest city and state in the world.



## 5. TOKYO, JAPAN

That tower might as well be made of gold since Tokyo tops the charts with a GDP of \$1,520 billion, beating New York City by a mere \$310 billion.



## 6. KINSHASA, CONGO

It is the poorest city in the Democratic Republic of the Congo, which is also the poorest country in the world, at a GDP of \$55 billion. Many of its residents live on less \$1 a day.



## 7. MOUNT EVEREST

Towering 29,029 feet in the air, the top of Mount Everest is the closest you can get to touching outer space while still standing on Earth.



## BRIDGE NEWS

### Intra Bridge Tournament

The 24th July, 2016, monthly Intra bridge Results:

#### PRIZE WINNERS

- |                     |         |            |
|---------------------|---------|------------|
| 1. NRK/D.V.Ravi     | 60.63 % | 4Mps ***** |
| 2. Sriram/ Kannan   | 58.30 % | 3 Mps *    |
| 3. Prabhu/ Sadashiv | 57.50 % | 2 Mps **   |

#### MP points Winners:

- |                                |         |            |
|--------------------------------|---------|------------|
| 4. Raju Natarajan/ Varalakshmi | 56.88 % | 1 Mps **** |
|--------------------------------|---------|------------|

*Congratulations to the Prize winners and MP points winners;*

#### Others:

- |                                             |             |
|---------------------------------------------|-------------|
| 5. Jothi / Siva                             | 53.13 %     |
| 6. Lachu / Lalitha                          | 52.50 %     |
| 7. Arun Krishnan / Satagoban, Baskar / CMK. | 51.25 %     |
| 8. Professor / Kanak                        | 39.38 %     |
| 9. Harini / Jayakumar                       | 38.3 %      |
| 10. B.R.Chandran / Elango                   | 31.25 %.*** |

The following is the list of Top Ten Bridge players of our Club for the year 2015-2016,

as on July-2016. Two more encounters are available, i.e. Aug-2016 Open and Intra Bridge Tournament.

- |                                 |        |
|---------------------------------|--------|
| 1. S. Lakshman                  | 29 Mps |
| 2. Sriram/ Kannan               | 26 Mps |
| 3. Baskar                       | 24 Mps |
| 4. Mrs.Lalitha Lakshman         | 22 Mps |
| 5. R.Shankar/ D.V.Ravi          | 19 Mps |
| 6. Raju Natarajan / Prabhukumar | 18 Mps |
| 7. CMK                          | 17 Mps |
| 8. NRK                          | 15 Mps |
| 9. G.Sadashiv/ T.K.Mani         | 12 Mps |
| 10. V.Subarao                   | 11 Mps |

*Congratulations to the above players. This is due to concentrated efforts, involvement and seriousness. The whole credit goes to our Chief, Baskar and the handsome Deputy Shankar. The next Bridge Open is on 10 th Aug-2016, Wednesday.*

- NRK



#### 8. THE CHALLENGER DEEP TRENCH

It is the lowest known natural point in the world at 35,797 ft below sea level at the bottom of the Mariana Trench. Only three people have ever made it to the bottom in a submersible, one of which was filmmaker James Cameron.



#### 9. GUGGENHEIM BUILDING IN NEW YORK

Photos have always told stories, but in today's world of cell phone cameras and social media, that story is relayed as data to companies who monitor everything we do. Geotagged data was culled by Sightsmap using a Google-based image sharing software, and can show us the most photographed places in the world, right down to this landmark. The strange winner is this building in New York City. Guess it impresses a lot of visitors.



#### 10. MAWSYNRAM, INDIA

In this city in India, it rains an average of 467.35 inches per year and has a record of 1000 inches in 1985, much more than any rain forest!

# Visit to Ramanasramam and Arunachaleswarar temple Thiruvannamalai

- S. Sekar. (Mem. No. 1567)

There are great **Tapasvis** who have made their presence unique and following the path of a true Sanyasi by renouncing their human life, who lived for the welfare of the entire society and have attained Videha mukti or liberation. Each one of them had a unique experience, which helped them tread the path towards Moksha in their spiritual journey.

A spiritual transformation took place within **King Asoka** after the Kalinga war and he became a Self-realized Soul. He wanted peace to prevail all over the world. It was a total transformation from that of an ambitious King to a realized Soul.

**Arutprakasa Vallalar Chidambaram Ramalingam** (5 October 1823 – disappeared as GOD on 30 January 1874), whose pre-monastic name was **Ramalingam**, is commonly known in India and across the world as **Vallalar**. He was one of the most famous Tamil Saints and also one of the greatest Tamil poets of the 19th century and belonged to a line of Tamil saints known as “Gnana siddhars” (Gnana means higher wisdom) and GOD too. Ramalingar raised the flag of Brotherhood on his one-room residence Siddhi Valakam in Mettukuppam on October 22, 1873. He gave his last and most famous lecture, entreating his audience to undertake a spiritual quest and look into the “nature of the powers that lie beyond us and move us,” and asking them to meditate on the lighted lamp from his room, which he placed outside. Adigal on January 30, 1874, entered the room, locked

himself, and told his followers not to open it. He said that even if they did open it they would find nothing (United with Nature & ruling the actions of ‘all of the alls’ - as told in his poem called ‘Gnana Sariyai’). His seclusion spurred many rumors, and the Government finally forced the doors open in May. The room was empty, with no clues. The Madras District Gazette published by the South Arcot District in 1906 records his disappearance.

In the case of Venkataraman (Bagawan **Ramana Maharshi**), the great change in his life took place when he was a schoolboy. It was quite sudden. The thought about fear of death led him ask questions like “Who am I”? One day the thought of Arunachala came to him. The sixteen-year-old boy got up from his seat and with just three rupees in his pocket, left his home and his family and everything a man holds dear. He did not even know the way but somehow arrived at Tiruvannamalai on 1 September 1896; with only just what he wore, trusting entirely in the mercy of his heart’s Lord, Arunachala Siva.

He arrived at the temple and went straight to the sanctum of the Lord and, with tears coursing down his cheeks, said: “I have come at your call, Lord. Accept me and do with me as you will.” Bhagavan Sri





Ramana Maharshi had arrived at his destination.

Baghavan's DOB: 30 Dec 1879; DOD: 14 Apr 1950; Place of birth: Tiruchuzhi; Place of passing: Thiruvannamalai; Philosophy: Advaita Vedanta

It has been my desire to understand about spirituality, religion and life. I was attracted to the life story of Bagawan Ramana Maharishi of Thiruvannamalai. I read books about him and also visited Thiruvannamalai in the year 1996 and performed Giripradakshinam, which had a great impact on me. **Ramana Maharishi** is a spiritual genius of the current janma. A spiritual Genius of the current janma is an incomplete spiritual practitioner of the Purva janma.

I started attending lectures on spiritual discourses by Swami Parthasarathy and Sunandaji. Thereafter I started attending Bhagavad Gita classes conducted by Swami Paramarthananda on Sunday evenings at Bala Vidya Mandir, Gandhi nagar, Chennai. It was an enthralling experience for me and it culminated into my writing articles based on what I heard through spiritual discourses, what I read on spirituality in Newspapers and books and the knowledge gained by me through my interactions with various great personalities in my daily course of life. I have a deep conviction that everyone should do **Shravanam (listening)**, **Mananam (clearing doubts)** and **Nidhithyasnam (contemplation)**.

I wanted to make a repeat visit to Ramanasramam and also visit Arunachala temple. I had the blessings of Lord Shiva and Bagawan Rama Maharishi, and thus got the second opportunity to visit Ramanasramam in Thiruvannamalai in July 2016.

As per our itinerary, we left Chennai on 4-07-2016 by 4.30 AM bus from Adyar and reached thiruvannamalai by 8.45 AM. From the central bus stand, we arrived at Ramanasramam around 9.30 AM. We registered and collected the key for our room situated in Morvi Guest house, which is close to the Ashram. We wandered leisurely around the place. We toured around the bookshop, the main office, the shrine

of Bhagavan, the Shrine of mother, the room where Bhagavan breathed his last, Meditation hall and lunch hall. We went around the Ashram, which had a calm and serene atmosphere. We could hear the cries of Peacocks, which were about 20 in number. We saw groups of monkeys moving about fearlessly around the place. It was interesting to watch their antics. These monkeys were very friendly with the inmates of Ashram. We had lunch at 11.30 am and in the evening, we went to Arunachala temple.

Thiruvannamalai is located at the foothills of Annamalai hills. Shiva and Parvati are the two deities that are worshipped here at Arunachaleswarar temple. Shiva is prayed here in the form of Agni, which is one of the panchaboothas that is used as an element to incarnate this universe. Shiva is known by devotees as Annamalayar or Arunachaleswarar. This is believed to be the largest temple in the world dedicated to Shiva. The history of this Annamalayar temple dates back to thousand years. Mention has been made in the Devaram and Thiruvasagam, both great works in Tamil.

**After making Thiruvannamalai his abode, Bagavan spent a few years inside the temple changing places within the temple.** We saw **Pathala Lingam shrine** which has been renovated and which used to be the abode of Bhagavan, situated at the underground chamber of the temple. While he stayed at Pathala lingam shrine, his body was covered all over by vermin and bleeding from open wounds but he was completely oblivious of pain. People began to respect him as a true **tapasvi**. After visiting Arunachaleswarar, we came back to the ashram around 7.30 PM for dinner. After dinner, we went to the meditation hall and meditated till 9PM after which the ashram closes for the day.

The next day 5th July 14, 2016 after having breakfast at 7 AM we had planned for **Girivalam**. The total distance to be covered in Girivalam is 16 Kms. We started to walk while chanting Bhagavan's name all

through our journey. We came across all the Lingams on our way during Girivalam. We saw Kubera lingam, Niruthi Lingam, Agni Lingam, Bootha Lingam, Eswara lingam, Vayu Lingam, Varuna Lingam, Indira Lingam. I was suffering from right knee pain before the start of this journey, yet I wanted to fulfill the call from arunachala to visit Ramanasramam. Hence, without bothering about my Right knee joint pain, I walked along slowly. My brother who went ahead of me would wait for me to join him before proceeding to walk further. He was a motivating factor for me in completing the Girivalam route in 4 hours and 20 minutes. During the course of our walk, we came across the much-famed **Idduku pillayar**. Idukku Pillayar Koil is one of the temples in the Giri Vala Path. There is a narrow path through which the devotees pass through. It was written there that anyone who enters and comes out of the idduku pillayar koil will be free from Knee pain, Headache, Back pain, Sprain, Body pain etc. I saw an Auto driver helping someone to come out of the idduku pillayar successfully. He boosted my confidence, and told me that I could also do it. I too went inside and came out successfully. I am sure Baghavan will free me from my knee pain soon. Throughout the journey, we had only water to drink and it was fulfilling.

## Giripradakshina/ Girivalam

The **circumambulation** of Arunachala is known as Giri Pradakshina in Sanskrit and Giri valam in Tamil. Typically, pradakshina is done in bare feet, with the hill on the right. One should go round in mouna (silence), dhyana (meditation), japa (repetition of lord's name), or sankeertana (bhajan) and thereby think of God all the time. One should walk slowly like a woman who is in the ninth month of pregnancy. **The circumambulation path is 16 Kilometers.** The outer pathway is the most commonly travelled and which contains temples, the Asta lingams, tirthams and shrines. The inner pathway winds its way through the countryside at the feet of Arunachala.

Hindu mythology also explains the significance of circumambulation, in a narrative relating that the goddess Parvati on the advice of Sage Gautama circumambulated the Hill everyday in order to have her desires fulfilled.

Giri Pradakshina, Pradakshanam, or Parikkrama mean exactly the same thing as giri valam – circling the hill. Giri=Hill, Valam=Circumambulation. Hence, Giri Valam means circling the hill and Arunachala GiriValam means circling the Arunachala hill.

To even think of Arunachala let alone perform giri valam, one must have lots of **good karma** in his or her bank account.

After performing Giri Valam, we returned to the ashram at 11.30 AM for lunch after which we took some rest. In the evening, we saw all the samadhis of Shisyas of Baghavan. Thereafter we saw the young boys from Veda padashala (which is inside the Ashram) chanting Vedas in front of Baghavan's shrine. It was very entrancing watching the children reciting Vedas. We went to the Library and spent some time reading books about Baghavan. At the Bhagavan's shrine, Tamil Parayana was going on from 6 PM to 7 PM. We had dinner at 7.30 PM. We followed it up by going to the meditation hall and remained in meditation until 9PM.

The following day, which was Wednesday (06-07-2016), we had planned to visit the caves where Ramana Maharshi spent his early years before he came to the Ashram. They are **Skandashram and Virupaksha cave**, which are holy places. The path behind Ashram leads to this cave. You can come from Ramanasramam to Skandashram and continue to climb down the hill to Virupaksha Cave. The place is calm and serene and people who visit these caves meditate. You can sit for any length of time meditating here in the caves. From the caves on the hill, you can have a breath taking top view of Arunachaleswarar temple and all the gopurams.

Sri Ramana Maharshi stayed at Skandashram from 1916 to 1922 for 7 years and in Virupaksha cave

from 1899 to 1916 for 17 years under management and control of Sri Ramanashramam.

In spite of my excruciating knee pain, on 6th July 2016, I decided to visit both the aforesaid caves with my brother. After breakfast, we proceeded to Skandashram. I enjoyed the calm and pleasant weather prevailing on that day and I went up the hill chanting Baghavan's name all the time. After reaching there, I was very happy that I made it up the hill and meditated in front of Bhagavan's image, kept there. There was a pin drop silence and I enjoyed every moment I spent at that place.

We bid good-bye to the inmates of the ashram around 4PM and left the Ashram. We boarded a bus to Chennai and arrived late in the night due to heavy traffic near Guduvancherry and Tambaram. I wish I had stayed back for a couple of days more at the Ashram but due to pressing work in Chennai at this point of time I had to come back as planned earlier. This visit of mine will be etched in my memory forever.

**The sequence for Spiritual journey starts from world dependence > God Dependence > Self-dependence.** Any task by itself is neither easy nor difficult. If I have not practised, the easiest task will be difficult. If I practise, it will be the other way. For example, we see Tea Vendor on roadside. He is talking and at the same time using the cups for mixing the tea with water without any spillage. Passion is the secret for success.

We should tell ourselves; I want success but I will prepare my mind (emotionally) for failure. I work for success but I am prepared to face failure. To be a parent is to accept the actions of our children.

**Spiritual journey** is your own learning and no one can wake you spiritually. The earlier you realise this in life the better. My prayer to Bagawan is "**Sarve Janah Sukhino Bhavantu**" (May all be Happy). I sincerely hope that every one of you who reads this article will get inspired to read more of my other articles on spirituality.

## ENTERTAINMENT CALENDAR FOR AUGUST 2016

06-08-2016  
Saturday 5.30 p.m.  
**CHILDREN EVENTS**  
7.00 p.m.  
**MOVIE - TAMIL**

07-08-2016  
Sunday 7.30 p.m.  
**TAMBOLA**

13-08-2016  
Saturday 8.00 a.m.  
**FLAG HOISTING**  
7.00 p.m. to 9.00 p.m.  
**INDEPENDENCE  
DAY CELEBRATION**

14-08-2016  
Sunday 5.00 p.m. to 7.30 p.m.  
**QUIZ COMPETITION PRELIMS**

17-08-2016  
Wednesday 7.30 p.m.  
**TECHNICAL TALK**

20-08-2016  
Saturday 4.30 p.m. to 6.30 p.m.  
**LADIES EVENING**  
7.00 p.m.  
**MOVIE - TAMIL**

27-08-2016  
Saturday 7.00 p.m.  
**MOVIE - TAMIL**

28-08-2016  
Sunday 10.00 a.m. to 1.00 p.m.  
**QUIZ COMPETITION  
SEMI & FINAL**

## ERRATTA

R. RAJAMANICKAM  
C.M. – House-Keeping

to be read as

**R. RAJAMANICKAM  
C.M. - Catering**



## REMINISCENCE

There are times when one asks with genuine bewilderment: Am I really worthy of this honour?

Bhaskar introduced me to the gathering at the Disco floor, called me to podium which I hesitantly mounted after NRK repeatedly urged me to; Raj Madivanan President, draped a ponnadai around my shoulders and Chandrasekaran, Secretary garlanded me. The entire congregation from the Bridge Room had turned up specifically for this occasion and so did two of my classmates from CEG 71. I felt choked, was at a loss and my thoughts drifted back to 12th June 2016: the day of Ironman Cairns, Australia.

Sunday, 12th June started early though not particularly auspiciously with rain, muddying up the swim and bike start at Palm Cove, Cairns. The Pacific Ocean lived up to its reputation of being anything but pacified. But for the 1500 plus Ironman contestants, a swim in rough seas, was still manageable. I had chosen to swim with the slowest group and therefore 35 minutes had lapsed after the professional triathletes had been flagged off, before we crossed the timing mat and plunged into the waves for our 3.8 km swim.

Initially the going was good. I passed a few competitors whilst swallowing a good deal of salt water in the process. There were rescue teams on surf boards whose primary task was to warn swimmers who were straying from their course. Stray I did but reassuring enough would get back on course and headed towards the main purple buoys with the orange shirts of the rescue teams in the peripheral vision of my eyes.

But towards the end of the second lap, the rain came pelting down and with it the Pacific Ocean rolled and swelled.

Suddenly the buoys were obscured by a wall of water on which rode the surf boards. Lazy and hazy thoughts went through my mind, while battling the swell that the surfers seemed to be perched a good seven feet higher than I. The next instant it was I who was high above with an unhindered view of the buoys, though none of them seemed to be aligned.

This was enough for Ironman's race director to invoke safety regulations. We were ordered to swim straight to the shore. It was heartening to note that almost every competitor protested stating that we had just another 200 meters to go. But the Race Director stated that the distance would be the same if not a little more and that we could carry on with the race. Overall my timing of 1 hour 38 minutes for the swim leg of 3.8 km, wasn't too bad considering the conditions.

The bike leg spanning 180 km was the one I had trained for the most. I passed quite a few competitors and had the pleasure of hearing my name being called out by announcer when I crossed a timing mat.

"Arun Krishnan from India" had a nice ring.





Then I heard the ringing sound of a hammer striking metal which seemed odd on a Sunday. I initially thought that the noises were from a nearby construction site only to realize to my horror, that it was emanating from my bike. The next 150 km were the most stressful distance I have ever covered by any means of transport. It was imperative that I reduce speed to take the bike home as such major repairs even if possible, were grounds for disqualification. I grimly hung on. Even the spectacular views from the heights of the Captain Cook Highway, failed to cheer me up.

After almost an eternity, I saw the sign of transition area T2 and gladly handed my bike over to be racked. It was with dismay that I realized that as against the planned duration of 6 hours 15 minutes for the bike ride of 180 km, I had used up 7 hours 53 minutes and was just about inside the cut off time for the bike leg.

I knew that I had to make up the time lost on the bike segment by running hard right throughout the 42.2 km marathon. But the stress and duress of limping the bike home all the while dreading that it would break down; had taken its toll. I cramped up! It took a while for the spasm to release, making me lose even more time.

Bananas and an electrolyte drink by the name Endura, seemed to relieve the cramp and therefore at every aid station, I force fed myself with bananas, washed down with Endura. I carved for a drink of water but instead forced down gulps of electrolyte.

On the last loop of 14.2 Km, I knew that I was behind the clock and that there was every chance of my being forced off the course by the officials for not making intermediate cut offs. A volunteer by the name Nick told me that by his reckoning, I was 3 minutes behind the cut off mark. I did what years of training had taught me: Lengthen stride; run true and straight, paying no heed to pain.

Nick kept me abreast of my timing. I had made up two minutes. But I simply had to make the cut off at a penultimate timing mat which was 4 km away from the finish. This was it. I gave it all, cramps or no cramps. Nick and two other volunteers were looking intently at the monitor connected to the timing mat.

“Mate. You made that timing mat with 20 seconds to spare”.

Australians compete hard and seemed to respect those who fight hard. The support from the crowd, though fewer in numbers when compared to those at international marathons; was unbelievable. It seemed as if each one of them was pushing me to the finish with their encouragement.

Nick rode his bike as an escort to the finish chute.

I could scarcely believe my eyes.

The officials had formed a guard of honour by lining up on either side with their arms forming an arch. My wife was in front with the tricolor.

I ran through exchanging high fives and onto the timing mat to hear my name being called out followed by the magical words “You are an Ironman”. I had finished this test of human endurance by completing the 3.8 km swim, 180 km bike ride and 42.2 km run, within the cut off time of 16 hours 30 minutes.

A hug from my wife Nandita, tricolor held proudly, we posed for a picture with Nick.

To Nick, Ironman officials, committee members of the Alumni Club, members, batch mates and dear bridge mates: Thank you very much though as I mentioned at the outset, there are times when one wonders. Do I really....?

**K. K. Arun Krishnan**  
(Mem. No. 63)