









Republic Day reminiscences

At the District club as is our norm we paid respect to our nation by hosting our national flag on 26th January 2010 to mark of 60th Republic day Celebration. The flag hosted by our District club President Mr.ManoThangaraj in the presence of Er. Kuttalingam (Secretary), Mr. J.E.Joseph (Treasurer), Mr.Pradeep Samuel Dennison(Joint Secretary), Er.S.R.Sundaram and Er. Paul Ahiah (Sectional Secretaries), Dr. Ranjith Jeyasakaran and our beloved members. Sweets and Breakfast were served to the entire gathering.

Mr. Mano Thangaraj, President of our club raised the curtains for our adventure - **TREASURE HUNT (**By means of Car) at 10.00AM. The members were cheerfully organized by the Programme Co-ordianators Er. K. Sivagurunathan and Mrs. Mythili Sundaram. For all the 13 participants who took part in Treasure Hunt, it was a awe inspiring experience. First 3 prize winners were given Gold Coin, Sponsored by Mr. Shajahan, M/s. Shajahan's Jewellers.

Prize Winners – Treasure Hunt

- 1st Prize Mrs. Ganapathy
- 2nd Prize Mr. Pradeep Samuel Dennison
- 3rd Prize Mr. Aaron Rakkesh

The mind blowing mime show **"A morning before School"** directed by our District Collector Mr. Rajendra Ratnoo, I.A.S. mesmerized the audience. The hero of the mime show were District Collector's Son Master.Yash and Er.S.R.Sundaram's (Section Secretary) Son Master Mukundan. They enthralled the audience with their budding talents.

The **"Dee Cee"**, the first in-house magazine of our District Club was released, that evening by Mr. A. Kurian accompanied by the key sponsor of the Republic day events. Mr. Shajahan, M/s. Shajahan's Jewellers, and first the magazine was received by Mrs. Sujatha Ranjit. The overall outlook about the magazine, from the Member's point of view was very good. Everyone praised the enriched information, resources, glossy paper and the compact utility of the bulletin.

This was followed by Dr. Velu Saravanan's **Children's Theatre.** Dr. Velu Saravanan and his team acted out an exceedingly thrilling performance. His make up, elegance and the other skill-oriented activities of the program attracted the kids like magician's wand hypnotising the children and adults. All were fascinated, shell shocked and were persuaded by the program's charm and enchantment. The program was well appreciated by all.

We are grateful to our District Collector, Mr. Rajendra Ratnoo, I.A.S for his august presence amidst us throughout the program. He came along with his

family and joyfully applauded the program, distributing the prizes for Tennis Tournament (Internal), Shuttle Tournament (Internal), swimming Competition (Internal), Treasure Hunt (Internal) and all other games.

Prize Winners - Tennis Tournament (Internal)

Winners – Mr. J.E. Joseph & Mr. M. Ram Kumar (the son of Late. Pioneer Muthu, who sponsored the Silver Rolling Cup for Tennis Tournament during the 1970s)

Runners – Er. Suresh & Er. Sivamani Moorthy

Prize Winners – Swimming Competition (Internal)

Winner – Mr. Mano Thangaraj Runner – Dr. Gnanamani

All the other 13 Treasure hunt participants were given Consolation Prizes.

In the Club History for the first time around 450 people attended the Evening function along with their kids. The majority of them were members and only few were guests. The Sub – Committee members appreciated the President, Secretary and the managing Committee, for organizing the programme successfully. They expressed their longing desire, stating that they will be eagerly waiting for the next entertainment to be held at District Club in a similar way. The entire program was peaceful, colourful, successful and neatly organized by the subcommittee members Dr.S.Chidambaram Pillai, Mr.M.Ramkumar, Mr. Pradeep Samuel Dennison, Er. S.R.Sundaram, Mr.R.Rajesh and Co-ordiantors Er.Sivagurunathan and Mrs.Mythili Sundaram with the guidance of Mr.Mano Thangaraj (President) and Er.Kuttalingam(Secretary)



President's Message

Mr Mano Thangaraj

Dear Members,

With immense pleasure I take the privilege to wish all of you on behalf of our club a very happy independence day. This is a happy occasion as our country has successfully celebrating its 64th year of independence fulfilling the vision of the great leaders and martyrs of freedom movement. By celebrating this occasion let us remember those great souls who dedicated their lives so that we could breathe the air of freedom. Also it is the duty of every one of us to follow their ideals and contribute towards fulfilling their vision as well.

At this outset I would like to extend my heart felt gratitude to all members for their never ending support to me and my team. In the past year we have carried out various development activities and given a face lift to our club. As per our promise we have met with the requirements of various sections like renovation of swimming pool, tennis court, shuttle court, providing additional equipments to health club, construction of front entrance gate and lights. Getting affiliation with other reputed clubs was a long term dream which was achieved this year by getting affiliated to two clubs as of now, such as Haddows Club and Tower Club, Chennai and another ten in process. This is of course a milestone achievement of this committee, all our members can avail the facilities in the affiliated clubs.

At the commencement of the year we made an appeal to all the members to participate in the various activities and programs of the club and assured to maintain a conducive atmosphere to club members to participate with their families. There was a very good response to this and because of this we were able to successfully conduct Children's day function, Food Fest, Swim and Dine

and Chithirai Thiruvila with good participation by members. I sincerely appreciate the family members especially children for their participation and contribution in various cultural activities and competitions.

With the view to strengthen the communication between the club and the members we are launching our website on Independence Day. We have also created a member data base and SMS service to contact members easily and effectively. The long pending request of our club members and staffs to provide them with Identity cards is being fulfilled by us.

Presently the application for obtaining the license to have a Permit Room is under process and we will be getting the same very soon. Expansion of the health club to accommodate more members, expansion and upgrading the canteen and construction of two well furnished suites are our next goal.

I strongly believe that all or members will whole heartedly appreciate the office bearers and managing committee members for delivering quality services, transparent administration and friendly approach with development vision. I request all your support in the coming days to carry out the vision of establishing our club as one of the best in the country.

District Level Shuttle Tournament

- Mr.H.Shajahan
- Mr.D.Arul Shoban
- Mr.S.Jothinath
- Mr.K.Boothalingam
- Er.S.R.Sundaram
- Mr.Arul Jothi
- Mr.M.Perumal Pillai
- Mr.G.Venkatraman
- Mr.F.Satheesh Babu
- Er.C.N.Raja
- Er.Paul Ahiah

Big THANKS to the Sponsors

Republic Day Celebration Mr. H. Shajahan

Chitirai Thiruvila Mr.H.Shajahan

World Cup Football Final in a big screen Mr.F.Satheesh Babu

Recent Add-on to the club

Health Club: The following equipments are added.

- 1) Electronic Weighing Scale
- 2) Dumbbels Plate
- 3) Flat Bench and Stool
- 4) Trampoline
- 5) Abdomen King Heavy
- 6) Racer Spin Bike
- 7) Rowing Machine
- 8) Swiss Ball 9) AB Slings

Entrance: The front gate and the compound wall are renovated to a new aesthetic look.



From the Secretary's Table...

I extend my best wishes to all of you. Your mandate to us was to serve the club to the best of our ability. I was fortunate in having professionals in the team who under took all round developmental work during the past one year.

I am happy to inform you that the following Projects/ Work were completed,

- Campus is clean and tidy.
- The Tennis Court relayed and neatly fenced with HDPE. Ball upgraded.
- Shuttle Court refitted, polished. Quality Shuttle provided. Coach appointed.
- Eleven new equipments added to Health Club Equipments maintained.
- Swimming Pool renovated. Maintained well. Chlorine level checked.
- The partition walls in the cards room replaced
- For the first time DC is affiliated with Haddows, and Tower Club, Chennai.
- Members ID Card to be provided.
- In house magazine "DeeCee" launched.
- Compound wall renovated with a new look.
- Our Club Website <u>www.districtclubnagercoil.com</u> launched.
- SMS service launched.
- Staffs handled with care and discipline.
- Transparent, efficient and clean accounting.
- Management committee expense since Sep 2009 is Zero percent.

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• Permit room application being processed.

And the following functions / events were organized.

- Children's Day Celebration on 14th Nov 2009.
- Food Fest 2010 on 15th Jan 2010.
- II nd District Level Shuttle Tournament on 15,16 & 17th Jan 2010.
- Republic Day Celebration on 26th Jan 2010.
- Chitirai Thiruvila on 14th April 2010.
- World Cup Foot Ball Finals in Big Screen.

Full details of the work and developments can be seen in my Annual Report. This would not have been possible without excellent performance and coordination of our entire team of Office Bearers, Committee Members, club members and Staff Member of the Club.

Managing Committee eagerly anticipate your future cooperation and active participation in all activities of the club.

With warm Regards,

Er. A.Kuttalingam Secretary/Editor

Our Sincere gratitude to the following Sub Committee and members for the development of our Club:

1 Development Committee:

Mr.Mano Thangaraj, Mr.A.Kurien, Adv.E.Hariharan, Er.A.Kuttalingam, Er.S.R.Sundaram, Dr.L.Franklin Castro, Dr.B.V.Selvan, Mr. Jaiwant Kumar Babu and Mr. R.N. Mugesh

2 2nd Shuttle Court Committee:

Mr. Mano Thangaraj, Er.A. Kuttalingam, Er. S.R. Sundaram, Mr.L. Robin Kishore, Mr.S. Prathap Chandran, Mr. Jacob Cherian and Mr. Jothi Nath

3 Health Club Development Committee:

Mr. Mano Thangaraj, Er.A.Kuttalingam, Er.Paul Ahiah, Er. R.Suresh and Mr.R.Subbaram

4 By Law Correction Committee:

Mr. Mano Thangaraj, Adv.E.Hariharan and Adv.J.K.Kumar

5) Consrtruction Committee:

Mr. Mano Thangaraj, Er. S.R.Sundaram, Er. C.N.Raja, Mr. A.Kurien, Er.Paul Ahiah and Mr. F. Satheesh Babu.

6) Club Affliation:

Mr. T.S. Sreekumar

7) Bulletin:

Dr.S.Chidambaram Pillai, Mr.Arul Jothi, Er. S.R. Sundaram and Mr.R. Rajesh

2nd District Level Tournament

It was on the pleasant morning of 14th December 2009, the sectional meeting for the badminton section was held in our dinning hall. By the end of the meeting it was decided to request the managing committee to organize the Kanyakumari District level Badminton Tournament during the pongal holidays at our Indoor Court.

The managing committee approved the request and appointed a sub committee to conduct the tournament in a grand manner. The subcommittee members are Mr. S. Prathab Chandran, Mr. L. Robin Kishore, Mr. S. Jothinath, Er. A. Kuttalingam, Mr. F. Satheesh Babu, Er. S.R. Sundaram and Mr. S. Althaf Rizwan. The Kanyakumari District Association Secretary Mr. Clement approved our Tournament dates and extended the associations full support to us.

Our 2nd District level Pongal badminton tournament for Men's doubles and Veterans was held on 15th, 16th and 17th of Jan. On 15th evening in the inaugural ceremony, Club president Mr. Manothangaraj welcomed the gathering. KDBA(Kanyakumari District Badminton Association) President Dr. S. Nagarajan was our chief guest. Club Secretary Er. Kuttalingam proposed the vote of thanks. The first match was inaugurated by the hands of Mr. Mano



Thangaraj & Dr.S.Nagarajan. 74 teams from 21 clubs of the district took part, six teams from our club took part and they did their best to reach the pre-qtr. The semi-finals and the finals was played on 17th and all the matches had a nailbiting finish. There was a sizeable crowd which cheered cherished and witnessed all the matches.

Our District collector Thiru. Rajendra Ratnu I.A.S. paid a short visit on 17th to encourage us and inaugurated the semi-finals match. The closing ceremony was held later in the evening. Our president Mr. Manothangaraj gave the opening remarks. The office bearers of KDBA took part and graced the function. The winning teams for the first 4places were awarded with a Shield and prize money. The best player was awarded with a Rocket worth Rs.2000/ sponsored by Dayal courtesy Lime sports. Match Refrees Mr. Gangatharan(our coach) and the line judges(volunteers) did their best for the smooth conduction of matches. Umpires were honored with a memento. As a token of appreciation Volunteers were presented with a memento. Our secretary Er. Kuttalingam thanked each and every one who worked towards the success of the tournament.

Hard work, sincere efforts from Mr. L. Robin Kishore and Mr. L. W. Jefin has made this event a memorable one. Never the less not to forget our club staff Christhudhoss for his sincerity and commitment towards keeping the court neat and tidy always.

Winners and the Runners of the Tournament :

Mens

Winners: Mr.Joel and Mr.Geoffrey of Ramavarapuaram Club, Nagercoil.

Runners: Mr.Sham and Mr.Hamlin of Doctors Club, Nagercoil.

Veterans:

Winners: Mr.Micheal and Mr.VelMurugan, Officers Club, Nagercoil

Runners: Mr.Pathrose and Mr.Jeyathilak,RMBC,Chirayan kuzhi.

Best Player of the Tournament:

Mr. Shamon, RMBC, Chirayankuzhi.

Editor: Er A. Kuttalingam

Sub-Editors: Mr V. S. Arul Jothi & Dr S. Chidambaram Pillai

> Co-ordinators: Er. S.R. Sundaram & Mr. R. Rajesh

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Indoor Shuttle Tournament - 3rd Tournament



Winner: Sateesh Babu & John Britto Runner : Robin Kishore & Mohammed Abdul Kadir

High-Minded...



Our Club not only provided coaching in campus for our members and kids, we also took initiative in finding an unidentified talent, Mr. Jeo Antony Adimai, Who is a physically challenged person hailing from a poor family. With the Co-operation of shuttle section members and with the support of management committee, we provided him free coaching by which he was able to win a third place in (single) National Level Badminton Tournament. He also got Second Place in doubles, physically challenged category, which was a remarkable achievement for our club.

Swim & Dine

Our Swimming Pool and its surroundings were given a "face lift" by cleaning and painting as decided by the management committee.

Sectional meeting was called, in which our senior member and the then founder member of Swimming Pool Dr. Sunil Jeyaharan requested on behalf of members to organize "SWIM & DINE" programme. Infact the management committee thought of inviting all club members but due to space constraints and to encourage mainly swimming pool members this was organized only for swimming pool members.

To make action into reality a subcommittee was formed with Er. C.N. Raja, Mr. Pradeep Samuvel Dennison and Dr. Sunil Jeyaharan as sub committee members, with the assistance of our Secretary- Er. A. Kuttalingam they could able to contact all members through phone and they requested the members to make the programme a successful one.

Our new member Mr. K. N. Perumal Pillai happily accepted to sponsor the dinner.

As scheduled, the programme kicked - off on 3rd January,2010 from 4P.M onwards with light & sound in order to create a festive mood for our members. Our swimming coach Mr. Kevin organized a swimming competition for kids & members, where almost all attendees participated with fun & enthusiasm. The competition for men had a nail biting finish as there was a tough Competition for 1st place between Mr. Mano Thangaraj, Dr. Gnanamoni, Mr. Arul Jothi and Mr. K.U.Nathan. Finally the climax ended as Mr. Mano Thangaraj emerged as winner and Dr. Gnanamoni as runner.

Musical Chair competition was enjoyed by all our kids, which was followed by our presidents address with welcome speech and he also highlighted the developments of our club during his team's tenure. All our committee members Dr. Chidhambaram pillai, Er. Suresh, Er. Paul Ahiah, Adv. Kanagasababathy and Treasurer J.E. Joseph actively participated to make the event successful. The gathering left to dinner after vote of thanks by our Secretary. Er. A. Kuttalingam.

Dinner was served around the crystal clear swimming pool which was well appreciated and enjoyed by all our members.

Food Fest 2010

Food fest 2010, held on 15th January was a new initiative of our Management committee. This was a "Brain Child" of our family section secretary Mrs. Parveen Mathew. The aim of this function is not only to satisfy our taste buds, it is also to encourage good family interaction & to develop a healthy relationship and friendship among all family members.

Some of the mouth watering things served were home made Biriyani, Cakes, Cutlets, Vadas and Susiams etc. The dishes vanished in minutes there by leaving most of our members hunting for more of those delicacies. The Programme was well coordinated by Mrs. Parveen Mathew & Mrs. Mythili Sundaram. The function was very well appreciated by all our members & their families.



Summer Coaching Camp

It is true, the letter for the summer coaching said that "Come Summer, the little tots fly with joy. For them 'holidays are jolly days" as per the words of our member Mr.Rajesh it come to reality as many childrens participated in the summer coaching camps.

The managing committee felt lucky as the following professionals accepted to coach the children in their respective field,

Indoor Badminton	-	Mr.S.Gangadharan
Swimming	-	Mr.Kabin
Tennis	-	Mr.Ranjith Mathisoothanan
Carrom	-	Mr.Valan Ahilan
Chess	-	Mr.Ephrame
Silambam	-	Mr.Jayaraj
Table Tennis	-	Mr.Arul Prakash

Unfortunately due to lack of registration the following coachings were not conducted -Carrom, Chess, Silambam, and Table Tennis.

The morning camp started with Tennis. It was fascinating that young children attended the tennis coaching camp with great enthusiasm .Mr.Ranjith Mathisoothanan a friend and the tennis court mate of the Secretary Er.Kuttalingam, trained the children and the members with logic.Mr. Ranjith Mathisoothanan is a Pro Tennis, Strength and Conditioning Coach who worked at Singapore.It was amazing within short span the members Mr.Arul Jyothi and Dr.Gauthaman changed their style of stroke and dynamics in the Play. And obviously the children also exhibited their talent due to the training. Especially our member Mr. M.Ramkumar's son Master Ananth exhibited his talent in the Tuticorin Tournament with the knowledge gained from the Tennis Coach. The Tennis Coaching for Twelve childrens ended with a competation.The winners are honoured in the validectory function.

Indoor Badminton coaching for twenty three Childrens happened in the noon with our Shuttle Coach Mr.Gangadharan.The twenty three children attended the coaching with full enthusiaism.All children are coached with the sincere effort of the Coach Mr.Gangadharan.Each and every children worked hard with a aim to be another "Sania Nehwal'.It is a luck for all children who attended the shuttle coaching that the coaching extended after the camp too. The competition for children attend the shuttle coaching was conducted and prizes were disrtributed in the validectory camps.

The Swimming Coaching for one hundred and fifteen Children was conducted in







the evening, in four batches by the Professional Swimming Coach Mr.Cabin. All evening the swimming coaching was in a festival mood with 115 childrens. All Childrens enjoyed the coaching in the swimming pool. It is a fact that children enjoy playing in water and it is proved in the swimming coaching camp with more number of participated in the swimming camp. Initially the Managing Committee worried about handling this huge turnout, and then satisfied with the professional touch of the Coach in handling all the 115 children. The competetion were conducted and prizes for different category was given in the validecatory function.



Yoga is the result of human wisdom and insight on physiology, psychology, ethics and spirituality collected together and practiced over thousands of years for the well being of humanity and it is also believed that Yoga is "way of life".

The management committee decided to pass on the benefits of Yoga to our members through proper training at an affordable cost. With the help of our president Mr. Mano Thangaraj and badminton section member Mr. Jeyakumar we could able to organize a training programme with a professional trainer, which commenced on April 16th (barring Sundays). Many of our family members got enrolled and benefitted.

Chithirai Thiruvizha

To make the summer vacation memorable to our members and their families, The Managing Committee took an initiative to organize "Chitirai Thiruvila" on April 14th.The motto of this festival was to bridge present culture with our tradition.

The program was very successful and many families attended it. The program was kicked off around 6.30 PM. A warm welcome was given to our members by the way of chenda melam, which thrilled many. Then our members little ones started performing the cultural activities. Guest lecture was delivered by Mr. Peer Mohammed (Malayasia) on Indian cultural influence in south Asia. He also highlighted the importance to be given for tradition, which will enrich the lives of our members and families. Shadow Puppet show by Thovalai Muthu Chandran and team was well appreciated by all. Martial Arts (Kalari fight) was performed by Kanchandapuram Sivalinga Asan and team which was really enjoyed by all, especially the children..The added feature is the Aali Dance and the display of Traditional Bullock cart. Best traditional dress wearers was awarded with separate mementos for Family, Couple, Men, Women and Children. The real icing in the cake was the dinner with 39 varieties of traditional food that was displayed and served. It was a blend of entertainment and feast for all our members and families where each and every member who organized the program were appreciated individually by all participants.







Role of Doctors in Health of Society

Health is a state of complete physical, mental and social wellbeing and not merely the absence

of disease or infirmity. Here we can talk about the health of the individual, health of the society and health of the nation. From the definition of health one can understand that as a health care provider, the role of the doctor is not limited to treating illness.

However in real life, for too long hospital doctors have been regarded as fulfilling only a specialist role in service and education, yet hospital consultants often have wide access to patients and their families and friends. Junior hospital doctors also have great opportunities to advise on lifestyle, diet, smoking, and so on-which in the long run could prove more valuable than the drugs that they write up for patients at discharge.

This scenario should change, because prevention is better than cure. Let us talk about common health problems and have some insight about the implications. As much as we would like to be we are not the custodians of health any more. We can work with the society, to improve their health status.

Diabetes is a common disease, and India will have the largest number of diabetic people by 2020. Diabetes is a metabolic disorder and once you get it, it's going to stay with you. One of the common stories I hear is the person is aware that he has diabetes, but not on any medication or diet control now! He or she strongly believes that once the blood sugar level reaches the optimum level they are cured and need not take anymore medicines.

Some diseases are curable, while some others are controllable and patients should be aware of this fact.

Dr. C. Gauthaman MS., FRCS (Eng), Dip. Urol (Lon)

The Future Projects by the Managing Committee:

- 1) FL2 Permit Room
- 2) Well furnished two suit rooms
- 3) Affliation with Ten Clubs at Chennai, Coimbatore, Madurai, Trivandrum and Kodaikanal.
- 4) Expansion of Health Club
- 5) IInd Shuttle Court
- 6) Fully Airconditioned Conference Hall
- 7) Full Fledged Canteen

ENGLISH TRIFEL

Cookery

Ingredients :

½ kg cake
A few biscuits
½ cup plums
1 glass of wine or jelly
25g. Cherries

Method:

Slice the cake, and arrange these slices in a greased baking tray or plate. Then pour the wine or jelly on top of the cake. Break the biscuit into pieces and arrange it on top of the cake, Sprinkle the plums on top.

For the custard:

3 level tbsps. Custard powder 3level tbsps. Corn flour 3 level tbsps. Sugar 2-3 cups milk

Method:

Blend the custard and corn flour with a little milk. Add the sugar into the rest of the milk and heat. When the milk boils add the custard mixture into the milk. Stir till the custard boils. Boil for 3 mts.

Spread the custard on top of the cake, and keep it in a refrigerator to set. When it is set, decorate the top with cherries.

OBITUARY

Mrs. Velam Parthiban





Sri B.Balasubramoniam

Sri.R.Ramesh

We deeply mourn the sad demise of our members.Our heartfelt condolences to the bereaved family.May their souls rest in peace.



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