



NAEYAM NERAM

A publication by NAEYAM - Nidhi Alumni for Education of Youth and Advancement of Mankind

DAWN OF NAEYAM

In a Universe filled with constantly changing life forms, the sense of gratitude remaining evergreen turns human life into a blessing and grace. This feeling of gratitude along with the dreams of like minded people to give back something valuable to the society made the friends of 1988 batch from AJS Nidhi Higher Secondary School, Alandur, Chennai come together to form a charitable trust termed NAEYAM which stands for Nidhi Alumni for Education of Youth and Advancement of Mankind.

Losing touch with each other after they graduated from the school, there was a great euphoria among classmates when they came together after 24 years through 'Facebook' a popular social networking site. The Facebook group, RBS, with members from various parts of the globe including the U.S., Singapore, Dubai and various other States in India planned for a Silver Jubilee Celebrations (SJC) during the 25th Year (2012-13) after the group graduated high school. This led to discussions on contributing to their Alma Mater followed by meeting with the school authorities by enthusiastic volunteers settled in Chennai. Thus formed the NAEYAM charitable trust.

The school authorities provided a list of improvements necessary for the school to NAEYAM. NAEYAM volunteers had extensive discussions among them regarding prioritizing the projects. As an essential need, it was decided to provide proper rest room facilities for ladies staff & girl students in the school. NAEYAM decided to construct a rest room with complete sanitation facilities including wash basins, closets, pipes & hand pipes at an estimated cost of Rs. Four Lakhs contributed solely by NAEYAM members.

The Trust Deed for NAEYAM was registered on the 14th of March '12 at Chromepet, Chennai and the Bhoomi Pooja for the construction of the rest room was held on the 25th of March '12.

Apart from the rest room construction, NAEYAM also conducted a 'Physical Exercise & Memory improvement practice workshop' for 9th standard students in 10 sessions from 14th to 30th of March '12, which was co-ordinated with the 'Vaazhga Valamudan' group. NAEYAM also distributed calculators to students who participated in the Annual Day cultural activities.

Other projects that NAEYAM is working on are creating a website for the school, and improving facilities in school library etc. NAEYAM is also planning to spread its activities outside the school for the welfare of the society as well. Number of volunteers is growing at a steady pace as more school alumni are registering through outreach efforts such as newspaper articles and word of mouth campaign.

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News bits

14 Mar 2012
Registration of Trust – NAEYAM

14 Mar 2012
Workshop for Healthy Mind and Body
(from 14th to 30th Mar 2012)

பள்ளி மாணவ மாணவியர்களுக்கான உடல் மற்றும் மனவளமேம்பாட்டு முகாம்
A Workshop for Developing Healthy Body and Mind among School Students

ஒன்பதாம் மற்றும் பதினொன்றாம் வகுப்பு மாணவ மாணவியர்களை பத்தாம் மற்றும் பன்னிரண்டாம் வகுப்பு பொதுத் தேர்விற்கு தயார் செய்ய பெரும்பயன் தரும் சில எளிய பயிற்சிகள்.

Venue: AJS Nidhi HSS, Alandur, Chennai
Beginning 14th March 2012

- * எளிய உடற் பயிற்சிகள்
Simple Physical Exercises
- * நினைவாற்றல் அதிகரிக்கும் எளிய பயிற்சிகள்
Simple Exercises for Sharpening Memory
- * சிந்தனையை ஒரு முகப்படுத்தும் பயிற்சிகள்
Exercises for Concentration of Mind

வாழ்க வளமுடன் அமைப்பின் ஒத்துழைப்புடன் நேயம் அமைப்பின் ஒருங்கிணைப்பு (நேயம் - குறைஞ்சென் ல்லி மற்றும் மனிதனை மேம்பாட்டுகளை சிந்திப்பின் முன்னிதி மாணவர்கள் அமைப்பு.)
Co-ordinated by NAEYAM Organization with 'Vaazhga Valamudan' Organization (NAEYAM - Nidhi Alumni for Education of Youth and Advancement of Mankind)

21 Mar 2012
Distribution of calculators to students to encourage extra-curricular activities

25 Mar 2012
Bhoomi Pooja for construction of restroom

Volunteers

55 Volunteers as on 30 Mar 2012

Trust

The Charitable Trust 'Nidhi Alumni for Education of Youth and Advancement of Mankind' (NAEYAM) was registered at Chromepet, Chennai, on Wednesday, 14th March 2012. The Office Address of the Trust will be Old No.20, New No.10, Viswanathan Street, Radha Nagar, Chromepet, Chennai – 600 044.

A bank account will be opened in the name of the Trust to receive donations.

Board of Trustees

The Founder and Author of the Trust Shri.C.Selvan, shall hold office for life and shall be its First Managing Trustee. The Board of Trustees, who shall also hold office for life, also include Smt. R. Kiran, Shri. V. Saravanakumar and Shri. S.Sathish.



Shri. C. Selvan



Smt. R. Kiran



Shri. V. Saravanakumar



Shri. S. Sathish

Auditor

Mr. R. Raguraman is a Commerce Graduate from A.M. Jain College, Meenambakkam (1991). He is an alumni (1988 batch) of AJS Nidhi Higher Secondary School, Alandur.

He is a Member of the Institute of Cost & Works Accountants of India (ICWA), Fellow Member of the Institute of Chartered Accountants of India (FCA), Certified Information Systems Auditor (CISA, USA) and also has a Diploma in Information Systems Audit (DISA of ICAI).

Presently, he is a Partner in M/s. RAMASWAMY & MURALI ASSOCIATES, Chartered Accountants, for past 15 years.

He has vast experience in Bank Audits, PSU Audits, Company Audits, Internal Audits, System Audits, Income tax Audits, Audit of Nonprofit Organisations etc.



Advisor

Mr.P.Chandrasekaran is a Mechanical Engineer from College of Engineering, Guindy (1963) and completed MBA (1974).

He has worked in Ashok Leyland (1963-72), Enfield India (1972-75), AMCO Batteries and Simpson & Co (1975-84).

He served as Secretary for Tamilnadu Foundation Inc. USA, Tamilnadu Chapter for nearly two decades. He designed and launched many Projects in the field of Health Hygiene, Education (particularly Girls Education, Primary Education, and Computer Education etc.), Rural Development and Women Empowerment.

Exe. Committee member of Alumni Association of College of Engineering, Guindy, and Member Probus Club

Presently guiding and coordinating two Projects of TNF:

- Providing Smokeless Stoves to Anganwadi Centers.
- Educational Assistance Project: to help 9th Gr. Students to open Bank accounts so that it would be easy for them to obtain Educational Loans to pursue higher education.



Activities of NAEYAM

❖ Workshop for Healthy Mind and Body



An Educational Workshop for Healthy Mind and Body was started by NAEYAM in co-ordination with 'Vaazhga Valamudan' Organization immediately after the Registration of the Trust Deed in the evening of 14th of March '12 itself. This Workshop was conducted in 10 Sessions for 9th Standard Students in which around **80 Students** participated. Along with simple physical exercises, memory power improving practices and exercises for concentration of mind were also conducted in these sessions.

During the concluding session of this Workshop on March 30, 2012, some of the students demonstrated the exercises learnt during this session without any guidance. The students even took the organizers, Vaazhga Valamudan Team by surprise narrating the names and importance of each exercise. Many students were regularly practicing the exercise they learnt from this session at their homes. The great positive feedback from the students was appreciated by the NAEYAM Team & Vaazhga Valamudan Team. The students were issued an Identity Card by the 'Vaazhga Valamudan' Team using which the students could go to any of the branches of Vaazhga Valamudan and practice the exercises / meditation, free of cost.



❖ Construction of Restroom



The Bhoomi Pooja for the construction of a Ladies Rest Room in the School was performed on the 25th of March '12.

The decision on constructing a Rest Room to provide proper basic sanitation facilities for the girl students and ladies staff in the School was unaniously taken by the Volunteers of NAEYAM, based on the request from the Headmaster, President & Staff Members of the School.

The work for the construction of the restroom has been funded completely by the contribution of NAEYAM Volunteers only. Approximate estimate for the construction is around **Rupees Four Lakhs only**.

Construction is expected to be completed by May 2012 and to be functional from the next academic year.

❖ Promoting Extra-curricular Activity

To encourage students who participated in extra curricular activities, NAEYAM distributed calculators to around **50 students** who participated in various cultural programmes during the 52nd Annual Celebrations held at School in March 2012.

❖ Brainstorming for Website Creation for AJS Nidhi HSS

A sub-committee has been formed to brainstorm on creation of website for the school and for NAEYAM. This sub-committee is already in the process of identifying resources, tools, scope, roles/responsibilities of each volunteer and procurement action to be taken for creating a website.

List of Volunteers as on 31st March 2012

XII - 1988 Batch					
1	C.Selvan	Chennai	21	R.Ganesh	Noida
2	R. Kiran	Chennai	22	Revathi Vasudevan	Chennai
3	V.Saravanakumar	Ranipet	23	K.Ravikumar	US
4	S.Sathish	Chennai	24	Sudha Vaidhyanathan	Kerala
5	Rama Malar	Dubai	25	S.Kothandaraman	Chennai
6	R.Sriram	Chennai	26	Shaffi Salmaan	Chennai
7	K.P.Gokulakrishnan	Kerala	27	Krupalakshmi Ganesh	Chennai
8	S.Sathishkumar	US	28	P.H.Ananthasubramanian	Chennai
9	A.E.Senthilkumar	Chennai	29	Gajalakshmi Balaji	Chennai
10	K.Srinivasan	Chennai	30	R.Raghuraman	Chennai
11	T.V.Saravanakuma	US	31	P.N.Sai Jothi	Chennai
12	C.Balakrishnan	Bangalore	32	P.Sathish	Chennai
13	B.Selvaraj	Chennai	33	R.Sujith	Chennai
14	P.K.Venkatraghavan	Bangalore	34	V.Ganesh	Muscat
15	G.Karthik	US	35	Shanmugam Sundaram	Chennai
16	S. Sathish (Lakshmi Narayanan)	US	36	Sundar Shyam	Chennai
17	S.Meena	Singapore	37	Chandrasekar Ramu	Chennai
18	A.T.Sekar	Qatar	38	V.Sivaramkrishnan	Chennai
19	R.Raguraman (Auditor)	Chennai	39	S.Sivakumar	Chennai
20	Frederic Premkumar	US			

X - 1986 Batch		
40	K.S.Srikanth	Chennai
41	M.Vivekanandan	US
42	V.Raghuraman	Chennai
43	John Sathyan	Chennai
44	S.Venkatesh	US
45	P.Malarvannan	US
46	P.Parthasarathy	Chennai
47	G.Narayanan	Chennai

48	V.Deivaraj	Pune	XII - 1986
49	S.Balaji	Kuwait	XII - 1987
50	M.O.Baskar	Chennai	XII - 1990
51	Padmanabhan Rajaram	Chennai	XII - 1993
52	Ramkumar Ramamoorthy	Chennai	XII - 1993

Non-Nidhi		
53	S.Subramanian	Chennai
54	Murali Subramaniam	Chennai
55	Savithri Kalyanasundaran	Chennai

Volunteer's Section

❖ Tanjore Painting – Lord Ganesha



By Mrs. R. Kiran (kiransdharan@gmail.com)

❖ Recipe-Healthy Egg Bread Bajji

Very healthy, simple and easy item for breakfast or evening snack.

Ingredients Needed:

- Bread
- Egg Whites (not the yellow part)
- Salt (optional)

Preparation:

- Split bread slices into three or four pieces. Press it to form disc shape and transfer to a bowl.
- Add egg whites just enough to coat the bread pieces.
- Heat a non-stick pan on a stove. Add very little oil, place the bread pieces on the pan separately so as not to stick to each other. Flip it after some time. Fry it until the bread piece become light brown on both sides.

Try and send your feedback to rithusat@yahoo.com.



By Ms. Rithika S – Age 9 (D/o S. Sathishkumar)

❖ Environmental Tips

Everyone has to recognise their responsibility in maintaining a clean environment. Today, instead of having only a few thousand environmental professionals working to protect the environment, our goal is to have all the 7 billion people in the world as environmental partners making environmentally protective choices. By equipping this growing army of environmental stewards with the tools they need to meet today's and future challenges, let us shift into a green culture by following and making others to follow these practices.

- Save Energy
- Use Water Efficiently
- Reduce / Reuse / Recycle
- Environmentally Protective Choices

Save Energy

- Reduce your carbon footprint! Leaving your car/bike at home twice a week can cut greenhouse gas emissions by 1,600 pounds (700 kg) per year. Save up errands and shopping trips so you need to drive fewer times.
- Tread lightly! Use public transportation, carpool, walk, or bike whenever possible to reduce air pollution and save on fuel costs.
- Don't idle! Exhaust from idling vehicles can pollute surrounding air, and can enter buildings through air intakes, doors, and open windows. Constant idling also wastes fuel and money.
- When you do home maintenance, also do a home energy audit to find out how you can save money by making your home more energy efficiency.
- eCycle it! Take your old computer, DVD player, or other electronics to an electronics recycling center. Reusing and recycling materials like copper, gold, and others saves natural resources and reduces mining and processing. eCycling also helps avoid land, air, and water pollution by capturing and reusing hazardous substances such as lead or chromium.
- Everyone can make a difference! High school students can study links between everyday actions at their high school, greenhouse gas emissions, and climate change. Become a "climate ambassador" leader in your school or neighborhood and motivate friends, schools, and community leaders. Talk to your friends - help spread the word!

We will see how to use water efficiently, in the next NAEYAM NERAM.

By Mr. Sathishkumar Santharam

Volunteer's Section

❖ Inspirations in my Life

As I grew up, be it the centuries old 'Avvaiyaar', decades old my grandma or the everyday followed 'Bharathi Bhaskar' and 'Kowsalya Nathan' of 'Vanakkam Thamizhagam' fame, I have always been influenced by people -- brilliant, funny, kind, strong and sensitive.

In our formative years, we look awestruck at cinema heroes and heroines. Anybody who are strong and being respected leave a lasting impression on us. We also love and admire those who recognize our strengths and help overcome our weaknesses. Many of us have had more than one person be it a man or woman who inspire us at every point of life. Even if we want to pursue our goals to become one like whom we look upon or popular we need many people's support, encouragement and sacrifice. Also certainly there are those who may or may not have done something for global development but have been guiding us from our subconscious by their words and actions which are deeprooted in us. I grew up being nurtured by people who always had inculcated and appreciated the leadership qualities in me.

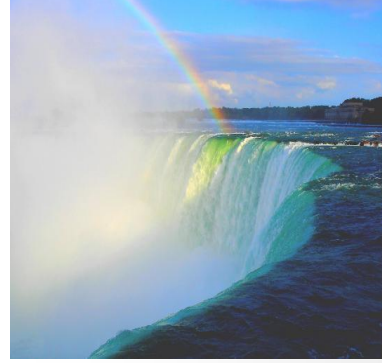
First and foremost being my Headmistress who when I was a V grader selected me as a school head and my teenage English teacher who suggested that I had a good voice and command to become a newsreader. Then, I should be saluting writer Sivashankari, Sujatha or Madan for my writing skills, mom for my hospitality, my husband for his unconditional helping nature, my dad for teaching the value of time, my periappa who told, 'Rama makes a mark wherever she goes' (unforgettable quote), my aunt who triggered interest in cultural activities and to take up a lead role whenever possible, my yoga teacher for my peaceful life, Medha Patkar for her public usefulness and determination....I am really aggravated by the array of persons who made my life gorgeous and beautiful moulding me into a modern woman with confidence giving me a scintillating and invigorating life.

Now I keep hearing people being inspired by one or the other qualities which I have acquired from people whom I respect and I too would love to leave a mark in others life for good.

(Rama Malar is the founder of the Group 'RBS' in Facebook and this article written by her was published in the website www.tamilladiesassociationdubai.com during womens day).

By Mrs. Rama Malar

❖ Poem - நயாகரா நீர் வீழ்ச்சி



யார் நீ?

எங்கு இருந்து வந்தாய்?

எங்கே செல்கிறாய்?

தேவதையின் கண்ணீர் என்கிறார்கள்!

இல்லை, நீயே ஒரு தேவதை....

பரந்த நீர்வீழ்ச்சி,

உன் கூந்தல்

வானவில்,

நீ அணியும் பூச்செண்டு

அலையின் சத்தம்,

நீ சொல்லும் வேதம்

ஓயாது ஓடுவது,

உன் உயிர் நாடி

புகை சாரல்,

நீ விடும் மூச்சு

பட்டுத்தெளித்த நீர்த்துளி,

உன் உயிரணு

அதிசயம்!!!

மரபணு இல்லாத உயிரணு

அதனால் தான் உன்னைபோல் இன்னொருத்தி

இவ் உலகில் இல்லை

ஓ தேவதையே....

நீ ஒரு உலக அதிசயம்!!!

By: மலர் பன்னிர்செல்வம்

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