

KCS annual theme for 2021 “The year of the youth”

From the desk of KCS President

Dear friends,

Greetings to all of you. Every cloud has a silver lining. Hopefully, happy days of freedom from covid seem to be around the corner. However, Government regulations continue restricting crowds in hotels and public places. In consultation with members, the GC decided to postpone our Silver Jubilee celebrations to Saturday, February 19, 2022. We hope that by that time, we could talk to each other without covering our faces and have joyful camaraderie and fellowship.

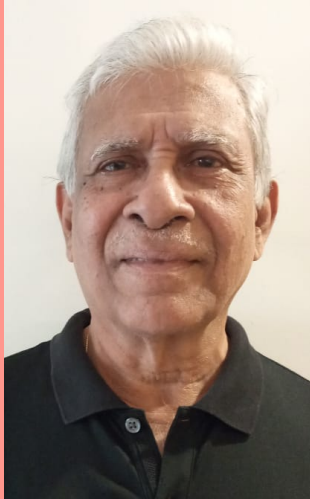
We want to focus on enrolling more youth to our fold and encourage those youngsters who are already members to be more active. We could and must organise an annual meet for the youth. Pardon me for repeating the fact that KCS can not sustain with an aging membership. We will create space during our regular Onam and Christmas meetings for the youngsters to have their own fellowship and fun. To make a beginning, we plan to invite achievers amongst our own members and guests from outside to talk on interesting subjects. Mrs. Kanchana Manavalan has kindly agreed to talk on ‘Trials, Triumphs and Temptations of Gen Next’ on Sunday, October 10, 2021, at KCS House. I request all of you to send your young adult children to this talk.

Our discussions with the Rotary club and Tanker Foundation on a dialysis unit are continuing. Several issues are to be resolved. We hope to come up with firm proposals soon.

I assume that many of you might know a person to be honoured. We instituted this award to remove the parochial colour of our organisation and make it known outside our 120 families. I have received some nominations and hope to receive more from members so that the nomination committee might have a good selection to choose and announce a candidate to bestow the honour during the Silver Jubilee meeting.

Thank you and regards,

EC Thomas,



KCS shall evolve into a premier organisation

- By instilling a sense of pride in being associated with it and thereby motivating the young and the old of the Kerala Catholic families to join the society wholeheartedly.
- By creating an image in the city of Chennai and elsewhere by initiating special projects for the community, working in tandem with similar organisations, if necessary.
- By utilising the inherent talents and strengths of all its members to initiate activities that will install a sense of belonging and promote fellowship.
- By creating an atmosphere for constant, innovative, and timely improvements in the organisation and its structure.

From the desk of KCS Secretary**Highlights of the discussions of 11th Governing Council Meeting of KCS held on 11th September 2021 at KCS House, 23 Halls Road, Kilpauk, Chennai - 600010 at 6 pm**

Approval of the Minutes: Minutes of the GC meeting held on 14.08.21 was circulated and approved after discussion.

Review of the Accounts: Accounts for the month of August 2021 was circulated and approved after review.

Nomination Committee formation - GC Members: It was decided to form a Nomination Committee with Mr. Malcolm Joseph (immediate past president) as the Chairman along with Mr. Oommen Abraham (Vice President) and Mrs. Omana James (immediate past lady GC member) to fill up the vacancies that fall vacant due to retirement of the GC members.

Legacy projects - Dialysis unit: It was decided to go ahead with the Dialysis unit project, supported by the TN Govt., in partnership with the Rotary Club, and operated & maintained by the Wockhardt / TankerFoundation. Total project cost Rs. One crore. 50:50 partnership with Rotary club.

The cost of 6 units @ Rs.6.50 lakhs each would be borne by KCS with infrastructure cost of Rs.11.00 lakhs. Planned for a visit to the proposed locations during next week. Rs. 20 lakhs committed. 1 unit each from all four zones. Three months' time to complete the project.

Nomination Committee formation - 'For the sake of Honour Award': It was decided to form a Nomination Committee to nominate a person of meritorious services to the society (minimum five years) for the award with Mr. V.A. George, Mrs. Susan Mathew, Mr. Zacharia George as Members and Mr. E.C. Thomas as the Secretary to the Committee.

Silver Jubilee: Since Hotel Chola Sheraton is not ready to accept booking till the end of October 2021, it was decided to fix Saturday the 19th of February 2022 as the date for our Silver Jubilee Celebration. The Celebration Committee would be headed by the President Mr. E.C. Thomas as Chairman, the Vice President Mr. Oommen Abraham as Vice Chairman and Finance by the Treasurer Mr. Alfred Michael. MS Abraham will be the secretary of the celebration committee. GC members will serve in various celebration committees.

YouTube: It was decided to make a YouTube presentation on the last 25 years activities of KCS on 15th December 2021.

Directory in web site: It was decided to start the opening of KCS directory in the web site with available details of members in September itself.

Youth Year: It was decided to make Mr. Ranjith Dominic as the Youth member of GC. Asked him to plan suitable activities - cultural / sports etc. to make youths more active. They could be involved in creating short films, supplying food packets to the poor etc. It was also decided to call all the youths for a special lunch to explore various suggestions / proposals to make the Youth Year very successful.

MS Abraham



Mr. MS Abraham representing his organisation Anabond Ltd met the Health Minister of Tamilnadu at his residence and presented a cheque from their CSR funds towards conducting vaccination camp.



Mr. Babu Jacob needs no introduction. He is a founder member who conceptualised the Helpline of KCS. He is a prolific writer.

THE SIGHTS AND SOUNDS OF MY GANDHINAGAR
(By Babu Jacob)



With the Na Mo wave sweeping across India that is Bharat, if a few among you thought that this article is about Gandhinagar, the capital of Namoland, a.k.a Gujarat, they are excused. I am referring to Gandhinagar, in Namma Chennai, an elite neighborhood in Adyar. Well, I have the privilege to be a proud resident of this prestigious neighborhood for the past quarter century. It's boundaries are as famous as itself: The once majestic (now a shadow of what it used to be), Adyar river on the north, the arterial Sardar Patel Road on the south, the world famous 300 plus acre verdant Theosophical Society, which is truly a veritable urban forest on the east (with the Bay of Bengal's waves caressing the shores just beyond it), and the infamous Buckingham Canal on the west (with the Adyar Cancer Institute acting as buffer). Gandhinagar, named after the father of the nation, is perhaps one of the first well planned posh neighborhoods in Chennai, formed in the late forties by a few visionaries.

When we think of Gandhi agar, what comes to mind foremost is the half a dozen educational institutions, both schools and colleges that dot the northern part of this up market primarily residential elite colony. Older residents have fond, nostalgic memories of their good old times in this pristine, once verdant lush green layout with wide roads, a large cricket ground and other open grounds as lungs, and broad roads with sparse traffic, where deer sightings were common. I have myself been witness to herds of deer, especially during dusks and early nights, more so on the then thickly shrubbed areas near the Adyar River, close to St Patrick's school. Their bewildered looks when an occasional car passed by, their gleaming eyes shining like diamonds when the bright car headlights fell on them, are still vivid in my memory. Those were the days when Gandhinagar was an abode of peace and tranquility, never marred by honking of cars and other vehicles, which, sadly, is the order of the day-to-day.

What a pleasurable experience it was, to have a walk on the several avenues of this wonderful colony! Devoid of traffic and the attendant cacophony of blaring horns of automobiles of varying sizes and makes, it is a pain to cross the road. Senior citizens like me are under tremendous mental and physical strain to survive in this hostile environment. With petrol and diesel fumes wafting in the air we breathe, it is a miracle that these carcinogenic pollutants have not made us victims of cancer in this neighborhood, known for the Adyar Cancer Institute founded by the legendary Dr.V.Shantha, who has been doing yeomen service to thousands of poor cancer patients from all the four southern states, during the last several decades.

In these days and times when people have very little time to stand and stare, it is very interesting to watch the flora and fauna and more importantly the varied avatars of Homo sapiens sapiens, (our fellow human beings!). Gandhinagar still has a few independent houses left, out of the hundreds originally built, although the vast majority of them have inevitably given way to apartment complexes, as in the case of other parts of Chennai. Avenue Trees, and trees inside the compounds of a few independent old houses, still stand majestically with their green canopies, providing a place for birds, and squirrels to rest and nest and humans to have reprieve from the scorching Chennai Sun!



At dusk, I watch from my terrace, squadrons of bats flying westwards from their tree abodes inside the Theosophical Society (TS). I once counted more than 1000 of them, flying at perhaps 100 feet above ground level, gently flapping their wings, on their nocturnal journey in search of fruits found on trees mostly in IIT and Raj Bhavan urban forests. I am told that after satiating their hunger pangs, they fly back during early morning to their permanent homes inside TS.

It is a pleasurable experience to watch and hear a plethora of mundane sights and sounds, (ordinarily taken for granted by most of us), when I go for my regular morning and evening walks. During mornings, even before the day breaks, I see health freaks, who have already hit the roads in their walking attire. Aavin milk delivery men are seen cycling to apartment complexes and houses to deliver sachets of milk to residents.





As the day slowly breaks, and the morning sun emerges majestically and in full reddish glory on the eastern firmament, it is the turn of the newspaper “boys” to carry bundles of various newspapers in English and vernacular to be delivered in residences. While a few of them are seen on two wheelers, most pedal their way to deliver the hot news for the day to residents. For these so-called “newspaper boys”, as also the milk delivery men, it is a part time job.

I come across a few pious Catholics, rushing to be on time for the daily holy mass at St Louis church. Some of them exchange pleasantries with me, without stopping, as I move on. A Brahmin priest on a two wheeler, wearing just a Dhoti, is seen hurriedly riding a two wheeler, maybe to perform a pooja in some house. A gypsy with a huge sack on her back with an iron rod in one hand is trying to retrieve a thing or two of some small value from a corporation bin. Coconut tree climbers are nowadays a vanishing tribe. One, with his climbing devices, walks ahead of me, looking for clinching a climbing job in a neighborhood, where coconut trees are fast becoming an extinct species. A man with a sack shouts “kola mave, kola mave”. I watch with curiosity as a maid deftly and swiftly puts a “kolam” at the entrance of one of those old and vanishing independent houses still left standing. The myriad sights and sounds of varied types of humble self-employed persons trying hard to make both ends meet by taking to the streets to eke out a living, though mundane and therefore taken for granted by most of us, have always been a never ending source of curiosity and intrigue for me. I watch them with curiosity and even admiration as they struggle to be breadwinners for their families, often, not invariably assisted by their wives who work as domestic help to supplement the husband’s income.



More such sights and sounds are to follow. A man is seen (and heard!) shouting at a high pitch “old newspapers”. He has a hand held weighing balance and pauses in front of an Apartment complex, hoping to be called inside by a resident. Another man is heard screaming repeatedly: “Do you have knives to be sharpened?” He carries his tool on a wheel on his shoulder. The ubiquitous tea waala on a bicycle is dispensing a cup of the steaming beverage in a plastic cup to the security man outside a flat complex.

It is 7.15 AM and it is time for the dozens of cars to take over the wide Gandhinagar avenues. A traffic cop is seen putting up a “no entry” board and a barricade at the entrance to my Road .He has a grave face and he stands guard with vigil, to stop anyone trying to violate the “NO ENTRY” rule. The same cop turns a Nelson’s eye to flagrant parking violations by rich parents of the school opposite my house!

Gandhinagar is no longer a haven of tranquility. Slowly, but steadily, commercial establishments are springing up at the once deserted broad roads of this much sought after prestigious colony with a glorious past.

Babu Jacob

(Feedback:[bjacob20@rediffmail.com/](mailto:bjacob20@rediffmail.com)
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Babu Jacob,
KCF no. 026



VARIETY

WEDNESDAY 29 SEPTEMBER 2021

India-made valve for heart valve replacement without surgery

Overcoming multiple challenges, a transcatheter aortic valve engineered and made in India was recently implanted in a symptomatic patient at Apollo Specialty hospital, Vanagaram.

This is an artificial heart valve with a circular expandable grid housing a biological valve fashioned out of animal tissue, providing features similar to the native human aortic valve. This is crimped over the balloon and mounted at the end of a sophisticated delivery shaft that can be adjusted and steered to maneuver the balloon-mounted valve into its final position with great precision. Under radiologic guidance, the valve is advanced to the heart through a small puncture in the femoral artery in the groin. The balloon is inflated once the valve is positioned across the native valve, and thus the artificial valve is deployed in place of the diseased valve. This new method of replacing diseased aortic valves in patients who are at high risk for open heart surgery, has gradually been expanded to cover patients with intermediate and low-risk as well. The safety of the device and the complications during the procedure are said to have been tackled with one surgical replacement.



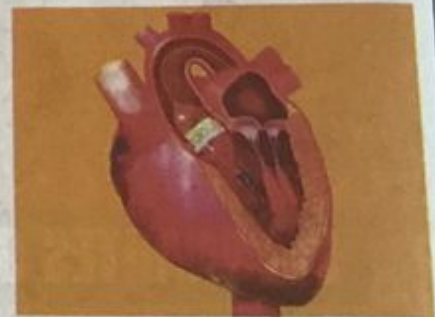
Dr Joy M Thomas



Dr. Joy M Thomas was involved in the implant of the 1st Trans Apical

Aortic Valve Replacement (TAVR) in India in the year 2010 using an imported Brazilian valve with minimal invasive surgical apical approach. Currently, an India-made valve is said to be available at a low cost with the same efficacy. A 66-year-old patient had a Unicuspid aortic valve, which was severely stenosed. The patient was not prepared to face the risks associated with a surgical replacement of the valve and preferred the transcatheter option after several sessions of consultation. TAVR was offered as an alternative to this patient. The operation was carried out after careful planning as the patient had an eccentric valve opening and mild to moderate fluid collection around the heart.

The patient got a new lease on life as he made an excellent and swift recovery,



and was further discharged from the hospital within five days of aortic valve implantation, the management says.

For more details, visit:
Dr Joy M Thomas
Senior Interventional Cardiologist
Apollo Specialty Hospitals,
Ayanambakkam.

*(Procedures given are based on the expert's understanding of the said field.)

Pics: iStock

Our member Dr. Joy M Thomas, KCF No.138 was on news published in Times of India, Chennai Times page dt 29th Sept 2021

Obituary



Left : Mrs Baby Punnoose (88), w/o late Navodaya Appachan (Kishkinta) and mother of Jose Punoose (KCF 153) left to heavenly abode on 9/9/21,



Right : Mrs. Kochuthersia Mathew mother of Omana James (KCF 28) left to heavenly abode on 21/09/2021

Our heartfelt condolences to the family members. May the departed soul rest in peace

Dear young friends,

All of you know about KCS, some of you having directly involved actively at times or others through your parents. You may be aware that on December 15, 2021, KCS completes 25 years as a successful organisation because of the vision, hard work and dedication of your parents. We hope to have a grand celebration in February 2022.

It is a fact that we could not organise any programmes because of covid 19, just like your school, college or office works were affected. Our Vice -President Mr. Oommen Abraham had done a survey some months back when some of you had expressed reservations about the style of current KCS programmes. You had observed that they were focussed only on seniors. We have taken note of your opinion. We would like to change that perception. Therefore, we had declared 2021 as the Year of Youth. Unfortunately, we could not do justice to that slogan.

We now plan to have a series of lectures by some of our own members. Such talks may inspire you to conclude that there is an opportunity to learn, to gain friends, achieve and serve society beyond your work that could enhance your CV as well. As you may know that in many advanced countries, life beyond work is given emphasis to reduce stress and increase wellness.

Therefore, we have the pleasure to invite you to a talk by our own member Mrs. Kanchana Manavalan on a highly relevant topic on Sunday, October 10, 2021 at 11 am at KCS hall. The talk will be followed by lunch.

TRIALS, TRIUMPHS, TEMPTATIONS OF GEN NEXT.

Kanchana's short biodata is given below.



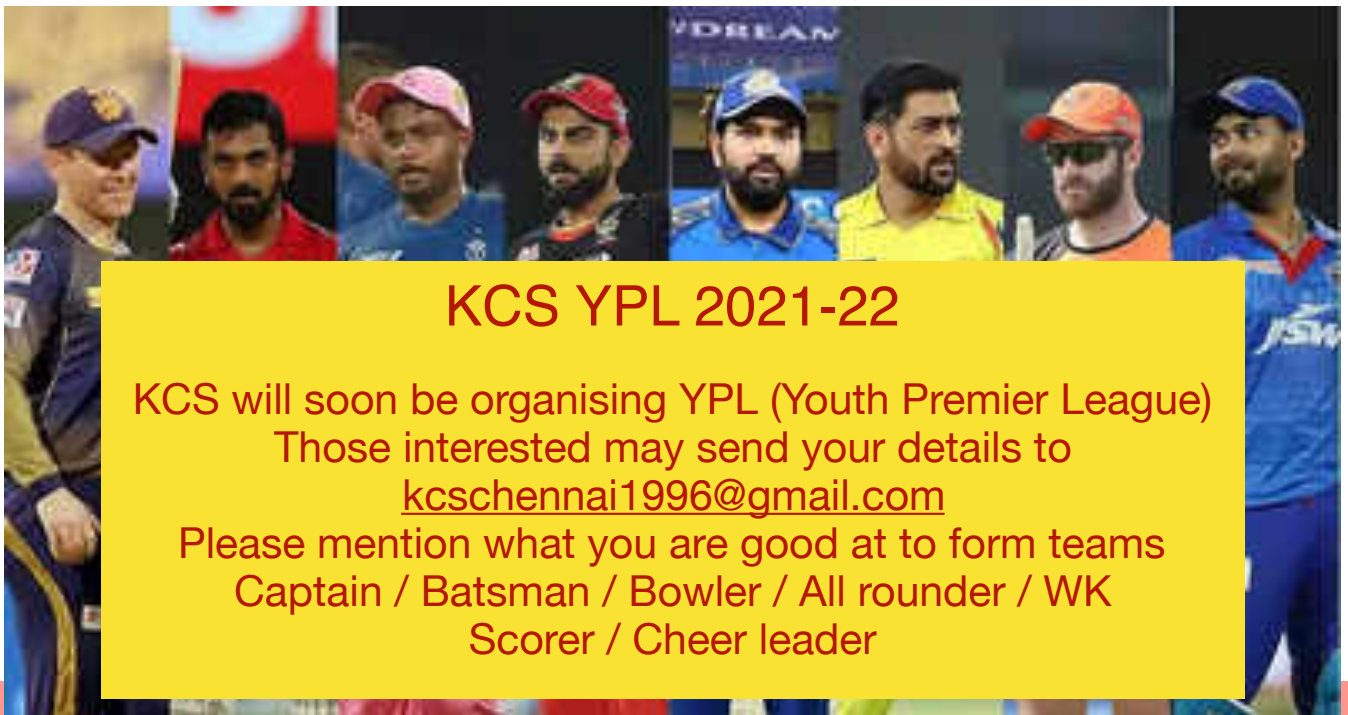
Kanchana after her studies of English Literature, did a PG diploma in Industrial Relations and Personnel Management at MSSW. After a few years in corporate companies, she joined India Trade Promotion Organisation for 24 years. She took early retirement and started her own venture that handled events and consulting for Trade Shows and other services. She is an independent lady director at LGB. She learned French and could speak Hindi fluently. She is happily married to a lawyer and has two sons, a chef, and an architect.

I hope that you will find time to attend this session. I also request you to come up with a project where you could contribute to yourself and KCS. We will find the resources to support such a project.

Thank you in advance.

EC Thomas,
President

Ranjith Dominic,
Youth Representative in the GC



KCS YPL 2021-22

KCS will soon be organising YPL (Youth Premier League)

Those interested may send your details to

kcschennai1996@gmail.com

Please mention what you are good at to form teams

Captain / Batsman / Bowler / All rounder / WK

Scorer / Cheer leader

Date	Birthday - October	KCF no	Mobile no
1	Lilly Joseph % PC Joseph	42	9841131372
3	Franco Louis	16	9444015646
5	Elizabeth John	120	9962521267
7	Jose Punnoose	153	8939928813
10	Emmanuel Babu	246	9884600007
17	PC Joseph	42	9841131372
19	P A Joykutty	46	9840036669
20	Itty George	227	9940295215
22	Jose varghese	163	9840466330
22	Marie Teresa	67	9444367637
26	Pious joseph % George Pius	63	9841021011
29	Julie Jacob	91	9445970676
31	Binny Lawrence	166	9841047222



HAPPY BIRTHDAY



Happy Anniversary



Date	Wedding anniversary - October	KCF no	Mobile no
15	Jose Zacharias & Leelamma Zacharias	127	9444223674
16	Zacharia George & Leelama George	115	9840355173
19	Pius Joseph & Mariamma Pius	63	9841021011
20	PC Johny & Jaya Johny	221	9841025462
21	Jaison Joseph & Anitta Jaison	187	9840418187
27	PC Joseph & Lilly Joseph	42	9841131372



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Please send your articles, comments, suggestions, feedback to

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