

GNC CONNECT

VOLUME 3 ISSUE 9

MARCH 2018

FOR MEMBERS OF THE GANDHI NAGAR CLUB ONLY



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From the Secretary



Dear Members,

It's summer again and all the club's summer-time activities have started in full swing. After the annual maintenance of the pool, the regular swimming coaching has started and those keen on learning may please join. Tennis coaching has seen many kids participate and the facility is well utilised by our coach Ajay. As informed earlier, Squash and Billiards coaching has started and many members and dependents have enrolled. And, of course, all CSK matches of the IPL will be screened on the big screen on the lawn for members to soak in the spirit of the cricket season!

The club conducted a successful intra-club squash tournament which saw full participation of the squash members. The tournament was very competitive and well-attended by members and their families. Congratulations to the winner, Murukesh Mani, and runner-up Avinash. Congrats are also due to members Bindu Bhaskar and Haroon Sheriff of the club Bridge team which came third in the mixed pairs event of the Madras Gymkhana annual bridge tournament.

Soon the kitchen order ticket (KOT) system of written billing will be done away with and the staff at all the facilities will be equipped with tablets and members will receive an SMS on their cell phone as soon as they avail any facility.

The maintenance and cleanliness of the club is being carried out relentlessly and any complaints are attended to promptly. Any members with a grievance may please convey it directly to me.

With best wishes.

Mahesh Shanbhag (M216)

Honorary Secretary

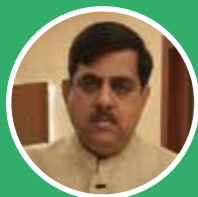
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From the Vice President



Dear Members,

This summer, welcome to the Gandhi Nagar Club's digital reading zone. Enjoy unlimited access to thousands of best-selling magazine on the Magzter App that our club now has access to. Please call V Sankar on the club numbers 24902005/ 2491076 Extn 105 and receive the link to download the app.

This March 2018 issue of GNC Connect we have an eclectic mix of articles from our members: on travel, a heritage walk of Gandhi Nagar, an article on women's health and an article on how Chennai city is seeing a badminton resurgence and the sprouting of new courts all over the city. Chennaiites are taking to badminton to keep fit while having fun.

We also have the usual complement of articles on club news, of competitions won, the GNC Bar retro nite, and MindQuest, to test your grey cells. We also share an extract from an exciting new novel by member and author RV Raman and an interview with him.

In our cover story this time, motoring expert S. Muralidhar focuses on the new wheels that will hit the roads soon from various car-makers. The Delhi auto expo unveiled a host of concept cars as well which can be a few years down the line. Read about it in the cover story.

Summer's here. So, do stay cool and write in to gnconnect2016@gmail.com on your exciting experiences and travels this summer. We want more members to contribute their articles and share your encounters with new places and people. Best wishes.

MOHAN RAGHAVAN (M 161)

Vice President



HONORARY SECRETARY

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WINNERS ALL —————



NEWS FROM THE 'BRIDGE'

The Madras Gymkhana Club held Its Annual National Bridge Tournament 2018 in January.

The GNC pair of Bindu Bhaskar and Haroon Sheriff did our club proud by coming third out of 54 pairs in the Loveji Dadabhoy Mixed Pairs event. This is all the more commendable as the event was packed with veteran players and Bindu has less than one year Bridge playing experience.

Not to be left behind, our club team comprising Bindu Bhaskar, Haroon Sheriff, KN Raja, Rajalakshmi Narayan, Dr K Rajan and K Uma Maheshwari came third in the team event for clubs.

Not bad at all considering that Bridge in GNC started only in March 2017!

The photograph shows Bindu Bhaskar and Haroon Sheriff with Farooq Dadabhoy, the sponsor of the Loveji Dadabhoy Cup.

- Sridhar Rao Chaganti (S 174)



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- ❖ Corporate Events
- ❖ Birthday Party
- ❖ School Function
- ❖ Conference / Meeting
- ❖ Yoga Class
- ❖ Fashion Show
- ❖ Film Shooting & Pooja
- ❖ DJ / Music Concerts
- ❖ Building Expo
- ❖ Sports Coaching

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6. Security staff can be provided*
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8. Temporary AC / Non AC hall can be provided in the lawn as per the requirement.
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10. 1500 Sq.ft. AC hall is available with separate kitchen

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DELHI

AUTO EXPO



shows the age
of EVs and hybrids
is upon us

This year's edition puts the spotlight on electrics and focused concepts, writes Muralidhar Swaminathan (M 281)

The biennial Delhi Auto Expo is the platform for many high-profile car and bike premieres. Some of the most successful launches at the Auto Expo have invariably been small cars; and the likes of the Hyundai Santro and the Tata Nano went on to capture people's hearts after being unveiled at the Expo.



The euphoric years soon after the automobile sector was opened up and multinational brands made a beeline for the Indian market saw the number of participants spurt at every edition of the Auto Expo. But this year's Expo -- the 14th edition -- was different. A number of big names in the auto industry were missing and, more importantly, there was a big change in the kind of show cars put up by the ones that did take up stall space.

The entire Volkswagen Group was conspicuous by its absence, as were others including Ford, the Fiat Chrysler Group, Volvo and Nissan. Globally, car makers are pulling out of auto shows because of the cost of participation and as they believe that the demographics of car buyers is changing rapidly. But the 2018 Auto Expo did see one key new player in Kia, which made its India debut. Kia's massive stall displayed as many as 16 models including the SP Concept, an exaggerated design concept which will form the basis for its first vehicle in India. It is based on the same platform as the Hyundai Creta.

While there were no debuts of any major mass market car or bike, there were a few significant launches in the luxury passenger car space, particularly by the BMW Group. The three important launches in the lower-priced segments were new versions of the Maruti Suzuki Swift, Honda Amaze and Toyota Yaris. But this year's Auto Expo was significant for the change in focus it signalled, showcasing a number of electrics, hybrids and concepts.

Kia's SP, for instance, already has the stance and dimensions of the final vehicle, and bears a striking profile that may be largely retained. On the other hand, Tata Motors' two concepts, the H5X and 45X, feature exaggerated design elements, though both are significant pointers to the design direction that the brand's future vehicles will follow.

Maruti Suzuki's Concept FutureS was the other prototype that looks nearly like a production-ready version of its future vehicle. The concept is meant to showcase a design direction, and points to a possible sub-compact sports utility vehicle. Interestingly, all these concepts have been created with the underlying platforms capable of housing electric or hybrid powertrains.

The Expo also had interesting electric concepts like the NeuV and Sports EV from Honda, the Trezor from Renault, the Mercedes-Benz EQ, the Toyota FCV Plus and the UDO Concept from Mahindra. Apart from concepts that are mere technology showcases, there were a number of hybrids and EVs that are ready to roll out or are already in the market, such as the Tata EVs built on the Tiago and Tigor, the Hyundai Ioniq, the Toyota Prius PHV and the Honda Clarity FCV.

Petrolheads and fans of luxury, performance cars also had reasons to rejoice, with some really exciting vehicles on display that are set to roll out later this year. Some of these are the Mercedes-Benz E-Class All-Terrain, the new Honda CR-V and Civic. But the biggest number of debuts came from the BMW stable, with cars like the new X3, 6GT, X6 xDrive 35i, the M3 sedan and M4 Coupe being debuted at the show. The made-in-India MINI Countryman, the BMW i8 Roadster and the i3S were the other debuts from the German brand.





*Exquisite beaches, dense forests and exotic flora and fauna make the islands a sought-after destination, says
RV Rajan (R 143)*

The Andaman islands are emerging as a popular tourist destination. With alluring beaches, dense forests and an endless variety of exotic flowers and birds, the pristine islands of Andaman and Nicobar shimmer like emeralds in the Bay of Bengal. They also offer a choice of activities for those seeking adventure during their travel. The aquamarine waters around the islands are home to water sports such as scuba diving, snorkelling, sea walking and a coral safari seen from a semi-submarine, besides trekking, fishing and kayaking. Some parts of the Andamans are known to be key diving destinations!

I was part of a group of Rotarians and families on a three-day trip to this Union Territory in the Bay of Bengal. A 135-minute flight from Chennai took us to Port Blair, the capital of the archipelago of 572 islands, of which 38 are inhabited and connected with Port Blair by road or sea. Until the mid-1970s, the islands were home to tribals, some of whom were cannibals. Some, such as the Jarawas and other tribes, still live in the Nicobar Islands, where entry to tourists is prohibited.

We had many pleasant experiences but a few unpleasant ones too. When our bus from the airport neared the Hotel

Western Park, located in a by-lane in the heart of the city, our hearts sank. Far from being the resort hotel we had hoped for, it was more like a 'hole in the wall' place for budget tourists. Really small rooms, with barely enough space to move around the narrow beds, and an all-pervading mouldy smell were a big put-off. Fortunately, a co-operative attitude helped us come to terms with these discomforts, that were compensated for by the novel activities and vistas we enjoyed over the next few days.

Corbyn's beach and the cellular jail

Our first visit, after a brief stop at the unspectacular Corbyn's Cove beach within the city, was to the Cellular Jail, where the British housed 'dangerous' criminals and revolutionaries in solitary confinement and inflicted untold miseries on them to break their will. This dark chapter in history was the reason why the islands were called 'Kalapani'.

The jail has rows of three-storied structures consisting of 698 small, dingy cells. A conducted tour of the place was both awe-inspiring and emotional, though senior citizens and the disabled might find the long walk around the cells a bit taxing. The light and sound show held in the evening in the jail's spacious courtyard is a must for all visitors. Listening to stories of the atrocities perpetrated on the prisoners by the British was a moving experience.

A languid day at scenic Radha Nagar

The second morning saw the group reporting at the pier at 7.30 am for a boat ride to Havelock Islands, which boast of several beautiful beaches and resorts. Everyone must carry an ID card (we had Aadhar), which is checked by the security personnel at every stage until we boarded a boat with three air-conditioned decks and a seating capacity of 300. It took us a little over two hours to reach the Havelock port. During the trip, apart from the mandatory Hindi movie screening, the management had organised music on the top deck and many youngsters whiled away some time dancing to the peppy beats.

On landing at the port, we were whisked off on a bus to Radha Nagar Beach, a 30-minute ride through lovely greenery. The stretch of sand and sea, with hills on one side, fully deserves its reputation of being one of the most beautiful beaches in the world. Unlike the long stretches of sand in Madras, the Radha Nagar beach is surrounded by beautiful trees, many of them forming thick canopies and giving the beach a lovely ambience. The towering palms and greenery all around make it a tropical paradise. Many in the group went swimming or took speed-boat rides while senior citizens like me were content relaxing on the beach, savouring the wonders of nature.

After a quick meal at a restaurant near the port, we were back in the boat for an uneventful return journey, during which most in the group caught up on their sleep.

Historic Ross Island

The third day began with a lot of excitement as we were to visit two important tourist spots. The first was the historic Ross Island, used as Army headquarters by the British and where the officers lived a life of luxury. In 1942, during World War II, the Japanese Army drove the British out of the island.

The Government of India, which took over the Island, made it a tourist-friendly place, where visitors can see the ruins of the club house, the church, the swimming pool, tennis court, Commissioner's bungalow, troop barracks, the bakery and other such facilities used by the British officers that are maintained as museum pieces.

A well-laid-out tourist path covers all the facilities within an hour. There are battery-operated cars to take the disabled and senior citizens around the facilities. The Island is kept clean and it is a pleasure walking around the old buildings. There is, however, only one cafeteria catering to the visitors, with limited items. At 10.30 am we could not get a cup of coffee because the vendor had run out of milk!

Adventure sports on North Island

North Bay Island, our next destination, is known for water sports facilities such as scuba diving, snorkelling, dolphin rides, and so on. Scuba diving, at Rs.3,500 for a 30-minute

experience, is expensive. But a few youngsters in the group decided to give it a try, kitted out in special suits and gear provided by the sports operator. After passing the mandatory health check, they were accompanied by a trained guide to ensure safety. Reportedly it was a memorable experience and those who completed the trip came back beaming, showing off certificates of participation and photos taken underwater.

A few opted to view the coral reef by taking the semi-submarines which provide a panoramic view of the coral reef through the glass windows surrounding the basement of the boat. Unfortunately, due to a sudden change in weather conditions this trip was cancelled by the operator. Though the predicted heavy rains did not materialise, the sea had turned very rough, and the 30-minute journey back on choppy seas, with the boat swaying heavily, saw many in the group screaming with fear and excitement. Luckily, nothing untoward happened and we reached the shore safely, in time to do some quick memento shopping. A group gathering marked the last night in the Andamans, and we headed back to Chennai the next morning, with pleasant memories of our trip.





For those planning a trip to the Andaman islands, here are some tips:

01. While deciding on hotels, don't go by the beautiful pictures of facilities featured on the website. They can be deceptive. Better to check with people who have visited the place earlier. Ideally, deal with a local travel agent directly.
02. Three days are not enough to fully experience Andaman and its beautiful beaches and activities. Plan for at least a five-day trip.
03. Spend at least two days in Havelock islands, which boasts of many lovely locations.
04. Carry enough cash to enjoy many of the water sports activities as they are expensive. ATMs are available for those who don't want to carry too much cash.
05. Most of the islands do not have good restaurants. Pre-packed lunch is a solution I would recommend.
06. Please remember that you are not allowed to take away any sea-shells or even a grain of sand from the beaches of Andaman as a memento. This is strictly prohibited. At the airport there is a special security check to catch people who break this rule.
07. The majority of the population is Bengali, closely followed by Tamils, Telugus and others. Hindi is the common language used by everyone, including all the shop-keepers.
08. December to May is considered the best time to visit Andaman, especially if you are interested in diving activities.
09. Don't forget to carry an identity card like Aadhar or driving licence because you need it at every security check before boarding a boat. Only children below two years are exempted.
10. Carry an umbrella or raincoat to protect yourself from sudden rains.



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Sudha Rao and Naren Sankaran (N 130) transport listeners to another age with their delightful music on Retro Nite, writes Parimala Rao (J 133)

The cool Saturday evening in early February turned pleasanter with the beautiful melodies wafting down from the newly refurbished bar on the second floor of Gandhinagar Club.

The prospect of enjoying the golden oldies rendered by Sudha (Lakshmi) Rao and Naren Sankaran saw the watering hole fill up quickly till there was hardly any space left for the late-comers. Members, families and friends soon joined heartily in the singing, first tapping their feet to slower favourites like Aayiye Meherban, Ye sham mastani, Babuji dheere chalna and Chithiram pesuthadi, and finally rising

to shake a leg to the faster, rocking hits such as Ram bam bam, Dum Maro Dum and Piya tu. There was an open mic session where a number of members came forward and sang some eternally favourite English, Hindi and Tamil numbers.

Naren Sankaran, a long-time member of the Club, has sung with his cousin Sudha often as part of various shows, and performed at the Retro Nite, which was organised at his suggestion.

Says Naren: "The sing-along event was conducted in response to my request to the Club as I have rendered many club shows and arranged for performers to

sing at Gandhinagar Club, from back in the day when the club only had a small budget for such cultural shows. Sudha, my cousin, is a professional singer based in Boston, US, and has been encouraging my singing for decades, often performing with her own wonderful tracks. The bar event was a hit from start when we belted out Ilayaraja numbers besides Kishore Kumar type Hindi retro songs and a few evergreen English songs too. Sudha, as always, handled her songs with ease, regaling the members, and Ilamurughu was helpful all along the show with his own music tracks."



The healing notes

With her music Sudha Rao brings joy to patients at various centres

Trained from a young age in Karnatic music, Sudha has always been surrounded by great music at home, as her parents loved music and her mother is a classically trained musician. She has been singing for 29 years as part of Friends' Orchestra (Chennai) and Saptaswar (Boston). She is a well-known and acclaimed performer at various venues in India and the US.

One of her most memorable moments was when, along with her Saptaswar team, she performed the US and Canadian national anthems at the Celtics (NBA) pre-game event in 2011. She also performs on a voluntary basis at fund-raisers for a good cause in the US.

Sudha has, on several occasions, sung at the Presidency, Gymkhana, Madras, Gandhi Nagar, and Madras Cricket Clubs and at many Rotary, Round Table, and NGO fundraisers, both with her band and independently too.

While in Chennai she worked with and continues to be associated with Bala Mandir Kamaraj Trust, a home for orphan and destitute children. She is also actively involved with, and is an overseas advisory member of, TANKER (TamilNad Kidney Research) Foundation, a Chennai-based NGO that helps poor and needy patients who have kidney disease.

She has been singing extensively as a volunteer over the last two years for underprivileged patients undergoing dialysis at all the Centres run by TANKER in Tamil Nadu.

During the months she is in Chennai, Sudha (often accompanied by Naren), also sings regularly for the residents of shelters run by Banyan, an NGO that rehabilitates homeless and destitute women and men with psycho-social issues who have been rescued from the streets of Chennai.

Recently, she started singing at other centres of the Banyan as well, including a men's shelter at Santhome, where young students also come in weekly to learn music from her.

"This has been a greatly rewarding and often humbling experience," says Sudha, "and says it's a revelation how residents of the shelter are able to open up and interact when music is the common thread."

Sudha has also been performing for children and adults undergoing chemotherapy treatment at the Adyar Cancer Institute and also at the Oncology Department of the General Hospital, Chennai, as part of a music therapy programme, supported by a foundation created in memory of lawyer, sportsman and social justice campaigner Ashwin Maharaj by his parents.

The Ashwin Maharaj Foundation has been able to reach out to colleges and

rope-in student and other volunteers, who take turns to sing for patients at the various centres. This system is now working and has made a big difference to the patients' state of mind, reinforcing the fact that it's a combination of the personal touch, a brief conversation, interaction about which songs to sing, and so on, that results in such positive changes.

A similar effort, of roping in amateur singers, has been initiated by one of Sudha's co-singers, Shiva, for Tanker Foundation's dialysis units too.

When Sudha sang at a TANKER dialysis centre some weeks ago, a nurse told her that she noticed a particular patient's blood pressure levels would always be lower after he had listened to her singing.

Another was able to better bear the pain of the process during the music session. The same effects are not recorded when the patients listen to piped music.

Patients of all ages enjoy the interactive music sessions, many of them joining in or clapping along, and later come up to express their joy, saying they had completely forgotten about their pain and suffering for that one hour. This is the ultimate praise she can hope for, says Sudha.

She loves what she is doing and says there's no value one can put on the happiness and contentment she gets from spreading the message of 'loving, giving and sharing' through her music.



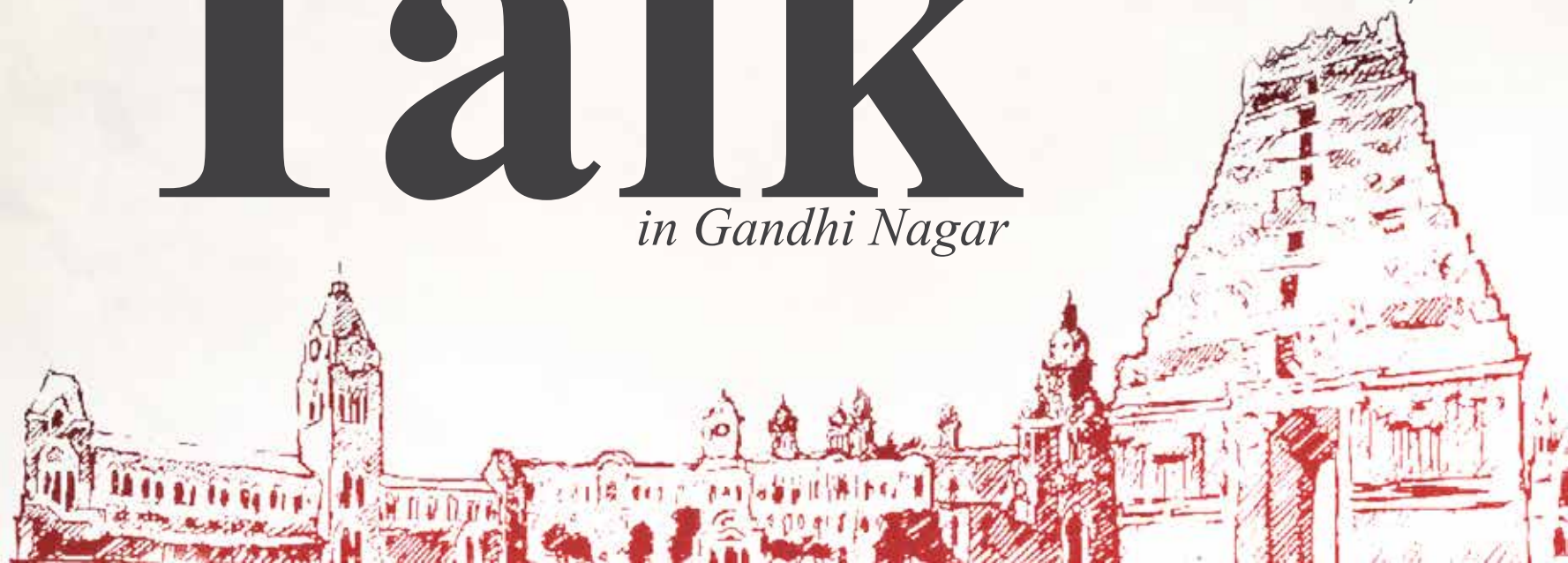
Former TN Ranji captain Vasudevan flagging off the walk

G.C. Shekhar (A 416) sets out on the heritage walk around Gandhi Nagar and unearths little-known nuggets

How many of us know that the Adyar police station, now located on LB Road, was actually based on Second Canal Cross Road in Gandhi Nagar? It was tucked away in a single storied building on the North-West corner of the road till about 30 years ago.

Today an apartment complex stands there, like in most places in Gandhi Nagar. This interesting nugget was thrown up during the Sixth Gandhi Nagar Heritage Walk held on February 25. The walk, organised by the Gandhi Nagar Cricket and Sports Club and anchored by its vice-president V.S. Sukumar and his brother and Hony

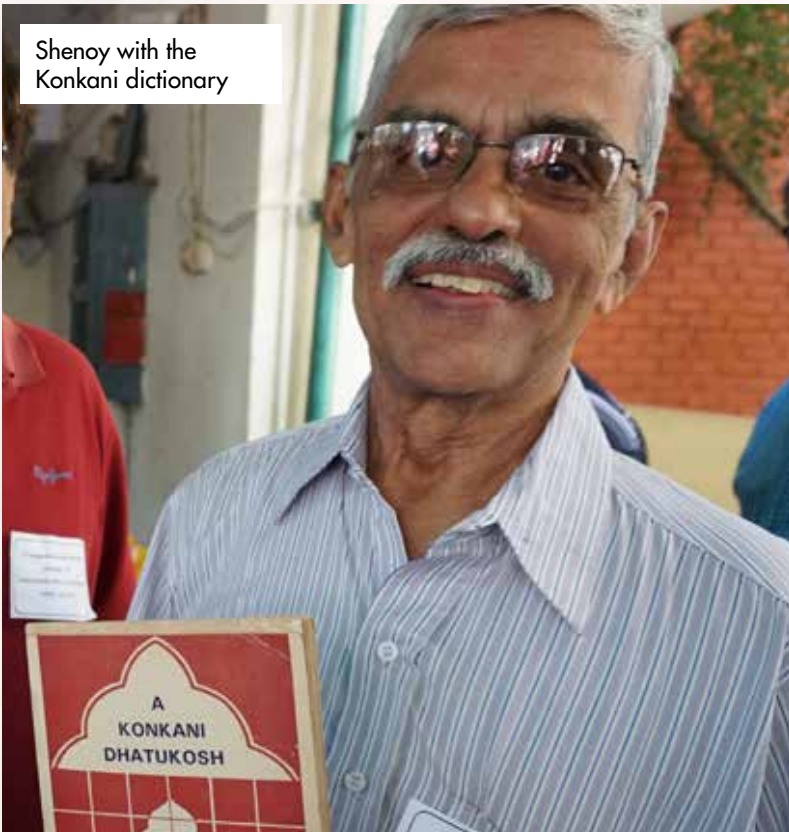
Walking the Talk *in Gandhi Nagar*



Cricketer Dinesh Karthik's uncles with Sukumar(right) and Ravikumar.



Shenoy with the Konkani dictionary



Secy V.S. Ravikumar, also a GNC member, attracted over 60 avid walkers on that nippy Sunday morning. Interestingly, one of the participants happened to be Krishna from Sydney, Australia, a former resident of Fourth Main Road. Having learnt about the walk he made sure that he was part of this annual event this year.

Having covered the major roads of Gandhi Nagar and institutions during the last five walks, this year's edition chose to concentrate on the two canal bank roads sandwiched between second and fourth main roads. The walk was flagged off by S. Vasudevan, former Ranji captain under whom Tamil Nadu had last won the Ranji Trophy in 1988. A suave, soft spoken gentleman, Vasudevan now coaches at the GNCSC during weekends and he is still hopeful that Tamil Nadu would soon win its next Ranji Trophy.

The cricket connection also came up on First Canal Cross Road as the walkers met two former residents – Jayaraj and Gopinath – the paternal uncles of India's present cricketing hero Dinesh Karthik. "We used to take turns to take Dinesh for coaching whenever his father was unable to. We are happy that he has emerged as an international cricketer," said Jayaraj.

On Second Canal Cross Road the group sauntered into a house that had a beautiful statue of Goddess Saraswathi painted in silver, perched in its front yard. The resident, Athulendranath Shenoy, showed the group around the house, maintained as it was built 50 years ago. His father was Janardhan Shenoy a professor at the Guindy Engineering College. More interestingly, Shenoy senior had also brought out one of the first English to Konkani dictionaries which was shown around. Vinay Kamath, one of the members of the heritage walk and a fellow Konkani and a GNC member, was mighty pleased to rifle through the book and exchanged a few pleasantries with Atul, of course, in Konkani.

The group then stopped by at the little house of Vatsala, a short, sprightly senior citizen full of energy and warm tales from the past. Her father Dr. T.N. Sundar Rao, was a well-known and philanthropic medical practitioner. Earlier, Sukumar pointed to the residence of Somayajulu (next to the now closed Craveyard restaurant), who passed away recently and recalled his contribution to the Ananthapadmanabha Swamy Temple in Gandhi Nagar.

The group sauntered down Third Main Road and halted briefly in front of the large bungalow of Lakshmi Mahadevan, the former Asian tennis champion and a contemporary of Ramanathan Krishnan. Since the group consisted of more than 20 alumni of the erstwhile Rani Meyammai School (which used to be closed), the next stop was the Kumara Rani Meena Muthiah College, where the school was originally located. The old-timers recalled their good old school days before moving on.



The Saraswathi in Shenoy's garden

The final halt happened to be the Gandhi Nagar Cricket Ground where a breakfast of pongal, vada and coffee was waiting for the famished lot. Since all the roads in Gandhi Nagar had been covered, only the busy First Main Road is left out. Though most of the old buildings have given way to commercial complexes on First Main Road, Sukumar was confident that the next edition of the heritage walk would wind its way past First Main Road. So, do wait for next February.

SPORTS

GNC Tennis markers Saravanan (Yesu) and Ramesh, won the runners-up title in the Turbo Energy KTC-TNTA Markers Doubles Tennis Tournament held at the Krishnan Tennis Centre, OMR, on April 7, 2018. They lost to K S Manikandan and Anand 6-3, 6-2. Congratulations to both of them.





Dr Meenakshi Sundaram of Apollo Women's Hospital (A 410) says keyhole surgery in treatment of uterine fibroids helps in early recovery, decreases hospital stay, and reduces pain

Treating Uterine Fibroids

Uterine Fibroids, or uterine myomas (short for leiomyoma), affect more than 25-30 per cent of women in the reproductive age group. The terms fibroid and myoma are used interchangeably. Most fibroids do not cause symptoms, and do not require treatment.

Fibroids may require treatment in the following circumstances:

- Fibroids causing abnormal bleeding
- Fibroids causing problems with fertility
- Fibroids those are large enough to cause pressure on other organs, such as the bladder.
- Fibroids growing rapidly

Fibroids are non-cancerous swellings arising from the womb. They occur in about one in four women of the reproductive age group. Fibroids are classified depending on their location into Subserous (arising from the outer wall of the womb), Intramural (arising from the wall of the womb) and submucous (arising from the inner lining of the womb). Fibroids are usually diagnosed by clinical examination and ultrasound examination.

Treatment of Fibroids - Do all of them need to be removed?

The most important question to ask is do the fibroids need to be treated at all. The vast majority of fibroids grow as a woman gets older, and tend to shrink after menopause. Obviously fibroids that are causing significant symptoms need treatment.

While it is often easier to treat smaller fibroids than larger ones, most of the small ones may not need to be treated. And many women have successful pregnancies without removing the fibroids as long as they are not inside the uterine cavity. The location of the fibroids plays a strong influence on how to approach them.

Treatment with medicines

There are currently no medicines that will permanently shrink fibroids. Often heavy bleeding can be decreased with birth control pills. There are a number of medications in the family of GnRH agonists, which induce a temporary chemical menopause. In the absence of estrogen myomas usually decrease in size. Unfortunately, the effect is temporary, and the fibroids rapidly go back to their pre-treatment size when the medication is discontinued.

Surgical treatment of Fibroids

The conventional surgical treatment for fibroid removal is called myomectomy. This is traditionally done by taking a large incision in the abdomen.

Laparoscopic surgery

But today, they can be removed through small keyhole incisions in the abdomen. Small 5mm incisions are made in the belly, telescope and instruments are introduced and the fibroid can be removed through these small incisions irrespective of the size and location.

This procedure is called laparoscopic myomectomy. The technological advancement to this minimal access procedure today is Robotic surgery. Here the surgeon through finger controls robotic arms and the articulated instruments help in precise surgical procedure.



Robotic surgery

The advantages of keyhole surgery to the patient are: it helps in early recovery, decreases hospital stay, reduces pain and enables quick return to normal activities. Women more than 45 years of age and those who have completed their family can undergo removal of fibroids along with the uterus through laparoscopic hysterectomy.

Laparoscopic surgeries require a lot of skill and advanced technology. This procedure can be done even if the woman has had previous cesarean section or any previous abdominal surgery. The pain is minimal and bleeding is minimal in this procedure. Removal of these fibroids laparoscopically or robotically is the most patient friendly procedure with excellent outcomes.

Intracavitary or Submucous Fibroids

When a fibroid is inside the uterine cavity, it will almost always cause abnormal bleeding and cramping. These can usually be removed by using a special kind of hysteroscope, or resectoscope. The resectoscope is a telescope with a built-in loop that can cut through tissue. This is called hysteroscopic resection of myomas. In skilled hands most myomas inside the uterus can be removed with hysteroscopic myomectomy.

Right choice of minimal access procedure for fibroids, helps women who are infertile and looking for conception. The uterine reconstruction is precise, blood loss is minimal and patient can return to daily activities quickly. Advances in laparoscopic and robotic technology has made many open myomectomies to be converted to minimal access procedures.

(Dr Meenakshi Sundaram is an MD, DNB (Obstetrics & Gynaecology)

CHENNAI SEES A BAD MINTON RESURGENCE



K. Rajarajan (R 203) writes about how the success of top Indian badminton players has sparked the proliferation of badminton courts in Chennai

Indian badminton has seen a terrific resurgence in the past decade, spurred by the initial success of Saina Nehwal and later with the successes of PV Sindhu and K. Srikanth. This has generated a huge interest in badminton as a sport to keep fit. It's also sparked an interest in competitive badminton and this has even spawned a coaching boom with parents enrolling their kids in coaching classes to see if they can emerge as the next Sindhu or Srikanth. Even if it's not at the same level as the boom in cricket, nevertheless badminton's time has come.

Chennai has also seen a surge in private badminton courts mushrooming all over the city. Till recently, badminton courts were either in private clubs, sports training institutions or a few in gated communities with their own sports facilities. Of late, badminton courts have sprouted all over. Fireball Academy in Mogappair was perhaps the first non-social badminton court to start. With six courts, Fireball now caters only to competitive shuttlers who are playing at the university and state level. The current Under-15 India number one Shankar Muthuswamy belongs to Fireball. The academy also started a fitness club with a gym and pool *et al* for the trainees.





Other private courts have come up all over the fringes of the city, in Ambattur, Porur as well as on the ECR and OMR. Smashbounce has come up in Valsaravakkam, ASR Badminton Academy in Kolathur, Tejesh Sports Academy in Puzhuthivakkam, and many more. Along with Fireball, these three are the biggest in the city. Fireball Fitness Club started in 2008 with three courts and the Fireball Academy opened in 2016 with six courts. ASR has 8, Smashbounce has six in Valasaravakkam and another six in Korattur while Tejas has six courts. Whistle Academy in Nungambakkam even has an air-conditioned court for your comfort!

Clearly, entrepreneurs are seeing that putting up courts is lucrative and a commercial viable proposition. These courts are not ordinary cement courts but wooden courts laid mostly with teak wood planks or they could be synthetic courts. Groups of badminton enthusiasts hire the courts by the hour and these charges can range from Rs 500 to Rs 600 per hour of play. Different courts offer various packages and a 'bulk booking' can get one a good discount as well. On weekends, these courts can be busy through the day. These courts make their money from the regulars who play there.

Every month about 20-30 courts are being added in various parts of Chennai, including in the suburbs which sees one to three court facilities springing up. At last count, Chennai perhaps had 1,500 courts due to this rapid proliferation in the last three years, up from around 500 earlier.

However, this number pales in comparison to Bengaluru which has at least 8,000 indoor courts in the city! Every large apartment complex or gated community in Bengaluru for the past over 20 years has had at least indoor two badminton courts installed and hence the number of courts in that city has mushroomed. A far cry from the time badminton champ Prakash Padukone had to practise in a makeshift marriage hall in the Canara Union courts in Malleswaram!

Badminton in Chennai has become a big industry with ex-players becoming coaches, and even average players turning coaches and earning Rs 50,000 and more. It's even better than what an engineering graduate earns after three to four year of working! Coaching fees are about Rs 2,000 for beginners and can go up to R 10,000 for professionals for three sessions per day. Some courts like Smashbounce have even tied up with a Malaysian academy and have a former Malaysian national team player, Yogendran Krishnan, as a coach. Fireball has three batches of players, 25 to 30 a batch and two batches are running full. But, Fireball is for the professional as it has state and national level players training here.

For many sedentary office goers, badminton has now become a habit as it's good for one's fitness and also playing a competitive game with your friends makes it fun too. There's even an app now, 'Where to Play' through which you can check which courts are free at what time and make your booking and make payments through the app.





The Web of CONSPIRATORS

Excerpted from the book *Conspirator* by RV Raman (V239).
Published by Hachette India

Megha shrugged.

'I don't take kindly to people who come in the way of business,' she said.

Tanya stared at Megha. So what they said at the NMG was true. Megha brooked no meddling in her business affairs and dealt ruthlessly with anything that came in the way.

'Trust you to do something like that,' Tanya heard Kaushik say. 'How did you get him arrested?' 'Does it matter?' Megha hailed a passing waiter and asked for their drinks to be replenished.

'Jeevan didn't take it lying down, I guess?' Kaushik asked. 'Of course not. Threatened me with dire consequences, but his threat lacked conviction. Anyway, screw Jeevan!' She gave him a dazzling smile. 'Let's enjoy ourselves.'

They cast Jeevan out of their minds and gave themselves up to making the most of the party. After all, the surroundings were pleasant, the music catchy, the booze topnotch and the company excellent.

Soon, people began calling out to Kaushik, urging him to sing.

Samit Sengupta's father, Raghuveer, a film-music aficionado, was at the

forefront of the requests. Kaushik decided that it was time to oblige. With a glass in one hand and the mike in the other, he stepped up to the low dais and launched into a popular Kishore Kumar song, backed up by the live band.

Tanya had heard him sing before, but never so well. The environment, the Scotch and, perhaps, the company seemed to bring out the best in him. After a thunderous applause that followed his first song, he sang a love song, another Kishore hit. Tanya stole a quick glance at Megha. She seemed to have slipped into a trance, swaying to the song, her eyes shining.

Kaushik then switched to Mukesh numbers - emotional, wistful songs, tinged with melancholy - even modifying his voice to match the singer's distinctive one. Megha listened entranced. She seemed deeply moved.

After a couple of songs, Kaushik called out to her. Megha readily joined him on the dais and they sang a few duets. Once Kaushik had stepped down from the dais, Megha switched to solo numbers. Tanya listened enthralled. She was not particularly keen on old Hindi film songs, but the way Megha sang them now, especially a haunting Lata Mangeshkar number, was captivating. What a talented woman she was! Tanya found herself contemplating Megha with unreserved admiration.

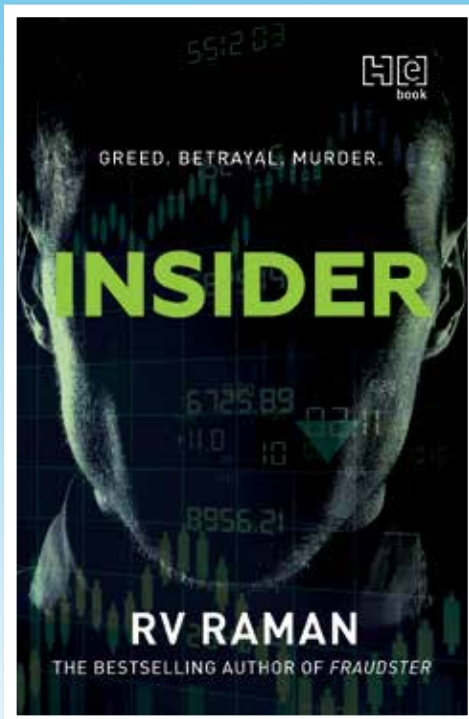
Megha wrapped up with Geeta Dutt's famous song, 'Waqt ne kiyakya hasinsitam'; which she sang with exquisite agony in her voice that didn't seem put on. Her wistful gaze rested on Kaushik's wavy white mane a couple of times, while he steadfastly contemplated his whisky glass.

When she returned to the table after a standing ovation, silence enveloped the table. After generously complimenting Megha for her performance, Tanya too fell silent. She stole a quick glance at Kaushik; his gaze was sweeping the lawn, moving everywhere but in Megha's direction. He appeared as stoic as ever. Nothing seemed to have changed in his demeanour, other than the fact that he had fallen silent.

As Tanya looked away, she caught Megha's quick glance in Kaushik's direction. On the older woman's face was an expression that left Tanya dumbstruck. She had no trouble recognizing the mix of emotions on the older woman's beautiful face. Along with deep regret were unmistakable signs of affection, affection that reflected something more than mere friendship — at least, on Megha's part.

The tone of the party had changed. Mellifluous strains of melody had given way to racy dance music and the dais was crowded with jostling bodies. The peals of laughter that rang out were unrestrained and conversations were no longer discreet or muted. Alcohol had loosened tongues and unshackled inhibitions. The companions of invitees, who had largely remained in the background for the past two days, were letting themselves go.

The sky, a jet-black dome, was studded with a million minute sparkling stars. But the earth, except for the lawn and the buildings of the resort that stood nearby, was submerged in a sea of inky blackness. The edges of the lawn, save the part close to the buildings, had long since dissolved into the night. The surrounding plantation and the



hills in the distance were shrouded in impenetrable darkness.

Two gravel walkways, wispily lit by widely spaced solar lamps, snaked through the darkness to connect the island of brilliantly illuminated activity on the lawn to the rest of the resort. On either side of these tenuous umbilical cords, the night reigned supreme.

It was well past the deadline by which Kaushik had

suggested that Tanya return to her room. One look at the increasingly boisterous nature of the party would have made the wisdom underlying the suggestion apparent to anyone.

Kaushik's white mane was nowhere in evidence now. He had left the central lawn a while back. The table that he had shared with Megha and Tanya stood empty. It was difficult to make out from a distance where the two women were, for black seemed to be a popular choice of colour among the women at the party.

Jeevan was involved in a slurred altercation with someone. The argument was getting louder by the minute. Clearly unhappy, Nihir was frowning at his table. A quick glance from him prompted Sanyal to hasten to where the culprits stood quarrelling. Raghuveer Sengupta had just stepped in to intercede and was attempting to pacify the guest, while trying in vain to fend off Jeevan.

Sanyal strode up and grasped Jeevan by the arm, making the latter spin around with an ugly snarl. The snarl died an ignominious death when he realized that the hand that had caught his arm belonged to Sanyal. He swallowed his anger, bit back the sharp words that were on the tip of his tongue and stepped back from the quarrel. His gaze flicked to his uncle and he seemed to pale a shade when he caught Nihir's expression.

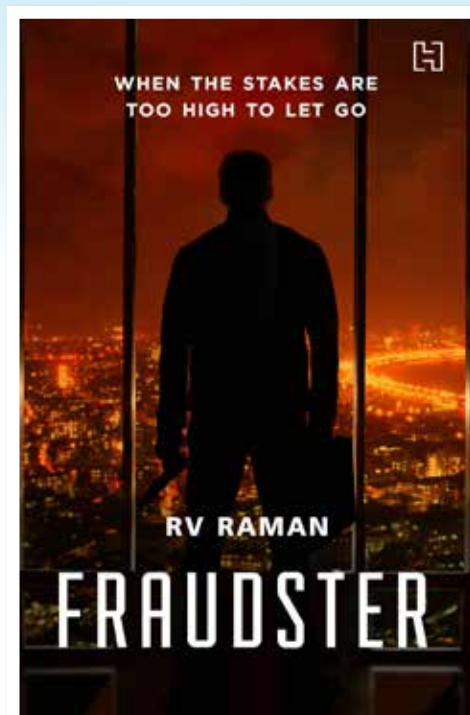
Quick words - stern ones from Sanyal, judging by the look on his face - passed between Nihir's right-hand man and Jeevan and colour flushed back into the latter's face. He said something under his breath to an unyielding Sanyal. A couple of seconds later, he nodded submissively and offered his hand to the man he had been arguing with, apparently apologizing and making up.

With their attention riveted on the men engaged in a spat, nobody noticed a slim figure stagger down one of the walkways towards the lawn. Clad in a single-piece black dress and a black jacket with a bluish sheen, the woman paused once or twice and swayed drunkenly before resuming her journey down to the lawn. She reached it, wobbled onto the grass on unsteady feet and teetered into the lit-up area, drawing curious glances and murmurs of disapproval in equal measure. She reached the centre of the lighted area and stood there swaying in the midst of inebriated revellers.

A moment later, her legs gave way under her and she fell to the ground, landing flat on her face.

Sanyal released his grip on Jeevan and strode towards the woman lying on the ground, concern etched on his usually deadpan face. He motioned urgently to the DJ, who quickly cut the music. He reached the woman and crouched beside her, trying to gauge her condition. His expression froze in horror as his eyes, widening with shock, travelled to her back.

Protruding from her back, through a tear in the bluish-black jacket was a black feathered shaft with dark grey fletching. Around what seemed to be the shaft of an arrow, a dark patch was growing rapidly, glistening in the light. Blood had begun dripping onto the grass. Somewhere in the darkness, a motorcycle rumbled to life and sped away.



RV Raman is the bestselling author of corporate crime fiction and was the head of KPMG's Consulting Practice and the co-head of their Risk Advisory Services. He was also a partner at A.T. Kearney and Arthur Andersen. Over a career spanning three decades and four continents, he has advised banks, financial institutions, regulators, stock exchanges and corporates on matters of strategy, operations and risk management.



“White collar crime in corporate India has been the inspiration for my books”

Author and GNC member RV Raman (V239) is a serial author of corporate thrillers. In this interview he talks about how he crafts his books

How did you arrive at the plots for your various books? Is it basically your experience of working in different industries or do you research deeply before you figure out a good plot?

In my career as an advisor, I've had the opportunity to study a number of organisations and work across multiple industries. That gave me insights into the controls and lacunae in organisations, and the consequent temptations executives often deal with. I got to work with a broad range of personalities too, whose values and priorities vary widely. A combination of these makes a potent raw material for contemplating white-collar crime in corporate India.

My first book (Fraudster) is based on a lot of small and big things I saw in banks. I reassembled these elements into a new pattern (much like a child does with a Lego toy), and that pattern became the plot in Fraudster. Of course, I did have to supplement it with a fair amount of reading.

The plot in the second book (Insider) is entirely my creation. It is based on the possibilities I saw of circumventing controls and laws, had I been interested in insider trading. However, I had to validate it rigorously. Two friends – an ex-stockbroker and an investment banker – helped me do that.

The next two books (Saboteur & Conspirator) are similar creations based on what I've seen in corporate India and what I could do if I were a white-collar criminal. Of course, these too had to be extensively validated by reading and discussions.

What is your latest book, Conspirator, about and how did you choose the media industry for this?

Like the other industries (banks, stock markets and eCommerce), media too was chosen because of its potential for white-collar crime. Media being such a potent tool, the potential to influence readers/viewers seemed immense to me. Not just for political manipulations, but also in the business/commercial arena. I've tried to demonstrate that potential in Conspirator.

What is your process of writing? Is it an inspirational flow or do you structure everything carefully?

I guess it's a combination of both. My plots and modus operandi tend to be more complex than the average crime novel. As a result, structure becomes vital. However, in the sequence of how things happen, structuring comes second. First comes day-dreaming and letting your imagination fly (or inspiration, as you call it!).

Once the overall crime and its execution grow clearer in my mind, I start structuring the details, casting characters, defining timelines and causal relationships, and conjuring up red herrings. Once I begin writing, I need to go back and forth, tying up clues, evidence and character actions into a convincing fabric that the reader can navigate. Because new ideas pop up all the time and I discover holes I had not seen earlier, I end up having to make adjustments. The objective is that every piece of evidence ties in neatly and all character actions/dialogues are credible.

What is the market and readership for Indian-authored corporate fiction? Do you get a lot of readers writing in?

I believe it's a niche market. By way of explanation, merely setting a story in a corporate environment doesn't make it a corporate thriller (in my view). To qualify, the motivations and machinations need to stem from the corporate world. Because of its inherent complexity, corporate thrillers tend to be less accessible to certain sections of readers. That makes it a niche market.

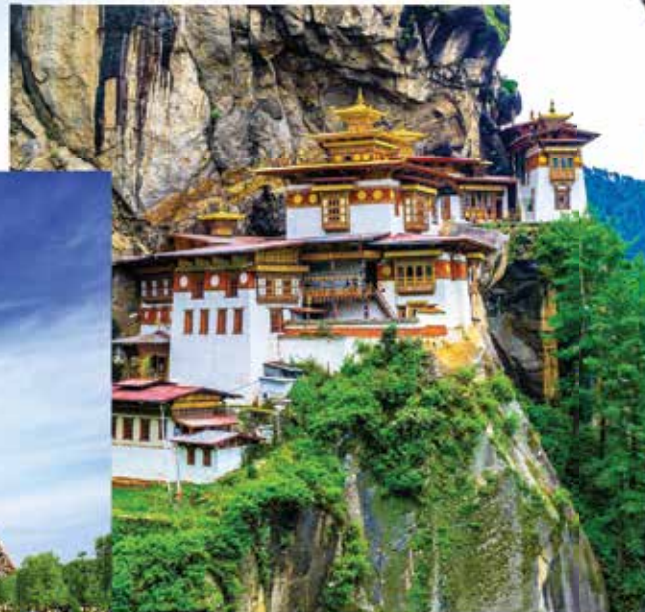
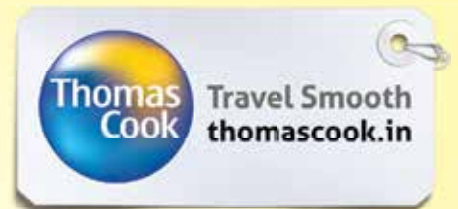
Yes, I do have readers writing in, but they are not of the kind who gush on social media, like the fans of popular fiction do. They tend to be far more reserved and measured. Interactions with them tend to be one-to-one conversations with an occasional review thrown in. The two common threads are: (1) appreciation that the stories open a window to how the corporate world works, and (2) comments on the uniqueness of the novels.

What would be your advice for young wanna-be writers?

I really don't have any advice to give, as what works for me may not work for others. Given the abundance of advice on the Internet, I'm sure each person will figure out what works best for her/him. The only suggestion I'd offer is that they create original stories for their own satisfaction, and not make sales the primary goal. It's more satisfying that way. Copying a globally successful book and setting its clone in India won't be much fun.

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01. In cricket what is the two-word term for a delivery bowled by a spinner that does not turn as expected but stays on a straight line?
02. If it is 221B Baker Street for Sherlock Holmes, then who lives at 124 Conch Street?
03. How many points on a mariner's compass?
04. With respect to a human being's bodily actions, what is 'sternutation'?
05. In Greek myth, who was Artemis' twin?
06. Which African country was known as Nyasaland until 1963?
07. Name the first animal to orbit the Earth on November 3, 1957.
08. Name the five-time NBA champion who recently won an Oscar.
09. Which country has the most UNESCO World Heritage Sites?
10. Dog = canine, cat = feline, mouse = ???
11. Which Charles Dickens story features Wackford Squeers?
12. In mathematics, which is the largest two-digit prime number in base 10?
13. The insignia of which commissioned officer's rank in the Indian Army is the National Emblem?
14. Which popular political commentator, cinema/theatre personality and journalist's memoirs is called *Athirsham Thantha Anubavangal* (Experiences given by fortune)?
15. Which city would the reigning World chess champion call as National capital?



01. Arm ball.
02. SpongeBob SquarePants.
03. 32.
04. The action of sneezing.
05. Apollo.
06. Malawi.
07. Laika.
08. Kobe Bryant.
09. Italy.
10. Murine.
11. Nicholas Nickleby.
12. 97.
13. Major.
14. 'Cho' Ramaswamy.
15. Oslo. (Magnus Carlsen is a Norwegian).

Answers

Visual Questions

pictures courtesy: Internet



02



04



01



03



05

01. What is this called and where is it?
02. Name this political personality.
03. Name this imposing structure.
04. Identify this new world primate.
05. Which giant PSU has this as part of its logo?



05. ONGC.

04. 'Capuchin monkey,'

03. Sagrada Família in Barcelona

02. Theresa May, PM of United Kingdom.

01. Great Sphinx at Giza (Egypt).

Answers

BOUNCE SMASH.. SQUASH

GNC's intra-club Squash Open was a smashing hit with some high octane games played

The Gandhi Nagar Club's intra-club Squash Open was held this year after a gap of eight years, 2010 being the last edition.

Nearly 20 squash enthusiasts of our club participated with utmost competitiveness and sportsmanship.

The tournament, which was inaugurated by the committee on the 14th of February 2018, was split into a league phase and the knockouts that followed.

The players were drawn into four groups and the round robin format was followed in order to ensure that everybody got to play everyone else in their respective groups.

At the end of 32 matches in the group stage, the top two players of each group progressed to the knockouts. Eight players fought it out

in the the quarters which saw some keenly contested matches.

The first semi-final was between the top seed Murukesh Mani and Pradeep, which the former won in three straight sets. The other semi-final was an evenly-matched contest which saw Avinash beat Gokul in three closely fought sets.

The Final was held on March 31 and as expected the gallery was full with GNC squash members. Their families also turned up in large numbers.

Murukesh Mani won the Championship by getting the better of Avinash in three sets of high octane squash. Interestingly, this is Murukesh's fourth GNC Squash Open Championship. He won the tournament earlier in 2008, 09 and 2010.



Winner Murukesh Mani with GNC President Sunil Reddy, Secretary Mahesh Shanbhag, Treasurer D. Illamurughu and runner up Avinash



The Highs and the Lows



P. Ramnath (R 135) waxes eloquent on two cricketing events ... one smashing, and the other, well, was just not cricket!

The last ball Six

Of such deeds are reams written
As we saw in that over of Rubel
When you babysit your grandkids
You'll have a heroic yarn to tell

Rohit can now of course claim
That he had held back Kartik
It is easy to take credit
After Kartik gave Rubel stick

Our think tank wants a Hardik
They ignore players in the domestic grind
Such players don't play for glory
Sporting green hair and the kind
If IPL throws up heroes
They rake it in by the sackful
Are they bigger than the game?
Over our eyes don't pull wool

We should back horses for courses
Now this is not old hat
Don't choose a batter cos he keeps a bit
Nor a bowler cos he can bat

This isn't Cricket

In India Smith misused DRS
And said it was just a brain fade
Well surely this last shenanigan
Was not a small mistake he made

The Proteans were a tough nut to crack
His bowlers didn't have that sting
Over lunch they hatched a plot
To get the ball to reverse swing

But Kudos to the alert(ed?) cameramen
What they captured now is fact
They caught the guilty Bancroft
'Yellow' handed in the act!

Young players work hard to get into their team
Some earn name and fame
But the example this Aussie team has set
They should hang their heads in shame
(It wasn't too long ago That a Chappel saw no harm
To avoid being hit for a winning six
He rolled it underarm!)

They got a royal thrashing though
All trickery went in vain
Smith and Warner had to stand down
The only gain was Paine

Ball tampering has been around
Are we going to see more of the same?
Surely it must be tackled fast
To stop bringing disrepute to the game

There are people who wait to see a Test
And save up to buy a ticket
They like to see their teams play hard to win
But surely this isn't Cricket



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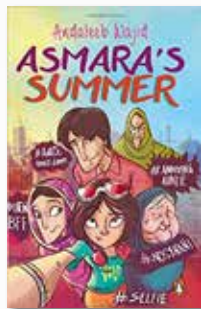
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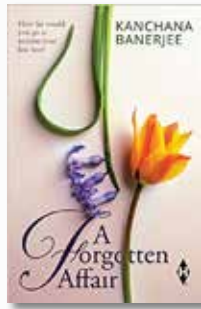
Austenistan



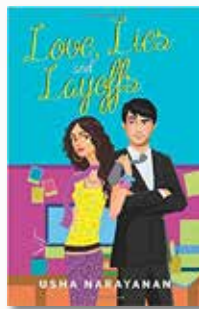
Asmara's Summer



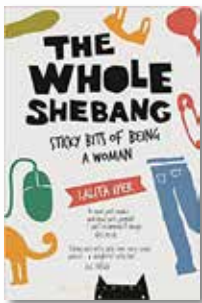
A Forgotten Affair



Love, Lies, Layoffs



The whole Shebang



The One Who Swam With Fishes



The Midnight Bell



When love finds you



Other Books

- The Matsya Curse
- Imperfect – Biography Of *Sanjay Manjrekar*
- Seventy And To Hell With It Book – *Shoba De*
- The Perils Of Being Moderately Famous – *Soha Ali*
- The Wrong Side Of Goodbye – *Michael Connelly*
- The Dutchess
- The Saboteur – *R. V. Raman*
- Forever Is True – *Novoneel Chakraborty*
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