



HOWZIT

MANIPAL ALUMNI ASSOCIATION NEWSLETTER



VOL VIII

EXECUTIVE COMMITTEE 2008-2010

PRESIDENT

Dr. Koshy Thomas
H/P : 019-2142293
Clinic: 03-33425693

VICE PRESIDENT

Mr. S. Arasu
H/P : 012-6851233

SECRETARY

Dr T.S. Jeyalan
H/P : 012-3717012
Clinic: 03-22845228
Fax: 03-22843103

ASST. SECRETARY

Dr. Simon Martin
Clinic: 03-22744868

TREASURER

Dr. S. Nagarajan
H/P : 012-2878012
Clinic: 03-22845228

COMMITTEE MEMBERS

Dr. K. Vijayalakshmi
H/P : 012-3907012

Dr Nirmal Singh
H/P : 012-3031428

Dr. Thomas Abraham
H/P: 012-3248463

Dr. Saravanan
H/P: 012-2333350

Dr. Eratha Krishnan
H/P: 603-90587607

AUDITORS

Dr Thomas John
Dr. Ratnasothy

Secretariat Address

c/o Klinik Pergigian Bangsar,
7A, Jalan Telawi Lima,
Bangsar Baru,
59100 Kuala Lumpur
Tel: 03-2282 7355
Fax: 03-2282 8355
email: manipala@streamyx.com
www.manipal.org.my



Elections- Incumbents Return Unopposed

The result of the National Election was not reflective of the biannual election of the Alumni. Mind you, it was not an option for the 60 odd strong members who were present that there were no takers to the seats but they were determined to see the committee remain. The only change was the inclusion of Dr Saravanan who will spearhead the Junior Membership drive.

Definitely things have changed with the way AGMs are run and held, devoid of the poor attendance, lacksidal attitude and inactive participation of the membership, MAAM has come of age and the proceedings of the recently concluded AGM speaks volumes of the membership active debate, criticism and suggestions which actually resembled a Public Listed Company AGM.



-continue pg. 2



MANIPAL CONVENTION
5-7 DEC. 2008
Palm Garden Hotel
IOI Resort. PUTRAJAYA
(DRIFT AWAY)

The Constitutional review and its final endorsement was the main item on agenda which saw active participation; membership gave their final 'aye', following each and every amendment was dully proposed and seconded.

With an excellent and healthy bank balance, obviously matters concerning even minimal spending are put under the microscope, with close scrutiny. The Honorary Treasurer Dr S Nagarajan tactfully allayed the fears of the concerned member by reiterating that our expenditure is done with prudence, financial accounting and business transaction are handled with integrity.

The membership drive committee led by Dr Viji managed to cajole in new members to attend the AGM and signed them up to join the alumni. They went on to sell the remaining Penang Convention T-shirts to Manipalites who missed the Extravaganza.

One thing that comes to mind after the night, culminated with an excellent fellowship dinner....

Goodbye Apathy – One MAAM

Jeyalan



WALKING TALL

MAAM is extremely proud that one of our members Xavier Jayakumar has been elected as ADUN in the state of Selangor and holds an esteemed post in the EXCO.

I am sure most of you would have read & seen all his exploits in the mass media but we thought it would be nice if we have own personalized "aaraveh" with him.

I was lucky enough to go to one of his ceramahs before the elections with Sothy & Jeyalan and it was brilliant.



The man means business and so Ladies & Gentlemen...All Rise ..OUR favourite ADUN.....YB Dr.Xavier

1. Name : XAVIER JAYAKUMAR A/L ARULANANDAM
2. School : ST. MICHAEL'S IPOH
3. Wife- Name/Occupation : SHEILA DEVARAJ / TEACHER
4. Children- Names/Age : SANGETHA 25
PRAKASH 21 & DEV 18
5. Nickname : Kondehsamy (don't ask me why)
6. Dental Practice - No of Years : 25
7. Politics-No of Years : ACTIVELY 10 YEARS, GENERAL POLITICAL INVOLVEMENT - 20 YEARS
8. Hobbies : WOODWORK , HANDICRAFT , SPORTS
9. Blog : <http://drxavier.wordpress.com>

QUESTION TIME:

1. Firstly YB MAAM would like to congratulate you on your electoral victory. Could you elaborate on the influencing factors that has resulted in your career in politics.

My days in Manipal were the most crucial in introducing me to politics. It began with the Student Union strike, which I was a part of. We managed to make life difficult for a lot of people. But I also enjoyed myself, I built up a solid group of friends and we had a blast.

India as a whole, introduced me to a new form of democracy (compared to what we had back home) and that caught my attention. I was fascinated by how open their democracy was and what people could do in a collective manner.

The forming of a multi racial party back in 1998 was the way forward for Malaysia, and my stepping stone into full fledged politics. The past decade has been a struggle in every way, but ultimately we have managed to convince the people that change has been long overdue.

2) Has too many portfolios that are attached to your post in the Exco been distracting to your duties? Could you brief us on your various duties?

No distraction, but all my portfolios are demanding and challenging. Expectations of the public are very high, and the demands don't end. Dealing with the lower-income communities is challenging. I'm multi-tasking, but since I'm the only Indian in the EXCO, all matters pertaining to Indian affairs end up on my table, and have to be dealt with. This by itself is also a challenge, but I'm up to it, and hopefully we will be able to deliver on our promises.

Duties include :- Health : especially dengue and food cleanliness and safety..

Estate Workers :- The housing and education problems faced by that community

Poverty :- attempting to assuage the pressure of the high-cost of living on the poor.

Caring government :- Build new and better homes for the poor.

In general I chair many meetings a week, sometimes 3 or more in a single day. I have press conferences, and one-on-one interviews. I have functions to attend throughout the state. I also try to fix some 'quiet' time to read and plan strategy because I need to plan ahead for the future. I also have many appointments on certain days. As EXCO, I make it a point to visit at least one local council area a week. For example, this week I will visit Ampang area and next week will be Semenyih.

3) Will the Govt. impose a mandatory Health Insurance scheme for the public? Comments YB.

I would like to first say that I have been an active member of the Coalition Against Privatisation of Health care from its inception a few years ago. There is no doubt that if BN continues to rule, they will impose the Mandatory Health Ins Scheme. It is already in the pipeline. The Health Insurance Scheme, will bring about inequality in health care for the poor. The scheme does not provide universal health care for all.

4) Has the present political scenario benefitted from the Makkal Sakthi and if so how?

Definitely the political scenario has benefited from MS, but we must not forget that for Pakatan rakyat (PR) to win 5 states, all the races have voted for the opposition, not only the Indians.

5) Do you think the Malaysia is ready for multi racial parties ? Please elaborate YB.

Yes, definitely so. The fact that Keadilan and DAP won so strongly is a clear indication that the Malaysian population has matured and is ready for multi racial parties.

6) Finally YB could you share your personal thoughts,vision,aspirations and changes that you intend to introduce in your agenda?

Frankly speaking it will take us some time to make all the necessary changes. the first 100 days has been a challenge, nonetheless for a government that has only been ruling for 3 months we have made significant in roads towards improving the state welfare services, development etc. We have unveiled numerous changes to the system, and will continue to do so over the next 4 years. I personally wish to have hostels built to help poor estate workers' children get proper schooling and guidance. I also hope alleviate the suffering of the hard core poor in the state, and while that is a tall order to achieve. I will keep at it, and continue to help as much as I can.



One Hundred Years from now It will not matter what kind of car I drove, What kind of house I lived in, how much money was in my bank account nor what my clothes looked like. But the world may be a better place because I was important in the life of a child : Anonymous

Freedom is when the people can speak, democracy is when the government listens. : Alastair Farrugia

Thanks for your time Xavier.

Hope you guys input in his blog and give morale & not immoral support.

Just a soft reminder YB...you still owe me 2 bottles of Bison Patta from the North-South game in 1979 when you were goalkeeper for North and my roommate.

Could I exchange for something else now.....hmmmm....

JUST KIDDING
Simon Martin

Preamble

We received a call requesting our honourable presence at Ronnie & Susie's 30th Anniversary wedding celebrations in Kota Tinggi, Johore.

Reminded of our motto - Live to Serve - Jeyalan, Nirmal, Nikhil & yours truly Simon hit the road on 7/6/08.

Since the buck always seem to end with me ...I decided to pass this assignment to our 20 something Nikhil.

So without further ado read the true confessions of an eventful journey of how a boy blossoms into a man... ..Enjoy.



No Country for Young Men

I, Nikhil Singh Jassal, solemnly swear that on the weekend of Ronnie and Susie's 30th wedding anniversary, I rather peculiarly managed to engage in entertaining activities along with and partially catalyzed by three elderly Manipalites.

- 9th June 2008 -

Yes, I truly did have fun with the good doctors Simon Martin, Jeyalan and my pops Nirmal 'JJ' on our road trip to Ronnie and Susie's 30th anniversary celebrations in Kota Tinggi, Johor. What follows in this article will be simple documentation of that weekend's events and also an attempt at biting sarcasm directed toward the three aforementioned elderly gentlemen.

As most stories go, I start at the beginning. Saturday the 7th of June started with fast and furious packing followed by a short drive with my dad to Bangsar to car pool along with Uncle Simon in Jeyalan's car. Cue "harga minyak sudah naik lah brudder!" jokes. At 8.30am the first leg of our road trip began. Our destination was Seremban for breakfast at the famous Curry Leaf. During the journey the car radio was never switched on. Instead my father and I were rewarded with an hour of Uncle Simon and Jeyalan prattling on like two grandmothers.

At the Curry Leaf, the food was quite disappointing. Apparently it's because the late Madam Goh was responsible for the Leaf's quality. Why do all the good ones have to go? At 10.30am, we set off on the second leg of our journey straight onto Kota Tinggi, less than an hour away from Johor Bahru. At 10.32am, Simon says "Oops, we forgot to get beers!"

Once again, no radio contact with the civilized and fun world. There was of course continuous prattling on and on, and on. Gradually, the conversation evolved onto the topic of alopecia, as if to substantiate that I was indeed in the company of elderly gentlemen (at that point, my father enthusiastically joined in the conversation). Suddenly, Uncle Jeyalan whipped out a small cloth that one usually keeps in their car for windscreen condensation and proceeded to wipe down his bald pate. Note to all: Dr. Jeyalan carries chamois fabric in his car to polish off his dome.

Old men jokes aside, let us traverse time. 2pm in Kota Tinggi but the hotel check-in was at five. The hotel receptionist very intelligently suggested a good Chinese restaurant across the river, which was truly bulging at the seams. We didn't care about possible flooding; we were there to party. Across the river, the restaurant was hosting a wedding lunch. We didn't care, our esophagi were parched. We gate-crashed the function, sank a few pints and even toasted with the groom. At the restaurant, Uncle Simon demonstrated amazing resourcefulness and even more astounding resolution to remain seated near the drinks by procuring a bouquet delivery to Ronnie and Susie's without moving a geographical inch. Sometimes one is truly awestruck.

-continue pg. 6

Reluctantly, we dragged ourselves back to the hotel to change in our red and whites, the theme for the celebration. Uncle Ganesh and Vicky from JB picked us up and off we were to Ronnie and Susie's house. The set up was impressive; white tents and red tables, candles and shiny sprinkles, balloons and those big strange billowy puppets that are fan-blown, and a DJ thrown in. Need I mention the food and booze? I think I better. A good spread of classics like spicy mutton and chicken plus southern Jawa mee were present on the buffet table. The booze was represented by beer, gin, rum, whisky and brandy, all making guest appearances. I say guest because those particular bottles are long gone. May they rest in peace, Amen.

At the party, everyone bombarded Ronnie and Susie with heartfelt warm wishes for their wonderful 30 years spent as partners. And they all turned around and poured themselves a drink. Following that, it was PARTY TIME! Even I, intrepid reporter, cannot for the life of me remember the details from that point onward. What I remember was that Ronnie and Susie's daughters Shandy and Sheena delivered absolute tearjerker speeches in tribute to their parents. My father gave a real good one too, being "stepbrother" to Auntie Susie. But the best were the last ones. Both Ronnie and Susie together gave a loving speech to one another. And of course they let everyone know how the met and how Uncle Ronnie got down on one knee.



As for myself I had a great time with the youngsters who were in the crowd and all of the vintage Manipalites. And as with all Manipal functions we drank only slightly more than the legal limit and boogied on down all night. Shandy whom at the time had been in a horrific automobile accident which broke both her legs was up on her feet unassisted and managed to dance many numbers. A good physiological rehab program or the Manipalite spirit inherit, you decide. Anyway, the DJ did a good job and my dad, Auntie Susie, Shandy and many others were mainstays on the floor.

Once again permit me to travel in time to Sunday morning 8th June, not because I cannot remember the rest but due to editorial space. Uncle Vicky, the "Man of Many Gods" from JB somehow spent the night with us (in the hotel not the same bed) and it was in our hands to get him home. This we did with some compensation as he made sure we had a few drinks in our systems before our drive back to KL. He also showed us around his home that had every single religious item known to man. And he and his wife Auntie Prema packed more drinks and some bites in a picnic basket and sent us on our way. How thoughtful. Thank you, God bless.

And so we were finally on the road back home, swigging a few sips here and there when someone made some calls and we ended up stopping for lunch with some Manipalites in the Curry Leaf again. They brought us beers. How thoughtful. Thank you, God bless.

With distended stomachs and stable blood alcohol levels, we made the drive back to Bangsar. Back in the Federal Territory, we all did the usual hugs and handshakes and all went our separate ways. Except for dad and myself as we live under the same roof. Now I remember that on the drive back to Shah Alam I thought to myself that I had just spent a weekend road trip with three old men. And somehow I enjoyed every moment of it. Thank God they were Manipalites. I probably will remember that weekend for the rest of my life, unless Alzheimer's sets in circa during my 60's. Which I may remind most readers, would be a long way on for me but not for you.



-continue pg. 7

I started this article with the intention of sarcasm. I feel I have achieved that to a small extent. Nevertheless, I feel that my tone has given way in parts and allowed to blossom a testament to the spirit of the Manipalites. I have chosen not to edit that out. Let that be witness that whatever the Manipalites have built over the years may just carry on through your progeny. Maybe.

P.S. I would like to thank Ronnie and Susie and family for giving us a wonderful time down there. And once again, congratulations. And Uncle Jeyalan, thanks for driving and which allowed the rest of us to have a beer or two. Auntie Prema summed up some of her pent up feelings in this short poem. I leave you with those thoughts.
Cheers

Nikhil Singh

*MOMENTS OF TIME LAPSE
BUT FOR A BRIEF SPELL
NEVER A DULL MOMENT
OF FUN OR JUST A GIGGLE
WHEN THE BROOD HAS ITS GLIMPSES
OF SOCIAL BONDING!*

*Dr Prema T.
Rakyat Dental, JB.*



Facelift for Website

The MAAM website our brainchild was launched by our Committee in 1997. It was created by web maestro Muruga Vadivale.

In 2006 we moved the website to its present personalized domain- www.manipal.org.my

In 2008 we decided to give it a botox face lift and upgrade it with respect to our rebranding and reinventing exercise. Whilst maintaining the original contents I included a few accessories to its functions. Let me take you on a tour.



1) **Advertisement Banner**- We intend to advertise in this space so that the website will be financially independent and also to add some money to our coffers.

Please contact us if you have any potential sponsors-Medical/Dental/Pharmaceutical suppliers, Insurance agencies, MLM Direct Selling companies etc.

2) **Contact Us**- This function allows anyone to communicate with us directly from the site with their enquiries.

3) **Shout Box**- This acts as an online chat and a forum for members and visitors alike.

4) **Hit counter**- Indicator of the traffic to the website. Obviously sponsors get encouraged by the figures.

5) **RSS feed**- links to all your favourite sites

Please use this page as your default/home page to generate more traffic to the hit counter.

I am looking for a volunteer to take charge of the website whilst working with me & Ganesh our Secretariat manager who will do all the uploading. (preferably SWF)

All suggestions, ideas, opinions & comments welcome.

Simon Martin
Editor

Appreciation Dinner

We owe much of our successfully conducted MAAM events to our sponsors and partners.

After 2 years in office we felt we needed to show our appreciation by organising a dinner at a local restaurant to honour their undying support.

Our heartfelt gratitude and thanks to:



- 1) Mr. Mupindra (Roche)
- 2) Mr. Nada (Novartis)
- 3) Dr. Nirmala (ING)
- 4) Mr. Nachyappan (Siemens)
- 5) Ms. Olga (ABEX)
- 6) Dr. Jagjit (Klinik Segera)



and the many other unsung heroes of whom we could not have done without. You know who you are and we know who you are because you are forever etched in our hearts.

Once again THANK YOU.



Howzit Everyone,

The President & Committee convey their warmest greetings. We would also like to take this opportunity to welcome all the new members into our fraternity. It sure took you guys a long time to miss us but no hard feelings lah....we forgive you.

Apart from the political climate the geographical climate also seems to be facing catastrophes. We at MAAM share the plight and suffering of the victims in Burma, China & the citizens of the world who are affected by the astronomical petrol price hike. Please donate generously to these causes but remember charity still begins at home.

The cover story highlights the recently concluded AGM. Absence of a "political tsunami" arm twisted this Committee into holding office for another 2 years. Thanks for the confidence guys or..... was it that lavish F&B spread in Selangor Club. Anyway it was a great fellowship night with Hindi songs from our resident entertainers Roger & Brij Mohan. Please put your hands together for our 2 new Committee members Saravanan & Radha. Sara has recruited 30 new members single handily...jangan main & Radha will be the new Asst. Sports Sec. and dispatch boy (ragging lah)



Party ended at officially at 1am. & unofficially at 3am. in Bangsar. Selva (mcenroe) & JP.. for gods sake please tell me how did you find your way home?

MAAM will be holding a Medical study tour to Nexus Resort Karumbunai Kota Kinabalu from Aug.30-Sept.1 2008.

The response has been overwhelming so please contact Ganesh@the Secretariat to book the last few seats available.

Its a steal for RM 500 per pax. inclusive of everything, anything and also something....go figure.

My fellow Dentists please don't shed your blue tears for fears yet- Papa Jeyalan(tak boleh pakai) has promised to take us somewhere (not Pulau Batu Putih since it now belongs to Singapore) but somewhere equally exotic-maybe the Middle Rocks if you stop whining.

Somewhere in late Oct. we will be holding our 3rd Community Service Project in Bukit Rotan. Kuala Selangor.

Tommy will finalize the dates later. Please volunteer and do your sacred duty for the needy. We were splashed in all the local medias last year for our efforts although we tried desperately to shy away from the spotlight in vain.

Presently the Minister for Health in Selangor is none other than our YB Xavier so be prepared for a live telecast on TV.

Our MAAM membership strength stands around 600 presently and we have targeted an ambitious but realistic figure of 1000 in the next 2 years. Don't laugh lah...We started with < 350 two years ago & if you have heard of exponential multiplication.

We of course need your assistance to achieve that target so please gently persuade our brothers and sisters to join MAAM and if that does not work....be like Viji and carry an "Araval" (Indian parang) with you....Manipal Sakhti mah.

Finally the moment you have all been waiting for-
MANIPAL (DRIFT AWAY) CONVENTION
5-7 DEC. 2008
Palm Garden Hotel
IOI Resort. PUTRAJAYA

First take out your diaries,calenders, PDA's etc. and block the dates.This is a special directive for all the "Lodge" members and Wedding Planners.You guys have always been clashing with our dates for the past 2 years...are we consulting the same Astrologer?

Our money- back guarantee for the event still stands as always...for the record still no takers. Be assured of an attractive subsidized package if you board with us. Non-residents be prepared to take a bank loan which we will conveniently provide to pay for your expenses and subsidize ours. More details in our upcoming flyers.

Meanwhile Nirmal our Sports Sec. is busy scouting around for Sports Venues around the Klang Valley at insane hours.Please say hi and buy him his favourite Burung whisky if you bump into him. Cricket kakis- don't miss the rare opportunity to play at Kinrara International Cricket Greens.

We are looking for creative ideas,suggestions and also designs for logos & T-Shirts. Please call, e-mail, fax whatever....Exciting prizes await you.....ie.if you naive enough to fall for that. Well guys finally I hope you enjoyed reading this issue of Howzit.

My deepest appreciation to all the contributors viz. Jeyalan, Xavier, Nikhil & OC (whoever you are).

Thanks guys.

Bye for now

Simon Martin
Editor

howzitnews@gmail.com



Letter to the Editor

Dear Editor,

At the Larry King Show a few days ago he had a number of cardiologist analyzing Tim Russert's sudden death. To quote in short what happened:

"Russert's longtime friend and physician, Dr. Michael Newman, said that his asymptomatic coronary artery disease had been controlled with medication and exercise and that he had performed well on a stress test in late April. An autopsy performed on the day of his death determined that his history of coronary artery disease led to sudden cardiac death with the immediate cause being an occlusive coronary thrombus in the left anterior descending artery resulting from a ruptured cholesterol plaque."

These Cardiologists were discussing various issues concerning coronary artery disease including risk factors, life style changes, medication and various treatment options. What shocked me were the stringent criteria they have now laid down for the prevention of a heart attack. For example one of the cardiologists had recommended that everyone should have their own blood pressure monitoring set even the digital sets that you get at the pharmacies would do and the target he recommended was nothing above 115/75. That's right no misprint here. He called these the magic number 115/75.

As a quick recap let's go through the risk factors.

What are the risk factors that cannot be changed?

Increasing age: Over 83% who die of coronary heart disease are 65 years or older.

Gender: For all the women who complain about their gynecological problem here is some consolation. Men have a greater risk of heart attack than woman even after menopause.

Heredity: In one study done in the University of Malaya years ago the race with the highest rate of heart attack in Malaysia were the Sri Lankan's followed closely by the Indians and Malays. Those of us with a strong family history of heart disease are in this category.

What are the major risk factors that can be modified, treated or changed?

Tobacco smoke: Smoker's (and second hand smoker's) have 2 to 4 times risk of developing CHD than non smokers.

High Blood Cholesterol

High Blood pressure

Physical inactivity

Obesity and overweight: Those who are overweight especially around the waist are more likely to develop heart disease and stroke even if they have no other risk factors.

Diabetes Mellitus: Even when the blood sugars are well controlled the risk of heart disease is increased but the risk is even greater if blood sugar is not well controlled.

Other possible factors are:

Individual response to stress may be a contributing factor. Those who handle stress badly tend to overeat and smoke heavily too.

Finally alcohol consumption: Golden rule Men 2 drinks and women 1 drink per day. Anything more than that your risk increases. No you cannot accumulate your drinks for the weekend. It is not recommended that non drinkers start using alcohol to prevent CHD.

How many of us can truly say that we got a blood pressure below 115/75.

How many of us have a BMI below 25.

When was the last time you measured your abdominal girth.

Guys the cut off point is 40 inches (102 cm)

Ladies your cut of point is 35 inches (88cm)

Anything more than that your risk for CHD increases and another study showed that any one with abdominal girths above those figures invariably also had high blood pressured and metabolic syndrome

At the last Manipal meeting I attended a fair number of us have given up smoking but there were a sizable number of us still smoking. This is the number ONE major modifiable risk factor.

Seeing the participation in the North South game it seems again a fair number of us are physically active BUT than (pardon me) looking at abdominal girths both among men and women something does not add up. An honest survey maybe needed to see if we are truly physically active (aerobic exercise for at least 30 minutes a day 5 to 6 times a week).

In summary a fair number of us have multiple risk factors for Coronary Heart Disease. Being in the Medical field we have to lead by example. It would be difficult to counsel our patients to lose weight if we ourselves are overweight. Perhaps the association could look into the possibility of a program for our members to reduce these risk factors. For example running clubs in all major towns with sizable Manipalites!!

The Borneo International Marathon 2008 will be held in Kota Kinabalu, Sabah, Malaysian Borneo on Sunday 12th October 2008. The capital city of the Malaysian State of Sabah, Kota Kinabalu is one of the fastest growing tourism destinations in South East Asia.

Regards

OC (Occasional Contributor)

Dear OC,

Thanks for the button-bursting revelation on the cellulite disposition of our fellow Manipalites.

I realize many of us have sagging B's and love handles but we are just victims of circumstances lah Do you think the recent price hike of rice will help us in some way?

Hey... I need a Devil's Advocate over here.....guys help me out with an intelligent reply.

Editor.

