



Age is only a number, a cipher for the records. A man can't retire his experience. He must use it. .
...Bernard Baruch

ORIGIN OF SMART

SMART, the Stella Maris Association of Retired Teachers was born at a meeting of retired faculty organized by the librarian, Ms Gita Balachandran on 28 January 2010 in order to elicit support for the setting up of the Archives in the College.

Sr Helen Vincent former Principal and Secretary of the College was the one who chose the apt name for the Association as all the members feel like the poet Tennyson

"How dull it is to pause, to make an end. To rust unburnished, not to shine in use!" and have an urge "To strive, to seek, to find, and not to yield."

The first team of elected office bearers comprised of Dr. Vijaya Parthasarathy (President), Ms Chandra Ilango

(Secretary) and Dr Sr Flavia fmm (Treasurer). The first meeting was held on February 2nd at which the aims and objectives of the Association were discussed and formulated.

When the new team of office bearers was elected (Ms Gita Balachandran –President, Ms Mridula Jose – Secretary, Ms Agnes Fernando – Treasurer) the association became rejuvenated and several activities were organized.

Every member of the association, both those in Chennai and those in other parts of the country and even those abroad eagerly look forward to the news network through email which also include photographs and interesting power point presentations and other useful information forwarded regularly from the President's desk.



The Association is also building up a corpus fund and hopes to engage in the future in outreach programmes that support and realize the vision and mission of Stella Maris College, the Star of the Sea.



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Logo released on 20 July 2010

Highlights of 1st meeting: 20 July 2010

The members were all on their toes because there were several activities lined up. First was the photo session for the ID cards which were given to each member immediately enabling them to use the library in Stella Maris,

followed by a sumptuous tea, then the unveiling of the SMART logo by the oldest member, Mrs. Chandra Parthasarathy, former Head of the Tamil Department. Group photos were taken.

The highlight of the meeting was the talk on Pension

Arrears by Mr. Iqbal Ahmed, former Superintendent at the JD's office and currently employed at Stella Maris College Office. The interactive session which followed was very informative and met the expectations of everyone present.

One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon- instead of enjoying the roses that are blooming outside our windows today.

...Gale Carnegie

Highlights of 2nd meeting: 18 Sept 2010

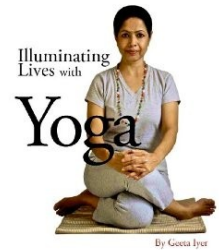
The highlight of this meeting was the surprise event planned by Sr. Helen Vincent, former Principal and Secretary of the College who wished to honour three stalwarts who had made outstanding contributions in their respective fields - Mrs. Mangaladurai in sports, Ms. Prabha Nair in N.S.S. and Ms. Gita Balachandran in NCC and the library. They were each felicitated by retired faculty who were well acquainted with all their achievements and then they were each presented a bouquet and a memento. Sister Helen Vincent paid rich tributes to all the three

of them acknowledging the College's indebtedness to



them.

This was followed by a very useful and inspiring lecture demonstration by the Yoga Guru Ms Geeta Iyer of international fame. She confined her talk to



"Yoga for Elders" which was what the members needed.

Highlights of 3rd meeting: 20 Nov 2010

It was time for celebrations – Diwali and Christmas were celebrated with a bang. To rejuvenate the group Ms. Sheila Immaculate, Trainer in Pinnacle - Centre for Self - Enhancement and Excellence gave some insights into "The Art of Self Healing." She conducted a brief session on meditation

after making the members

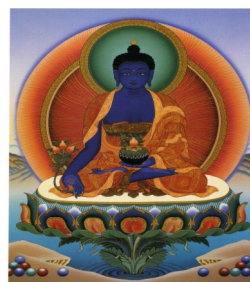


relive their childhood through fun and games which saw the SMARTIES crooning nursery rhymes and competing for the prize that was given to the winning group. It was altogether a refreshing session.

Highlights of 4th meeting: 19 Feb 2011

This was an informal sharing on alternate medicine beginning with Sr. Susan who evinced much faith in Tibetan medicine which had been of great help to her and people she knew. Felt needs like computer skills were also discussed and the librarian and President of SMART offered to give classes for those who were

interested. There was also a game "Finding your Partner."



5th meeting: 16 April 2011

The meeting began with a memorial for the dear departed – Mrs. Chandra Parthasarathy and Mrs. Vijaya Asir, both of whom had served the College for several decades as Faculty and Head of the Tamil Department. Senior members of SMART all shared their fond memories of these colleagues after Sr. Helen Vincent set the tone by sharing her own reminiscences.



Mrs. Radha Rajagopal the expert on Acupuncture and Acupressure spoke very profoundly on the benefits of the Chinese System of Acupuncture and Acupressure and also had practical sessions. This was followed by an informal sharing on the Elevated Highway by Ms. Gita Balachandran. Due to the interest aroused some members decided to become activists for this cause.



6th meeting: 18 June 2011



The peak point of this meeting was Treasure Hunt that generated a lot of enthusiastic participation. The members were divided into three groups and both old and young alike came to life rushing off to the kitty bags hanging on the tree to collect their first clues. There was no stopping the Smarties after that, excitedly running upstairs and downstairs keenly scenting victory with every clue.



A visit to the archives brought back nostalgic memories to many who promised to contribute to the growth of the archives. This was followed by a talk on “Mudras for Health” by Gita Balachandran, which most found very interesting and useful. Besides the Power Point Presentation she also gave print outs of the mudras for those who wished to practice it at home.



7th meeting: 20 Aug 2011



The meeting began with Dr Sharadha Bhanu’s talk on Numerology. She propagated the Pythagorean system which predicts human nature rather than the future like the Chaldean system. She guided each one to make their own numerology chart marked on a grid of 1 to 9. She then explained in great detail the personality traits and the potentiality for growth of each ruling number. It was well received by all present.



This was followed by a Pictorial India Quiz which had the members once again youthfully searching for the pictures of great persons who had contributed to the growth of Independent India. As always it wasn’t just the winning team but all the members who were given prizes for their enthusiastic participation.



Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.

... J. Lubbock

Goodbye, dear friends ! Till we meet again in the Elysian fields.....



SMART gratefully acknowledges the cheerful spirit of camaraderie that Chandra Ilango exuded forging a bond of friendship among the members.

*For death is no more than a turning of us over from time to eternity.
...William Penn*

President: Gita Balachandran | **Secretary:** Dr. Mridula Jose | **Treasurer:** Dr. Agnes Fernando

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