



Committed to serve

# Link Age

(R.O.) New No.90, Rama Naicken Street, Nungambakkam, Chennai 600 034.

**A Monthly Journal for Service and Advocacy  
to all Age Groups, by Senior Citizens Bureau**



Bestow unconditional love

VOLUME : 12

APRIL 2016

ISSUE : 08

## From the Editor cum Chairman

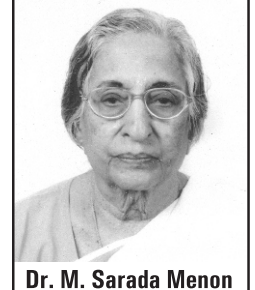
### Gender Parity

The campaign against Gender Discrimination is to be intensified. The world Economic Forum estimates that gender gap may now narrow down completely in 2133 only instead of 2095, as predicated early due to slow down in pace of progress at many places. "Pledge for Parity" was the theme for. IWD - 2016, (International Women's Day - 2016) in March 8, this year. We have to encourage the women by acknowledging their significant contribution in every field, social, cultural, scientific, economic and political.

### Role Model

We are very proud and joyful that one more feather has been added to the cap of our Advisory Committee Member Padmabushan Dr. Sarada Menon, LM - 599, born on 05.04.1923. She has been honoured with Avvaiyar Virudu (அவ்வையார் விருது) by GOT, on the occasion of

IWD-2016. It was our pride and privilege to honour her with "SCB award of Excellence", during our World Elders Day - 2015, from the hands of Hon. Minister for Social Welfare, GOT, on 06.10.15, at Erthiraj College for Women, Chennai. Mega TV telecast a story on her life to signify IWD - 2016, on 08.30.16. Despite her advanced age. she counsels and treats her patients every day. SCARF at Anna Nagar, Chennai which rehabilitates hundreds of mentally ill patients at no cost, is a monument to her. She is connected with many prestigious NGOs and most respected. We salute and wish her all the best on the occasion of her 94th Birthday.



Dr. M. Sarada Menon

(Dr. Capt. M. SINGARAJA)

P.R. No. 174

Date: 28.03.2016

### PRESS RELEASE

#### GOVERNMENT OF TAMIL NADU

#### SOCIAL WELFARE AND NUTRITIOUS MEAL PROGRAMME DEPARTMENT, Secretariat, Chennai - 9.

The Government of Tamil Nadu, Social Welfare and Nutritious Meal Programme Department issued orders in G.O.(Ms) No.16, Social Welfare and Nutritious Meal Programme (SW 6(1)) Department, dated 09.02.2016 for fixing of minimum standards / essential standards to be maintained in old age homes run by Non - Governmental Organizations.

The above G.O. is available in website address [www.tn.gov.in](http://www.tn.gov.in). As directed by the High Court of Madras, suggestions are invited from the persons having interest or stake regarding improvement, if any to be made in the G.O. and they may be sent to the following address on or before 11.04.2016.

"Commissioner of Social Welfare,  
2nd Floor, SIDCO Corporate Office Old Building,  
Thiru.Vi.Ka.Industrial Estate, Guindy, Chennai - 32.

**Appeal : Suggestions on behalf of Senior Citizens Bureau, have been sent. Please send your suggestions directly, with copy to the Chairman / Editor due to paucity of time.**

**E Mail dt. 22.03.016 to PMO <indiaportal@nic.in>, MoF <smn.dash@nic.in, & MoSJE <scywel@nic.in, of GOI on Interest Rates on Small Savings – Roll Back**

*Dear Sir / Madame,* There are now around 10 crore senior citizens in the Country most of whom survive on the interest income from their small savings. These days their mere survival has become a challenge with dwindling interest income and galloping inflation. Further reduction in interest rates, as proposed, will only add to their misery. It is a rude shock.. We therefore, humbly request you to kindly spare senior citizens from any further reduction in the interest rate. For the last many years we have been demanding 2% higher interest on our deposits which was never granted. We now only request you, at least not to add to our problems of old age by axing our existing inadequate income by further reducing interest rate on our savings. We hope you will consider our request sympathetically and specially because we are a segment of society which is highly vulnerable to such economic pressures.

Sd/- Chairman / SCB

**Appeal : Please send your mails urgently as above with copy to the Chairman / Editor.**

**Please exercise your franchise on  
16.05.16 without fail. It is your democratic  
right and responsibility.**

**187th Programme****SENIOR CITIZENS BUREAU**

[R.O.] 90, Rama Street, Nungambakkam, Chennai - 600 034.  
Ph : (044) 2823 1388; E-Mail : singaraja@gmail.com



and  
**U3A CHENNAI**

Jointly with

**M.N. EYE HOSPITAL**

10, Big Street, Kilpauk Garden, Kilpauk,  
(Opp : Post Office, Near J.J. Stadium),  
Chennai - 600 010. Ph : 044 - 2644 4469

*cordially invite you for a  
Comprehensive Eye Check up Camp*

**Date, Time & Venue :**

From 9.30 am. to 12.30 pm.  
on Friday, the 22nd April, 2016,  
at the Hospital Campus.

**Chief Guest :**

**Dr. CHALINI MADHIVANAN**

MD, M.N. Eye Hospital.

**Presided over by :**

**Dr. (Capt.) M. SINGARAJA,**

Chairman, Senior Citizens Bureau & U3A Chennai.

**Presentation on "Eye Care for the Elderly"**

**Dr. PRATHEEBA DEVI NIVEAN**

M.N. Eye Hospital.

**All are welcome.**

**S. Jayakumar**  
Secretary General, SCB

**Note : Vision Testing, Refraction, Eye Pressure Testing, Slit Lamp Evaluation, Dilated Retina Evaluation and Consultation with Specialists will be available at no cost.**

**188th Programme****SENIOR CITIZENS BUREAU**

[R.O.] 90, Rama Street, Nungambakkam, Chennai - 600 034.  
Ph : (044) 2823 1388; E-Mail : singaraja@gmail.com



and  
**U3A CHENNAI**

Jointly with

**HELP AGE INDIA, CHENNAI**

*cordially invite you for a presentation on*

**"Corporate Social Responsibility  
for the Welfare of Elders"**

**Date & Time :**

Sunday, the 24th April, 2016, 10.30 am.

**Venue :**

Institution of Valuers, (Shop No.4),  
TNHB Complex, Luz Corner,  
(Near Vinayagar Temple),  
Mylapore, Chennai - 600 004.

**Chief Guest & Speaker :**

**Mr. R.N. MITTAL,**

National Advisor, IS U3A & IPP, AISCCON,  
Hyderabad.

**All are welcome.**

**Mr. V. Sivakumar**

TN State Head,  
HelpAge India

**Dr. Capt.M. Singaraja**

Chairman,  
SCB & U3A Chennai

**Note : Office Bearers of our Networking Associates will address the gathering.**

**News from our Networking Associates**

**15TH National Conference of the All India Senior Citizens Confederation (AISCCON)**, held its Annual two day conference at Dr. Shyama Prasad Mukherjee Stadium, Bambolim, Goa on 6th and 7th of March. The Conference was inaugurated by Deputy Chief Minister Dr. Francis D Souza. Around 1,400 delegates from all over India and 13 delegates from Nepal attended the conference. Tamil Nadu was represented by Mr. D. Rajasekaran, President, Federation of Senior Citizens Associations of Tamil Nadu (FOSCATAN) and Mr. S. Jayakumar, Secretary General, Senior Citizens Bureau. Mr. D. N. Chapke, President of AISCCON, Mr. Diego D'Costa, President of the Forum for Senior Citizens of India, Goa Unit, Mr. Anil P. Kashkhedikar, Secy. Gen. AISCCON and Mr. Prakash Borgaokar of HelpAge India pleaded for better welfare measures of Senior Citizens in the country. ❖

**Probus Club of Chennai, under the Chairmanship of President Dr. T.S. Ramaswamy**, celebrated International Women's Day on 08.03.2016, at Russian Centre of Science and Culture, Ch-18. The Chief Guest, Justice Mrs. Chitra Venkataraman, Retired Judge, Madras High Court presented the probus award of Excellence to

Mrs. Jaya Krishnaswami, Director, Madhuram Narayanan Centre for Exceptional Children, Chennai. ❖

**Er. Durai Kumaravel, LM: 816, Coimbatore District President, Anti Corruption Movement**, and his team, organized a one day Annual awareness camp, against corruption on 12.12.15, at the convocation hall of Tamil Nadu Agriculture University, Coimbatore. Many competitions and debates for the students were held. Coimbatore District Commissioner of Police Dr. A. Amal Raj, IPS, distributed awards to select 9 honest Government employees from the various departments. ❖

**FOSWL India, Chennai Anna Nagar** invite you for their monthly meeting, at 5.00 P.M., on Sunday, the 24th April 2016, at Karuna Enclave, SMF Annex, (Opp. Hotel Akshyam), Shanthi Colony, Anna Nagar, Chennai- 40, for a talk by Dr. Prakash, on the topic Bhagavat Gita. For details please contact: Dr. Sarma V S, Ph: 9710737650, CA Narayanan K R, Ph: 9787926785. ❖

**Thiru S.V. Iyer, President, PSCWA**, informs that Ortho Medical camp was held on 28.02.16 at Tamil Sangam, Venkata Nagar, Puducherry. Their AGM was held on 20.3.16 at Puducherry and several issues connected to Sr. Citizens were discussed. ❖

**SCB -186th Programme - GERIATRIC NEUROLOGY****Chairman honouring the Chief Guest****Chief Guest addressing**

The summer is on. It was hot outside at 10.30 am, on 19.03.16 but it was chill inside the hall of Institution of Valuers, with a good ambience. There were more than 60 participants to hear the renowned geriatrician Padmasri Dr. V. S. NATARAJAN, on the topic "GERIATRIC NEUROLOGY". The meeting commenced with important announcements followed by silent invocation. The Chairman honoured the chief guest and extended a very warm welcome to one and all. In his address the Chairman traced exemplary service rendered by Dr. VSN, as Chairman of Senior Citizens Bureau for 8 years from 2001-02 to 2009-2010 and promotion of health oriented programs. The then Chairman Emeritus, late Maj. Gen. Aban Naidu and then Secy. Gen. Dr. Capt. M. Singaraja, convinced Dr. VSN to accept the Chairmanship in a crucial SGM held in 2001, assuring no hindrance to his normal work. They stood behind him solidly, all along. The Chairman recalled the events held at Rajah Annamalai Manram, Kumaran Hospital, Lyola College and Stella Maris College during the tenure of Dr. VSN. The Chairman paid glowing tribute to Dr. VSN for his pioneering work to the geriatric medicine in India, a rare speciality and for giving a thrust to the era of elder care. The Chairman recalled the support rendered by Dr. VSN, to all the community projects, such as Age Care sessions for the students, 6 months Geriatric Nursing Assistant training course, Geriatric Health monitoring camp, conceived and executed by him as then Secy. Gen. The Chairman underlined that Dr. VSN has got the credit of treating many elderly with bonus life which is more valuable than many awards right from B C Roy Award to PadmaSri Award. He has also authored more than 30 books. His latest book on Geriatric Neurology (முதுமைபுயம் மூளை நரம்பு நோய்களும்), in Tamil, gives a wealth of information to the older persons and care givers alike. There is a great demand for its expected English translation.

Dr VSN in his address, narrated that elders lack awareness of neurological problems like tremor, Parkinson's disease, dementia, depression, fits, headache, coma, unsteadiness, disabilities, neuropathy, facing them. Neurological problems of the elderly are very

common. Bone and joint problems come next. It is the need of the hour to create awareness among elderly to avail the earliest medical management for the best possible relief. Many elders are under the impression that most of the neurological diseases are age related. It is a myth. They must be aware of the difference between the ageing process and diseases like Parkinson's disease, dementia, etc. It is important to consult a doctor when elders develop headache. When headache persists for more than three weeks, or is not responding to painkiller, or associated with giddiness, vomiting and visual disturbance, it is a symptom for the onset of neurological diseases in elderly. There was a rapt attention throughout his lecture for more than one hour. His health tips were very well received and appreciated. After a lively Q & A session and a vote of thanks proposed by the Secy. Gen., Thiru S. Jayakumar, all rose for National Anthem. ❖

**EC Meeting was held on 19.03.2016**

EC Meeting for month of March 2016, was presided over by the Chairman Dr. Capt. M. Singaraja. The Minutes of the last meeting held on 26.01.2016, was read by the Secy.Gen.Thiru S. Jayakumar and adopted. March born members, who were present, Dr.T S Kanaka, LM: 09 and Thiru A R Janarthanam, LM:615 as well as new member Thiru V. Venkata Subramanian, LM:932, were warmly greeted and presented with mementos. Then the Chairman gave an over view of the past and forthcoming programs, Eye Camp on 22.04.16, Camp on Art of Graceful Ageing by CCVS, Auditing of Accounts, Renewal of Society Registration, AGM and Annual Day. Our EC members Er. S. Ranganatha Rao lamented periodical reduction of Interest rates and the members expressed their concern. Our EC member Thiru P. Sethu Seshan, cautioned about the mounting traffic congestion and pollution in India while sharing his recent six month stay in California / USA. After the discussion by all members and a vote of thanks proposed by the treasurer Dr. R. Nirmala, the meeting was adjourned. ❖

Registered with Registrar of Newspapers for India No.TN/ENG/2004/13996 Date of Publication 5th of Every Month  
Postal Regn. TN/CH(C)/37/2016-2018 and Licenced to post w/o prepayment WPP No.TN/PMG(CCR) WPP/41/16-18

### Birthdays : April

Wishing you a Cheerful, Peaceful and Prosperous Life

Sl. No.	D.O.B	Memb No.	Name (Thiru / Tmt.)
1.	01-04-1941	LM 730	V.R. Govindarajan
2.	01-04-1936	LM 313	S. Sarweswara Rao
3.	04-04-1945	LM 688	Joshuva J. Singh
4.	05-04-1923	LM 599	Padmabushan Dr. M. Sarada Menon
5.	06-04-1948	LM 891	T.N. Damodaran
6.	06-04-1936	LM 157	A.G. Manuel
7.	07-04-1951	LM 870	S. Loganathan
8.	07-04-1943	LM 898	Col. S. Mali
9.	09-04-1952	LM 884	Maj. Joy Koruthu
10.	10-04-1950	LM 900	S.P. Hieronimus
11.	10-04-1929	LM 511	P.T. Vasudevan
12.	11-04-1928	LM 014	S.P. Ambrose, IAS
13.	14-04-1937	LM 554	K.S. Radhakrishnan
14.	15-04-1937	LM 544	V. Ramachandran
15.	15-04-1944	LM 420	N. Krishnamoorthy
16.	17-04-1947	LM 027	C. Panneer Selvam
17.	19-04-1938	LM 729	M. Marimuthu
18.	19-04-1939	LM 160	M. Mahadevan
19.	19-04-1939	LM 306	V. Ramakrishnan
20.	21-04-1941	LM 792	S. Lakshmi Narayanan
21.	27-04-1926	LM 616	N. Chellam
22.	27-04-1943	JSL 816	Er. Durai Kumaravel

Your liberal contribution to Sunshine Fund is solicited

### National / International Days April

05-04	National Maritime Day	(N)
07-04	Special Protection Group (SPG) Foundation Day	(N)
07-04	World Health Day	(I)
10-04	World Homeopathy Day (Birth day of Samuel Hanimen)	(I)
14-04	World Aeronautics and Cosmology Day	(I)
14-04	Dr. Abmedkar's Birth Anniversary	(N)
17-04	World Hemophilia Day	(I)
18-04	World Heritage Day	(I)
21-04	Indian Civil Services Day	(N)
22-04	Earth Day	(I)
23-04	World Books & Copyright Day	(I)
24-04	Panchayat Divas	(N)

Note : N = National I = International

### Welcome to Our Family Fold

#### I. NEW MEMBER

1) LM:932 Ph:9382603942 DOB: 26.12.1942

**Thiru V. Venkata Subramanian**

13/7, 11th Cross Street, Indira Nagar, Adyar, Chennai - 20. ❖

### Congrats

**Our E.C. Member Dr. P. Suresh Chander Pal, LM: 538**, has been selected as the Chair for the Ethics Committee of IEEE Madras Section. He seeks everyone's support and collective wisdom to discharge the duties efficiently. ❖

### Acknowledgment

Thanks a lot & God Bless You

#### II. Donation

1. Tmt. S. Leela Srinivasan	LM : 71	₹ 500/-
<b>I. Sunshine Fund</b>		
1. Thiru N. Ramalingam	LM : 42	₹ 500/-
2. Er. S. Ranganatha Rao	LM : 29	₹ 500/-
3. Thiru G. Rengasamy	LM : 114	₹ 1000/-
4. Thiru Chidambaram Alagappa	LM : 379	₹ 2000/-
5. Thiru K.B. Barath Singh	JSL: 849	₹ 1501/-

Note : AM/LM = Annual / Life Member JSL = Journal Subscriber Life ❖  
PM/DM/HM = Patron/Donor/Honorary Member

### இட்லிக் கடை அம்மா

என் தோழியை சந்திக்க, அவளது வீட்டிற்கு சென்றிருந்தேன். வீட்டில் அவள் இல்லை; நிகழ்ச்சி ஒன்றுக்கு சென்றிருப்பதாக தோழியின் அடம்மா கூறவே, என்ன நிகழ்ச்சி, எங்கே நடக்கிறது என்று விசாரித்து, அந்த இடத்திற்கு சென்றேன். அங்கே மேடையின்றி இருபதுக்கும் மேற்பட்ட பெண்கள் கூடியிருந்தனர். என்னைப் பார்த்ததும் கை குலுக்கி, மகளிர் தின வாழ்த்துக்களை பகிர்ந்த தோழி, மற்றவர்களுக்கும் என்னை அறிமுகம் செய்து வைத்தாள். நிகழ்ச்சி மிக எளிமையாக இருந்தாலும், வலிமையான கருத்துக்களை விவாதித்தனர். அப்பகுதியை சேர்ந்த பெண் டாக்டர், பெண் தாசில்தார் மற்றும் ஆசிரியைகள் சிறந்த ஆலோசனைகளை வழங்கினர். இறுதியில், இட்லிக்கடை நடத்தி, தன் பிள்ளைகளை படிக்க வைத்து வரும் விதவைத் தாய் ஒருவர் பேசியது, அனைவரையும் நெகிழ்ச்சி செய்தது. சிறிது நேரமே நடைபெற்ற அந்நிகழ்ச்சியில், பெண்களின் எழுச்சி, வளர்ச்சி பற்றிப் பேசியது, மிகுந்த மனநிறைவையும், தன்னம்பிக்கையையும் தந்தது. ❖

நன்றி - ஆர். சுகன்யா, அரசாடி, (தினமலர் 20.03.16)

### Form IV - Press Declaration under Act 1867

#### Statement of ownership and other particulars about Newspaper/Monthly Journal - Link Age.

1. Place of Publication	: New No.90, Rama Naicken Street, Nungambakkam, Chennai - 34.
2. Periodicity of Publication	: Monthly
3. Printer's Name	: Srikalaivani
Nationality	: Indian
Address	: Sri Maruthy Laser Printers, New No.173, Peters Road, Royapettah, Chennai - 600 014.
4. Publisher's Name	: Dr. Capt. M. Singaraja, SM, C.Eng.
Nationality	: Indian
Address	: New No.90, Rama Naicken Street, Nungambakkam, Chennai - 34.
5. Editor's Name	: Dr. Capt. M. Singaraja, SM, C.Eng.
Nationality	: Indian
Address	: New No.90, Rama Naicken Street, Nungambakkam, Chennai - 34.
6. Name and Address of Owners of the Newspapers	: Senior Citizens Bureau New No.90, Rama Naicken Street, Nungambakkam, Chennai - 34.

I, Dr. Capt. M. Singaraja, Chairman, Senior Citizens Bureau, hereby declare that the particulars given above are true to the best of my knowledge and belief. ❖

Date : 30.03.2016

Place : Chennai - 34.

Sd/-

Dr. Capt. M. Singaraja