



Committed to serve

LinkAge

(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

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TN STATE POLICY FOR SENIOR CITIZENS

The Tamil Nadu State Planning Commission organized a “Consultative Workshop on preparation of T.N State Policy for Senior Citizens on 20th October 2015, under the Chairmanship of Tmt. Santha Sheela Nair, IAS (Retd), its Vice – Chairperson. Thiru Ashish Kumar IAS, Jt. Secretary to Government, Dept.of SW&NMP, gave a brief introduction about the draft TN State Policy for Senior Citizens. Govt Departments concerned with welfare schemes and projects attended the workshop and gave their views. From the non - governmental side, eminent resource persons who made presentations on the subject include Thiru Edwin Babu, JD, HelpAge India, Thiru D. Rajasekaran, President, FESCATAN, Dr. Capt. M. Singaraja, Chairman, Senior Citizens Bureau (SCB) and Editor, “LinkAge” and Dr. Visalakshi Nedunchezhiyan, Chairperson, TN State Commission for Women. A summary record of the proceedings of the workshop has been released by the State Planning Commission recently, which briefs the presentations made at the workshop. The suggestions that emanated covered a wide range of problems faced by the Senior Citizens community.

Extract:

Dr. Capt. M. Singaraja, Senior Citizens Bureau presented detailed page – wise observations and modifications to be made in the draft TN State Policy for Senior Citizens, 2015. He appreciated that the policy has been well drafted. He stated that lots of problems of Senior Citizens arise due to loneliness. He requested to incorporate the modifications in the draft policy as suggested by the Senior Citizens Bureau. He further recommended the following:

- There can be a significant logo in the Aadhaar Card of Senior Citizens distinguishing from others.
- Separate ID cards to be issued to Senior Citizens like the one issued by Government of Karnataka.
- Separate counter/ queue for Senior Citizens in civic facilities like Ration shops.
- Govt. can run old age home not only for destitute but can even paid old age homes in public private partnership.
- Streamline public/private old age homes
- Reservation of seats in public places/ Transport.
- Government Palliative Care facilities are needed.
- Right to services to be enacted.
- Departments should treat the Senior Citizens with warm welcome and broad smile.
- The meals on wheels programme is going on well in Tenkasi. Government can think of running similar facilities through Tamil Nadu Amma Canteens.
- Free entry for senior citizens to public facilities like Zoo/Art Gallery/ Museum/ Government Functions etc.,
- Mandatory observance of Older / Senior Citizens Day in all educational institutions.
- National and State commission for Senior Citizens with Statutory powers.
- State Council for Senior Citizens should be active and monitor.
- Extended service of 104 help line as mobile medicare unit.
- Affordable health insurance schemes
- Long term palliative care facilities
- Proper and complete implementation of MPWSC act. ❖

CONTRIBUTION TO CMPRF

To : The JS & Treasurer, Finance (CMPRF) Dept, GOT, Chennai -9

Sub : Senior Citizens Bureau - Contribution to Chief Minister's Public Relief Fund (CMPRF)

Senior Citizens Bureau (SCB) is a premier and reputed Seniors Forum since 1996, serving for the cause of Elder Movement. We are publishing a regular monthly journal “LinkAge”. It has a wide readership all over India. A soft copy of the same is circulated online to reach many supporters, well wishes and NGOs in India. A brief note about Senior Citizens Bureau is attached. We have worked with TN Govt. in many events / workshops / Seminars organized by Tamil Nadu State Planning Commission, Social Welfare Department and Health Department. Also, we have contributed a lot, to the welfare of older persons and youth (students), in public – private partnership.

For the flood relief, in a humble way, we organised a camp and distributed relief materials with the assistances of Kilpakkam Police, in the camp held on 13.12.2015 at New Bhoopathy Nagar, Chetpet, in addition to 2 other distributions earlier, with the help of HelpAge India and NSS Unit of Ethiraj College for Women. (Please refer Jan 2016 issue of our journal “LinkAge” as attached). In appreciation of the exemplary work done by TN police, we conducted an exclusive medical camp for 2 days on 2nd & 3rd, Jan 2016, at Murugan Hospitals, Kilpauk, to the police personnel and their family members. We have also contributed a sum of Rs. 3000/- towards rehabilitation of public libraries with the help of another NGO. Now we are happy to contribute a humble amount of Rs. 10000/- (Rupees Ten Thousand Only), towards the Chief Minister's Public Relief Fund from Indian Overseas Bank, Kilpauk Branch (0571), Chennai- 10 by online transfer to IOB, Secretariat Branch Chief Minister's Public Relief Fund - A/c. No. 11720 10000 0070, on 05.01.2016, by Transaction Ref No. 172091. ❖

185th Programme**SENIOR CITIZENS BUREAU**

[R.O.] 90, Rama Street, Nungambakkam, Chennai - 600 034.

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**and
U3A CHENNAI***in association with***GOVT. YOGA & NATUROPATHY MEDICAL COLLEGE,**
Arumbakkam, Chennai - 600 106.*cordially invites you for***1 DAY FREE GERIATRIC YOGA &
NATUROPATHY MEDICAL CAMP****Date & Time :***Saturday, the 20th February, 2016, 10.00 am.***Venue :***Govt. Yoga & Naturopathy Medical College,
Campus of Arignar Anna Govt. Hospital of
Indian Medicine,
Arumbakkam, Chennai 600 106. (Near Anna Arch).***Inauguration by :****Dr. (Capt.) M. SINGARAJA,**

Chairman, Senior Citizens Bureau & U3A Chennai.

All are welcome.**Dr. S. Gokula Krishnan**

Govt. Yoga & Naturopathy Medical College

S. Jayakumar

Secretary General, SCB

AGENDA**1 DAY FREE GERIATRIC YOGA &
NATUROPATHY MEDICAL CAMP
ON 20.02.16**

- 10.00 am : Registration
- 10.15 am : Inauguration
- 10.30 am : Presentation on
Drugless Geriatric Care
- 11.15 am : Juice break
- 11.30 am : Presentation on
Yogic Relaxation Techniques
- 12.15 pm : Live demo on natural diet
- 01.00 pm : Natural Lunch
- 02.00 pm : Consultation with specialist
- 03.00 pm : Therapeutic Treatment
- 04.00 pm : National Anthem

Note : Seats are limited to 40 on 1st come 1st serve basis. Participants are requested to register with Secy. Gen. Ph: 93818 01446, (044) 2644 9593, on or before 16.02.16 and to contribute fruits, vegetables and other raw materials for juices and Natural lunch.

News from our Networking Associates

Padmashri Dr.V.S.Natarajan, Senior Geriatrician's book dealing with Disorders of Brain and Nerve System in Old Age, written in Tamil, entitled "Mudumaiyum, Moolai Narambu Noigalum" (முதுமையும், மூளை நரம்பு நோய்களும்) was released on 07-02-2016 (Sunday) at 6.00 pm at Indian Officers' Association, No.69, Thiru.Vi.Ka Road, Royapettah, Chennai – 600 014. The book deals with the common problems like tremor, Parkinson's disease, dementia, depression, fits, headache, coma, unsteadiness, disabilities, neuropathy, etc. ❖

As an adjunct to the 15th National Conference of the All India Senior Citizens Confederation scheduled to take place in Goa on the 6th and 7th March 2016, Tamil Nadu Senior Citizens Association (TANSECA) proposes to arrange a tour to places of interest in and around Goa, for those who will be attending the conference as delegates. The tour is expected to be for two or three days following the conference. Those interested may please contact the General Secretary for details Ph: 044 26213850. ❖

FOSWL India, Chennai Anna Nagar invites you for its monthly meeting at 5.00 P.M., on Sunday 28.02.16 at Karuna Enclave, SMF Annex, opp: Hotel Akshyam, Shanthi Colony, Anna Nagar, Chennai - 40. For details please contact : 93818 01446 ❖

ILC- I, the Satellite Centre for the SAARC region of the United Nations International Institute on Ageing, Malta (UN INIA). Is organizing one week training programme on "Social Gerontology" with the support of the Tata Institute of Social Sciences, at the campus of TISS, Mumbai, from 11th to 15th of April 2016. For application and more information, please visit the website, <http://ilcindia.org/un-inia-training-program>. ❖

Wreath laying ceremony on the eve of Army Day 2016 was organized under the aegis of HQ Dakshin Bharat Area, at 8.10 am, on 15.01.16 at War Memorial, Kamaraj Salai, Marina Beach Road, Chennai. ❖

Probus Club of Chennai organised Pongal Vizha and Cultural Activities on 23.01.2016 at Russian Cultural Centre. Mr. Kinji Normura from Probus Club of Kamakura, near Tokyo, Japan accompanied by his wife, was a Chief Guest. A hilarious drama "Swayamvaram" was staged. All the artistes were Senior Citizens. ❖

Mr. M. Mahadevan, LM 160, our former EC member & the Chairman of AMTI, Chennai informs : Golden Jubilee Conference of the Association of Mathematics Teachers of India (AMTI) was held at Hindustan University, Chennai, from 27th to 29th December 2015. Prof. M.S. Raghunathan, FRS, Head, Centre of Maths Education, IIT, Inaugurated. More than 239 Indian and Foreign Delegates participated. ❖

SCB - 184th programme - FREE MEDICAL CAMP - 2nd & 3rd January, 2016**A group picture with the dignitaries****BMD Test in Progress****Dispensing in Progress**

Senior Citizen Bureau, organised a 2 day Free Health Camp on 2nd and 3rd Jan 2016, jointly with Murugan Multi Speciality Hospital at 263, Kilpauk Garden Road, Chennai- 10. The camp was conducted mainly for TN Police Personnel and their families from Kilpakkam area, in appreciation of excellent flood relief operation rendered by Tamil Nadu Police and the public. It was a pleasant and bright 2nd day of the New Year. At 10.30 a.m., the master of ceremony and Vice Chairman of SCB Mr. Prakash H Lulla, in presence of a good gathering at the reception hall of the hospital, invited Capt. Dr. M Singaraja, Chairman Senior Citizen Bureau, ACs of Police, Thiru Mohan Dass (Kilpakkam), Thiru Shankar (Ayanpuram), MD of Murugan Hospitals Dr. Arun Prakash, M.S. (ortho) M.Ch (ortho), Director Dr. Nirupa Arun Prakash M.D.D.G.O. and Secy. Gen. Mr. Jayakumar to light the Kuthuvilaku, as a mark of inauguration. The function was graced by Inspectors of Police Mr. Sundaramoorthy (Kilpakkam), Mr. Anandan

(Secretariat Colony), many SIs of Police, Core group members of SCB Er. VS. BalaKrishna Raja, Mr. S. Prabhakar, Tmt. R. Nirmala and Tmt. Kousalya Sarathy, Medical Specialists Dr Vimal, M.D., Dr. Ram M.S. (Ortho), Dr. Radhakrishnan (Nephrology), Dr. Abirami, BNYS. (Naturopathy and Therapeutic Yoga), M/s. Aaanvii Hearing Solutions Mr Mehul and a host of many camp participants. After invocation by Tmt. Sumathy Umapathy and Tmt. Suganya Sathish, all the formal speeches and felicitations were short and sweet. After National Anthem, refreshments were served to all at 11.00 am.

The tests for BP., Random Glucose, Bone Mineral Density (BMD) (with height and weight) and Screening by all the Specialists mentioned above, were done. Free consultation and medicine were given. More than 160 participants were benefited. This camp was arranged under short notice due to urgency. ❖

EC Meeting for month of January 2016, was held at Flat#1, 26/45, Rajparis Arulmanam Apts, 1st Street, Aspiran Garden, Kilpauk, Chennai -10, on 26.01.2016 at 10.30 am. Dr. Capt. M. Singaraja, Chairman, presided over and conducted the business. One minute silence was observed to condole the death of deceased members (Please see obituary column elsewhere in this issue), after paying glorious tribute to them by the Chairman. The Minutes of the last meeting held on 22.11.2015 was read and confirmed. January born members were warmly greeted and mementos were presented to those present.

Then the Chairman gave an over view of the programs held in Dec and Jan. Forth coming events as follows were discussed and decision were taken unanimously. (1) Geriatric Naturopathy medical camp on 20.02.2016 (2) Dr. VS. Natarajan's Book Release function on 07.02.2016 (3) Election of office bearers / committee members to U3A South Zone EC (4) AISCCON Conference at Goa on 6th & 7th March, 2016 (5) Chinmaya Mission Vanprasth Camp in Mar and June (6) Social Gerontology International Course at Mumbai in Apr (7) Flood Relief Contribution to CM Public Relief Fund, Public

Library and to the flood affected Senior Citizens through HelpAge India, Ethiraj College NSS Unit & Kilpakkam Police Station (8) The minutes of the discussion on TN State Policy for Older Persons, received from TN State Planning Commission.

The Chairman highlighted about RWA (Residents Welfare Association) movement. Thiruvallarkal Prakash H Lulla, VS. Balakrishna Raja, CN. Prasad and RT. Namasivayam expressed their anguish about the pathetic state of BPL People and their environment. The Chairman appreciated their experience and contribution. There was one voice to the need for change and the involvement of the affected. Thiru S. Prabhakar shared his experience on his stay in US. After the discussion, vote of thanks was proposed by Sec. Gen. S. Jayakumar. The meeting was hosted by Thiru S. Prabhakar at his residence. Thiruvallarkal V. Balasubramaniam and V. Sainath were present and joined to pay floral tribute to our National Flag at the venue, on the occasion of 67th Republic Day. Thiruvallarkal S. Aravamudha Chary and AK. Chakaravathy regretted for leave of absence. ❖

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Birthdays : February

Wishing you a Cheerful, Peaceful and Prosperous Life

Sl. No.	D.O.B	Memb No.	Name (Thiru / Tmt.)
1.	02-02-1940	LM 668	Thiru R. Balakrishnan
2.	04-02-1946	AM 41	Thiru Prakash H. Lulla
3.	05-02-1934	LM 567	Er. V.S. Balakrishna Raja
4.	05-02-1953	LM 812	Thiru D. Sivaraman
5.	05-02-1961	LM 865	Thiru K. Subramanian
6.	06-02-1936	LM 54	Tmt. D. Ambika
7.	06-02-1932	LM 747	Tmt. V. Kamala
8.	07-02-1934	LM 595	Thiru K.N. Dakshinamurthy
9.	09-02-1940	LM 590	Thiru P.K. Venkatesan
10.	10-02-1936	LM 377	Thiru B. Gajendra Rao
11.	12-02-1930	LM 871	Thiru A.S. Rajagopal
12.	14-02-1943	LM 434	C.P. Shanmuga Sundaram
13.	14-02-1938	LM 781	Thiru V. Radhakrishnan
14.	15-02-1939	LM 78	Thiru T.K. Dharma Raja
15.	15-02-1932	LM 806	P.K. Venkatesan
16.	18-02-1948	LM 532	Thiru Amrit Agarwal
17.	20-02-1937	LM 597	Thiru Dr. S.S. Rajagopalan
18.	19-02-1941	LM 847	Thiru R. Thangaraj
19.	20-02-1948	LM 834	V. Sainath
20.	20-02-1937	LM 538	Dr. P. Suresh Chander Pal
21.	22-02-1950	LM 861	Thiru S. Ramchandran
22.	25-02-1937	IM 15	Er. S. Ramalingam
23.	27-02-1935	LM 454	Er. K. Sadasivam

Your liberal contribution to Sunshine Fund is solicited ❖

Welcome to Our Family Fold

I. NEW MEMBER

LM: 925, LM 883 Ph:

Er. H. Narasimhan,

Flat A, Vishal Apt., 18 (15), 2nd Street,
Venkateswara Nagar, Adyar, Chennai - 600 020. ❖

Acknowledgment

Thanks a lot & God Bless You

I. Sunshine Fund

1.	Thiru G. Viswanathan	LM : 779	₹ 101/-
2.	Dr. Capt. M. Singaraja	LM : 03	₹ 280/-
3.	Thiru A. Dominic	LM : 522	₹ 500/-
4.	Thiru RT. Namasivayam	LM : 820	₹ 200/-

II. Donation

1.	Er. John Selvaraj	LM : 791	₹ 1000/-
2.	Thiru G. Seshadri	LM : 613	₹ 500/-
3.	Er. H. Narasimhan	LM : 925	₹ 450/-

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

National / International Days February

12th	Rose Day	(I)
14th	Valentine Day	(I)
21st	International Mother Tongue Day	(I)
24th	Central Excise Day	(N)
28th	National Science Day	(N)

Note : N = National I = International ❖

Exemplary Deed

Er. SN. Kolandan, (78) LM: 680, Namakkal has enrolled a widow family pensioner Tmt. S. Visalakshmi (69), into Namakkal Taluk Pensioners Assn in 1997. She was the wife of a retired school teacher. She lost her husband and Children (2 daughter and 1 son). She was living alone at Namakkal. She was deserted by her relatives, after admitting her at an OAH in 2010, at Ammamadapam, Thiruvarangam. She passed away in the same OAH at the age of 89 on 25.09.15. Er. SN. Kolandan was the guardian angel from 1997 to 2015. Her last rights were performed by him. He has rendered all services to get every eligible benefit from the Govt., and looked after her till the end. He took great care to nominate the Ammamadapam OAH for her FD in Indian Bank a/c. Hats off to him. ❖

Congrats

Prof. Dr. GS. Shanthi, Professor of Geriatric Medicine & Nodal officer NCA, Madras Medical College, Chennai, informs that National centre of ageing is finally approved for MMC, Chennai and AIIMS, New Delhi. MoU has been signed successfully. Expecting the project to take off shortly. ❖

Our Net Working Associate and supporter, Er. Valuer RS. Baabu, has been elected as National President, Institution of Valuers for a 3 year term 2016 -2018. We wish him all success. ❖

Our former Vice Chairman Dr. AJ. Prem Kumar Satya, LM: 649, Chairman, IMA Academy of Medical Specialist, Tamil Nadu State Branch & President, IMA Poonamallee High Road Branch, was bestowed with "TIMACON - 2015" award at Vellore on 12.12.2015 and "National AMSCON 2015", award on 19.12.2015 at Dhanbad, in recognition of Excellent performance in Academic / Organizational Activities for the year 2014- 2015. ❖

Welcome Home

Our EC member Tmt. PS. Rajam, LM: 502, is back home from Muscat after holidaying with family of her daughter and grand children. ❖

Obituary

We regret to inform the sad demise of the following:

1) **Thiru GB Krishnan, (80) LM:479**, Chennai -78 passed away on 18.12.2015 ❖

2) **Er. Mathinulla Khan, (84) LM:778**, Chennai - 18, passed away on 14.01.2016 ❖

3) **Er. R. Manickam, (83) LM:26**, Our former EC member, Chennai - 34, passed away on 14.01.2016 ❖

4) **Tmt. Manjula, (63) LM:857**, Chennai - 92, passed away recently ❖

5) **E-mail received from Thiru K. Jayaraman LM:343**: It is with deep regret I have to state that my sister S.Renuka (62), my brother in law V.Subramanian (66) and their granddaughter Shivani (7) died at Ambur, on 20.01.16, at 4 pm, in a road accident of their car, in direct collision with a Container truck. Their son with minor injury and daughter in law with head injury survived and admitted to CMC Hospital, Vellore. We offer our deep and heartfelt condolence to him and other family members. We pray god to give them enough strength to bear the great loss. ❖

We convey our heartfelt condolence to the members of the bereaved family.