



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

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Season's Greetings and Best Wishes

Chairman and the members of the management committee of Senior Citizens Bureau, extend their warm greetings and best wishes to all on the occasion of New Year 2016 and Thai Pongal 2016.

From the Editor cum Chairman

கூடி வாழ் நலச் சங்கம்

‘டர்னகா டைம்ஸ்’ என்ற மாதாந்திர செய்தி மலர் அய்தராபாத்திலிருந்து சமுதாய நல் வாழ்வுக்காக, சில ஆண்டுகளாக வெளி வருகிறது. கூடி வாழ் நலச் சங்க இயக்கத்தை நண்பர் திரு. இராவ் VBJ செலிகனி தீவிரப்படுத்தி வருகிறார். அக்டோபர் இதழில் இதைச் சார்ந்த கருத்துக்களை வரவேற்றார். ஒரு நலச் சங்கத்துக்கு தலைவராயிருந்த அனுபவத்திலிருந்து நான் எழுதிய கருத்துக்களை டிசம்பர் மாத இதழில் வெளியிட்டிருக்கிறார்.

இந்த இயக்கத்தை ஒருங்கிணைக்க ஒரு கூட்டமைப்பு தோன்றியுள்ளது. ஒவ்வொரு ஆண்டும் 23-ஆம் நாள் ‘கூடி வாழ் நலச் சங்க நாள்’ கடைப்பிடிக்கப்பட்டு, தேசிய கருத்தரங்கம் நடைபெறுகிறது. கீழ்ப்பாக்கம் நலச் சங்கம் சிறப்பான முறையில் செயல்பட்டு வருவதை நான் நன்கு அறிவேன். அவர்களிடம் இதுபற்றி சில ஆண்டுகளுக்கு முன்பே எடுத்துரைத்திருக்கிறேன். கூட்டமைப்பு சென்னையிலோ, தமிழ்நாட்டிலோ இனிமேல்தான் வேர் ஊன்ற வேண்டும். தொழிலாளர் நலச் சட்டம் போன்ற ஒரு சட்டம் வேண்டும்.

இப்படிப்பட்ட அமைப்பு சிறு தெருவிலிருந்தாலும் பெரிய குடியிருப்பு பகுதியிலிருந்தாலும் மாகாண அளவுக்கும் தேசிய அளவுக்கும் வலிமையுடன் செழித்தோங்க வேண்டும். அதற்காகப் பாடுபடுவது நம் ஒவ்வொருவரின் கடமையாகும். இந்த இயக்கம் உறுதி செய்யப்பட்டால்தான் ஒவ்வொரு குடும்பமும் செழிப்படை முடியும். ஒரு பாதுகாப்பான வளமான தொல்லையற்ற வாழ்வுதான் பூரிப்பைத் தரமுடியும். ஆனால் இவ்வியத்திற்கு பொறுப்பேற்று நடத்திச் செல்ல பெரும்பாலும் தயங்குகிறார்கள். நம்மிடையே உள்ள உதாசீன மனப்பக்குவமும், அரசுத் துறைகளின் அலட்சிப் போக்கும், பொருள் பற்றாக்குறையும் தான் அடிப்படைக் காரணங்கள். நல்ல விழிப்புணர்வுப் பயிற்சியின் மூலமும் நல்ல அணுகுமுறை மூலமும், இவற்றை எளிதில் களைந்து விடலாம்.

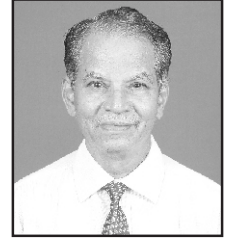
சில சாதாரணமான அன்றாட பிரச்சினைகளுக்கு தீர்வு காண்பதுடன் சில முக்கியமான தேவைகளை நாம் நிரப்ப வேண்டும். இப்போதுள்ள சின்னஞ்சிறு குடும்ப வாழ்க்கையின் இயல்புக்கு ஏற்றவாறும், இருபாலர் ஊதிய உழைப்புக்கு உதவுமாறும், மாணவர் மற்றும் முதியோர்களை நன்கு பராமரிப்பதற்கு ஏதுவாகவும் தீர்வு இருக்க வேண்டும். அவற்றில் சிலவற்றைக் கீழே பட்டியல் இட்டுள்ளேன்.

- 1) பொதுச் சமையல் (மலிவு மற்றும் சத்துணவு)
- 2) மாணவர்களுக்கும் பணியிலிருப்பவர்களுக்கும் எடுப்புச் சாப்பாடு
- 3) அன்றாட மனக்கிழ் மையம் 4) கணினி சேவை மையம் 5) மாசற்ற பாதுகாப்பான வளமுள்ள சூழ்நிலை 6) கூடி வாழ்ந்தால் கோடி நன்மையின் நடைமுறை.

இதற்கு பொறுப்பு நாமே தான்.

RWA

A new dimension in the concept of Resident Welfare Association (RWA) has been initiated by Dr. Rao, VBJ Chelikani, Hyderabad, as I see from "Tarnaka Times" a chronicle of Civil Society Life, for quite some time and significantly in November 2015 issue.



In order to consolidate all such association in the country a "United Federation of Residents Welfare Association" has come into being as a movement. RWA Day is observed every year on 23rd Nov. by all the units. A national conference is also organised to commemorate this day. In Tamilnadu it is yet to take roots though I sounded Kilpauk Residents Welfare Association 3 years back, it being a model & large RWA. From my experience as President of Apartments Welfare Association, my thoughts were published in December 2015 issue of "Tarnaka Times".

It is the duty of one and all to develop and strengthen RWA on every level, from a small street to State & National level. It is essential that each citizen is guaranteed safety, security, wellness and joy. RWA is the right forum to spear head for a legislation like "Labour Welfare". RWA is right now handicapped with internal management crisis and lack of support by civic body / Govt. Most residents shun to handle the affairs of RWA due to indifferent attitude of residents as well as authorities and resource crunch.

This can be tackled by educating RWA and by rightly approaching the Govt. Apart from working towards general customary needs, there is a good scope to achieve something more in the context of nuclear family, both spouses salaried, struggling for time, lack of attention to children and older person. Some of them are listed below.

- 1) Community Kitchen (Economic and Nutrient)
- 2) Meals on Wheels to working spouses and students.
- 3) Day care cum wellness centre.
- 4) E service station
- 5) Safe, Secure and Clean environment
- 6) "Care and Share" togetherness.

The ball is in our court.

(Dr. Capt. M. SINGARAJA)

SCB – 184th programme - for the month of January 2016

A 2 day free medical camp for TN Police personnel and their family members from Kilpauk and other areas has been jointly organized on Jan 2 & 3, 2016, by Senior Citizens Bureau and Murugan Multi Specialty Hospitals, #263, Kilpauk Garden Road, Chennai. This has been arranged under short notice due to urgency.

The next program will be intimated in due course. ❖

Solidarity

Some of our members are among those affected by recent floods. Though the full information about such members is not available, we express our solidarity with them. The Chairman has conveyed our concern and shared their sorrow, to those, he could reach.

You are aware that the flood relief contribution and work were spontaneously flowing in from various NGOs and public. This humanitarian act was from almost every city. The service rendered by various agencies, particularly by the Defence forces and youth was remarkable.

From our side, we have procured the following materials and distributed to 200 persons, each, through Helpage India in Korukkupet, NSS Unit / Ethiraj College in Manali & through Kilpakkam Police Station in New Bhoopathi Nagar, Chetpet and Secretariat Colony Police Station, in Ayanpuram (with little variance): **Towel, Water Bottle, Biscuit, Bread and Bun, Candle, Mat, Bed sheet and Banana. Also we have sent Rs. 10000/- towards the TN Chief Minister Relief Fund and Rs.3000/- towards Library Books.** I am happy to convey my appreciation and thanks for donors towards their generous and timely contribution to the flood relief, initiated by SCB. The contribution received from the members so far as on 29.12.2015 totaling Rs. 26,600/- is listed elsewhere in this issue. All were arranged in a short notice due to urgency. ❖

News from Networking Associates

Walkathon and the public meeting marked the celebration of "International Day for Elders- 2015" for Puduchery Pondichery Senior Citizens Welfare Association. Honorable Chief Minister Mr. N. Rangasamy, distributed gift and certificate to senior citizens who have won in various events and cultural competition. ❖

FOSWL India, Chennai Anna Nagar invites you for its monthly meeting at 5.00 P.M., on Sunday 24.01.16 at Karuna Enclave, SMF Annex, opp: Hotel Akshyam, Shanthi Colony, Anna Nagar, Chennai- 40. For details please contact: 93818 01446. ❖

Probus Club of Chennai distributed bed sheets to the students of orphanage and inmates of Mudhiyor Illam run by Ramalinga Adigalar Illam at Kvoilambakkam on 15-12-15, following the relief work done earlier in Old age home near Nanmangalam. ❖

Tamil Nadu Senior Citizens Association organised an Annual get together on 18.10.15, at Vallal Sabapathy Matric HSS, Chetpet, Chennai to commemorate World Elders Day. ❖

Central Chinmaya Vanprasth Sansthan, Rasulabad Ghat Road, Allahabad-211004, announces, Third Himalayan Camp on "ART OF GRACEFUL AGEING", from 16th June to 23rd June, 2016. Venue: Tapovan Kutir, Ujeli, Uttarkashi. **Faculty:** H.H. Swami Madhavananda, H.H. Swami Yogasthananda, Br. Dev Chaitanya, Dr. Someshwar Lal and Smt. Maju Agrawal. **Language :** English and Hindi **Accommodation :** 3/4 bedded Self contained rooms with hot water supply. **Maximum participants :** 80 Nos. on first come first served basis. **Eligibility :** Persons above 50 years irrespective of caste & gender. **Course Content :** Daily Meditation. Sadhana Panchkam and Ramayana. Theory and practice of Acupressure and Yoga technique for keeping healthy. Subjects covering emotional, social & financial healths of elderly. **Camp Donation :** Rs. 12500/- (Non-Refundable) per person covers course fees, camp material, board & lodging, traveling from Haridwar to Uttarkashi, Gangotri, Badrinath and back to Haridwar on 24th June, 2016. Delegates will reach Haridwar on 15th June, 2016 and will have board and lodging in a guest house for the day and night at cost of CCVS. On 16th Morning they will travel to Uttarkashi in transport arranged by CCVS at its cost. Camp deliberations will be from 16th to 20th June in the Ashram in Uttarkashi. On 21st June, delegates will go to Gangotri early morning and return to Uttarkashi Ashram in the same evening. On 22nd June, the delegates will travel to Badrinath and stay there two nights on 22nd and 23rd June. On 24th Morning the delegates will travel from Badrinath to Haridwar.

Those interested, can deposit full camp donation in a/c no. 538802010000346 IFSC Code: UBIN0553883 of CCMT-CCVS with Union Bank of India Red Eagle Army Head Quarter Branch, Allahabad and email your name and address to yogasthananda@gmail.com). For further details contact: 09415338124, 09026352728, 9444127704. ❖

Forum for Senior Citizens of India - Goa unit is hosting "15th AISCCON National Conference" on 6th & 7th march 2016. Those who are interested to attend may give their names along with the registration charges and hotel charges to the sec. Gen. Mr. S. Jayakumar, for group registration. SCB is affiliated to AISCCON and FOSCATAN (Tn State Federation). For details pl log on to "<http://www.aiscon.org>". ❖

Confederation of Senior Citizens Associations of Delhi organized its annual conference on 05/11/2015 at Azad Bhawan Auditorium, New Delhi. More than 500 Senior Citizens from different parts of Delhi participated. The Chief Guest Mr. Arvind Kejriwal, Hon'ble Chief Minister of Delhi, reiterated that his government is committed for the respect and regard of Senior Citizens of Delhi. They will open 50 Aam Aadmi Hospitals with free tests and medicine. One of its kinds is already operational in Pitampura Area. He further assured to look into integrating Delhi Govt's 3000 Aangan baari centres as recreational and elder care centers in the evening. ❖

A new registered U3A-INDIA is based in Bangalore and it is inviting Senior Citizens to join. The office bearers are: Chairman: M.R.Rangaswamy, Vice-chairman: B. Linga Reddy, Vice-chairman: Narayan R. Rao Secretary: Madan N. Baldota, Finance: K. Gopalakrishna, Internal Auditor: Shridhar N. Bhat. ❖

SCB - 183rd programme – CAMP ON FLOOD RELIEF- 13.12.2015**Gathering of Older Persons in the Camp****Distribution in Progress****Team engaged in the Camp**

Flood Relief Camp on 13.12.2015 at New Boopathi Nagar, Chetpet, was a memorable occasion. From Kilpakkam Police Station four Sub-Inspectors and other police personnel under the direction of IOP / L&O, Mr. T. Sundaramoorthy, accompanied SCB team consisting of the Chairman, Vice Chairman and Sec. Gen. All assembled at kilpakkam police station at 10.00 am on 13.12.15 and proceeded to the site at 11am after necessary preparation. This was the culmination of networking with Tamil Nadu Police, for the last few days and storing the flood relief materials in advance. We reached the site at 11.15 am.

The site is close to Chetpet railway station. As desired by us, the police personnel identified older persons from that area and issued tokens. The Q was formed in the border road. The distribution of the following materials commenced at 11.45 am and completed at 12.45 pm.

- Water Bottle
- Biscuits
- Bread and Bun
- Mat
- Bed sheet
- Banana

More than 200 older persons were benefited.

With the joy and satisfaction of doing something for the flood relief, we got back to police station at 1.00 pm. We thanked and conveyed our best wishes to the Inspector and his team, who expressed their appreciation to the SCB for helping the poor and needy older persons.

In this connection, our hearty thanks to the police team for their excellent cooperation. It is good that they are ready for many such social works. ❖

Health tips following the floods

- 1) Drink boiled water only. Even packaged drinking water should be boiled. Water should be boiled for at least 10 minutes from the time of appearance of the first bubble.
- 2) Eat only cooked food. Avoid uncooked food like chutneys, salads & raithas.
- 3) Wash fruits & vegetables thoroughly before use.
- 4) Change sheets and pillow covers every day.
- 5) Keep feet dry to avoid fungal infections
- 6) Include a lot of pepper in your diet
- 7) Include tulsi leaves, cinnamon and cloves in tea.

Floods can potentially increase the transmission of water borne diseases such as Typhoid, Cholera, Leptospirosis, Hepatitis A and Conjunctivitis, and vector – borne diseases like Malaria and Dengue as a result of mosquito breeding in stagnant water. Here are some tips for the prevention of communicable diseases.

1. Clean & disinfect water sumps & overhead tanks. Use bleaching powder for cleaning sumps and overhead tanks.

2. Chlorinate water using bleaching powder. For every 1000 litres of water in the sump or overhead tank, 4gms of

bleaching powder is to be added. Dissolve the calculated amount of bleaching powder in a small bucket of water (about 1000ml), allow it to stand for 30 minutes and add only the supernatant liquid to the sump or tank.

3. Use mosquito repellents and get rid of stagnant water around the house as soon as possible to prevent breeding of mosquitos. ❖

Courtesy : The Hindu

Congrats

Er. SN. Kolandan, (78) LM: 680, Namakkal, won the gold medal for first place in Shot put, in Tamil Nadu Masters Athletic Association 34th State Championship 2015 - 2016, organized by Tiruvallur District Masters Athletic Association and held at Tiruvallur on Dec 19- 20, 2015. A award was presented by Hon'ble Minister for TN Sports and Youth Welfare Dr. S. Sundar Raj, in the august presence of Tiruvallur Dist. Collector. ❖

Get Well Soon

1) **Our Social Welfare committee member** Thiru S. ARAVAMUDHA CHARY, LM: 363

2) **Our EC Member** Thiru C. Panneer Selvam , LM : 27

We wish them speedy recovery. God Bless them ❖

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Birthdays : January

Wishing you a Cheerful, Peaceful and Prosperous Life. God bless you

Sl. No.	D.O.B	Memb No.	Name (Thiru / Tmt.)
1)	04--01-1967	LM 893	G. Poonkunran
2)	04-01-1947	LM 779	G. Viswanathan
3)	04-01-1952	LM 907	Bhaskar Mukhersee
4)	05-01-1938	LM 820	Er. R.T. Namasivayam
5)	05-01-1946	LM 670	Er. M. Thennavan
6)	07-01-1944	LM 580	Er. A.K. Chakravurthy
7)	08-01-1937	LM 428	A. Sivasankaran
8)	10-01-1951	LM 916	Dr. K. Mani
9)	10-10-1948	LM 508	Vimala Rajaram
10)	14-01-1937	LM 86	Er. P.S.C. Raja
11)	15-01-1940	LM 673	M. Dharmalingam
12)	15-01-1937	LM 03	Dr. Capt. M. Singaraja
13)	15-01-1944	LM 525	G. Vemana Reddy
14)	16-01-1941	LM 379	Chidambaram Alagappan
15)	16-01-1941	LM 560	J. Ramavadhani
16)	18-01-1947	LM 529	M. Kannappan
17)	20-01-1951	LM 11	Sudha Ramalingam
18)	21-01-1946	LM 851	V.R. Gopalarathnam
19)	21-01-1936	LM 479	G.B. Krishna
20)	22-01-1933	LM 573	Dr. G. Kumari
21)	23-01-1940	LM 768	G. Kodandaraman
22)	24-01-1948	LM 478	Dr. Ayesha Hamid
23)	27-01-1943	LM 480	Jayshree Balan
24)	28-01-1956	LM 897	Dr. V. Kanagasabai
25)	29-01-1935	JSL 378	D. Sriharinathan
26)	30-01-1945	LM 599	Prof. Dr. Rameeza A. Rasheed

Your liberal contribution to Sunshine Fund is solicited ❖

Obituary

We regret to inform the sad demise of the following:

1) **Major. S. Ragunathan, (90) LM:809**, Thoraipakkam, Chennai, passed away on 21.12.2015

2) **The elder Sammandhi** of Dr. VS. Natarajan, LM: 02, passed away recently at Erode.

3) **The elder Sammandhi** of Dr. Capt. M. Singaraja, LM: 03, passed away on 06.12.2015 at Rajapalyam.

4) **Thiru Mansukhlal Ruparelia JSL: 477**, Mira Road (E), Dist. Thane, Karmaveer Chakra Awardee, RTI Activist, AISCCON Chief Patron passed away on 21.10.2015, at his residence.

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

Acknowledgment

Thanks a lot & God Bless You

I. Donation			
1. SBI Old Age Pensioners Trust	JSH : 761	₹	2000
II. Sun Shine Fund (SSF)			
1. Er. V.S. Balakrishna Raja	LM : 657	₹	2000
II. Flood Relief Contribution			
1. Dr. Capt. M. Singaraja	LM : 03	₹	1000
2. Thiru S. Jayakumar	LM : 546	₹	500
3. Thiru S.R. Satakopan	LM : 598	₹	1000
4. Thiru P.E. Chacko	LM : 423	₹	500
5. Thiru C.N. Prasad	LM : 840	₹	1100
6. Thiru S. Aravamudha Chary	LM : 363	₹	4000
7. Thiru P. Sethuleshan	LM : 866	₹	5000
8. Er. S. Ranganatha Rao	LM : 29	₹	2000
9. Dr. V.S. Sarma	LM : 881	₹	2000
10. Dr. V.S. Natarajan	LM : 02	₹	2500
11. Thiru S. Prabhakaran	LM : 660	₹	3000
12. Thiru R.T. Namasivayam	LM : 820	₹	1000
13. Thiru C.V. Murugesan	LM : 661	₹	1000
14. Er. V.S. Balakrishna Raja	LM : 567	₹	2000
15. Tmt. Sumathy & Ms. Vindhya			Materials
16. Mr. & Mrs. Sathish			Materials
IV. Sale of Book		₹	100

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

National / International Days January

5th	Louis Braille Day	I
10th	World Laughter Day	I
12th	National Youth Day	N
15th	Army Day	N
25th	International Customs and Excise Day	I
25th	Tourism Day (India)	N
26th	Republic Day (India)	N
30th	Martyrs's Day	N
30th	Leprosy Prevention Day	I
30th	Sarvodaya Day	N

Note : N = National I = International ❖

Welcome Home

Our EC and Core Group member Mr. S. Prabhakaran, LM: 660, is back home from USA, California on 12.12.2015 after holidaying with family of his daughter and grand children from Sep 1, 2015 ❖