



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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## From the Editor cum Chairman

### இந்தச் சமுதாயம் யாருக்குச் சொந்தம்?

சமுதாயத்தின் ஓர் அங்கமான மூத்த குடிமக்கள் முற்றிலும் புறக்கணிக்கப்படுகிறார்கள். அவர்களது முதிர்ந்த அனுபவம் ஒரு புறம் கோரிக்கையற்றுக் கிடக்கிறது. மறுபுறம் அவர்களுக்குரிய பங்கும் உரிமையும் தட்டிப் பறிக்கப்படுகின்றன. இவைகளை தடுத்து நிறுத்த வேண்டிய மத்திய மாநில அரசு செயலற்றுப் போயிருக்கிறது. கண்டு கொள்வது கிடையாது. அவர்களது பாதுகாப்பும், வாழ்வும், சம உரிமையும் கேள்விக்குறியாய் உள்ளது.

மூத்த குடிமக்கள் நலன் காப்பதற்குரிய தேசியக் கொள்கையும், மாநிலக் கொள்கையும் நீண்ட நெடுநாட்களாகக் கிடப்பில் கிடக்கிறது. பல நிலைகளில் விவாதித்து பரிமாற்றம் முடிந்த பின்னும் தயக்கம் காட்டுவது ஏன்? உதாசீனமும் அக்கறை இன்மையும் தானே?

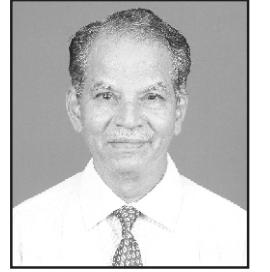
பெற்றோர் மற்றும் மூத்த குடிமக்கள் பராமரிப்புச் சட்டம் போட்டவர்களே இப்படிச் செய்தபின் அமல்படுத்த வேண்டிய அரசுத் துறை அதிகாரிகளையும், ஊழியர்களையும் கேட்க வேண்டுமா? ஒரு முறையேனும் உயர்மட்டக் குழு கூடியதா? எத்தனை மாவட்டக் குழுக்களும், காவல் நிலையங்களும் முறைப்படி கலந்து பேசின? முதியோர் பிரச்சினைகளுக்குத் தீர்வு காண நேரம் உண்டா? தற்சமயம் வரை சட்டமன்ற நாடாளுமன்றங்களில் மூச்சு விட்டதுண்டா?

80 வயதுக்கு மேற்பட்ட மூத்த குடிமக்களும், ஓய்வூதியம் இல்லாதவர்களும், பழைய ஓய்வூதியர்களும் வறுமை கோட்டுக்கு கீழே உள்ளார்கள். அவர்களது நிலை பரிதாபமாக உள்ளது. மருத்துவ செலவுக்கும், சத்தான உணவுக்கும் வழி இல்லை. அவர்கள் கையிருப்பில் உள்ள சிறு தொகைக்கு கிடைக்கும் வட்டி, கை கொடுத்த நிலை மாறி விட்டது. மூத்த குடிமக்களுக்கு கொடுக்கும் அதிக வட்டியால் அரசு மூழ்கி விட்டதா?

அரசே, மூத்த குடிமக்களை கைவிட்டால் யாரிடம் கேட்பது? ஆனால், சட்டமன்ற பாராளுமன்ற உறுப்பினர்களுக்கும், அய்.ஏ.எஸ். காரர்களுக்கும் எவ்வளவு வேண்டுமானாலும் எத்தனை முறை வேண்டுமானாலும் நொடிப் பொழிதில், ஊதியம், படி சலுகைகளை உயர்த்திக் கொள்ளலாம்!

### This Is The Society For All

The rightful share and due place for Senior Citizens are grossly neglected by the Govts. Lowest priority for the issues of Senior Citizens by the State and Central Govt. and shrinking of public space in the society for the Senior Citizens are glaring examples. Safety, Security and livelihood of older persons are at stake.



The State policy as well as the National Policy for Senior Citizens does not see the light even after the public deliberations long time ago. Maintenance Act for Parents and Senior Citizens is deeply buried. The Apex State Committee has not even met once. Most of the district committees are inactive. The majority of the Police Stations are very busy otherwise.

The Pensioners and non Pensioners of age 80(+), more than BPL category. The meagre pension has no return on earning. Cost of health and descent living, has sky rocketed. The rate of interest on their small savings has been sliding steeply and rapidly. Who is responsible to take care of them? At the same time there is no dearth for multiple hikes of Salaries, perks and what-nots to legislators, parliamentarians and bureaucrats.

(Dr. Capt. M. SINGARAJA)

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

**186th 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**

*cordially invite you for a presentation on*  
**GERIATRIC NEUROLOGY**

**Date & Time :**

*Saturday, the 19th March, 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 :**

**Padmasri Dr. V.S. NATARAJAN,**

MD., FRCP. (Edin), D.Sc., (Hon)

Professor of Geriatric Medicine (Retd.),

Govt. Rajiv Gandhi General Hospital, Chennai - 3.

**Presided over by :**

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

Chairman, Senior Citizens Bureau & U3A Chennai.

**All are welcome.**

**S. Jayakumar**

Secretary General, SCB

**Note : The books authored by the Dr. V.S. Natarajan will be available at discounted price at the venue.**

**நூல் வெளியீட்டு விழா, 07.02.16, சென்னை**



முதியோர் நல மருத்துவர் பத்மஸ்ரீ டாக்டர் வ.செ. நடராசன் எழுதிய “முதுமையும் மூளை நரம்பு நோய்களும்” என்ற நூலை 07.02.16 அன்று சென்னையில் முனைவர் அவ்வை து. நடராசன் வெளியிட்டார். பத்மஸ்ரீ டாக்டர் வ.செ. நடராசன் தனது நீண்ட அனுபவத்தில் கண்ட மூளை நரம்பியலுக்கும் முதுமைக்கும் உள்ள பிணைப்புகளைப் பற்றியும் நோய்களைப் பற்றியும் பல அரிய தகவல்களை எளிய நடையில் எழுதியுள்ளார். இது முதியோருக்கும் அவர்களைப் பரமாரிப்போருக்கும், வருங்கால மூத்த குடிமக்களுக்கும் மிகவும் பயனுள்ள மற்றுமொரு வழிகாட்டி, சிறந்த நூல். 160 பக்கங்கள், விலை ரூ.150/-. கிடைக்கும் இடம் : தொலைபேசி : (044) 26267282, 2641 2030 (மாலை 5 - 7 மணி)

**News from our Networking Associates**

Our EC member **Dr. TS. Kanaka, LM: 09**, organized a Parattu Vizha for Children participated in Thirupaavai on 28.02.2016 at Chrompet. ❖

**GOC, HQ Dakshin Bharat Area Chennai**, organized Veterans Day Luncheon Meet on 14.02.16 at Palm Grove Officers Institute, Island Grounds, Chennai. The Annual picnic – 2016 to Camp Gloria 41, Perur Colony, Nemmeli, Chennai was organized by AFVOA (Armed Forces Veteran Officers Association) on 28.02.16. The Veterans participated in large numbers. ❖

**FOSWL India, Chennai Anna Nagar** invites you for its monthly meeting at 5.00 P.M., on Sunday 27.03.16 at Karuna Enclave, SMF Annex, opp: Hotel Akshyam, Shanthi Colony, Anna Nagar, Chennai- 40. For details please contact: 93818 01446 ❖

**Heritage Foundation in collaboration with the MoSJE, GOI**, and Dept. for Women, Children, Disabled and Senior Citizens Govt. of Telengana organized a 2 day National Seminar on “Institutional Care of Senior Citizens”, at Indian institute of Health & Family Welfare, Vengal Rao Nagar, Hyderabad on Feb 18- 19. ❖

**Ronald C. Petersen, Cora Kanow Professor of Alzheimer's disease Research, Mayo Clinic College of Medicine, Rochester**, while delivering the 36th T.S. Srinivasan Endowment Oration on 14.02.16, said in India more people suffer from vascular dementia. With better clinical diagnosis, the progression of the disease could be checked. Lifestyle modifications, including moderate exercise of 150 minutes per week had shown to improve cognitive function, Dr. Petersen said. “Ageing need not be a passive process. We can forestall cognitive dysfunction,” he explained. Staying intellectually active, being involved in social work would prevent ageing of the brain, he said. On “The forgetful Brain”, he said, based on brain function, ageing could be classified as successful, one with mild cognitive impairment or dementia. Though people could forget names, of people, of places, doctors would watch out for markers that could indicate otherwise. Studies of brain scans had shown how the brain cells decay and die. “We now know that Alzheimer's disease is defined by plaques and tangles in the brain. We are now able to determine whether people are predestined to develop Alzheimer's disease much earlier in life, as we pick up patterns and signals of plaques and tangles through techniques such as imaging, CAT scans and spinal taps”, Prof. Petersen said. Mr. Venu Srinivasan, Chairman of TVS Motor Company recalled Mr. E. S. Srinivasan was the architect of the program. NIMHANS director Mr. B.N. Gangadhar and Senior Professor P. Satishchandra spoke on the occasion. ❖

**Courtesy – The Hindu**

**The labour ministry has mooted the idea of forming a National Social Security Authority**, chaired by Prime Minister Narendra Modi, and a separate Social Security Department within the Ministry to provide social security to the entire population in a bid to prop up the government's pro-worker credentials, according to a concept note reviewed by The Hindu. The authority may have all the ministers and secretaries of all ministries dealing with social security programmes along with state government officials as members. “The functions of the authority should be mainly to formulate the National Policy on Social Security and to co-ordinate the Central and State level programmes and to ensure that the objectives of the policy are achieved within the time frame prescribed. ❖

**Courtesy: The Hindu**

**SCB -185th Programme – 1 DAY FREE GERIATRIC YOGA & NATUROPATHY MEDICAL CAMP****A view of the dias****A section of the participants****Demo of Natural Diet****Consultation Session****Therapeutic Session****A group picture of Doctors and SCB / EC Members**

U3A Chennai Senior Citizen Bureau organised a 1 day free Geriatric Yoga & Naturopathy Medical Camp, jointly with Govt. Yoga & Naturopathy Medical College, Arumbakkam, Chennai –106 on 20.02.16. The meditation hall in the college premises was buzzing with arrival of 60 senior citizens to the warm welcome by the doctors from 9.45 am. With welcome address by our Vice Chairman Mr Prakash H Lulla, the camp was inaugurated by lighting the traditional lamp by the Chairman, Dr. Capt. M. Singaraja and the Principal of the college Dr. N. Manavalan.

The chairman in his inaugural address narrated his personal experience of the benefits, reaped from practising yoga, breathing exercise and natural therapy, with his exposure after retirement to Art of Living, Institute of Naturopathy and Yogic Science(INYS), Dr. GS. Raju, Vijayawada and Maharishi, on insight to our ancient science of living with nature.

Dr. N. Manavalan, in his presidential address, recollected many of the events that took place when he was young. His dream and ambition for establishing a full-fledged hospital for Yoga and Naturopathy, at Arumbakkam, came true about five years back with the help of Prof. Dr. K. Aludiapillai, IAS, (Rtd.), and others. Faith, confidence and continuous practice of this system alone can bring benefits. He clarified distinctly to the volley of interesting questions from the participants.

Dr. S. Gokula Krishnan made a presentation on a Drugless Geriatric Care, followed by presentation on Yogic Relaxation Techniques by Dr.Indira. There was a

live demo on preparation of Juices, Beetroot Kheer, Banana Milk Shake, Vegetable Salad, Fruits Salad, Spicy Sprouts, Sweet Sprouts, Mint Chutney, Beetroot Pickle, Sweet Laddu, Aval (puffed rice flakes) Sweet and Spicy and Natural Lunch by Dr. S. Gokula Krishnan and his team. The Natural Lunch was prepared and served at 1.00 pm. with 23 items, viz., 1) Green gram Sprouts (sweet) 2) Spicy sprouts 3) Sweet aval 4) Spicy aval 5) Mint chutney 6) Beetroot pickle 7) Coconut gratings 8) Tomato 9) Onion 10) Carrot 11) Cabbage 12) Cucumber 13) Beetroot 14) Ash guard 15)Watermelon 16) Grapes 17) Orange 18) Papaya 19) Pineapple 20) Guava 21) Banana 22) Sweet laddu and 23) Lemon juice. (*Those who are interested to know the recipes may send e mail to the editor*). The Natural food was simply superb and awesome. The Chairman presented the mementos to the Principal, to all the Doctors and their team members. Dr. TS. Kanaka, our EC member and a veteran Yoga practitioner complemented the principal and college.

After lunch, there was a free consultation by the specialist doctors for all the participants from 2.00 to 3.00 pm. Therapeutic treatment was given according to the prescription, for all, till 4.00 pm. Thanks to the Chairman Dr.M.Singaraja the brain for this camp and to Dr.S. Gokulakrishnan for perfect execution of this camp. All the members returned home fully satisfied with smiling faces. After a vote of thanks by Mr S Jayakumar, Secy.General of SCB, the camp came to an end with rising for National Anthem. ❖

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### Birthdays : March

Wishing you a Cheerful, Peaceful and Prosperous Life

Sl. No.	D.O.B	Memb No.	Name (Thiru / Tmt.)
1.	01-03-1949	AM 842	R. Sethuraman
2.	02-03-1938	LM 584	K.V.K. Ramakrishnan
3.	03-03-1935	JSL 167	Era. Govinda Swamy
4.	06-03-1931	LM 461	Er. K. Ponnuswamy
5.	08-03-1947	LM 371	Er. S. Arumugam
6.	09-03-1949	LM 159	V. Rajagopal
7.	10-03-1944	LM 679	R. Balasubramanian
8.	13-03-1943	LM 543	P. Muthuchidambaram
9.	13-03-1933	LM 07	R. Venkatesan, IA&AS (Rtd.)
10.	14-03-1935	LM 464	S. Jagadeesan
11.	14-03-1931	LM 72	Dr. P. Krishnamoorthy
12.	15-03-1951	LM 906	M. Subbiah
13.	16-03-1938	LM 881	Dr. V.S. Sarma
14.	16-03-1925	LM 425	S.S. Venkataraman
15.	18-03-1936	LM 473	V. Jayaraman
16.	20-03-1949	LM 804	R. Kalaiselvan
17.	20-03-1954	LM 196	M.K. Balasubramanian
18.	22-03-1952	LM 690	Er. B. Mannar
19.	22-03-1954	LM 281	M. Sridhar
20.	23-03-1933	LM 799	Capt. N.A. Ameer Ali
21.	23-03-1940	JSL 803	K.P. Chandran
22.	31-03-1960	JSL 849	K.B. Bharath Singh
23.	31-03-1932	LM 615	A.R. Janarthanam
24.	31-03-1932	LM 009	Dr. T.S. Kanaka

Your liberal contribution to Sunshine Fund is solicited

### National / International Days March

4th	National Safety Day (Security of Industrial Institutions)	(N)
8th	International Women's Day	(I)
9th	World Kidney Day	(I)
12th	Central Industrial Security Force (CISF) Foundation Day	(N)
14th	World Consumer Day	(I)
18th	Ordinance Manufacturing Day	(N)
20th	World Disabled Day	(I)
21st	World Forestry Day	(I)
22nd	World Water Day	(I)
23rd	Bhagat Singh Sukhdev & Rajguru's Martyrdom Day	(N)
24th	World TB Day (Tuberculosis)	(I)
24th	Rural Postal Life Insurance Day	(N)
27th	World Theatre Day	(I)

Note : N = National I = International

### Congrats

**Regional Grand Lodge of Southern India and Madras Masters Lodge No. 103**, honoured War Veterans of the City of Chennai on 17.02.16 at Free Masons Hall, Chennai. Our Members Brig.K.MuthuLaxmi, LM: 612, CHM K. Sundaravaradan, LM: 462, Nb.Sub. Seetharaman, Spr. Shanmugam, and non members SGMN Shankardass, Nk Chanjay, SPR Manikkam, Seaman Durairaj and SPRL. Ganesan are among those honoured.

**Er. R.S. Arul Jyothi, Facilities Manager, ALFUTAIN Group, Dubai**, son of our Chairman Dr. Capt. M. Singaraja, made a presentation on the topic "Facilities Management for Architects", at BS Abdur Rehman University, Department of Architecture, Chennai, on 28.02.16. It was an invited Guest Lecture.

### Acknowledgment

Thanks a lot & God Bless You

#### I. Sunshine Fund

1. Thiru K. Sadasivam LM : 454 ₹ 200/-

#### II. Donation

1. Tmt. Subha Sivaraman LM : 812 ₹ 500/-

2. Thiru S. Lakshmi Narayanan LM : 792 ₹ 150/-

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

### Welcome Home

Our EC and Core Group Member **Mr. P. Sethuseshan** and his spouse returned home from California on 27.02.16 after spending 6 months with their new born grand daughter's family.

### Get Well Soon

**Thiru K. Sadasivam, LM: 454**, our former EC member, is restrained with the movement due to spinal injury.

**Er. V. Balasubramaniam, LM: 536**, our EC member, is progressing well after open surgery for hernia on 22.02.16 at Isabella Hospital.

We wish them speedy recovery

### Obitury

**Er. R. Vijayarangam, (83) LM:28**, Sr. Section Engr., S. Rly. (Retd.) Saligramam, passed away at his residence on 07.01.2016.

**The beloved mother (91), of Thiru E. Nagaraja Sarma, LM: 518**, Anna Nagar (WE), passed away at their residence on 24.02.2016.

Our heartfelt condolence to the bereaved family

### Composition OF ISU3A South Zone, EC

Consequent to the unanimous decision arrived at the EC meeting of SCB and U3A Chennai on 26.01.16 and to the subsequent discussions with HQ / U3A and States of U3A/SZ, the Executive Committee of U3A / India SZ is constituted as follows:

#### 1) Office Bearers

Vice Chairman - Dr. Capt. M. Singaraja, Chennai

Secretary - Mr.P. Sethuseshan, Chennai

Treasurer - Mr. S. Prabhakar

#### 2) ECMembers

Dr. T.S. Kanaka, Chennai

Dr. Indumathi Rao, Bengaluru

Mr. C. Nagendra Prasad, Chennai

Mr. S. Jayakumar, Chennai

Mr. Venkata Shastri Kompella, Vizag

#### 3) State Co-Ordinators

Odissia - Mr. Mohanty Bijoykumar, Bhubaneshwar

Andhra Pradesh - Mr. YVSR. Moorthy, Vizag

Telangana - Mr. Suryanarayana Ambadipudi, Hyderabad

Tamil Nadu - Mr. R. Muthukrishnan, Chennai

Karnataka - Mrs. Sumathi Umapathy, Bengaluru

Kerala - Mr. Biju Mathew, Cochin

Puducherry - Mr. V. Ramalingam, Puducherry

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