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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

VOLUME : 13

OCTOBER 2016

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'LinkAge' presents

"TAKE A STAND AGAINST AGEISM"

**A special publication in commemoration of
WORLD ELDERS DAY 2016**



அக்டோபர் 2, அண்ணல் காந்தி அடிகளின் பிறந்தநாள்

உலக முதியோர் நாள்

நல்வாழ்த்துக்கள்

01.10.2016

*Warm greetings and best wishes
on the occasion of World Elders Day*



Invitation - WED - Program 197**SENIOR CITIZENS BUREAU (SCB)**

No.90, Rama Street, Nungambakkam, Chennai - 600 034

Ph: 044-28231388; E-Mail: singaraja@gmail.com



and

NATIONAL SERVICE SCHEME (NSS)**ETHIRAJ COLLEGE FOR WOMEN (Autonomous) (ECW)**

70, Ethiraj Salai, Egmore, Chennai - 600 008

*Solicit your august presence for observing the commemoration of***WORLD ELDERS DAY - 2016**at 09.30 am on 1st Oct 2016

at Ethiraj College for Women Campus II, Mini Auditorium

70, Ethiraj Salai, Egmore, Chennai - 8

Chief Guest**Gandhian Thiru V. KALYANAM**

Freedom Fighter and Former PS to Mahatma Gandhi, Chennai

Guests of Honour**Dr. Tmt. A. NIRMALA**

Principal & Secretary, Ethiraj College for Women, Chennai - 8

and

Padmashri Dr. V.S. NATRAJAN

Senior Geriatrician, Chennai

President**Dr. Capt M. SINGARAJA**

Chairman, Senior Citizens Bureau, Chennai

All are welcome.**AGENDA**

(M.C -Thiru PRAKASH H LULLA, Vice Chairman, SCB)

09.30 am : Registration**09.50 am** : Receiving the Chief Guest and Guests of Honour**10.00 am to 11.30 am**

Invocation

Pledge against Elder Abuse

Welcome address: **Dr. K. NAVANEETHA LAKSHMI**, NSS Co-ordinator, ECW

Honouring the Guests

Honouring the recipients of "SCB Award of Excellence" to

Prof. Dr. V. SHANMUGA SUNDARAM & Prof. Dr. YASODAResponse by: **Prof. Dr. V. SHANMUGA SUNDARAM**Presidential Address by: **Dr. Capt. M. SINGARAJA**, Chairman, SCB

Releasing "LinkAge" Special issue and address by the Chief Guest:

Gandhian Thiru V. KALAYANAM

Launching "Talk to Granny" Project and Address by the Guest of Honour:

Dr. Tmt. A. NIRMALA

Honouring the six delegates attending World U3A Conference at Osaka, Japan

and address by the Guest of Honour: **Padmashri Dr. V.S. NATRAJAN**

Special Address by :

Thiru R. VENKATESAN, IA & AS Former Secretary of Cabinet Secretariat, New Delhi**Thiru T.V. HARIHARAN**, President of Chennai Dist. Small Industries Assn, Chennai**11.30 am to 12.30 pm**

Street play by "SCARF India"

Patti Mandram

Cultural program by the students

Honouring the SCARF Volunteers, NSS Volunteers and Participants of Cultural Program

Group Photo

Vote of thanks by : **Thiru S. JAYAKUMAR**, Sec. Gen., SCB

National Anthem

Lunch

**முதியோருக்கு இழைக்கப்படும் கொடுமைகள் ஒழிய,
எடுத்துக் கொள்ளும் உறுதிமொழி**

முதியோருக்கு எதிராக, வாய்மொழியாகவோ, வன்முறையாலோ, பொருளாதார ரீதியிலோ அல்லது வேறு எந்த உருவிலோ இழைக்கப்படும் அனைத்து வகை கொடுமைகளையும் அறவே ஒழிப்பேன். அவற்றை முளையிலேயே அடையாளம் கண்டு தடுப்பேன். அதற்காக என் சொந்த முயற்சியில் முழு மூச்சுடன் பாடுபடுவேன். தேவைப்பட்டால் அரசு மற்றும் தொண்டு நிறுவனங்களின் துணையோடு செயல்படுவேன்.

மேலும் முதியோர்களின் உடல் நலத்திற்கும், பாதுகாப்புக்கும், அன்புக்கும், மனவளத்திற்கும், மதிப்புக்கும், மரியாதைக்கும், அங்கீகாரத்திற்கும் மற்றும் அவர்களது ஏனைய தேவைகளுக்கும் இடையூறு ஏற்பட்டால் அவற்றைத் தடுத்து நிறுத்தி பாதுகாப்பேன் என்றும் உறுதி அளிக்கிறேன்.

குறிப்பு: இந்த உறுதிமொழி உலக நாடுகள் அவையின் வழிகாட்டுதல் அடிப்படையில் எழுதப்பட்டது. இதை மூத்த குடிமக்கள் மன்றத்திற்கு கையொப்பமிட்டு அனுப்பவும்.

PLEDGE AGAINST ELDER ABUSE

I hereby solemnly pledge that I will not be a party to any type of Elder Abuse, such as, oral, physical, financial, etc. against their needs of any form, as Biological, Emotional, Safety, Love, Belongingness, Esteem, Self-fulfilment etc.

Further, I pledge that I will undertake all steps, to detect, intervene, prevent and stop "Elder-Abuse" through my own efforts and if necessary with the help of Govt. and Non-govt. organisations, in an effective manner.

Note : The text of this pledge is based on guidelines of UNO. The pledge may be duly signed and forwarded to Senior Citizens Bureau.

Foreword

"A demographic revolution is underway throughout the world. Today, there are around 600 million persons aged 60 years and over, worldwide. This number will double by 2025 and will reach two billion by 2050, with the vast majority of older persons in the developing world. In order to recognize the important contributions that older people made to our world, while raising awareness towards issues of ageing, the United Nations designated 1 October as the International Day of Older Persons. The World Health Organization works together with our partners and affiliates to commemorate this day and raise awareness for the continuing challenges facing older people." - WHO

The theme declared by UNO FOR IDOP 2016 is "Take a stand against Ageism". On 14 December 1990, the United Nations General Assembly (by resolution 45/106) designated 1st October, as the International Day of Older Persons. The Vienna International Plan of Action on Ageing was adopted by the 1982 World Assembly on Ageing and endorsed later that year by the UN General Assembly. In 1991, the General Assembly (by resolution 46/91) adopted the United Nations Principles for Older Persons. In 2002, the Second World Assembly on Ageing adopted the Madrid International

Plan of Action on Ageing, to respond to the opportunities and challenges of population ageing in the 21st century and to promote the development of a society for all ages. Commemoration of this day is held all over the world to focus on population over 60. Senior Citizens Bureau is committed to carry forward the welfare measures with its well defined "Mission and Vision" right from its inception in 1996. Its prime objective continues to provide free service and advocacy to all age groups.



Our registered monthly journal "LinkAge" serves as a platform to bring together all stakeholders for the cause of the Age Care towards the Society for all ages. I have voiced the concerns and challenges of this community from its founding day. Let us join together and empower ourselves.



(Dr. Capt. M. Singaraja)
Chairman and Editor, LinkAge

WHO Mission Statement "Take a Stand Against Ageism"

For older people, ageism is an everyday, yet heartbreaking challenge. Overlooked for employment, restricted from social services and stereotyped in the media, ageism marginalizes and excludes older people in their communities, at the very time of life where enjoyment could be paramount. Ageism is everywhere, yet is the most socially normalized of any prejudice. It begins when the media portrays old people as "senile" and "doddering" on television. It occurs when the doctor applies a more "relaxed" attitude towards screening an older person for preventable illness, or uses care guidelines meant for younger people. It manifests as the policymaker who, subconsciously or actively, prioritises against policies that would channel investments into infrastructure for ageing societies. These attitudes, pervasive yet invisible, lead to the marginalisation of older people within our communities and have negative impacts on their health and wellbeing. More concerning is that older people who internalize ageist attitudes die sooner. Research reveals that older people who have negative attitudes towards aging live 7 - 5 years shorter than those with

positive attitudes, and have poorer recovery from disability and disease (Levy BR, Slade MD, Kunkel SR, Kasl SV. Longevity increased by positive self perceptions of aging. Journal of Personality and Social Psychology 2002 83(2):261270).

Older people who feel they are a burden may also perceive their lives to be less valuable, putting them at risk of depression and social isolation. This year, we challenge everyone to identify and question these internalized ageist attitudes, and to understand the serious impact that these attitudes have.

The theme of the International Day of Older Persons for 2016 is "Take A Stand Against Ageism". This year, the World Health Organization adopted the Global Strategy and Action Plan on Ageing and Health and a related resolution at the 69th World Health Assembly, in which the WHO Director General is called on to lead a Global Campaign to Combat Ageism, to support local and international partners in their efforts to change policies and practices.



Why a Geriatrician?

(Padmashri Dr.V.S. NATARAJAN, Senior Geriatrician, Chennai)

Older patients differ in many ways from the young. Indeed, such distinction underlies the separate existence of geriatrics as a medical speciality. They differ mainly because of diagnostic, therapeutic and social problems.

It is very difficult to make an early diagnosis in the elderly, because abnormal symptoms such as weakness or loss of appetite tend to be interpreted by them as symptoms of old age, 'which just need to be ignored'. In reality, these symptoms may be due to the early onset of diseases such as tuberculosis, diabetes, cancer, and so on. Because of this attitude, diseases may not be diagnosed, at the early stage and elders tend to suffer in silence. So, practical skills and experience are needed to obtain adequate histories in geriatric practice.

Atypical presentation of illness in the elderly is very common. Presentation may be obscure, misleading or silent. Elders may suffer from heart attack without pain in the chest. They may have stomach ulcers, gall bladder complaints or appendicitis without any abdominal pain. Hence only a specialised physician like a geriatrician can make an accurate and early diagnosis.

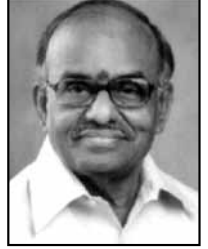
Elderly patients often have multiple diseases and sometimes may not even be aware of the presence of the disease. Once people are in their 60s or 70s, they show evidence of several pathological processes – some active and others inactive but contributing to the total disability of the patients. Only a geriatric physician can identify the multiple problems and treat patients holistically.

A problem which commonly arises in investigating diseases in the elderly is to identify what is normal and what is abnormal. This is because there is increasing evidence to show that standards set for the younger patients cannot always be used for the elderly. For example, if the laboratory investigations reveal slightly higher blood sugar levels in the elderly, it may not indicate diabetes. So, results of the investigation should systematically analysed before arriving at a conclusion on the nature of the disease.

Multiple diseases mean multiple prescriptions. This leads to more drug-related side-effects, interactions and omissions. Sometimes side-effects of drugs may be more than its beneficial effects. It is not necessary to have a 'pill for every ill'. Many diseases in old age can be managed by non-drug regimens like diet, exercise, physical therapy and counseling.

In addition, elders suffer from socio-economical problems like isolation, dependency, poverty, and so on. These problems will only precipitate or aggravate the already existing medical conditions. Only a geriatrician can completely assess all these problems and advise appropriate management to improve the quality of life of the elders.

The main aim of a geriatrician is not to add years to the life, but to add life to those years.



அரசு அறிக்கை

சட்டசபையில், 110வது விதியில், முதல்வர் ஜெயலலிதா அறிவிப்பு: சென்னை, கெல்லீஸ் சிறுவர்களுக்கான கூர்நோக்கு இல்லகட்டம் பழுதடைந்துள்ளது; 2.50 கோடி ரூபாய் செலவில், அனைத்து வசதிகளுடன், புதிய கட்டடம் கட்டப்படும்.

மாநில அரசு நிதி உதவியுடன், தொண்டு நிறுவனங்கள் மூலம் நடத்தப்படும், மாத உணவு மானியம், 300 ரூபாயில் இருந்து, 1,200 ரூபாயாக உயர்த்தி வழங்கப்படும்.

சமூக நலத்துறை கட்டுப்பாட்டில், சென்னை, கடலூர், தஞ்சாவூர், சேலம், சிவகங்கை, மதுரை, திருநெல்வேலி, பெரம்பலூர், கிருஷ்ணகிரி மாவட்டங்களில், ஒன்பது அரசு சேவை இல்லங்கள் செயல்படுகின்றன; இவற்றில் தங்குவதற்கான ஆண்டு வருமான உச்சவரம்பு, 24 ஆயிரம் ரூபாயில் இருந்து, 72 ஆயிரம் ரூபாயாக உயர்த்தப்படும்.

நன்றி – தினமலர்.

தத்தி தாவி ஓடி தேடி பட்டறிந்த ஞானமே

- இது எங்களின் சுயசரிதை கானமே

காலம் செய்த கோல மாற்றம்
ஞாலம் தந்த சோகம் நீத்தம்
பத்து திங்களும் பயனில்லை
எட்டு திக்கும் உறவில்லை
அவர்களுக்கு துறந்தேன் என் சுகம்
அச்சமுகம் மறந்தது என் முகம்
கற்சிலையாகும் எங்கள் மனம்
பொற்சிலையாகட்டும் உங்கள் மனம்
என்று மாறும் இவ்வால நிலை
என்று காண்போம் விடியலை.

- Balaji .M

Student Rep Rajiv Gandhi National Institute
of Youth Development, Ph : 7845737660

***Address by Mr. R.VENKATESAN, I.A & A.S. (Retd)
on World Elders Day - 2015***

Hon'ble Minister Tmt.Valarmathi, Chairman, Ethiraj College Trust Thiru Muralidharan, Chairman, Senior Citizens Bureau, Dr.Capt Singaraja, other distinguished guests, ladies and gentleman.

Most of you would have seen from recent newspaper reports that our state of Tamilnadu has one of the highest proportions, which will soon exceed 10%, of senior citizens aged above sixty in the country, With increasing urbanization and families becoming nuclear, and certain other circumstances which I shall narrate, the lives of senior citizens are becoming increasingly harsh. Here is where an organization like the Senior Citizens Bureau has a stellar role to play, by mitigating the hardships of senior citizens.

Firstly, health-related problems are the most challenging ones for senior citizens, especially in our country, where a large majority of the population does not have publicly funded or insurance funded health-care. (I am not talking about hospitalization, for which governments have launched various schemes in recent years.) In health care, the motto, '~Prevention is better than cure,' is most apt. Most senior citizens in our country do not undergo even sporadic health-related check-ups which can detect incipient or developing health problems. Further, as the World Health Organization has pointed out recently, elder citizens are prone to certain chronic conditions which are more prevalent as people grow older. This is different from acute diseases which require short term treatment. This makes it all the more important for senior citizens to be administered specific types of health-check-ups by specialists, and after diagnosis, to be given appropriate advice and treatment. The Senior Citizens Bureau has been fortunate in having the pioneer of Geriatric Medicine in the country, Dr.V.S.Natarajan as its Chairman from its very early days and was its longest serving head. Under his able guidance, and the lead that he has given to those who followed him, the Bureau has made it its mission to have various types of health check-ups appropriate to elders, conducted throughout the year. Such check-ups administered at minimal cost or for free, have been a part of various celebrations undertaken during the year.

A second point relevant to the welfare of senior citizens is their need to be provided a means of spending their time usefully and pleasantly, and the opportunity to use their rich experience to serve society. The meetings of the bureau provide a forum for fellowship to its members. Besides, the Bureau also plays an advisory role whereby its members who possess

expertise in various fields like civic affairs, law, education etc. provide free advice and assistance to those in need of it. In fact the genesis of the Senior Citizens Bureau was as a Citizens Advice Bureau, modeled on a U.K.based institution of that name.



A third point which vitally concerns elders is that it is an unfortunate fact in our society to-day that there are instances of Elder Abuse, wherein younger members of a family neglect, ill-treat or harass the elders in their family. They forget the adage, 'As they sow, so shall they reap' and that they too will become old one day and may have to face the same fate. It is therefore very important to sensitise youth and point out to them how they should respect, assist and cherish the elders, who can prove to be a rich source of good counsel besides love and affection to them. The Senior Citizens Bureau has made it one of its chief aims to promote better understanding between elders and youth. Hence the world Elders Day, celebrated the world over around 1st October as per U.N.Mandate, has for some years been celebrated by the SCB in alliance with an institution of higher education. The pledge which has been administered to you today is the best example of this process of sensitization. On such occasions, the Bureau has tried to give suggestions on the various ways in which they can help the elders in their midst.

In keeping with this tradition, I shall conclude my address with one such suggestion to the youngsters assembled here. Most youngsters like you are net-savvy, and have your own lap-tops. Have you tried to help the elderly persons in your home or neighbourhood to address some of their needs such as booking tickets for travel paying bills ordering goods needed by them accessing their bank accounts, learning more about their health condition etc, either using your lap-top or with their own one? If they have a tablet or lap-top or smart-phone of their own, have you taught them of the various Apps that are available and helped them spend their time pleasantly and usefully? There are only a few suggestions to set you thinking, and I am sure you can come up with many more.

There is need for many more such institutions like the Senior Citizens Bureau in our society. May it serve as a shining example for other budding institutions, and may it have many, many more years of useful service to society.



What Vaccines are Recommended for You

Immunizations are not just for children. Protection from some childhood vaccines can wear off over time. You may also be at risk for vaccine-preventable disease due to your age, job, lifestyle, travel, or health conditions.

All adults need immunizations to help them prevent getting and spreading serious diseases that could result in poor health, missed work, medical bills, and not being able to care for family.

- All adults need a seasonal flu (influenza) vaccine every year. Flu vaccine is especially important for people with chronic health conditions, pregnant women, and older adults.

- Every adult should get the Tdap vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough), and then a Td(tetanus, diphtheria) booster shot every 10 years. In addition, women should get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks.

Adults 60 Years or Older

An estimated 1 million Americans get shingles every year, and about half of them are 60 years old or older. Additionally, over 60 percent of seasonal flu-related hospitalizations occur in people 65 years and older. As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. This is why, in addition to seasonal flu (influenza) vaccine and Td or Tdap vaccine (tetanus, diphtheria, and pertussis), you should also get:

- Pneumococcal vaccines, which protect against pneumococcal disease, including infections in the lungs

and bloodstream (recommended for all adults over 65 years old, and for adults younger than 65 years who have certain chronic health conditions)

- Zoster vaccine, which protects against shingles (recommended for adults 60 years or older)

Talk with your doctor or other healthcare professional to find out which vaccines are recommended for you at your next medical appointment.

Adults with Health Conditions

All adults need a seasonal flu (influenza) vaccine and Td or Tdap vaccine (Tetanus, diphtheria, and pertussis) but there may be additional vaccines recommended for you. Learn more about which vaccines you may need if you have any of these conditions:

- Asplenia
- Diabetes Type 1 and Type 2
- Heart Disease, Stroke, or Other Cardiovascular Disease
- HIV Infection
- Liver Disease
- Lung Disease including Asthma
- Renal Disease
- Weakened Immune System

Talk with your doctor or other healthcare professional to find out which vaccines are recommended for you based on your specific health status, age, and lifestyle. ❖

Courtesy: Centers For Disease Control and Prevention (USA)

உதவும் அய்.டி. ஊழியர்கள்

ஐ.டி. ஊழியர்கள் என்றால் வாரத்தில் 5 நாட்கள் பணியாற்றுவார்கள். வாரக் கடைசியில் ‘உற்சாகமாக ஊர் சுற்றுவார்கள்’ என்ற கருத்து பலரிடம் உள்ளது. ஆனால், சென்னை, கோவை, திருச்சி உள்ளிட்ட இடங்களில் பொது இடங்களில் ஆதரவற்ற நிலையில் இருக்கும் மாற்றுத்திறனாளிகள், முதியார்களிடம் அனுசரணையாகப் பேசி, அவர்களுக்கு வேலைவாய்ப்பு, அரசு உதவிகள் போன்றவற்றை பெற்றுத் தரும் பணியில் ஐ.டி. ஊழியர்கள், இளைஞர்கள், மாணவர்கள் ஈடுபட்டுள்ளனர்.

சென்னை பெருங்களத்தூரில் வசிப்பவர் சக்தி (29) எம்பிஏ பட்டதாரியான இவர், தனது நண்பர்களுடன் இணைந்து கடந்த 3 ஆண்டுகளாக சமூகசேவை ஆற்றிவந்தார். தற்போது, நண்பர்களுடன் சேர்ந்து ‘தி ஹீலர் பவுண்டேஷன்’ என்ற அமைப்பைத் தொடங்கி

நடத்தி வருகிறார். இதில் பள்ளி, கல்லூரி மாணவர்கள், ஐ.டி. நிறுவனங்களில் பணியாற்றுவோர் என 700-க்கும் மேற்பட்டோர் இணைந்துள்ளனர்.

ஏழை, எளியவர்களுக்கு கல்வி சேவை, மாற்றுத்திறனாளிகளுக்கு வேலைவாய்ப்பு ஏற்படுத்தி தருதல், பொது இடங்களில் வசிக்கும் ஆதரவற்றோர், பெற்றோரால் கைவிடப்பட்டோருக்கு உணவு வழங்குதல், அவர்களுக்கு மாற்று வேலைவாய்ப்பு ஏற்படுத்தி தருதல் போன்ற பணிகளில் இந்த அமைப்பினர் ஈடுபட்டு வருகின்றனர். பேருந்து, ரயில் நிலையங்கள், கடற்கரை, அரசு மருத்துவமனை நுழைவுவாயில் போன்ற இடங்களில் ஆதரவற்ற நிலையில் இருக்கும் மக்களுக்கு உதவி செய்யும் வகையில் தற்போது ‘கர்ணா’ என்ற பெயரில் திட்டம் தொடங்கி செயல்படுத்தி வருகின்றனர். ❖

நன்றி: இந்து தமிழ்

About Senior Citizens Bureau

1.0 CONCEPT AND BACKGROUND

1.1 Senior Citizens Bureau is a free guidance and information centre run by Senior Citizens for all age groups. The Bureau was found on 03-03-1996 by a group of Elders, imbued with the spirit of self-less service to the society, belonging to Probus Clubs and Several Senior Citizens Associations. It is registered under Society's Act I GOT, with Regn. No. 370/2002 on 24.09.2002. It is a non profit voluntary organization, comprising Sr. Citizens, both retiring and retired professionals, employees and business persons. There is no bar in caste, creed, religion and sex.

1.2 Thanks to initiative of Mr. R. Venkatesan, IA&AS, the then President of Probus Club of Madras and the other Probus Clubs and Seniors Forums, the Bureau was first setup as Citizens Advice Bureau in March 3, 1996 in the same model as that of at London existing from the days of the second world war which then spread all over the world. The Citizens Advice Bureau, will henceforth be a division forming part and parcel of renamed and registered "Senior Citizens Bureau"

2.0 GOVERNING BODY

2.1 The bureau is governed by Memorandum of Association and Bye-laws/ It is run by an Executive Committee duly elected and governed by General Council. The funding is from the contribution received from members, sister clubs and other VOs. The account is audited annually and passed in the AGM. Then IT return is filed unfailingly.

2.2 The Bureau is proud of its achievements. It successfully renders dedicated and honest service to the society, under the stewardship of its able leaders successively. Founder Chairman Major General Aban Naidu PVSM, AVSM, M-in-D, (former General Officer Commanding of Delhi Area and Military attache at Washington), took the Bureau to a great height with zeal, vision and mission, ably assisted by convenor Mr. R. Venkatesan, IA & AS, the founder Secretary General Mr. N. Subramanian, IRS, former Chairman of Central Bureau of Direct Taxes, and a host of other office bearers and panelists who had held very senior positions in various disciplines.

2.3 The Bureau is fortunate to have Er. V. Hariharan, FIE, Ex. President, Sundaram Fastners, Padmasri Dr. V.S. Natarajan, MD, FRCP, (Retd.) the renowned Geriatrician and multi faceted technocrat Dr. Capt. M. Singaraja, SM, C. Eng. (Retd.) as successive Chairpersons.

3.0 GOVERNMENT RECOGNITION Both Padmasri Dr. V.S. Natarajan and Dr. Capt. M. Singaraja served as members of National Council for Older Persons (NCOP). The Social Welfare Board and the Dept. of Social Welfare, GOT, in recognition of our contribution to the Senior Citizens and to the Society at large, have involved our Bureau in framing the State Policies and Rules for Senior Citizens as well as in many interactive programs.

4.0 FREE COUNSELLING

Bureau provides free information and guidance through six departments such as Civic Affairs, Health Care, Legal, Personal Administration, Finance and Education. Each of these is headed by one SWC (Social Welfare Committee) member who is assisted by a panel of counsellors possessing professional expertise and experience in the relevant field. So far more than 1400 request letters had been received and satisfactorily dealt with.

5.0 GERIATRIC HOUSE CALL PROJECT AND HEALTH CARE PROGRAMMES

A unique programme to treat the immobile senior citizens at their door steps by Geriatric/ Family Physicians and Para-medical staff, known as Geriatric House Call Project (GHCP) was launched on 17.02.2008. Anniversary of GHCP with Scientific session to Doctors is held every year. Bureau has been conducting special medical camps for elders periodically. Over 140 Health Care / Elder Welfare / Youth Programmes covering the following areas of health have been held. (i) Asthma and Hypertension (ii) Dental Health (iii) Hearing disability (ix)) Geriatric Master Health Checkup (v) Bone Mass detection (vi) Rural Eye Camp (vii) Prostate detection (viii) Elder Care (ix) Well Woman (x) Geriatric Counselling (xi) Memory Clinic (xii) Psycho Therapy (xiii) Insomnia (xiv) Obesity (xv) Hypertension (xvi) Healthy Bones & Healthy Arteries. (xvii) Skin Diseases (xviii) Geriatric Care Giving (xix) Youth sensitising (xx) career guidance (xxi) character/ skill Development etc., (xxii) Annual Free Multi Speciality Mega Health Camps (xxiii) Free Periodical Lab Tests.

6.0 GERIATRIC NURSING CARE- GIVER TRAINING

Senior Citizens Bureau conducted a six month course from September 2009 for imparting training in geriatric Nursing, supported by the Slum Clearance Board at a cost of Rs.1.1 Lacs. Dr. V.S. Natarajan was chosen to standardize and finalise a common syllabus for the course to be conducted by selected institutions

of which SCB is also one. 25 candidates have been trained and absorbed by different institutions. Dr. Capt. M. Singaraja, organised the programme with indoor and outdoor hands on training.

7.0 INTERGENERATION AND YOUTH PROGRAMME

7.1 We conduct programs to sensitize the youth for developing their skill and character to promote inter generation understanding, every year during the celebration of children's day and World Elders Day / Elder Abuse Awareness Day. We visit institutions and address them in a get together and reward the winners. In 1999, field training, in Elder Care was imparted to Rotract Students.

7.2 We conduct a variety of competitions to promote togetherness of young and old on all such occasions. In 1998, about 600 students participated from schools and colleges in Kilpauk and Purasawakkam. Books, prizes and certificates were distributed in an impressive function held at MCTM HSS.

7.3 We conduct workshops and seminars to the Students and Elders periodically. One such programme was "Role of the Youth in Age Care", jointly with Social Work Dept. of Stella Maris College on 29.1.2011 supported by Help Age India and Directorate of Social Welfare, Govt. of Tamil Nadu. As well as District Social Welfare Department.

8.0 CELEBRATION OF SPECIAL DAYS

8.1 We always take pain and effort to observe the World elders Day as community oriented with special focus on school and college students on October 1, every year. We throw open the floor to the public for a Quiz programme and question and answer session with the expert panelists of all our social welfare departments. Renowned public figures and eminent Senior Citizens will also address. There will be a cultural programme on Elder Issues.

8.2 Since 2006, World Elder Abuse awareness day is conducted involving the youth on 15th June every year. Pledge against Elder Abuse is taken by students and public. Signatures are collected from thousands of students and forwarded to the Government.

8.3 Anniversary of Bureau as well as LinkAge and AGM are organised in a grand manner. Awards are given to special school students.

8.4 Awards & Contributions are presented on special occasions regularly as follows: • SCB award of Excellence to the public figure who serves for the cause of Senior Citizens • SCB award of Recognition to Senior Members who have sighted 1000 (+) moons • Cash Awards to indigent older persons • Cash Awards to special school students • Awards to winners

of competition & participants of Cultural programmes (Students as well as members) • Contribution to Prime Minister's / Chief Minister's Relief Fund.

9.0 PUBLICATION

9.1 Bureau is publishing a Journal, entitled "LinkAge", every month for circulation among its members free of cost and for a fee to journal subscribers from outstations. It is registered with Registrar of Newspapers for India vide Regn. No.TNENG120041 13996. Apart from publishing current activities, it provides answers to reader's queries, information on medical and other elder care problems. The Bureau has also released several publications useful for Senior Citizens and Youth.

9.2 The Titles published are:

Citizens Advise Bureau - A guide	1996
U.N. International Year of Senior Citizens	1999
National year of Senior Citizens	2000
Sevi Chelvam I Burden of Love	2001
Mudumaiyai Velvom	2002
Everything you want know about after 60	2002
Elder Friendly	2003
Meendum Vasantham	2004
Geriatric Nursing	2005
Healthy Nutrition for Healthy Ageing	2006
"Arubathu Vayathuku Pirage"	2008
Annual Day Special	2009
"Doctors in Help" I Edition	2009
Annual Day Special	2010
"Doctors in Help" II Edition	2010
Productive Ageing	2010
"Muthumai Ennum Poongratru"	2010
Role of the Youth in Age Care	2011
Doctors in Help III Edition	2011
Parkinson's Diseases	2011
Sweet Sixt(y)een	2011
World Elder Abuse Awareness Special	2011
Healthy Ageing	2011
Doctors in Help - IV	2012
Sweet Seventeen	2012
Age Demands Action	2012
Doctors in Help - V	2013
Abridged Directory of Members	2013
Sweet Eighteen	2013
The Future We Want	2013
Voice of the Veteran	2014
Sweet Nineteen	2014
Sweet Twenty	2015
Age inclusiveness	2015
Take a Stand Against Ageism	2016

10.0 WEBSITE: Bureau has hosted its website <www.seniorcitizensbureau.org> on 01.10.2006 and is being updated periodically.

11.0 INTERACTING PROGRAMS / MONTHLY MEETINGS

11.1 Every year we deliberate on useful themes and issues related to the Elders as well as to the Society during our Annual conference and special meets by inviting eminent professionals and create an awareness. Many VVIPs/NIPs participated and encouraged us in various programmes.

11.2 Regular periodical cheer-up-visits to Hospitals and Old Age Homes are organised and gifts are presented.

12.0 MEMBERSHIP

12.1 Membership is open to all persons of age 50 and above under the following categories subject to Bye-Laws and covers spouse also. Admission fee for all is Rs.50/-.

Subscription	Age		
	<69	70 > 79	>80
Bureau - Annual (SCB/AM)	500	500	500
Bureau - Life (SCB/LM)	3000	2000	1000
Donor Member (DM)	5000	3000	5000
Patron Member (PM)	10000	10000	10000
Institution Member (IM)	10000	10000	10000

13.0 IT EXEMPTION

Donation to the senior Citizens Bureau is eligible for IT benefits under section 80 G. Members are also eligible for concession on the subsidised fees charged at health camps. Our Pan Card No. is AAETS 3576K. Our donors and contributors to Sun Shine Fund (SSF) are appreciated and held in high esteem

14.0 DAYCARE CENTRE

A Day-care Centre for the benefit of Senior Citizens, conceived as a pilot project by the Senior Citizens Bureau has been sponsored by Dr. Capt. M. Singaraja, 90/93, Rama Naicken Street, Nungambakkam, Chennai - 34 (behind Nungambakkam police station). The center was inaugurated by Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D, on 5th July, 2003, during Annual Day conference of the Bureau.

15.0 CONCLUSION

Your membership and donation lend support to the mission and vision of Senior Citizens Bureau. Let us empower the elders, speak in uni voice and enhance the human values.



Activities of Senior Citizens Bureau

The Following are among the major/ important programmes that have been conducted over the years.

- 1998 : Promotion of Inter-generation understanding for Students.
- 1999 : Elder Care Field Training Programme for Rotaract Students.
- 2000 : Dental Health Checkup Programme
• World Elders Day.
- 2001 : Detection of Hearing disability Distribution of Hearing Aids donated by HelpAge India • World Elders Day.
- 2002 : Geriatric Master Health Checkup • World Elders Day.
- 2003 : Bone Mass Density Detection Rural Eye Camp & Social Welfare Camp • World Elders Day.
- 2004 : • Prostate Disease Detection (2 camps) • Elder Care & BMD Interactive Programme. • Well women Camp. • Economic Welfare - Interactive Programme. • Geriatric Counselling & Psychotherapy Programme. World Elders Day • Geriatric Nursing Assistant 6 month Training Programme.
- 2005 : • Healthy Lung • Healthy Joints & Arteries. Interactive Meet - Peace &

Spirituality. • Talk on Elder Movement Indian & Global Scenario. 'Youth Support & Encouragement on Children's Day. • Prostate Disease Detection • Talk on HealthyAgeing. World Elders Day.

2006

- 20-05-2006 : Screening camp on "Dementia"
- 24-06-2006 : World Elder Abuse Awareness day
- 23-07-2006 : Camp on "Healthy Arteries"
- 23-07-2006 : Camp on "Skin Diseases".
- 19-08-2006 : Lecture on "Clinical Aspects of Memory Disorders"
- 16-09-2006 : "World Alzheimers Day"
- 01-10-2006 : World Elders Day • Launch of Website.
- 18-11-2006 : Camp on "Flu Vaccination Interactive Session on the topic "Myths and Facts about Chikun Gunya"
- 16-12-2006 : Camp on "Risks of Falling down among the elderly"

2007

- 21-01-2007 : Discussion by a panel of medical experts on the "Risk of falls due to imbalance among older adults."
- 24-02-2007 : 3 in 1 Camp - Integrated Eye, Dental & ENT checkups.
- 24-03-2007 : Incontinence Camp for Older Adults.

14-04-2007 : 12th Annual DayAGM Launching of Project- 1
 24-05-2007 : Gettogether and Interactive Meet on Right to Information Act.
 17-06-2007 : Award Presentation on Completion of Project -1
 15-07-2007 : First Anniversary of Memory Clinic
 18-08-2007 : Camp on "Stomach Disorders" for Older Adults
 22-09-2007 : World ElderAbuseAwamess Day
 17-09-2007 : Free Health Assessment for the Women Inmates of the Mercy Home
 02-10-2007 : World Elders Day 2007 Celebration
 24-11-2007 : Free Health Assesement for male inmates of the Mercy Home
 24-11-2007 : Celebration of Children's Day
 21-12-2007 : Interactive Session with Medical Specialists & Camp on 'Flu Vaccine'

2008

26-01-2008 : Camp on Healthy Mind & Healthy Bones
 17-02-2008 : 1) Inauguration of Geriatric House Call Programme 2) Story Telling on 'Caring for Life'
 22-03-2008 : Sleep & The Elderly
 06-04-2008 : Scientific Session on Geriatric Emergencies at Home
 12-04-2008 : Interactive meet on Reverse Mortgage Loan
 17-05-2008 : Lecture Programme on Save a Life & Give a Life (SAGA)
 29-06-2008 : 6thAGM and Annual Day Conference.
 15-07-2008 : Release of Book in Tamil "Arubathu Vayathuku Piragu".
 27-07-2008 : Scientific Session on Cognitive Impairment in for elderly.
 08-06-2008 : Scientific Session on Geriatric Sexuality.
 17-08-2008 : Screening Camp for HEALTHYAGEING
 24-08-2008 : Scientific Session on "incontinence of Urine".
 18-09-2008 : World ElderAbuseAwareness Day.
 28-09-2008 : World Alzheimer's Day
 01-10-2008 : World Elders Day-2008.
 23-11-2008 : "Family Welfare Special Health Camp (From Pediatric to Geriatric age groups)
 15-12-2008 : "KnowAbout Meno Pause".

2009

10-01-2009 : Lecture & Camp on "Thyroid Disorders of OlderAdults".
 22-02-2009 : Geriatric House Call Programme-1 Anniversary.
 15-03-2009 : Mediation and Hypno Therapy for Senior Citizens.
 19-04-2009 : Scientific Session on Geriatric Dermatology.

21-06-2009 : A Free Seminar On 'arthritis & Its Management'.

2010

24-04-2010 : Lecture cum Demo on Geriatric Psychotherapy
 08-08-2010: 15th Annual Day of the Bureau - 7th year of publication of Link Age celebrates
 19-09-2010 : Instn. of values, Impact of celebration on Elderly poor in Chennai
 09.10.2010 : Celebration of World Elder Day and Book release "Productive Ageing"
 14-11-2010 : Wajgtina 6-165(00 link/B*0" writ) 616libtildea sue, L*00 am. ex pliair audiForsir ausgeoctenansuir" ettcyji urem_ir el. 611F. p3L.Fredir amfres& 6iultospinehe am prfa sillgtm
 5-12-2010 : Institute of Mental Health - Cheering up and Culture Programme.

2011

16-01-2011 : Active Ageing - Business opportunity for Men & Women
 29-1-2011 : Workshop "Role of the youth in Age Care".
 13-2-2011 : 3rd Anniversary of Geriatric House Call Project and 8th Academy Program for Panel doctors of HCP & release of the Book "Doctors inHelp in Assn. with M/s. CIPLA
 19-03-2011 : Lecture on "Writing a Will / Settlement
 23-04-2011 : Happy get-together with inmates of KIMH in Assn. with KRWA
 30-04-2011 : "World Parkinson Day" Celebration in Association with M/s.zUCB NCS Division and release of the book on "Parkinson Disease"
 21.05.2011 : 16th Annual Day Conference.
 15.06.2011 : World ElderAbuseAwareness Program cum Camp, jointlywith HelpAge India.
 16.07.2011 : Pain ManagementAwareness Program cum Camp jointly with Amurthanjan Health Care specialized centre.
 21.08.2011 : Presentation by Dr. G.S. Kailash, MD, DTCD, AACP, FCHP on how not to go to a Doctor, jointly with Insurance Pensioners Trust.
 29.08.2011 : Commemoration of World Elders Day jointly with Stella Maris College. Chief Guest Dr. T.S. Krishnamurthy, IRS (R), Former CEC.
 15.10.2011 : Free Geriatric Health Screening Camp jointly with Dept. of Geriatric Medicine, GH. Chief Guest Dr. V. Kanagasabai, Dean,MMC &GH

- 27.11.2011 : 123rd Scientific Session of GHCP on Geriatric Cardiology, Chief Guest Prof. Dr. D. Vaidyanathan (R).
- 16.12.2011 : Free Screening Camp for Dementia & Depression jointly with HelpAge India. Chief Guest Padmabushan Dr. M. Sarada Menon.
- 24.12.2011 : Book CX5v @la#P@o?"0@a? authored by Dr. V.S. Natarajan launched by Prof. D r. Silamboli Su. Sellappan and CineArtist Thiru R. Sivakumar.

2012

- 26.01.2012 : Cheer-up- visit and presentation of gifts to Geriatric Ward / GH, thru Prof. Dr. B. Krishnaswamy, MD & Dean Dr. V. Kanagasabai.
- 21.02.2012 : Free seminar on Health Insurance for Senior Citizens jointly with HelpAge India. Chief Guest Mr. V. Ramasamy, B.Sc., ACA, Insurance Ombudsman.
- 17.03.2012 : Free camp on Management of Arthritis jointly with TOSH Hospital.
- 09.04.2012 : World Health Day 4th Anniversary of GHCP, Honouring Padmasri Dr. V.S. Natarajan Dr. V.S. Vijay, MS (Ortho) Hon. Minister for Health, GOT released the Book "Doctors in Help" Dean Dr. V. Kanagasabai felicitated.
- 19.05.2012 : Awareness & Demo on Emergency Management, Chief Guest Mr. B.N. Sridhar, Regional CEO, GVK-EMRI, Chennai.
- 26.08.2012 : "Sweet-17" Book Release Anniversary of SCB & LinkAge, Chief Guest Thiru P.R. Anbazhagan, Director, Help Age, Chennai.
- 26.08.2012 : Annual General Body Meeting, Chief Guest Padmasri Dr. V.S. Natarajan Senior Geriatrician
- 29.09.2012 : World Elders Day & World Elder Abuse Awareness Day, Chief Guest Justice Tmt. K.B.K. Vasuki, Judge, High Court of Madras
- 20.10.2012 : Multi Speciality Mega Health Camp, Chief Guest Prof. Dr. B. Krishnaswamy, HOD, Geriatric Dept, MMC & GH, Chennai
- 14.11.2012 : Interaction on Safety & Security of Senior Citizens, Chief Guest Thiru S. Saravanan, Asst. Commissioner of Police
- 15.12.2012 : World Pneumonia Day & Vaccination Camp, Chief Guest Padmasri Dr. V.S. Natarajan, Senior Geriatrician

2013

- 24.01.2013 : Modern Senior Friendly Apartments, Chief Guest Mr. Arun Gupta, CEO, Age Ventures India, N.Delhi
- 17.02.2013 : 5th Anniversary of GHCP and Release of "Doctors in Help", Chief Guest Dr. V. Kanagasabai, Dean, MMC, Chennai
- 23.02.2013 : Heart Diseases, What Do you need to Know? Chief Guest Dr. Amal Louis, Senior Cardiologist, Cardiologist, Visit to Apollo, Ayanambakkam.
- 23.03.2013 : Spirituality & Old Age, Chief Guest Er. R.S. Guna Sekar, Technical manager, MSys, Guindy
- 08.04.2013 : Visit to new Geriatric ICU ward, GH presenting multi purpose racks and alpa air beds
- 20.04.2013 : World Health Day, Dr. B. Krishnaswamy
- 26.05.2013 : Judiciary Today, Dr. T.S. Ramaswamy
- 23.06.2013 : Myths and Facts in Medicine, Dr. G.S. Kailash
- 21.07.2013 : 18th Annual Day and 10th Anniversary of Linkage, Padmasri Dr. V.S. Natarajan
- 21.07.2013 : 8th World Elder Abuse Awareness Day, Tmt. S. Revathi
- 21.07.2013 : AGM, Capt. Dr. M. Singaraja, SM
- 16.08.2013 : National Solidarity Day of Senior Citizens, Prof. R. Thilagaraj
- 22.09.2013 : Arogya -2013 Geriatric Mega Health Screening Camp in Siddha Medicine, Prof. Dr. P. Jayaprakash Narayanan, Prof. Dr. R.S. Ramaswamy
- 05.10.2013 : World Elders Day, Justice Thiru. K. Gnanaprakasam
- 14.11.2013 : Safety & Security of Senior Citizens, Mr. R. Shibu Kumar, IP
- 15.12.2013 : Healthy Ageing, Dr. Ilango, Dr. M. Lakshmi pathy Ramesh
- 20.12.2013 : Real Life Success An Awareness Forum on Arthritis, Dr. S. Arumugam

2014

- 12.01.2014 : Prostate Health, Dr. Krish Sairam
- 16.02.2014 : Cardiac Health, Dr. K.G. Sundar Kumar
- 23.03.2014 : Falls, Dr. N. Lakshmi pathy Ramesh
- 27.04.2014 : Dementia (Facts and Fear), Dr. Preetikaa Chary, Kauvery Hospital
- 21.06.2014 : 19th Annual Day, Mr. M. Ravi, IPS, IG of Police
- 21.06.2014 : 11th Anniversary of Journal "LinkAge", Mr. S.P. Ambrose, IAS
- 21.06.2014 : 9th World Elder Abuse Awareness Day, Padmasri Dr. V.S. Natarajan
- 21.06.2014 : AGM, Capt. Dr. M. Singaraja, SM

- 20.07.2014 : Care and Management of Diabetic Foot and Wounds, Prof. Dr. V.B. Narayanamurthy
- 16.08.2014 : Acupressure and Nature Cure, Prof. Dr. FA.Abdul Nazar
- 13.09.2014 : Nonsurgical Treatment for Peripheral Arterial Disease (PAD), Dr. R. Ravi Kumar
- 04.10.2014 : World Elders Day, Dr. K.Rosaiah, HE The Governor of Tamil Nadu
- 04.12.2014 : Children's Day, Thiru Sriharan Balan, Director—Administration of Madura Travel Service (P)Ltd. Egmore
- 20.12.2014 : Safety and Security of Senior Citizens, Thiru S. Pandian, Asst. Commissioner of Police

2015

- 24.01.2015 : Camp On Comprehensive Geriatric Health Assessment, Department Of Geriatric Medicine, Madras Medical College.
- 21.02.2015 : One Day Outing to Thiruvallur and Surroundings. A talk on "Gurvashtakam: A message of equity of all by Adi Sankara by Prof. Dr. Sarma VSN Rachakonda, Dr. Sarma Hospital
- 21.03.2015 : Opportunity to be with MNC, Thiru Nagarajan, KotakAPC
- 18.04.2015 : Palliative Care to Relieve Suffering With Knowledge, Skill &Attitude, Dr. Mallika Tiruvadanan,
- 15.05.2015 : Elder Justice Initiative: Stakeholders Response on Social Security of Elderly", Mr. Md. Shakeel Akthter, IPS
- 28.06.2015 : 12th Anniversary of Journal " Linkage", Mr. SP. Ambrose
- 28.06.2015 : 20th Annual Day Day, Dr. VS. Natarajan
- 28.06.2015 : AGM, Capt. Dr. M. Singaraja
- 24.07.2015 : 10th World Elder Abuse Awareness Day, Thiru KT. Srinivasa Raja, MD, AdyarAnandha Bhavan
- 23.08.2015 : Health monitoring camp and a Presentation on Common Intenstine Problems , Dr. P. Sabareesan, Be Well Hospital
- 18.09.2015 : Ortho cum Physiotherapy and Acupuncture Camp jointly with HelpAge India
- 07.10.2015 : World Elders Day, Tmt. B. Valarmathi, Hon'ble Ministerfor Social Welfare
- 22.11.2015 : Condolence meeting for Maj. Gen. Aban Naidu, PVSM,AVSM,M-in-D, Guests - Dr. VS.Natrajan, Mrs.Vijayalakshmi Daljit and Er.Hari Naidu at Aanvii Hearing Solution Clinic.

- 22.11.2015 : Camp on Hearing Loss Assessment, Chief Guest – Dr.Anjana Gupta,MD,ENT
- 13.12.2015 : Flood Relief Camp at Chetpet – Coordinated by Inspector of Police and his team, Kilpauk Police Station

2016

- 02.01.2016 : Free Medical Camp at Murugan Multi speciality Hospital Kilpauk Guests – Asst. Commissioners of Police,Kilpauk and Purasaiwakam.
- 20.02.2016 : One day free Geriatric Yoga and Naturopathy Medical Camp at Govt. Yoga and Naturopathy Medical College, Arumbakkam. Chief Guest – Dr.N.Manavalan,Principal.
- 19.03.2016 : Geriatric Neurology at Institution of Valuers Hall,Mylapore Chief Guest – Padmasri Dr.V S Natrajan.
- 22.04.2016 : Comprehensive Eye check-up Camp at M.N Eye Hospital,Kilpauk Chief Guest – Dr.Chalini Madhivanan MD
- 21.05.2016 : Work out session on Physical and Mental Wellness for the Elderly at Ayanpuram – Handled by Dr.Capt.M Singaraja
- 17.06.2016 : Observation of the commemoration of World Elder Abuse Awareness Day 2016 and World Yoga Day 2016 at Dr.BMS Matric HSS,Aminjikarai. Chief Guest – Professor Dr.Vedhagiri Shanmuga Sundaram
- 08.07.2016 : Talk on Spirituality for Active Ageing at Tanseca service center, Arumbakkam. Guest speaker – Swami Madhavananda Acharya
- 22.07.2016 : Observation of the commemoration of World Elder Abuse Awareness Day 2016, 21st Annual Day of SCB and 13th Anniversary of Journal LinkAge Guests – Swami Mitrananda and Dr.A Nirmala
- 24.08.2016 : One Day Tour to visit SCARF Rehabilitation Center (Bhavsya Bhavan), Rajiv Gandhi National Institute of Youth Development (RGNIYD) And Temples around.
- 17.09.2016 : Health Monitoring Camp and a Presentation on Healthy Ageing at Pon Malligai Multi Specialty Hospital,Kilpauk by Dr.M Marudhupandian.
- 01.10.2016 : Observation of the commemoration of World Elders Day 2016 At Ethiraj College for Women,Egmore Guests – Gandhian Thiru V.Kalyanam, Padmasri Dr.V.S.Natrajan and Dr.A.Nirmala.

Appeal - Senior Citizens Bureau

The Bureau is commemorating World Elders Day every year, in a fitting manner, as mandated by UNO. The event is graced by luminaries. This year, we are observing the commemoration of World Elders Day -- 2016 from 9.30 Hrs to 12.30 Hrs on Saturday the 1st Oct, 2016, jointly with NSS Ethiraj College for Women, Chennai, at the college auditorium. We are happy to solicit your august presence and encouragement.

The Bureau is functioning purely on public donation and interest amount earned out of very low subscription from members as well as from low a FD. There is no aid from any other source. We fondly and thankfully recall your benevolent gesture. With your spontaneous response from time to time, we are able to march ahead with our camps and projects for the welfare of the elderly and the society, year after year. We are sensitizing the youth to nourish inter-generation bond with love and respect. We have been contributing financial assistance regularly to the deserving poor Senior Citizens and the students as well as to the Prime Minister's National Relief Fund and Chief Minister's State Relief Fund.

We are privileged to seek your financial support for this important event. Your contribution may kindly be sent either by Cheque (at par) or DD, drawn in favour of Senior Citizens Bureau. Alternatively you can also remit to our bank account, the details of which are as

follows. We have IT exemption, under section 80-G. Our pan Card No. is AAETS3576K.

Indian Overseas Bank, Kilpauk Branch (0571)
477, Kilpauk Garden Road, Chennai - 600010.
IFSC Code : IOBA 0000571, MICR Code : 6000200 19
SB Account : 057101000014780

I would therefore fervently appeal to our members, well wishers, supporters and advertisers to donate liberally for the cause of the society in general and for the welfare of the Senior Citizens in particular. The quantum of money is not important. Your hearty participation and involvement is valuable.

நமது மன்றம் ஈடுபட்டுள்ள சேவைகளை தாங்கள் நன்கு அறிவீர்கள். அதற்கு நிதி ஆதாரமாக இருப்பது நன்கொடையும், மிக குறைந்த சந்தா மூலம் கிடைக்கும் வட்டியுமே. இதுபோன்ற விழாக்களுக்கு அவ்வப்போது தவறாது உதவிக்கரம் நீட்டும் நல்ல உள்ளங்களுடன், எல்லோரும் மனமுவந்து தங்களால் இயன்ற நிதி கொடுத்து ஆதரவு தருமாறு அன்புடன் வேண்டிக் கொள்கிறேன். தொகை எவ்வளவு என்பது முக்கியமல்ல, தங்களது ஈடுபாடும், ஒத்தாசையும் தான் முக்கியம். நன்றி! வணக்கம். ❖

- Chairman

Art of Graceful Ageing - C CVS



The participants at the camp of Haridwar SCF

3rd Himalayan camp on "The Art of Graceful Ageing" by Central Chinmaya Vanprasth Sansthan (CCVS) - was extremely enjoyable and enlightening. On 15th, we reached Haridwar where Haridwar Senior Citizen Forum organized a five day Course on "Art of Graceful Ageing" from CCVS, for its members at Chinmaya Mission Junior College, Haridwar. 50 persons men and women participated. Dr. Capt. M. Singaraja, Chairman, Senior Citizen Bureau was invited as the Chief Guest for the Valedictory function held on 15.06.2016. Swami Yogastananda, Gen. Secy. of CCVS, chaired. Mr. Agrawal, faculty of Acupressure, Mr. Sarvesh Gupta, President of Haridwar Senior Citizen Forum and Mr. MK. Raina, the chief coordinator felicitated. After staying overnight at Haridwar, on June 16 we proceeded to Tapovan Kutir, Ujaili, Uttarkashi, on the banks of the river Ganga and stayed for 6 days. There were 50 delegages from all over India. The whole schedule for the camp was made to suit the senior citizens. The participants were engaged from 6.00 am to 6.00 pm as per daily schedule with necessary breaks. Visit to Kasi Viswanathar and other temples, meditation on the side of the river Ganga and walking were other attractions. The total arrangement at



The participants of the 3rd Himalayan camp at Uttarkashi

Tapovan Kutir was comfortable and memorable. It was a wonderful and unique experience for the body, mind and spirit with full of vibration. Swami Madhavananda and his team made it blissful.

On 21st June, we visited Gangotri. The flow of river Ganga was a delightful sight. We visited the temple after prayers to River Ganga. Swamiji commemorated the World Yoga Day at an ashram. We returned back for night to Tapovan Kutir. The next day early morning we left for Bhadrinath which was a long tedious journey but the sight of the beautiful scenery surrounded by chain of mountains, flow of streams of holy rivers, fragrance of flowers and leaves was a delight. Every thing seemed wonderful to be in and enjoyed each moment of the journey to the holy places. After our stay in Bhadrinath on 22nd and 23rd June, we returned to Haridwar by evening on 24th. Next day we went round Haridwar and visited all the temples. In the evening we participated in Ganga Arati at Har Ki Pauri. It was a beautiful sight to worship Mother Ganga with lights and flowers. The total arrangement by Swami Madhavananda was a grand success and most fulfilling. ❖

Thank u Shanthi Reddy

SCB - 197th Programme - Health Monitoring Camp - 17.09.2016



Blood and BP Test



BMD Test



Chairman Honouring Dr. M. Marudhupandian



A Section of Audience

Senior Citizens Bureau jointly with Pon Malligai Multi Speciality Hospital, conducted a Health monitoring camp and a presentation on "Healthy Ageing", at 9.30am on Saturday, the 17th September, 2016, at the hospital campus, in commemoration of "Dementia Month" and World Elders Day, 2016. It was a cool and pleasant morning. The Senior Citizens gathered at large number to the warm welcome of the hospital staff and Doctors. Pon Malligai Multi Speciality Hospital, with a 10 bedded Geriatric Ward is a recent addition, located at No: 119, New Avadi Road, Kilpauk, Chennai-10.

After the welcome address by Dr. Venkataraman, our Chairman Dr. Captain M. Singaraja, in his address congratulated the Director Dr. M. Marudhupandian for establishing this 3rd unit at Kilpauk. The main Multi Speciality Hospital at Aadambakkam is renowned in serving the south Chennai. There are also facilities catering to palliative care and terminally ill patients. The chairman appreciated for serving the rural people from 35 villages near pattukottai. He commended house

visits, to support Geriatric House Call Project (GHCP) of SCB for the infirm elderly round the clock in and around Kilpauk area. Dr. M. Marudhupandian made a power point presentation on "Healthy Ageing" which was very informative and educative. After an interesting Q&A session, the Chairman of SCB honoured Dr. M. Marudhupandian and Dr. Venkataraman of the Hospital. Sect General S. Jayakumar proposed a hearty vote of thanks. Our active EC Members C. Panneer Selvam and P. Nirmala co-ordinated.

Free tests for BMI, BP, Random Blood sugar and Bone Mineral Density were done followed by free consultation for all the participants with specialists of General Medicine, Diabetic, Orthopedic, Cardiology and Dietitian.

Refreshments were served and copies of "Malarum Malligai" magazine were supplied. Everybody returned home fully satisfied with the free treatment and advice they got from the specialist doctors. ❖

Minutes of the EC Meeting for the Month of August and Sept 2016

EC Meeting for the month of August 2016, was held at 4 pm on the eve of Independence Day, the Monday on 15th Aug 2016. The venue was Pearl Hall, Presidency Club, Ethiraj Salai, Chennai- 8. More than the good ambiance, Mr. AravamudhaChari greeted the EC Members (12 attended), with broad smile and welcome drink. To mark his sighting of 1000(+) moons, he preferred to host lunch, but he conceded for evening high tea in deference to the wishes of the Chairman.

The Chairman presided over and conducted the business, with rising for National Anthem. As listed in his welcome address, the items were transacted one by one. The minutes of the EC meeting held on 17.07.2016 was read by Sec. Gen. and adopted. The Vice Chairman greeted the birth day babies of August. He congratulated Mr. S. Jayakumar on his 51st wedding anniversary and Mr. S. Prabhakar on this birthday. The Chairman honoured both of them. The Chairman expressed best wishes and prayers for the speedy recovery of our advisory committee member Thiru SP Ambrose, our Former Treasurer cum Charter Member Thiru S. Radhakrishnan and our former EC member Thiru Lakshmi Narayanan.

The Chairman reviewed the last event held on 22nd July. The major donor (Rs. 10K) for our 21st anniversary PS Rajam was honoured. The new Governing body for 2016-17 thru 2018-19, was greeted. Mr. R. Ramakrishnan, AGM/ SBI (Rtd) was co-opted in place of Mr. S. Sakthivel Raja. The Chairman then took up the dismal fund position. Contribution to 21st Annual Day and AGM from members and donors was not encouraging. He appealed to the EC members to contribute minimum Rs. 200/- each and to mobilise resources. The Chairman acknowledged and appreciated regular donations from a set of generous members automatically, on important occasions like Birth day, Annual Day, World Elders Day etc. He lamented that the majority are meek spectators. The EC members present spontaneously donated Rs. 200/- each. Thiru Aravamuda Chari offered Rs. 2000/- to party sponsor for 1 month publishing charges of our journal "LinkAge". Thiru C.N.Prasad suggested to invite strip advertisement at rupees-1000. Thiru V.S. Balakrishna Raja offered to mobilise 10000/- while thanking all of them, the Chairman appealed to collect advertisement for Special issues of "Link Age".

While honouring Thiru Aravamudha Chari and Thiru V.S.BalaKrishna Raja on the occasion of their sighting 1000(+) moons, appreciated and thanked for their valuable close association and contribution to the bureau. Their support and encouragement was a source of strength to him personally. The Chairman expressed his happiness that 8 of our other members (above photo picture) received the honours during our Annual day celebration held on 22-07-2016. Thiruvallargal Dr.S.S.Raja gopalan, Dr.T.S.Ramaswamy, C.R.Vaitheeshvaran, and Prof. K. Aaludiapillai expressed their happiness and regretted for their



(L-R): M/s Leela Srinivasan V,(82)LM71, Krishnamoorthy K N(83)LM100, Er Balasubramanian V,(86)LM536, Er Ranganatha Rao S(82)LM29, Er Sadasivam M(83)LM109, Venkatesan R, IA&AS(83)LM7, Er Kandappan A P(85)LM683, Chairman, Vice Chairman, Gen Secretary

inability to attend. The chairman apologised for the inadvertent mistake when Thiru T.V.Ramamurthy, Founder Editor of quarterly magazine "Seniors" from Senior Citizens Council, Thanjavur pointed out the omission of his name in the list published in August 2016 issue of "LinkAge".

The Chairman made a special mention of various philanthropic contributions of Thiru AravamudhaChari to the NGOs and poor individuals as well as of the free publications on spirituality. In his response Mr.Chari expressed Gods Grace in humility. He traced his association with the chairman and Senior Citizen Bureau. He appreciated the activities of the bureau and wished all success. The secretary general Mr.S.Jayakumar proposed vote of thanks. The meeting was adjourned after rising for the National Anthem.

● **The EC meeting for the month of Sept 2016**, was held at Arulmanam, Aspirin Garden, Kilpauk, at 4pm on 11-09-2016, to discuss mainly about the forthcoming World Elders Day celebration. It was hosted by Thiru S.Prabhakaran, our enthusiastic EC member, at his residence. The Chairman presided over and conducted the business. The Vice Chairman welcomed the gathering. The minutes of the last EC meeting held on 15th August 2016 was read and adopted. The Chairman greeted the Birth day babies of August. He welcomed the new member Er.A. Muthuswamy and introduced him. After review of the last event and forthcoming health camp, the Chairman mentioned about the plan of action for World Elders Day. The various activities for the function and responsibilities were discussed. In absence of the part time office assistant from 1st Sept 2016, the Chairman requested the EC members to share the routine work. He appreciated the good spontaneous contribution of the members for World Elders Day. The secretary general proposed a vote of thanks. EC Members Thiru C. Panneer Selvam and Thiru S. Prabhakaran co-ordinated. ❖

Minutes of the 14th AGM Held on 22-07-16 at Ethiraj College

After silent invocation, SCB Vice Chairman Mr. Prakash H Lulla, in his welcome address, greeted all the members and gave a brief a/c of our 14th AGM. 2 minutes silence was observed in memory of deceased members during the reporting year. The chairman paid rich tribute to late Maj Gen Aban Naidu, PVSM, AVSM, M-in-D for his valor and unblemished exemplary service both in military and social service. He recalled the emotional condolence meeting held then.

Minutes of the last AGM held on 27.06.2015 was taken as read and adopted. After presentation of Annual Report for FY 2015 -16 by Sec Gen Thiru S Jayakumar, Audited A/c was presented by EC member Thiru Sethu Seshan, on behalf of Tmt R Nirmala and adopted.

The Chairman Dr Capt in his presidential address highlighted the growth of the Bureau from inception and impressed the glorious reputation it has earned. The Sec Gen moved amendment to the Bye Law 3 (m), 9(a), 9 (b) and got approved as follows.

Bye Law 3(m):

As recommended by the EC, the subscription to the journal "LinkAge" is revised as given below to comply with the rules of Postal Registration Authorities for all categories of age:

Annual Subscription Rs.50/-

Single Copy Rs. 5/-

Bye Law 9a& 9b

As recommended by the EC, subscription to the various categories of members is revised as given under:

	Age		
	<69	70-79	>80
SCB Annual Member (AM)	500	500	500
SCB Life Member(LM)	3000	2000	1000
SCB Donor Member(DM)	5000	5000	5000
SCB Patron Member(PM)	10000	10000	10000
SCB Institution Member(IM)	10000	10000	10000

Election of office bearers and EC members for 3 year term from 2016-17 to 2018-19 as per the list recommended by the current EC was declared elected by the returning officer Thiru C N Prasad, as there was no other nomination. The list is published elsewhere.

The following resolutions were unanimously passed as approved by the EC:

- Appointment of Auditor John Morris & Co. with same remuneration at Rs. 3450/-
- Incentive to our staff and other Service Providers @ Rs 500/-each.
- Renewal of subscription to the current SCFs and magazines as and when expire.
- Contribution for continuing affiliation to the existing bodies like AISCCON, InFA, U3A, etc.

Also the following resolutions as approved by the EC were passed unanimously.

Demands to State Govt :-

- 1) Implementation of Acts,
- 2) Separate Q in Pvt clinics and Nursing Homes
- 3) Announcement of State Policy and State Commission
- 4) Universal Safety and Social security
- 5) Reforms in bus travel concessions
- 6) Reforms in health insurance

Demands to Central Govt :-

- 1) Allotment of Lower berth, Concession for escort, 50% in IRCTC specials, 30% in Air Travels to the older persons
- 2) Announcement of NPOP, NCOP, Central Commission, Welfare Fund,
- 3) Priority disposal in Court Cases, Tribunals, etc.
- 4) OROP, Pension Matters, Social Security
- 5) Reforms in Integrated schemes, Reverse Mortgage Loan, Health / Life Insurance Schemes

Thiru Parthasarathy, LM lamented apathy in lowering interest rates. The members expressed their happiness about the activities of SCB and handed over their contribution. Then the other functions followed at the same venue after tea break. ❖

Monsoon Help Lines (Chennai)

Power failure	- 1912
Tree fall / water logging	- 1913
Sewage overflow	- 45674567
Fire	- 101
Forest Department	- 2220 0335
Blue Cross	- 91760 25265

News from Networking Federations

A two day meet of the South Asia Senior Citizens Workshop jointly organized by the ministry of Women, Children and Social Welfare, Government of Nepal and National Senior Citizens Federation Nepal on July 11 and 12, 2016 at Kathmandu. The theme was "Uniting the Senior Citizens of South Asia: Securing Their Rights".

Delegates from Afghanistan, Bangladesh, Bhutan, India, Nepal and Sri Lanka attended. The workshop evolved ten minimum items in the agenda and adopted ten declarations. This declaration shall be shared with rest of the countries in the South Asia region.

The first meeting of the working group of the South Asia Senior Citizens Forum was held on 13th July 2016, in the Yellow Pagoda Hotel, Kathmandu. The Chair Person and Secretary are from Nepal. There is one member from each country. India was represented by M/s D.N.Chapke, Dr.Sugan Bhatia, Anil Kashkhedikar and R.N.Mital.

(Courtesy:Aiscon News)

7th U3A Asia Pacific Alliance International Conference - 2016 & 99th AIUTA Governing Board Meeting is organised by Osaka U3A for AIUTA & AP Alliance. It is held in the Asia Pacific Trade Center, Osaka, Japan on 11th and 12th October 2016. The Vice President U3A India is representing U3A India and presenting a paper on Oct 11. The following 6 members of SCB U3A India are attending the Conference at their own cost as delegates. 1) Dr.Capt. M. Singaraja, 2) Mr.P. Sethu seshan, 3) Mrs.Vilasini sethu, 4) Mrs.PS Rajam, 5) Mrs.G. Mariapooranam & 6) Mr.SM.Jayabalan.

The Conference Theme is U3As Linking the World. Sub themes are: "Active & Healthy Ageing and Intergenerational Cooperation"

Renowned geriatrician Padmasri Dr V S Natrajan, in association with Kalpataru Health Initiatives is organizing Elder Expo 2016, from 10 am to 6 pm on Saturday the 8th Oct 2016, at Vidyodya Girls HSS, Thirumalai Rd, Near Valluvar Kottam, Chennai. Book release, Panel discussion with Drs, Then Kinnam Music and Patti Mandram are lined up.

A National Seminar on "Life Long Learning – Advantage Old age" Focus – Rural India – International day of Older Persons 2016, is organised on Oct 1 and 2, 2016 at Rewa(M.P), jointly by Chinmaya Sewa Trust Rewa, Awadesh Pratap Singh University Departments of Life Long Learning, Psychology and Advait Vendant.

28th AGM of InFA was held successfully in Mumbai recently. All the governing council members have been re elected for the next term 2016-2019. Mr JR Gupta is elected as Vice President, National InFA incharge of Zonal Council Central India. Dr. D. Jamuna is elected as new governing council member.

The Hyderabad Federation of Elders jointly with Intellectuals Salute-The Great(monthly)organized one day National Seminar on the Topic "Role Of Elders in building better nation and society since ancient times" on Sep 8 2016, at Ravindra Bharathi, Hyderabad.

National Consultation Meet

The wake of the observations of two high courts (Punjab and Haryana and Madras) that the provisions contained in the Maintenance of Parents and Senior Citizens(MWPSC) ACT 2007, barring appearance of advocate in proceedings under that enactment needed a second look by the GOI, MoSJE organized a one day national consultation meet at Delhi on 31.08.16, to discuss whether amendments as suggest by the courts were needed. Stake holders invited to the meeting were representatives of State Governments, Union Territories, State Level SCFs, AISCCON and Other NGOs. There was over whelming support including from Law Commission not to amend the provision of barring advocates. The other main recommendations are: The Act must be popularized in regional languages particularly in rural areas. There should be no cap and the amount of compensation. Protection of Life and Property of Senior Citizens must be ensured at all cost.

Probus Club of Chennai has been disbursing scholarships to needy students since 2008. This year, 281 scholarships were given to poor and deserving students (classes IX to XII) from 69 schools at an event organised on Aug 30 and 31 at Russian Centre of Science and Culture, Alwarpet. The chief guest was Dr. Nirmala Prasad, former principal of M. O. P. Vaishnav College. The Club has created a scholarship fund wherein donors donate a sum of Rs. 12000. A scholarship of Rs. 1000 is given out of the interest earned.

16th Annual Conference Of Aiscon At Thirupathi

TANSECA is organizing a tour to Thirupathi in connection with 16th Annual Conference of AISCCON to be held at Thirupathi on Nov 23 and 24, 2016. The conference is jointly organized by Andhra Pradesh Senior Citizens Samakya and Mahatma Senior Citizens Association, Thirupathi. The Theme of the conference is Maintenance and Protection of Senior Citizens(MPSC) Act 2007. Those who want to participate may contact (Ph no: 044-26213850).

Central Chinmaya Vanprasth Sansthan

Rasulabad Ghat Road , Allahabad -211004

Announces

150th Camp on Art of Graceful Ageing

Medium : ENGLISH

Dates : 6th November- 14th November, 2016

Venue: Chinmaya Navin Sevashram, Rasulabad Ghat Road, Allahabad-211004

Faculty : H.H. Swami Yogasthananda, H.H. Swami Swatmananda, Dr. Sajjan Singh, Dr. N.K. Anand, Shri Someshwar Lal & Smt. Manju Agrawal

Maximum Participants: 40 (Forty) on first come first served basis.

Accommodation: Four bedded ultra modern self contained rooms.

Eligibility: Persons above 50 years of age both males & females irrespective of caste & creed.

Course content: Meditation, Spiritual Text-Nirvana Shatakam, Integral Yoga Theory & Practice, Accupressure theory & practice, subjects covering Emotional, Social, Financial and spiritual health of elderlies.

Camp Expenses: 8500/- per person (Non Refundable) covers Board, Lodging, camp materials and travelling to and fro Ayodhyaji, Chitrakoot, Vindhyaasini Shaktipeeth, Varanasi, Triveni Sangam and important Temples in Allahabad. Also Akshayavatam (Immortal Banyan Tree) subject to permission from the Army.

Contact No: 09415338124, 09026352728

Email : yogasthananda@gmail.com

Deposit amount in a/c CCMT-CCVS No. 538802010000346, IFSC Code: UBIN0553883 with any branch of Union Bank of India.

Report from Selvan M Balaji, the student rep of social work department of Rajiv Gandhi National Institute of Youth Development

"Life is the period which lies between birth and death. There is a general notion that there are so many people to care for children, but none to care for those who have one foot in the grave. The interaction we had here brought in lots of hope within us and made us feel strong and energetic as ever before." - Senior Citizen.

"Their presence made us feel that our grandparents had come to visit us. Having them here was such a treat. It was home away from home." – Kalki, student of RGNIYD

To focus one of the very important psycho-socio problem of the society, Linkage, in collaboration with the department of Social Work, RGNIYD, organized a programme on 'Interaction between senior citizens and students' at Rajiv Gandhi National Institute of Youth Development, Sri perumbudur. The National Importance Institute which focuses on Youth Development, offers practiced based professional and others academic courses like Social Work, Social Innovation and Entrepreneurship, Counselling Psychology, Gender Studies, Local Governance and Development Policy and Practise. Students from the all disciplines participated in the interaction. The programme started with National Song, followed by honouring the Director of RGNIYD by Dr.Capt.Singaraja, who is the chairman of Linkage and vice versa. The theme of the whole programme is "Contemporary issues of senior citizens – Abuse on senior citizen".

The presentation given by Dr.Capt.Singaraja encompassed all the aspects of senior citizens rights and elderly abused and also about the duties of youth. After the presentation, the floor opened for questions and answers session. Many of the students eagerly asked questions to the senior citizens regarding their youth period and expectation from the modern youth. The programme has brought enormous change in the youth towards senior citizens. There is so much of information available now about the elderly abuse and struggles that are faced by the senior citizens are witnessed by many of the youngsters. The Linkage program was an eye opener to all students and faculty to bridge the gap between the youth and aged. Importantly the meeting has given vital information about

how to deal with elderly issues at homes, workplaces and also old age homes. The programme was ended up with the speech of Dr.Latha Pillai, Director of RGNIYD. A group photo also taken by the students with the elderly people.

Mail Box

Letter from our LM KS Ganesan IOBian 60-70 (kandadaiganesan@gmail.com)

After reading your September Link Age, I have no words to express my happiness and as well as your efforts to bring such an edition giving every aspect of your activities in a nutshell. Hats off to you Sir and pray that you should have the same strength and vigour in running the SCB. so efficiently..

Letter from our LM A.Raman, Cine and T.V Artist

I am immensely pleased as you promptly responded over phone on receipt of our Sadhabhishega Invitation I am proud of being a LM in SCB under the guidance of great Shri Singaraja. I have performed dance as Lord Krishna with late Srinivasa Murthy acting as Radha in SCB stage. It was appreciated by Shri Karthikeyan IPS. In another function of SCB I was honoured by Shri Sripathi IAS these are sweet remembrance. Brisk and sincere action in SCB by the Chairman Shri Singaraja brought every senior citizen as lucky person.

Thanks to our Postal Dept.

Our World Elders Day Invitations were posted to all our members on 21-09-16 by franking. Most of them were delivered within a few days in Chennai metro. Our appreciation and compliments to the Senior Supdt of P.O.s, Chennai City Central Dn. Inordinate delay in delivery of our Annual Day invitations was taken up in the following E mail exchange.

Department of Posts, India
O/o the Sr. Superintendent of Post offices,
Chennai City Central Dn, Chennai 600017.

To: Chairman, Senior Citizen Bureau & Editor, "Link Age",
<singaraja@gmail.com>

CR/F2/OW/FM/Dlgs/2016-17 dated at Chennai 600017, the 03.09.2016.

Sub: Alleged delay in delivery of Franked Articles @ BPC, Mylapore HO –reg

Ref: 1.Your email dated 26.8.2016
2. This office email dated 24.8.16

In continuation of this office letter cited above, it is deeply regretted for the inconvenience caused to the organizers of the function. As the letters are destined to various places in and around Chennai and it involves many sorting offices, your complaint has been forwarded to all the concerned for taking suitable action to ensure prompt delivery of ordinary letters in future. You are requested to kindly patronage the services rendered by Postal Department.

Assuring you of our best services always,
Senior Superintendent of POs,



From: Murthiraja Singaraja <singaraja@gmail.com>

Sent: Friday, August 26, 2016 4:48 PM

To: Chennai City Central DO

Cc: PG Section, Chennai City Region

Subject: Re: Alleged delay in delivery of Franked Articles @ BPC, Mylapore HO to various destination in and around Chennai - reg

I welcome and appreciate your prompt action. However your reply is not convincing and satisfactory. The test mail to one particular address that is to me, cannot be a proof of timely delivery to 440 addresses, whose list was given to you.

Also i have given the photocopy of the envelope delivered on 26.07.16 after a delay of 9 days. Further you have not accounted for the agony and financial loss experienced by the organisers due to delay on your part. Also you have not responded to my request as your client, for information on franking system.

We have high regard for india post for serving the common man as one of the largest public service providers. We are very much interested to cooperate with you for improving the quality of service.

On 24 August 2016 at 11:43, Chennai City Central DO <dochennaicitycentral.tn@indiapost.gov.in> wrote:

Department of Posts, India, O/o the Sr. Superintendent of Post offices, Chennai City Central Dn, Chennai - 17.

To: Capt.Dr.M.Singaraja, CR/F2/OW/FM/Dlgs/2016-17 dated at Chennai 600017, the 24.08.2016.

Sub: Alleged delay in delivery of Franked Articles @ BPC, Mylapore HO -reg

Ref: Your email dated 16.8.2016

A kind reference is invited on the above subject. Enquiries made in this case revealed that all the 440 articles were franked on 18.07.2016 for Rs.1,760/- and were dispatched properly to the respective sorting divisions from BPC, Mylapore HO. In this connection, paid test letters were posted at Mylapore HO addressed to you @ Nungambakkam address to verify the disposal of the articles. Hence, it is informed that there we no delay in processing the franked articles at BPC, Mylapore HO. However, suitable instructions have been issued to the staff concerned to ensure prompt disposal of franked articles.

Assuring you our best services always, SSPOs

To: The Postmaster General (Customer Care), Anna Salai, Chennai - 600 002.

"PMG CCR Public Grievance" <pmgccrpg@gmail.com>, "Asst. Director Public Grievance" <adpgtn@gmail.com>,"Sr. Spdt. of POs. Chennai City North Division" sspo.northdn@gmail.com

We have posted 440 invitations by franking at Mylapore Post Office on 18.07.2016. The payment for franking vide was made vide receipt # A 5906 and A 5907.

The details of the franking stamp from one of the envelopes are as follows;

BP - 600004 18.07.2016 9D27 09738219 P140670

The addressee of the above envelope is Dr. Capt. M. Singaraja. It has been delivered on 26.07.2016. The e- image of the above details as well as of the invitation envelope are attached.

In this connection, I would inform that the earliest delivery is on 21.07.2016, to our members at Mylapore. It has been delivered to most of our members in Chennai on or after 25.07.16. The invitation was posted on 18.07.2016 for our Annual Day, to be held on 22.07.2016.

Please appreciate that the purpose of invitation is defeated. We are put into lot of inconvenience and disappointment. Financial loss in many respect has been inflicted due to the delay in delivery, in addition to agony. We are unable to understand the reasons for inordinate delay. This is clear deficiency of service. This is in contrast to the age old reputation of India Post. You are bound to give us a detailed explanation and refund the cost of posting.

Congrats and Best Wishes

Thiru K T Srinivasa Raja, MD of Adyar Ananda Bhavan Sweets & Snacks, our Honorary Member and supporter, celebrated the wedding of her daughter Selvi Pooja with Ajay Kumar on 04-09-2016, at Royapettai YMCA Grounds, Chennai. God Bless the newly wedded couple.

Thiru S.Jayakumar, Seceratry General celebrated his sadabishegam on 5th Sep 2016. The SCB office bearers greeted the couple.

Selvi U.Poonthalir, M.Com, MBA our office executive celebrated her wedding with Selvan S.Senthil Kumar B.E on 14th Sep 2016. The SCB office bearers greeted the couple on 13th sep, during the reception.

Thiru A.Raman, LM 520, Cine and T.V artiste celebrated his sadabishegam on 14th Sep 2016. The SCB chairman greeted the couple.

Thiru P.Sedhusheshan our EC member and U3A Chennai Secretary celebrated the 125TH birth anniversary of Revolutionary Freedom Fighter Dr Emden Champakaraman at Gandhi Mandabam, Adyar, in front of his statue, on Sep 15, in the august presence of Thiruvallagal Kumari Anathan and Thanappan. Office bearers of SCB participated.

Our enthusiastic EC member Er. S.Ranganatha Rao and our member SM.Jayabalan returned home on 12th Sep 2016 after a successful group tour to Russia from Probus Club.

Our active member from Uthukottai, Thiru K P Chandran, has been nominated as a member of Thiruvallur Dist Senior Citizens Maintenance Committee vide GOT Gazette 362 dt 31-12-09. He participated in the meeting convened by the DSO on 31-08-16 at Thiruvallore. The Ditrect Collector presided over the meeting.

Birthdays : October*Wishing you a Cheerful, Peaceful and Prosperous life*

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	Thiru N.Ramlingam	LM:42	01.10.1935
2	Thiru D.V.Raju	LM:409	01.10.1939
3	Er.S.Murugaiyan	LM:293	03.10.1939
4	Thiru V.Balasubramanian	LM:536	05.10.1929
5	Thiru .V.Chellappa	LM:530	05.10.1932
6	Thiru P. Sethu Seshan	LM:866	05.10.1944
7	Thiru VV. Balasubramanian	LM:887	06.10.1934
8	Thiru Lokiah Naidu	LM:825	07.10.1934
9	Er.P.S.Shankar C.E.(EB)	DM:732	10.10.1942
10	Thiru V.K.Ramgopal (Lion)	LM:770	10.10.1943
11	Tmt.P.S.Rajam	LM: 502	10.10.1944
12	Er. E.Subbarayan	LM:658	10.10.1953
13	Prof.Dr.R.Baahirathi	LM:582	11.10.1950
14	Thiru ArundevChoudhuri	LM:611	12.10.1927
15	Thiru V.S.Venugopalan	LM:576	15.10.1928
16	Thiru T.V.Ramamurthy	LM:790	15.10.1933
17	Thiru N.Y.Dhandapani	LM:797	16.10.1939
18	Thiru S.V. Sankaran,	LM: 933	16.10.1944
19	Thiru M.S.Varatharajan	LM:776	17.10.1932
20	Thiru A.R.Guru Raja Rao	LM:127	19.10.1936
21	Thiru C.P.Shanmugam	LM:775	19.10.1939
22	Tmt.Parvathi Umashankar	LM:755	21.10.1935
23	Thiru V.Jaganathan	LM:535	23.10.1935
24	Thiru M.Chidambaram	LM:577	24.10.1933
25	Er.V.R.Vaidyanathan	LM: 125	24.10.1934
26	Thiru C N Prasad	LM:846	25.10.1930
27	Dr.D.S.Ramaiah	LM:739	26.10.1927
28	Er.V.Sudarson	LM:677	30.10.1949

*Your liberal contribution to Sun Shine Fund is solicited.***National / International Days - October**

01-Oct	International Day of Older Persons	(I)
02-Oct	Mahatma Gandhi's Birth Day (International Non- Violence Day))	(I)
02-Oct	Lal Bahadur Sastri Birth Day	(N)
03-Oct	World Habitat Day	(I)
04-Oct	World Animal Welfare Day	(I)
05-Oct	World Teachers Day	(I)
06-Oct	World Wild animal Day	(I)
08-Oct	Indian Air Force Day	(N)
09-Oct	World Post Day	(I)
11-Oct	Loknaya jay Prakash Narayan Birth Day	(N)
13-Oct	UN International Day for Natural Disaster Reduction	(I)
14-Oct	World Standards Day	(I)
16-Oct	World Food Day	(I)
16-Oct	World Allergy Awareness Day	(I)
21-Oct	World Iodine Shortage Day	(I)
24-Oct	United Nation (UN) Day	(I)
30-Oct	World Thrift Day	(I)
31-Oct	Anniversary of Indira Gandhi	(N)

Note: N = National / I = International**Acknowledgment***Thanks a lot & God Bless You*

I	Sunshine fund	Mem. No	Rs.
1	Mr. K.S.Shanmugam	LM:665	1000
2	Mr. K.Jayaraman	LM:343	200
I World Elders Day Donation			
1	Mr. Seetharaman	LM:519	500
2	Mr. K.Pandurangan	LM:787	500
3	Mr. S.M Jayapalan	LM:938	3050
4	Mr. R.Balasubramaniam	LM:679	1000
5	Mr. S.Aravamudachary (for LA/Sep. issue)	LM:369	2000
6	Mr. C.Panneerselvam	LM:27	500
7	Mrs. P.S.Rajam	LM:502	700
8	Dr. Capt M.Singaraja	LM:03	500
10	Mr. A.Muthuswamy	LM:936	500
11	Mr. S.Jayakumar	LM:546	1000
12.	Mr. T.V.Ramamurthi	LM	500
13.	Mr. C.V. Murugesan	LM 661	1000
14.	Mr. R. Venkatesan IA&AS	LM07	2000
15.	Mr. C.V.Parthasarathy	LM	1000
16.	Mrs. Ranjani Mohan		1000

New Members

- 1 Mr.Er.A.Muthuswamy LM:936
- 2 Mr.G.Sampathkumar AM:937
- 3 Mr.S.M.Jayapalan LM:938
- 4 Mrs.G.Mariapooranam LM:939
- 5 Mrs.Juliana LM:940

Note: AM/LM = Annual / Life Member**Obitury – Our Heartfelt Condolence**

Our beloved EC member Er.V. Balasubramaniam,(83) passed away due to a massive heart attack at 1 am on September 14, 2016. It is a great loss indeed to the elder community. His silent dedicated service with a smiling face can no one forget. His long association and sincerity are exemplary. SCB office bearers placed a wreath and paid homage.

Beloved mother (97) of our LM Thiru K.Jayaraman passed away peacefully on 24-09-16 at Erode. The Chairman condoled the death.

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Er.V.S. Balakrishnan Raja 9840152085

Er. R. T. Namasivayam 9789974100

Mr. C. Panneer Selvam 9444677076

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Mr. S. Prabhakaran 9600088464

Mr. P. Sethu Seshan 9840021231

Mr. Sainath 9840764174

Mr. R. Ramakrishnan (SBI) 944428514

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Mr. R. Venkatesan, IA & AS 9444963526

Er. S. Ramalingam 9677011766

Dr. Vayu Naidu, FRSA 9840037068

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Editor & Publisher – LinkAge

Capt. Dr. M. Singaraja,

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- **To** sensitise the community, especially the Youth, about the social ethics and value systems of our Society, especially in the care of the Aged, and inculcate the philosophy of Humanism.

- **To** promote the Joy of fellowship and bonding, as a means to develop unselfish love for one's fellowmen.

- **To** promote the well-being of the Elderly in body, mind and spirit.

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- **To** raise and pool resources for the economic, physical and mental welfare of the Elderly.

- **To** highlight the worldwide movement on Ageing and its objectives and programmes, and seek to promote the well-being of the Elders through the agency of the State and of Society.

- **To** promote community projects at all levels for the care of the Aged.

- **To** Publicise the rights of the Elder Citizens and the means of securing them, and their duties and obligations to Society.

- **To** ensure to the Aged their legitimate share in all spheres of life, enabling them to live with dignity and respect instead of merely subsisting on sympathy.

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