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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

AUGUST 2016

ISSUE : 02

“SWEET TWENTY- ONE”

A special issue of “LinkAge” on the observance of
commemoration of 21st Annual Day of SCB,
13th Anniversary of Journal “LinkAge”,
11th World Elders Abuse Awareness Day and
14th Annual General Body Meeting”

Best wishes to all  **அனைவருக்கும் நல்வாழ்த்துக்கள்**

பெருமை மிக்க நாள்

நமது மன்றம் 21-ஆம் ஆண்டு விழாவைக் கொண்டாடும் இம்மகிழ்ச்சியான தருணத்தில் மன்ற உறுப்பினர்களுக்கும் நல் ஆதரவு தரும் பெரியோர்களுக்கும், 13-ஆம் ஆண்டு விழாவைக் கொண்டாடும் ‘லின்க் ஏஜ்’ வாசகர்களுக்கும் எனது நெஞ்சம் நிறைந்த வாழ்த்துக்களை, நன்றி கலந்த வணக்கத்துடன் தெரிவித்துக் கொள்கிறேன்.

நமது நிறுவனத்தை நிறுவி தழைத் தோங்கச் செய்த தலைவர், அமரர் மேஜர் ஜெனரல் அபன்நாயுடு, PVSM, AVSM, M-in-D அவர்களும், நிறுவிய மற்ற பெரியவர்களும், ஆற்றிய அரும்பணி அளப்பரியது. ஒரே குடும்பமாக நற்பணியில் ஈடுபட்டிருக்கும் மன்றம் மற்றும் ‘லின்க் ஏஜ்’ நிர்வாகிகள் போற்றுவதலுக்குரியவர்கள்.

மக்கள் சேவையில் நமது பயணம் தொடரட்டும். மன்றத்தின் புகழ் ஓங்கட்டும்.

நன்றி, வணக்கம்.

தலைவர்

**தமிழக அரசின் அவ்வையார் விருது பெற்ற
நமது பத்மபூஷன் டாக்டர் சாரதாமேனன் நீடுழி வாழ்க, வெல்க.**



முதியோர்களே !

**நம்முடைய சக்தியையும்
பெருமையையும்
வெளிக் கொணர்வோம்**

ELDERS !

**Let us
Empower Ourselves**

Invitation – Programs 192 - 195**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)**

70, Ethiraj Salai, Egmore, Chennai-600 008.

*Solicit your esteemed presence for Observing the
Commemoration of***11th World Elder Abuse Awareness Day
21st Annual Day of SCB
and
13th Anniversary of Journal “LinkAge”****Date & Time :** Friday, the 22nd July 2016, at 11.00 am**Venue:** Library Auditorium, Ethiraj College for Women,
70, Ethiraj Salai, Egmore, Chennai -600 008**SWAMI MITRANANDA**Spiritual Teacher of Chinmaya Mission, Chennai
Director, National Projects,All India Chinmaya Yuva Kendra (AICHYK)
Publisher of Chinmaya Udghosh –
an international youth magazine

2, 13th Avenue, Harrington Road, Chetpet - 600 031

**Has consented to be the Chief Guest and to release
“Sweet Twenty-one”,
a Special Commemorative issue of
the monthly Journal “LinkAge”.****Dr. A. NIRMALA**

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

**Has kindly consented to be the Guest of Honour and to
receive the first copy.***Presided over by:***Dr. Capt. M. SINGARAJA**

Chairman, Senior Citizens Bureau

All are welcome**Program overleaf****Note: Test for Ht, Wt, BP, Random Blood Sugar & ECG will
be done from 10.00 am at the same venue by Pon Malligai
Multi Specialty Hospital and Geriatric Ward at no cost. AGM
(192nd Program) will be held at 10.00 am at the same venue,
notice for which, has already been served. For participation
in the cultural program, please contact Ph: 98418 66747.****AGENDA****Master of Ceremony: Thiru Prakash H Lulla,
Vice Chairman / SCB**

- 1) Welcome address by NSS Coordinator
- 2) Pledge against Elder Abuse
- 3) Honoring the Guests
- 4) Chief Guest Honoring the Editor of the LinkAge and SCB members who have sighted 1000(+) moons
- 5) Presidential Address by Dr. Capt. M. Singaraja, Chairman / SCB
- 6) Releasing “Sweet 21” and Key note address by the Chief Guest, **SWAMI MITRANANDA**, on the topic “Intergeneration Bonding and Youth Empowerment”
- 7) Receiving the first copy and address by the Guest of Honor **Dr. A. NIRMALA**,
- 8) Honoring EC Members, NSS Coordinators and Group Photo
- 9) Felicitation by Advisory Committee Members of SCB
- 10) Cultural program by the students and SCB members
- 11) Distribution of prizes to the students and Group Photo
- 12) Vote of Thanks by Thiru S. Jayakumar, Secretary / SCB
- 13) National Anthem
- 14) Lunch

**NB: AGM will precede at 10.00 am, as scheduled at the
same venue. Tea will be served at 10.30 am.****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, against Elders’ needs of any form, such as Biological, Emotional, Safety, Love, Belongingness, Esteem and Self-fulfillment.

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 NGOs, in an effective manner.

**முதியோருக்கு இழைக்கப்படும் கொடுமைகள் ஒழிய,
உலக விழிப்புணர்ச்சி நாளை முன்னிட்டு,
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.

நாள்:

பெயர்

முகவரி, தொலைபேசி:

கையொப்பம்:

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

-MSR

Message from the Editor

I am proud and privileged to bring out this special issue in commemoration of 21st Annual Day of our SCB and 13th year publication of our monthly Journal "LinkAge". Right from the inception, our founding Chairman and Chairman Emeritus, Late Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D and other architects of the bureau have brought glory to us. We have crossed many hurdles and testing times in our long journey. But it has given us strength to serve both elderly and the youth.



The co-operation and involvement of my colleagues in the team and that of members and service providers, is commendable. I am very happy to convey my gratitude, greetings and compliments on this solemn occasion.

With best wishes

Dr. Capt. M. SINGARAJA

Message from the Advisory Committee Member

It gives me great pleasure to see that the Senior Citizens Bureau, Chennai, is completing 21 years of extremely useful service to the welfare of senior citizens in this city. Although there is a great need for such institutions in today's fast changing world, there are, unfortunately, too few of them. I had the privilege of being associated with it in its formative stages, along with a few dedicated, public spirited citizens, of whom Dr. Capt. M. Singaraja is one who continues to guide its destinies till to-day.



A unique feature of the Bureau has been its clear focus on its Mission and Vision, which it has pursued with zeal. It has been doing commendable work in areas like health care, especially in its preventive aspects, by conducting numerous health camps. It has striven to address several issues like elder abuse, bringing together youth and the elders and promoting greater understanding by the youth of their debt to their elders and making them take a solemn pledge to cherish them.

I convey my warm felicitations on this occasion and wish the Bureau all success and continued growth in its activities in the years to come.

R.VENKATESAN I.A & A.S., (Retd),
Retired Secretary to the Government of India,
Cabinet Secretariat.

Message from the Patron

It is a matter of immense pleasure and utmost satisfaction that the 13th anniversary of the monthly journal LinkAge is to be commemorated on 22nd July, 2016. LinkAge as the mouthpiece of Senior Citizens Bureau, has its reach and popularity not only among the members of SCB but much more beyond it! LinkAge enjoys the unequivocal support of the elderly population in general and the honourable members of SCB in particular. If there is any delay in delivery of LinkAge at their doorsteps due to some problem or other, anxious enquiries pouring in to the Editor as to the delay bear ample testimony to its popularity.



Right from its inception, LinkAge has the unique distinction of having Dr. Capt. M. Singaraja as its Editor. Problems afflicting the society, day in and day out, get echoed in his editorials in Tamil and English. It is no exaggeration that his editorials are clarion calls to all citizens to kindle awareness to guard against all odds and adversities thrust upon them. No misdeeds committed by any section of society-whether it is Bureaucracy, Politician or Corporates-escape his critical remarks made with good intentions for the overall welfare of the society. A lofty ideal indeed!

Dr. Capt. M. Singaraja has been running the journal rather single-handedly, amidst all infirmities. The presentation of the journal's printed matter is very bright and attractive; the pictures and photos are excellent in clarity and look. These are added attractions to this monthly. Strenuous and time bound efforts put forth by the Editor to bring out the journal to a nicety and to ensure that it reaches the readers in time are really exemplary, for which I heartily congratulate Dr. Capt. M. Singaraja!

My Best Wishes that LinkAge should continue to serve the community for many more years!

PADMASHRI DR.V.S.NATARAJAN, MD,FRCP(Edin), D.SC. (Hon)
Senior Geriatrician

Message from the Advisory Committee Member

Dear Capt. M. Singaraja,

My Congratulations and best wishes to you and the Executive Committee members on the publication of the special edition of "LinkAge" to commemorate the 21st Annual Day of the Senior Citizens, Bureau, which has been achieved by a small group of dedicated senior citizens, despite health impediments. We, the senior citizens, owe a debt of gratitude to this dedicated group for their selfless service. It is our humble prayer that the almighty grants them good health.



SP. AMBROSE, IAS
Secretary, GOI, New Delhi (R)

Annual Report for the Period Ending 31.03.2016

Dear Friends,

Vanakkam. It is my proud privilege to present this Annual Report before this august body, in the AGM, being held on July 22.07.2016

1.0 Introduction : This Bureau was registered under Societies Act on 24th Sept. 2002 with Reg. No. 370/2002. But it was founded on 3rd March 1996 and as such the Bureau steps into 20th year.

As you know that this Bureau is marching with its pioneering service to the Elders of the Society. It is worth remembering on this occasion, the valuable contributions made for the growth of the Bureau by founding fathers and the office bearers / EC Members (past and present) as well as the support extended by our members, other organisations & Govt. We have been representing vital issues and grievances concerning Senior Citizens, to the Govt. both State & Central.

2.0 Membership : With our earnest efforts for sustained development the strength is : IM (Institutional Member) - 1, DM (Donor Member) - 2, LM (Life Member) - 323, AM (Annual Member) - 3, HM (Honorary Member) - 13, JSL (Journal Life Subscriber) - 23, JSH (Journal Honorary) - 40 = total 405.

3.0 Meetings.

3.1 The last AGM was held at 10.30 a.m. on June 28, 2015, (Sunday), at Sukha Nivas Hotel, Luzh Churuch Road, Mylapore, Chennai-4. The minutes is read out and adopted today.

3.2 Commemoration of 20th Annual Day Conference, and 12th year publication of "Link Age" was observed on 28.06.2015 at 11.00hrs.

Padmasri Dr. V.S. Natarajan, Patron / IAG & SCB, delivered key note address., Mr. SP. Ambrose, released our special publication entitled "Sweet 20" .

10th World Elders Abuse Awareness Day was observed on 24.07.2016 at Thiru Vi. Ka. Higher Secondary School.

3.3 EC Meetings were held regularly every month. Core group meetings were held frequently to plan and carry out the activities.

4.0 World Elders Day was observed jointly with Ethiraj College for Women from 9.30 a.m. to 12.30. p.m. on October 7 , 2015 at Ethiraj College Chennai – 8. Tmt. B. Valarmathi, Honble Minister for Social Welfare and Nutritious Noon Meal program Govt. TN was the Chief Guest. SCB Awards of Excellence were presented to Mrs. S. Katamachi Sundaram, and Prof. Dr. S. Ramaswamy. Earlier, pledge against Elder Abuse was administered by the Chairman to the students and other participants. Thiru V.M. Muralidharan, Chairman, Ethiraj College Trust, Mr. T.V. Hariharan, T.C. Dayalan, Dr. K. Manimekalai, Dr. R. Rajalakshmi and Dr. P. Padmini, were honored. Cultural Programme was held by the Students of Ethiraj College. The detailed report was published in November 2015 issue of LinkAge.

5.0 Elder Welfare Programmes : The Bureau has conducted 186 programmes up to March 2016 since inception. During 2015 – 2016, 16 programmes were held as per annexure – 1.

6.0 I want to highlight the other important events held in 2015 -16 as given below:

6.1 Camp on "Palliative Care To Relieve Suffering With Knowledge, Skill & Attitude" by Dr. Mallika Tiruvadanam, D.A., M.N.A.M.S. (Anaes.) Dip. In Palliative Medicine(Aus.) Palliative Care Physician & Anesthesiologist, on 18.04.15 at Lakshmi Sundaravadanan Hospital, Chennai (Please refer LinkAge, May 2015 issue).

6.2 Seminar on "Elder Justice Initiative Stakeholders Reponse on Social Security of Elderly" at Department of Criminology, Madras University, on 15.05.2015 (Please refer LinkAge, June 2015 issue).

6.3 Camp on "COMMON INTESTINE PROBLEMS" at Be Well Hospitals, Kilpauk, Chennai, on 23.08.2015 (Please refer LinkAge, Sep 2015 issue)

6.4 Camp on "Ortho cum Physiotherapy and Acupuncture" at Ayanpuram, Chennai on 18.09.2015 (Please refer LinkAge, Oct 2015 issue)

6.5 Condolence meeting for Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D and camp on "Hearing Loss Assesment" on 22.11.2015 at Kilpauk, Chennai. (Please refer LinkAge, Dec 2015 issue)

6.6 Camp on Flood Relief on 13.12.15 and free Medical camp on 02.01.16 for flood affected people at Kilpauk. (Please refer LinkAge, Jan / Feb 2015 issue)

6.7 Camp on free Geriatric Yoga & Naturopathy at Govt. Yoga & Naturopathy Medical College, Arumbakkam, on 20.02.2016 (Please refer LinkAge, Mar 2015 issue)

7.0 Finance: The Bureau is carrying its activities in promoting Elder Welfare and Elder Health Care with the contribution / subscriptions of members and donations from well wishers / organisations. The audited Balance Sheet is placed separately, vide Annexure – 2.

The Budget for the year 2016-2017 is as given below :

1. Website and Computer Maintenance	50,000
2. LinkAge monthly journal and Special Publication	1,80,000
3. Welfare programmes / Seminars / Workshops/ Camps / Financial Assistance	2,20,000
4. Office Administration/ Infrastructure	1,00,000
5. World Elders Day / Annual Day / Elder Abuse Awareness Day	1,50,000
	<hr/>
	Total 7,00,000

8.0 Conclusion: We will continue with projects and seminars for the welfare of the senior citizens. We are looking for support from the youth and voluntaries. I seek your valuable co-operation and involvement, to strengthen this Bureau.

Secretary General

Note: Annexure 1 & 2 are given separately.

List of Programmes Organised During 2015-2016 Annexure-1

S.No.	Program No.	Date	Venue	Topic	Chief Guest Speaker
1	171	18.04.2015	Lakshmi Sundaravadanan Hospital	Palliative Care To Relieve Suffering With Knowledge, Skill & Attitude	Dr. Mallika Tiruvadanam, D.A., M.N.A.M.S. (Anaes.) Dip. In Palliative Medicine(Aus.) Palliative Care Physician & Anesthesiologist
2	172	15.05.2015	S.M. Diaz Hall, Department of Criminology	Elder Justice Initiative Stakeholders Reponse on Social Security of Elderly	Md. Shakeel Akther, IPS
3	173	10.05.2015	TANSECA Service Centre, Arumbakkam	Get together	Swami Yogasthanda, Chinamaya Mission, Allahabad
4	174	28.06.2015	Sukha Nivas Hotel at Mylapore	20th Annual Day	Padma Sree Dr. VS. Natarajan
5	175	28.06.2015	Sukha Nivas Hotel at Mylapore	12th Anniversary of Linkage and Release of special issue of LinkAge "Sweet 20"	Mr. SP. Ambrose, IAS(Rtd.)
6	176	28.06.2015	Sukha Nivas Hotel at Mylapore	AGM	Dr. Capt. M. Singaraja
7	177	24.07.2016	Thiru Vi. Ka. Higher Secondary School	10TH World Elders Abuse Awareness Day	Thiru K.T. Srinivasa Raja Managing Director, Adyar Ananda Bhavan Sweets and Snacks, Chennai.
8	178	23.08.2015	Be Well Hospitals	Common Intestine Problems	Dr. P. Sabareesan, MS, DNB, Consultant Laparoscopic Surgeon
9	179	18.09.2015	Ayanavaram	Ortho cum Physiotherapy and Acupuncture Camp	Thiru V. Sivakumar, TN State Head, HelpAge India
10	180	07.10.2015	Ethiraj College for Women	World Elders Day	Tmt. B. Valarmathi, Honble Minister for Social Welfare and Nutritious Noon Meal program govt. TN
11	181	22.11.2015	Aanvii Hearing Solution	Condolence meeting for Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D	Mrs. Vijayalakshmi Daljit
12	182	22.11.2015	Aanvii Hearing Solution	Camp on Hearing loss Assessment	Dr. Ranjana Gupta, MD, ENT Specialist
13	183	13.12.2015	Chetpet	Camp on Flood Relief	
14	184	2.01.2016	Murugan Multi Speciality Hospital	Free Medical camp	Mr. Mohan Dass(Kilpakkam Acs of Police)
15	185	20.02.2016	Govt. Yoga & Naturopathy Medical College, Arumbakkam	1 day free Geriatric Yoga & Naturopathy Medical Camp	Dr. N.Manavalan, Principal of the College
16	186	19.03.2016	Institution of Valuers, Mylapore	Geriatric Neurology	Padmasri Dr. V S Natarajan

Audited Accounts for the Year 2015 - 2016**Annexure-2**

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31.03.2016					Amount in Rs.
EXPENDITURE	For the year ended 31.03.2016	For the year ended 31.03.2015	INCOME	For the year ended 31.03.2016	For the year ended 31.03.2015
To Administrative Expenses	43,065.00	61,894.20	By Subscription		
To Expenditure on Camps and meetings			Membership	800.00	700.00
World Elders day Expenses		25,086.50	Linkage		-
Meeting Expenses	50,553.00	17,569.00	By Donation		
			Annual Day	14600	
To Linkage and Other Publications	90,387.00	98,366.00	General purpose	5,100.00	37,540.00
To Salary to Staff	81,450.00	68,750.00	World Elders day	51,751.00	67,386.00
To Audit Fees	3,450.00	3,420.00	Prime Ministers Relief Fund	6,000.00	1,000.00
To Donation paid	13,100.00	11,700.00	Sunshine Fund	40,350.00	34,917.00
To bank Charges	53.91	120.00	Flood releif Fund	24600	
To books And Periodicals		1,700.00	By Sale of Books	400.00	-
To Baddebts		-	By Advertisement	62,000.00	45,900.00
To Depreciation	270.00	300.00	By Others- ID card	4,200.00	-
To Chief Minister Public releif Fund	10,000.00	-	By Interest Received		
To Flood releif Work	11,817.00	-	Fixed Deposit	81,256.00	73,337.00
To Prime Minister Public Relief Fund	10,000.00	-	Savings bank A/c	3,624.00	2,990.00
			On TDS refund	306.00	
			By Excess Of Expenditure over Income	19,158.91	25,135.70
TOTAL	3,14,145.91	2,88,905.70	TOTAL	3,14,145.91	2,88,905.70

RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31.03.2016					
Receipts	For the year ended 31.03.2016	For the year ended 31.03.2015	Payments	For the year ended 31.03.2016	For the year ended 31.03.2015
To Opening Balance			By Administrative Expenses	43,065.00	61,894.00
Cash in Hand	202.15	42.15	By Expenditure on Camps and meetings	-	
Cash at Bank			World Elder Day Expenses		25,086.50
Axis Bank	34,772.47	26,976.47	Others		
Indian Overseas Bank	45,924.60	47,197.10	Meeting Expenses	50,553.00	17,569.00
<u>To Subscription</u>			Linkage and Other Publications	90,387.00	98,366.00
Membership	800.00	700.00			
Linkage			By Bank Charges	53.91	120.00
<u>To Corpus Fund Received</u>			By Purchase of Books	-	1,700.00
Life Subscription	26,450.00	33,750.00	To Donation paid	13,100.00	11,700.00
Conversion to life membership	4,100.00	4,500.00	By Chief Minister Public releif Fund	10,000.00	-
<u>To Donation</u>			By Audit Fees	3,420.00	3,371.00
General purpose	5,100.00	37,540.00	By Loan repaid to Capt. Singaraja	19,325.00	10,353.00
World Elders day	51,751.00	67,386.00	By Salary For Staff	81,450.00	68,750.00
Prime Ministers Relief Fund	6,000.00	1,000.00	By Flood releif Work	11,817.00	-
Annual Day	14,600.00		By Primeminister Public releif Fund	10000	-
Sunshine Fund	40,350.00	34,917.00	By Fixed Deposit	60000	-
Flood releif Fund	24,600.00				
To Sale of Books	400.00	-	<u>By Closing Balance</u>		
To Others- ID card	4,200.00	-	Cash in Hand	418.15	202.15
<u>To Interest Received</u>			Cash at Bank		
Fixed Deposit	81,256.00	67,177.00	Axis Bank	41,740.47	34,772.47
Savings bank A/c	3,624.00	2,990.00	Indian Overseas Bank	49,145.69	45,924.60
To Loan received	19,325.00	9,733.00			
To Interest on TDS Refund	306.00				
To TDS on Bank Interest	2,854.00				
To Fixed Deposit	56,160.00				
To Advertisement Charges	62,000.00	45,900.00			
Total	4,84,775.22	3,79,808.72	Total	4,84,475.22	3,79,808.72

For SENIOR CITIZEN BUREAU.,

Sd/-
(Dr. Capt. M. Singaraja)
ChairmanSd/-
(S. Jayakumar)
General SecretarySd/-
(Dr. R. Nirmala)
TreasurerFor A.JOHN MORIS & CO.,
CHARTERED ACCOUNTANTS
FRN: 007220SSd/-
(CA. J Sebastin)
Partner - M. No: 218962PLACE : CHENNAI
DATE : 18.06.2016

A brief note about Senior Citizens Bureau**(Dr. Capt. M. SINGARAJA)**

Senior Citizens Bureau was established in March, 1996 and registered in June 2002 with Registrar of Societies / Chennai Central with Reg. # 370/2002. Late Major General Aban Naidu, PVSM, AVSM, M-in-D, a veteran defense officer, is the founding chairman and currently the Chairman Emeritus. Also he is the former General Officer Commanding of Delhi Area and Military attaché for USA and Canada at Washington. He served the nation both in peace, World War II and other Wars in our border. The Bureau is proud to have his services as well as the services of other dedicated eminent personalities such as M/S SP Ambrose, IAS(R), R Venkatesan, IA&AS(R), Er. S Ramalingam, (Rtd CMD/CPCL), Padmabushan Dr. Sarada Menon, Dr TS Kanaka, Dr Vayu Naidu, FRSA, TV Hariharan, (Industrialist) and a host of active members. The Bureau is fortunate to have Er. V. Haiharan, FIE, former President, Sundaram Fasteners and the renowned Geriatrician Padmasri Dr. VS Natarajan as past chairmen. The multi faceted technocrat and our charter member, Dr (Capt) M Singaraja, is the current chairman.

The Bureau has grown into stature steadily with dedicated involvement of eminent personalities. It has 450 plus members from various walks of life, such as retired officials from IAS., IA&AS., IPS, Defense Services, Banks, Medical, Engineering, Judiciary, Industry and Business, from all over the country, It has earned its name as a reputed voluntary organization in the movement of older persons. It is predominantly an information and guidance centre for service and advocacy, to all age groups of the Society, with the well defined Mission and Vision. The Bureau is primarily providing service and advocacy through 6 departments of Social Service. Field activities, Promotion of Inter generation bonding and Publication of Journals / Books are held regularly. We have networking with Govt, bodies and sister forums from all over India. Our contributions to elder movement through participation in various conferences, symposiums, workshops, etc.,

are acclaimed. A copy of our monthly journal "LinkAge" is attached as a sample of our publication. Information about the Bureau and its activities in detail, are enumerated separately as Annexure:1 attached. Its commitment to the community, particularly to the youth and elderly, is hailed by the media and the public. The Bureau is proud of its achievement. The members of the bureau, the youth and the general public are immensely benefited by the participation of VIPs from Govts, NGOs and specialists from the Social and Medical fields.

The Bureau has so far conducted 186 Programs including the projects cited below.

1. Attending to requests from the members as well as general public pertaining to 6 social welfare depts. of the Bureau, (1200 plus cases)
2. Elders safety, Security and Day Care Center
3. Screening Camps for Physical and mental wellness of Men/Women (Members/Old age homes/Rural people)
4. Counseling and Psychotherapy to young/old, Memory Clinic
5. House call programme to help immobile elders by Doctors, Psychologists, and Nursing Assistants
6. Publication of monthly journal entitled *LinkAge* and books
7. Training Programmes and financial assistance to the students and less privileged sections
8. Promotion of inter generation bonding, elder abuse awareness
9. Scientific sessions, Seminars, Workshops with specialists and VIPs from Govt, NGO, Social and Medical fields
10. Networking with sister forums from all over India and contribution to elder movement.

***Salutation and best wishes to our Senior Elder Members,
who have sighted 1000(+) moons as on 22.07.2016***

1	Venugopalan, V.S	CHENNAI-600 040	LM:576	044 - 26211230	15-Oct-1928	87
2	Vasudevan, P.T	CHENNAI-600 024	LM:511	044 - 24802434	10-Apr-1929	87
3	Balakrishnan Rao, N.	CHENNAI-600 001	LM:593	044 - 42164605	11-Jul-1929	87
4	Balasubramanian, V	CHENNAI-600 004	LM:536	9445676319	5-Oct-1929	86
5	Rajagopal, A. S	CHENNAI- 600 051	LM:871	044 - 26850484	12-Feb-1930	86
6	Maniam, AGS	CHENNAI-600 040	LM:745	991570364	28-May-1930	86
7	Jean Canthaswamy	CHENNAI-600 102	LM:786	044 - 26262006	9-Jun-1930	86
8	Sitaraman, V	CHENNAI-600 053	LM:519	044 - 26573962	21-Jun-1930	86
9	Rajaram, S	CHENNAI-600 125	LM:808	9176473490	14-Jul-1930	86
10	Radhakrishnan, S.	Hyderabad-500 073	LM:4	040 - 64610098	16-Sep-1930	85
11	Seshadri, R	CHENNAI-600 004	LM:575	9840266379	7-Nov-1930	85
12	Rajagopalan, S.S. Dr.	CHENNAI-600 093	LM:597	044 - 23620551	19-Feb-1931	85
13	Ponnuswamy, K. Er.	CHENNAI-600 090.	LM:461	044 - 24919919	6-Mar-1931	85
14	Krishnamoorthy, P. Dr	CHENNAI- -600 084	LM:72	044 - 26420239	14-Mar-1931	85
15	Vijaya Rangam, M.D. Er.	CHENNAI-600 102	LM:43	044 - 26216767	4-Jun-1931	85
16	Kandappan, A.P. ER	CHENNAI-600 078	LM:683	044 - 2366606	16-Jun-1931	85
17	Ramaswamy, T.S. Dr.	CHENNAI- 600 005	LM:737	044 - 28442526	29-Jun-1931	85
18	Janakam, M	CHENNAI-600 113	LM:784	044-26266307	19-Jul-1931	85
19	Krishnamoorthy, H	CHENNAI-600 040	LM:332	044 - 26262708	23-Aug-1931	84
20	Umapathy, A	CHENNAI-600 017	LM:734	044 - 28342937	8-Sep-1931	84
21	Vaitheeswaran, C.R	CHENNAI-600 017	LM:25	044 - 28156345	3-Nov-1931	84
22	Aravamudha Chary,S	CHENNAI-600 034	LM:363	8754411231	3-Dec-1931	84
23	Kanthimathinathan, A	Hosur-635 109	LM:507	9442709900	14-Dec-1931	84
24	Janardhanam, A.R	CHENNAI-600 088	LM:615	9382828063	31-Mar-1932	84
25	Kamala, V	CHENNAI-600 026	LM:747	9299808436	6-Feb-1932	84
26	Shafi Ur Rahman, MD	CHENNAI-600 012	LM:806	9962343919	15-Feb-1932	84
27	Venkata Raju, M	CHENNAI-600 042	LM:801	9884486378	19-Jun-1932	84
28	Raghunathan, C, Er	CHENNAI-600 004	LM:878	9840465526	1-Aug-1932	83
29	Seshadri, G	CHENNAI-600 037	LM:613	044 - 26561405	10-Aug-1932	83
30	Chellappa, V	CHENNAI-600 102	LM:530	044 - 26214503	5-Oct-1932	83
31	Varatharajan, M.S.	CHENNAI-600 101	LM:776	9840080221	17-Oct-1932	83
32	Krishnamoorthy, K.N	CHENNAI-	LM:100	9444275144	30-Nov-1932	83
33	Kumari, G	CHENNAI-600 084	LM:573	9443643922	22-Jan-1933	83
34	Venkatesan, R. IAAS(Rtd)	CHENNAI-600 004	LM:7	9444963526	13-Mar-1933	83
35	Ameer Ali, M.A. (Capt)	CHENNAI-600 024	LM:799	044 - 24733048	23-Mar-1933	83
36	Ponnuduraiswamy, D. Er.	CHENNAI-600 078	LM:749	9789878248	14-May-1933	83
37	Sadasivam, M. Er.	CHENNAI-600 020	LM:109	044-24404317	17-May-1933	83
38	Balakrishna Raja, V.S. Er	CHENNAI-600 018	LM:567	9840152085	5-Feb-1934	82
39	Dakshinamurthy, K.N	CHENNAI-600 024	LM:595	044 - 24721423	7-Feb-1934	82
40	Joseph, G	CHENNAI-600 054	LM:185	044 - 26384118	7-Jun-1934	82
41	Leela Srinivasan, V	CHENNAI - 600 102	LM:71	044 - 26265550	10-Jun-1934	82
42	Ranganatha Rao, S. Er.	CHENNAI-600 018.	LM:29	044 - 24995290	15-Jun-1934	82
43	Aludiapillai, K. Prof. IAS (Retd)	CHENNAI-600 040	DM:327	044 - 26211134	23-Jun-1934	82

191st Program - SCB with TANSECA



*Meeting on "Spirituality for Active Ageing"
– a view of the dais*

There was an illuminating and interesting talk on the topic "Spirituality for Active Ageing" by Swami Madhavananda Acharya, Chinmaya Mission Ranchi at 10.30 am on July 08, 2016. The program was organized by SCB jointly with TANSECA, at Tanseca service centre, Arumbakkam, Chennai-106. Swami Madhavananda Acharya in his talk, beautifully explained 7 kinds of sadhanas, viz., 1) Physical body sadhana 2) Hygienic Satwik food sadhana 3) Pranik sadhana 4) Emotional sadhana 5) Social sadhana 6) Intellectual sadhana and 7) Spiritual sadhana. Dr. Capt. M. Singaraja in his welcome address highlighted the activities of Chinmaya Mission Ranchi and Swami Madhavananda. Thiru D. Rajasekaran in his address focused the connection of the Mission with Senior Citizens. Acharaya Santhosh explained about youth empowerment, corporate training, newly recognized Chinmaya University as part of Chinmaya Mission Chennai. After Q & A Session, Thiruvallargal RT. Namasivayam, President / Probus Club and Sethu Seshan, Sec. / U3A Chennai felicitated. Dr. PP. RamaSwamy, compeered and proposed a Vote of Thanks. Books on Wheels from the mission and the talk by Swamiji were very beneficial to all.

Swami Madhavananda announced the following scheduled tours, organized by Chinmaya Mission Ranchi. 1) Srimad Bhagwat Saptah Family Camp at Vrindavan, from Nov 9 to 15, 2016 and connected sightseeing tour. Donation Rs. 11000/- per head which includes boarding, lodging(2 Bed A/Cs) and tour. 2) Enlightening Family Camp at Rambodha and tour of SriLanka from Feb 22 to Mar 01, 2017. Camp donation Rs. 45000/- Per head which includes air fare from Chennai to Colombo and back, boarding and lodging and SriLanka sightseeing. For details and registration pl contact Swami Madhavananda, Ph: 09430330160, E-mail: smadhavananda@gmail.com.

Ec Meeting of SCB for July 2016, was held at 9, Montieth Road, Egmore, Chennai- 8, on 17.07.2016 at 4.00 pm. Our active and enthusiastic EC member Mr. C. N. Prasad, played host for the meeting at his residence. Chairman Dr. Capt. M. Singaraja, welcomed the gathering and conducted the business. Agenda for the forth coming AGM and Annual Day to be held on 22.07.2016 was discussed in detail. Decisions / Approvals / Sanctions wherever necessary were arrived at unanimously. Responsibilities / Duties were distributed to EC members. The EC wished our long standing Advisory Committee Member and staunch supporter, Mr. S.P. Ambrose, IAS(Rtd.) and our Sec. Gen. Mr. S. Jayakumar, speedy recovery. In response to the appeal for generous donation, Dr. P.S. Rajam, contributed Rs.10000/- . The EC applauded her liberal gesture. Our EC member Mr. Sethu Seshan, proposed a vote of thanks.

Elderly face abuse throughout old age

To commemorate the UN World Elder Abuse Day On June 15, the AgeWell Foundation, an NGO interacted with over 3400 old people in 323 districts, across India through its network of volunteers to understand the cause and effect of Elder Abuse in Indian homes and sharp focus on needs and rights of old people.

"It was found that 65% of old people are poor with no source of known income. 35 % have money or properties, savings, investments, inheritance and or supportive children. Irrespective of their financial status, most old people face elder abuse in one form or the other, "says the study. According to UN estimates, the global population of people aged 60 years and older is set to touch about 1.2 billion in 2025. Globally around 4%to 6% of elderly people have experienced some form of maltreatment at home. 9% of those surveyed said they had been physically harassed or assaulted, while 13% said they wee denied basic needs. Another 13% quoted mental torture and 20% cited restrictions on their social life. Misbehavior and ill- treatment were cited by 37%, while 8% cited other forms of harassment. Denial of food, medicines, emotional blackmailing, threatening, shouting, abusing and beating, besides more severe cases, such as being tied up in case of disability, are some of the other forms of abuse. Himanshu Rath, head of Age Wel Foundation, which works for the welfare and empowerment of the elderly for no profit, says there are multiple ways available for old people to prevent abuse. He says the government must "create awareness about rights of older persons, advocacy of old age issues at all level of governance and ensure implementation of policies, pertaining to protection of older persons."

News from Net Working Associates

Two- Day Regional Conference on Review of “The Maintenance and Welfare of Parents and Senior Citizens’ Act- 2007”

Kerala State Federation of Senior Citizens Associations organized a Regional Conference on The Maintenance and Welfare of Parents and Senior Citizens’ Act, 2007 to review the experiences in its enforcement and areas for changes in the act and its Rules, on July 4 -5, 2016 at Thiruvananthapuram. Delegates from Tamil Nadu, Andhra Pradesh, Telengana, Karnataka, Kerala and Puducherry attended, on behalf of their federations and contributed in an informed discussion on the subject, AISCCON will share the feedback from such Regional Conferences, with the Ministry of Social Justice & Empowerment at the Centre.

Free Course on Computers for senior citizens

Nandini voice for the Deprived (nandinivoice.com), a Chennai-based NGO, will be conducting a 6 week crash course for senior citizens in the city on basic computer operations. Seniors who are above the age of 60 years will be eligible for the course. They will be trained in computer operations that are required for daily life. The entire course is free and there is no qualification requirement. The next course would start on July 26 at Nandini Computer School in Besant Nagar and Korattur. Those interested may contact 9445100129/9600037094.

National Seminar

You are invited for a 2 day National Seminar on “Life Long Learning – Advantage Old Age”, focus – Rural India, on OCT 1 & 2, 2016 jointly organized by Chinmaya Seva Trust, Rewa(MP) and Awadhesh Pratap Singh(APS) University, Rewa(MP), on the occasion of World Elders Day. Accommodation for Seminar alone will be facilitated by the organizers. The participants will bear all expenditure. For details pl contact Dr. Sajjan Singh, Managing Trustee, Chinmaya Seva Trust, Shiva Kuti, Ravindara Nagar, Rewa (MP), Pin: 486003, Ph: 919425185661, Email: drsajjansingh@gmail.com.

World U3A Conference

A team of 8 members headed by Dr. Capt. M. Singaraja, from U3A Chennai, is attending the World U3A Conference at Osaka on 11-13, Oct 2016. The delegates are expected to leave from Chennai on Oct 10 and be back on Oct 18, after visiting Osaka, Kyoto, Fiji, Tokyo, Hong Kong and Bangkok by Thai Airways

through the tour operator Thomas Cook. Appx. cost including delegate fee, stay, sight seeing and air fare stands at Rs. 1.75 Lacs. Any body interested, pl ct. 94441 27704, Email: singaraja@gmail.com

Get Well Soon

Thiru SP Ambrose, IAS (R), Former Secretary, GOI, New Delhi, our long standing advisory committee member and staunch supporter, (LM:14), was hospitalized recently. He is progressing well at his residence.

We wish him speedy recovery.

Congrats

Thiru K. Sivagaminathan, 79, SCB U3A / Chennai, has authored a book titled “Ninavil Nintaravai”, which was released recently in Kuala Lumpur in the presence of Hon’ble Minister for Youth and Sports, Malaysia, Dautuk M. Saravanan. The book contains various interesting episodes of both personal and official life of the author who served as PRO, Aavin and as a consultant with the Tamil Nadu State Election Commission, Chennai.

Our office Executive Selvi U. Poonthalir, M.Com, MBA is celebrating her wedding with Er. S. Senthil Kumar, BE, (Accel FrontLine Ltd, Chennai), on Sep14, 2016, Wednesday, between 6.00 am to 7.30 am at Sri Raja Rajeswari, Kalayana Mandappam, Anakaputhur.

Reception will be held on Sep 13, 2016 at the same venue.

We wish her a happy and prosperous wedded life.

Elder Abuse - A Violation of Older People’s Human Rights

Elder abuse can be defined as “a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person”. Elder abuse can take various forms such as physical, psychological or emotional, sexual and financial abuse. It can also be the result of intentional or unintentional neglect. In many parts of the world elder abuse occurs with little recognition or response. Until recently, this serious social problem was hidden from the public view and considered mostly a private matter. Even today, elder abuse continues to be a taboo, mostly underestimated and ignored by societies across the world. Evidence is accumulating, however, to indicate that elder abuse is an important public health and societal problem.

- Courtesy: UNO

Senior Citizens Bureau – Governing Body 2016-17 to 2018-19

Patron: Padmasri **Dr. V.S. Natarajan**, MD, FRCP, DSc.(Hon.)
 Chairman: **Dr. (Capt.) M. Singaraja**, C.Eng., BE, PGDBM, FIE, FIV, M.Sc., Ph.D.
 Vice Chairman: **Prakash H. Lulla**,
 Secretary General: **S. Jayakumar**
 Treasurer: **Dr. R. Nirmala**

Ph:95000 78740
 Ph:9444127704
 Ph:9841866747
 Ph:9381801446
 Ph: 7358609969

EC Members

Er. S. Ranganatha Rao	9841298848
Er.V.S. Balakrishnan Raja	9840152085
Er. V. Balasubramaniam	9445166319
Er. R. T. Namasivayam	9789974100
Mr. C. Panneer Selvam	9444677076
Mr. P.M. Pandian	9444171757
Mr. S. Prabhakaran	9600088464
Mr. P. Sethu Seshan	9840021231
Mr. Sainath	9840764174
Mr. S. L. Sakthivel Rajaa	94441 51302

Editor & Publisher – LinkAge

Capt. Dr. M. Singaraja,
 BE, PGDBM, M.Sc.(Psy), FIE, Fiv, Ph.D.
 E-mail: singaraja@gmail.com

Advisory Committee Members

Padmabushan Dr. Sarada Menon	044 26412697
Mr. S. P. Ambrose, IAS	9841832777
Mr. R. Venkatesan, IA & AS	9444963526
Er. S. Ramalingam	9677011766
Dr. Vayu Naidu, FRSA	9840037068
Mr. T.V. Hariharan	9444024609

Social Welfare Committee Members

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Mr. C. Nagendra Prasad	9841141825
Mr. Aravamudachary	9444951231
Dr. T.S. Kanaka	9444142482
Dr. T.S. Ramaswamy	9444453270
Dr. P.S. Rajam	9444441233

**SENIOR CITIZENS BUREAU**

(Estd.3/1996 & Reg. # 370/2002)
 (R.O.) 90/93, Rama (Naicken) Street, Nungambakkam,
 Chennai - 600 034. Ph : (044) 2823 1388, E-mail : <singaraja@gmail.com>

**MISSION**

- **To** give back to Society something in return of all that it has done for us, and exemplifying it through our commitment to serve.
- **To** put to use the wealth of our collective wisdom and experience by providing free information and guidance to various sections of society.
- **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.

VISION

- **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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Postal Regn. TN/CH(C)/37/2016-2018 and Licenced to post w/o prepayment WPP No.TN/PMG(CCR) WPP/41/16-18

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

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	Raghunathan, C, Er	LM:878	01-08-1932
2	Nagaranjan Sharma, E	LM:518	02-08-1943
3	Justin Paul, Er.	LM:684	03-08-1942
4	Sethuraman, N	LM:298	05-08-1936
5	Natarajan, V.S.	LM:686	07-08-1933
6	Olney Aaron, Er.	LM:583	07-08-1937
7	Seshadri, G	LM:613	10-08-1932
8	Balasubramanian, N	LM:458	11-08-1936
9	Amarnath, M.L	LM:515	14-08-1934
10	Harinder Sagar Naidu Er	LM:22	14-08-1948
11	Visweswara Raju, C.S. Er.	LM:485	14-08-1936
12	Habibunissa Begum	LM:826	15-08-1927
13	Hariharan, T.V	LM:23	15-08-1936
14	Kolandan,S.N, Er	LM:680	15-08-1937
15	Kousalya Sarathy	LM:19	15-08-1943
16	Mani, K.S. Ln.	LM:540	15-08-1933
17	Antony Samy, S	LM:740	16-08-1948
18	Umakanthan, C	LM:596	17-08-1949
19	Chandra Veera Raghavan	LM:617	18-08-1944
20	Raja Raman, V	LM: 901	18-08-1936
21	Vasanthavalli, R. Dr.	LM:574	19-08-1942
22	Krishnamoorthy, H	LM:332	23-08-1931
23	Loganathan, A.R	LM:239	23-08-1935
24	Rajendra Raja, K. P	LM: 859	23-08-1952
25	Rajeswari, A	LM:608	24-08-1944
26	Ratasamy, J	LM:807	26-08-1934
27	Premkumar Satya, A. J. Dr.	LM:649	26-08-1948
28	Gomathi Narayanan, Dr.Prof	LM:137	27-08-1934

Your liberal contribution to Sun Shine Fund is solicited.**Revised Subscription**

1) Annual Member	Rs. 500/- for all categories
2) Life Member	
Age Upto 69 years	Rs.3000
Age 70-79 years	Rs.2000
Age 80 years & above	Rs.1000
3) Enrollment Fee	Rs. 50 for all categories

National / International Days - August

01-Aug	World Breast Feeding Day	(I)
06-Aug	World Peace Day, Hiroshima / Nagasaki Day	(I)
09-Aug	Quit India Day	(N)
12-Aug	World Youth Day	(I)
15-Aug	Independence Day (India)	(N)

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

I	Sunshine fund	Mem. No	Rs.
1	Thiru RajaSimhan	LM:905	1000
2	Thiru M. Kuppusami	LM:211	1000
3	Thiru P. Lokanathan	LM:83	500
II	Donation		
1	Dr.P.S.Rajam	LM:502	10000

Appeal

We solicit your liberal donation to encourage and support us in recognition of our humble service for social cause and for the cause of elder movement. You are well aware of our multi various regular activites such as workshops, Soecial Days, LinkAge Journal, and financial assistance to less privileged persons. Your benevolent noble gesture will definitely enhance your joy on the occasion of your birthdays, wedding days, commemoration of our Annual Day, World Elders Day and World Elder Abuse Awareness Day. Your subscription remains low since inception, inspite of mounting rise in every service charge payable. All our programmes are of self supporting. Please come forward voluntarily and donate liberally. God bless you.

Executive Committee / SCB

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If undelivered please return to:**LinkAge**

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90. Rama Street, Nungambakkam,
Chennai-600 34, Ph: 044 – 2823 1388.

To.