



Committed to serve

# Link Age

(R.O.) New No.90, Rama Naicken Street, Nungambakkam, Chennai 600 034.

**A Monthly Journal for Service and Advocacy  
to all Age Groups, by Senior Citizens Bureau**



Bestow unconditional love

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## From the Editor cum Chairman

### விழித்தெழு

### Wake up

பலவிதமான பாலியல் சம்பந்தப்பட்ட வன்முறை, கொடூரம், கொள்ளை, கொலை மலிந்து வருகின்றன. பெண்களைக் காயப்படுத்துவது, விகாரப்படுத்துவது, அமிலம் வீசுவது, புதரில் வீசுவது, எரிப்பது, கிணற்றில் தள்ளுவது, வெட்டுவது, நச்சிடுவது போன்றவை அடங்கும். நமது எல்லா வகையான ஊடகங்களும் இவற்றைக் கூட்டித் திரித்து, பெரிதுபடுத்தி வியாபாரமாக்கிக் கொள்கின்றன. சில நாட்களுக்குப் பின் ஆரவாரம் ஓய்ந்து மெல்ல மெல்ல செய்தியும் நிகழ்வும் அடங்கி விடுகிறது. இதற்குப் பொறுப்பான அரசு எந்திரங்களும், சமுதாயமும் இப்பிரச்சினையை மறந்து விடுகின்றன. காரணங்களையும் தீர்வுகளையும் ஆராய்வதில்லை. திரும்ப பிரச்சினை ஏற்படும்போது தீவிரமாகப் பேசுவதோடு சரி. சமுதாய மறுமலர்ச்சியை நிலைநாட்ட உற்றுநோக்க வேண்டும்.

மிகவும் பின் தங்கியுள்ள குக்கிராமத்து இளைஞன் பள்ளிப் படிப்பையோ, கல்லூரிப் படிப்பையோ முடித்து விடுகிறான். இலவசக் கல்வி வசதி இதற்குப் பெரிதும் உதவுகிறது. ஆனால் தேர்ச்சி பெறுபவர்கள் அல்லது நல்ல தரமான கல்வியைப் பெறுபவர்கள் குறைவு. இப்படிப்பட்டவர்களை தூக்கி நிறுத்துவதற்கும் வழி நடத்துவதற்கும் அரசாங்கமோ சமுதாயமோ கண்டு கொள்வதில்லை. அக்கறை காட்டுவதில்லை. அந்த இளைஞனுக்கு சொந்தக் காலில் நிற்பதற்காக சுய வேலையோ மற்ற வேலையோ பெற வழிகாட்டுதல் இல்லை. அவனை ஒழுக்கமுள்ளவனாகவும், கட்டுக் கோப்புள்ளவனாக உருவாக்கவும், சமுதாயத்தில் நேர்மையான வசதி வாய்ப்பைப் பெருக்கவும் நெறிமுறை கிடையாது. திரைப்பட நாயகர்களும், வில்லன்களும், வியாபார விளம்பரங்களும், ஆடம்பரங்களும், வெளிநாட்டு பழக்க வழக்கங்களும், பெருநகர் வசதியும், நண்பர்களும், சுதந்திர தாகமும், காமமும் அவனை திசை திருப்பி விடுகின்றன. பெரும் மனப் போராட்டத்திற்குப்பின் வாழ்ந்தால் இப்படி வாழ்வோம் இல்லையெனில் சாவோம் என்ற விரக்தியில் இறங்கி விடுகிறார்கள்.

இதற்குப் பொறுப்பும் தீர்வும் காண வேண்டிய அரசு (காவல் துறை, நீதித்துறை, சமூக நலத்துறை முதலியவை), தொண்டு நிறுவனங்கள், கல்வி நிலையங்கள், குடும்பங்கள் ஆகியவற்றுக்குத் தலையாய பங்கு உண்டு. மாணவர்களை நெறிப்படுத்தி, எடுத்துக் காட்டாக விளங்கி, பண்பு, ஒழுக்கம், சமூக நெறி, எளிமை, கவராமம் முதலானவற்றை ஓங்கச் செய்ய வேண்டும். தன்னலமற்ற தலைவர்களைப் பின்பற்றச் செய்ய வேண்டியது அவர்களது கடமையாகும்.

இதுதான் தறிகெட்டுப் போவோரை காமம், கொலை, கொள்ளைகளிலிருந்து விடுவித்து தரமுள்ள மனிதர்களாக்கும். போதைப் பொருள்கள், ஆபாசக் காட்சிகள், கவர்ச்சி விளம்பரங்கள், அயல்நாட்டின் அநாகரிகப் பழக்க வழக்கங்கள் முற்றிலுமாக ஒழிக்கப்பட வேண்டும்.

Regarding sensitive issues involving gender and murder, the print and electronic media make them sensational with a mixture of add ons. After making it marketable for about a week, the news become cold. The civil society and the Govt machinery tend to forget the episode thereafter.



The core problems in such social issues remain the same. No thrust is given to address the basic causes and remedies. What is happening now is that a youth from a remote back ward village is able to come out of under graduation or higher secondary, not necessarily a pass or merit with free educational policy. No body bothers about drop outs, failures and demerits. He is not equipped with other essentials. He is not morally shaped and disciplined. He becomes a Wagabond. No employment and no fulfillment of his desires. He is easily swayed by tinsel heroes, heroines, villains etc. and metro life. He is influenced by his peers from same and similar status. Conflict with himself starts and ends up with robbery sexual abuse and murder for gain.

The govt (Police, Judiciary. Social welfare dept. etc.) has to play a major role. The other state holders are NGOs, Educational Institutions and Formalities. There is no agenda with the Govt for character building, skill development, career, guidance and social consciousness. NGOs, Educational institutions and families have to partner with Govt or lead to promote morality, discipline, simplicity and content life. Each one of the above stake holders must be exemplary and focus on role models so as the youth to emulate.

Ban on akward shows in media, promotion of consumerism, production of toxic products, copying fashion from abroad and immoral habits is essential.

## Invitation - 191<sup>st</sup> Programme

### SCB JOINTLY WITH TANSECA

*cordially invites you*

for an interactive meeting with

**Swami Madhavananda Acharya,**

Chinmaya Mission, Ranchi – 834 001(Jharkand),

at 10.30 am, on 08th July 2016,

at **TANSECA Service Centre,**

15A, 1st Street, Jai Nagar, (Near Adhiparasakthi

Temple & Aavin Booth) Arumbakkam,

Chennai- 106, opp to Koyambedu Bus Station.

Landmark: State Election Office & Public Park.

He will speak on the topic

**“Spirituality for Active Ageing”.**

Members from our networking associates

may register with Thiruvallargal D. Rajasekaran,

Ph: 94443 63077,

R.T. Namasivayam, Ph: 97899 74100 and

Dr. Capt. M. Singaraja, Ph: 94441 27704.

Also you are invited for a Discourse on Gita 13th Chapter from 6.30pm to 8.30 pm every day from 6th to 12th July by Swami Madhavananda Acharya, at Tapovan Hall, Chinmaya Heritage Centre, No. 2, 13th Avenue, Harrington Road, Chetpet, Chennai- 31, Ph: 044 2836 3876, 28365046 Email : [chennaichinmaya@gmail.com](mailto:chennaichinmaya@gmail.com).

### Notice for 14th AGM for the financial year 2015-16 (192nd Program)

Notice is hereby given that 14th AGM of SCB for 2015–16, will be held at 10.00 am. on July 22, 2016(Friday), at Ethiraj College for Women, 70, Ethiraj Salai, Egmore, Chennai-8. Members currently on the roll as on 31.03.16 are eligible to transact the business as per following agenda:

1. Adoption of the minutes of 13th AGM for FY 2014-15, held on 27.06.2015
2. Adoption of Annual Report for FY 2015-16
3. Adoption of Accounts for FY 2015-16
4. Election of office bearers and EC members for 3 year term from 2016-17 to 2018-19. Nomination can be filed to contest over and above the nominations recommended by the current EC.
5. Appointment of Auditors and approval of Audit fees.
6. Any other business subject to prior notice and approval of the Chair.

## Inauguration of Multi Speciality Hospital and Geriatric Ward

Pon Malligai Multi Speciality hospital with 10 bedded Geriatric Ward is a recent addition located, at No.119, New Avadi Road, Kilpauk Chennai-10. It was inaugurated on 26-06-2016, by Tmt. TAMILISAI Soundararajan, TN State President of BJP, and Thiru Pon Muthuramalingam, Former DMK Minister. Geriatric Ward was inaugurated by Padmashri Dr.V.S.Natarajan, Senior Geriatrician. This hospital caters to House visits, to support Geriatric House Call Project of Senior Citizens Bureau for the infirm elderly round the clock, in and around Kilpauk area. The dignitaries lauded the services rendered by Dr.M.Maruthupandian, Director of Pon Malligai Multi speciality Hospital. Dr. Soundararajan, Head Nephrologist, Sri Ramachandra Medical College & Hospital, Porur, Chennai, Thiru. M.K.Mohan, MLA, Anna Nagar Constituency, Dr.T.P.Saraswathy, wife of late Dr.Vira Reddy, Mr. Radhakrishnan, High Court lawyer, Thiru.M.B. Muthuramalingam, Founder, Velammal Group of Institutions and Co-founder Mr.Vel Murugan felicitated. For details contact Cell: 9884020980.



**Left to Right: Padmashri Dr. V.S.Natarajan, Senior Geriatrician and Dr.M.Maruthupandian, Director of the Pon Malligai Multi speciality Hospital.**

### Announcement of Important Annual Function: 192nd ~ 195th Programmes

Commemoration of 21<sup>st</sup> Annual Day of Senior Citizens Bureau ( Sweet 21), 13<sup>th</sup> Anniversary of our monthly journal “LinkAge”, 11<sup>th</sup> World Elder Abuse Awareness Day and 14<sup>th</sup> AGM will be held at 10.00 AM, on July 22, 2016, (Friday) at Ethiraj College for Women, 70, Ethiraj Salai, Egmore, Chennai -8. Invitation will be sent in due course. Please keep the day free and attend without fail.



**SCB & U3A CHENNAI – COMMEMORATION OF WORLD ELDER ABUSE  
AWARENESS DAY AND WORLD YOGA DAY**



***Vision Test***



***Display of Yogasanam***



***Pledge against elders abuse.***



***A view of the Dais.***

U3A Chennai and Senior Citizen Bureau Chennai, commemorated the observance of 11<sup>th</sup> World Elders Abuse Awareness day and 2<sup>nd</sup> World Yoga Day 2016, at 3.30 pm on 17th June 2016 at Dr.B.M.Sunderavaradan Matriculation Higher Secondary School, Shenoy Nagar, Chennai 30.

After invocation, Mrs. Flora Jayanthi Christopher, the Principal of the School welcomed the gathering. The Chief Guest was Dr. Vedhagiri Shanmugasundaram, Chairman of Dr. B.M.S. Trust. Dr. B.S. Tiruvadanan, Secretary of the Trust, Dr. V. Chockalingam, Cardiologist and Mr. Muthukrishnan, Senior Manager, HelpAge India addressed the gathering. They emphasised discipline, character building, career options and caring love to the older persons. The vice Chairman Mr. Prakash H Lulla, greeted all the students and the guests. He briefed the significance of observing World Elder Abuse Awareness Day and World Yoga Day. Then the entire gathering took pledge against Elder Abuse, followed by

the demonstration of difficult Yogasans exceedingly well by the students of all classes. Skits and speeches were presented against elder abuse by the students. Financial assistance to the best students (1 boy and 1 girl each from class X, XI and XII) and gifts to the participants of yoga, Skit, Public Speech as well as to the trainers were given by SCB.

Also SCB arranged free Eye check up and hearing loss check up with the help of M.N.Eye Hospital and Anvil Hearing Solutions. About 600 students were benefited. All the guests were honoured. Thiru S. Jayakumar, Sec. Gen/ SCB proposal a vote of thanks. Thiru S. Prabhakaran, Treasurer / U3A Chennai co-ordinated. The principal hosted Tea and Biscuits to all the SCB members and others present. SCB distributed toffees and biscuits to the students and teachers. It was a memorable evening in deed. All the participants returned home fully satisfied with smiling faces There was a good gathering from SCB. The meeting concluded after rising for National Anthem.

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

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	Prabakaran, S	LM:660	1-Jul-1939
2	Vasudevan, S.K	LM:18	1-Jul-1940
3	Madhava Rao, A.G.	LM: 852	2-Jul-1935
4	Balasubramanian, V.A	LM:669	2-Jul-1939
5	Rajasimham, TN	LM:905	2-Jul-1935
6	Baby Parimala, S.	LM:800	4-Jul-1952
7	Balaraman, M	LM:681	4-Jul-1938
8	Kandaswamy, A.C	LM:352	4-Jul-1939
9	Shanmugam, V	LM:783	5-Jul-1939
10	Rajarathnam, L.V	LM:60	6-Jul-1939
11	Ganapathy, N	LM: 410	9-Jul-1945
12	Navaneethakrishnan, KR.	JSH:817	10-Jul-1946
13	Raghunatha Rao, D	LM:863	10-Jul-1942
14	Balakrishnan Rao, N.	LM:593	11-Jul-1929
15	Rajaram, S	LM:808	14-Jul-1930
16	Gnanasambandam, V	LM:785	15-Jul-1940
17	Govindan, T.V. Dr	LM:562	15-Jul-1946
18	Sanjeeva Rao, A. Dr.	LM:495	15-Jul-1946
19	Vir Prakash Jain	LM:767	15-Jul-1955
20	Viswanathan, S	LM:587	15-Jul-1955
21	Guruswamy, G. Er	LM:780	16-Jul-1942
22	Easwaran, C.G.Er	LM:501	16-Jul-1940
23	Ramani, S	LM:663	16-Jul-1948
24	Murugesan, C.V	LM:661	19-Jul-1939
25	Janakam, M	LM:784	19-Jul-1931
26	Janarthanan, S.K	LM:447	20-Jul-1946
27	Davaram, W.I., I.P.S.(Retd)	LM:772	20-Jul-1939
28	Ramaswamy, S. Prof. Dr.	LM:539	20-Jul-1924
29	Swaminathan, E. Er.	LM:674	22-Jul-1945
30	Chockalingam, V. Dr. Prof	LM:682	27-Jul-1945
31	Ameresan, M.S. Dr. Prof	LM:21	30-Jul-1937

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

01-Jul	World Health Day	(I)
01-Jul	State Bank of India Foundation Day	(N)
11-Jul	World Population Day	(I)
26-Jul	Kargil Memorial Day	(N)

**Note: N = National / I = International****Get Well Soon**

Mrs. Sumathy daughter of our Secy. Gen. Thiru S.Jayakumar, is progressing well after surgery.

*We wish her speedy recovery.*

**News from Net Working Associates**

**Haridwar Senior Citizen Forum organized a five day Course on "Art of Graceful Ageing"** from Central Chinmaya Vanprasth Sansthan (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.

**Probus Club of Chennai** conducted its AGM on 25.06.2016 at Russian Science and Cultural Centre, Chennai-18. During its meeting a new team of office bearers and EC members headed by Thiru RT. Namasivayam was declared elected unanimously for a two year term from 2016 - 17 and 2017 - 18. *We congratulate and wish them all the best.*

**HelpAge India launched "HelpAge SOS" App** as part of HelpAge Save Our Seniors campaign on 14.06.16 at Regional Geriatric Centre, GH, Chennai - 3. Dr. Issac Christian Moses, M.D, Dean MMC, & GH, released the HelpAges SOS app and the same was received by Thiru SN. Seshasai, I.P.S., Addl. Comm. of Police, L&O, North Chennai. *For details pl. contact Sr. Manager of HAI, Thiru. R.Muthukrishnan, Ph: 9841713671*

**FOSWL India, Chennai Anna Nagar** invites you for its monthly meeting at 5.00 pm, on 24.07.2016 (Sunday), at Karuna Enclave, SMF Annex, Opp: Hotel Akshyam, Shanthi Colony, Anna Nagar, Chennai- 40, for a talk by Dr Hema Kartick, Consultant Psychologist, on the Topic "How senior citizens can take care of themselves when they are alone". *For details please contact: Dr. Sarma VS, Ph: 9710737650, CA Narayanan K R, Ph: 9787926785.*

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