

SINGLE COPY : Rs.5/-

ANNUAL SUBSCRIPTION : Rs.50/-



Committed to serve

# 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

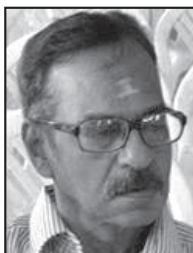
VOLUME : 14

AUGUST 2017

ISSUE : 02

## **Message from Editor in Charge of LINKAGE Journal of SCB**

I am indeed happy and fortunate to be a life member of Senior Citizens Bureau which has been doing and rendering excellent service for the past 21 years under the Captain Dr M Singaraja's dynamic leadership and also his publishing the monthly journal 'LINKAGE' for the last 14 years. I am very grateful to Dr.Capt.M.Singaraja for his mentorship to all of us during his tenure.



It is a great honor for me to serve as the new Editor-in-Chief for the Linkage, a Monthly Journal for Service and Advocacy to all Age Groups, by Senior Citizen

Bureau. I will do all my best to continue the excellent work done by the outgoing Chairman & Editor-in-Chief, Dr.Capt.M.Singaraja. I would like to thank the Senior Citizen Bureau for giving me this service opportunity for the SCB community.

LinkAge is doing very well and is brought out regularly. I welcome to any suggestions and comments that are helpful to improve the journal, and also encourage interested members of the Linkage to offer and continue offering their talents and expertise. Looking forward to working with you!

With Best Wishes,  
**S Prabhakaran**

## **Know your Chairman**

Mr C Nagendra Prasad started as Managing Director of Modern Ads Limited, an advertising consultancy firm in Madras from 1951-1956. He moved to Hyderabad in 1956 and started Tradewings Limited, one of the first IATA approved agencies in Andhra Pradesh. In 1960, he moved to Madras and started Tradewings branches in South India. He is Director of IRISS Electronic Travel Distribution system in Hyderabad. He is also currently Director of Dolphin Hotels Limited having hotels in Hyderabad and Visakhapatnam which belong to the Ramoji Group that owns EENADU.



He started the first Lions Club of Hyderabad as Charter Secretary and sponsored Lions Club of Vijayawada, Vishakhapatnam, Nizamabad. The seed laid in 1957 has grown and many Lions Clubs were established all over Andhra Pradesh. He still continues to be an active Life Member of Madras Host Club and was recipient of Lions International 50 Years Charter Monarch Milestone Chevron Award. He is the senior Most Charter Lion in the entire South India. He received the Lions LEGEND Award at All India Lions Meet in 2011.

He became the Travel Agents Association of India (TAAI) President in 1991-1993. He was SKAL International (Association of Tourism Professionals with headquarters in Spain) National President from 1981-1985. He was the first Indian to become President SKAL Asia Area in 1985-1986. He was mainly responsible in promoting India for winning the bid for SKAL Congress 2003 in Chennai. He was SKAL International Councillor India 1985-1986/ 1999-2003. He was also the first Indian to receive the order of SKAL Merit in 2003. He is the first Indian in 77 years to be awarded Member D'Honour, the highest SKAL honour.

He was Pacific Asia Travel Association (PATA) Vice Chairman for South India Chapter 1999-2004. 1998 Awarded prestigious Indian Association of Tour Operators (IATO) Hall of Fame Award.

He is connected with many social and cultural associations devoted to Child Welfare for many years. He had conducted Children's Radio Programmes in 60's over the All India Radio. He was Secretary General for World Telugu Federation from 2000-2004 when WTF World Conferences were held in Visakhapatnam and Singapore.

He is currently the Vice President of Andhra Chamber of Commerce Chennai, an 89 year old organisation.

**Website : [www.seniorcitizensbureau.org](http://www.seniorcitizensbureau.org)**

## **Invitation - 207<sup>th</sup> Programme**

### **SENIOR CITIZENS BUREAU (SCB)**

9, Montieth Road, Egmore, Chennai - 600 008

**solicit your august presence for**

#### **a HEALTH MONITORING CAMP FOR POLICE PERSONNEL, SCB MEMBERS AND OTHERS**

**Date & Time:** Saturday 19th August, 2017 and Sunday 20th August, 2017 between 10.00 and 1.00 PM.

**Venue:** MURUGAN MULTISPECIALITY HOSPITAL  
Junction of New Avadi Road-Kilpauk Garden Road,  
Kilpauk, Chennai - 600 010

**in the immediate presence of**

**Dr. ARUN PRAKASH**

Chief Doctor, Murugan Hospital  
and

**Dr. Capt. M. SINGARAJA,**

Chairman Emeritus Senior Citizens Bureau

**Thiru RAJENDRAN,**

Deputy Commissioner of Police, Law & Order, Kilpauk  
**will be the chief guest and inaugurate the health camp**

**Mr. LOYOLA IGNATIUS,**

Additional Deputy Commissioner of Police in charge of Police Welfare, Office of the Commissioner of Police, Vepery.

**Mr. SURENDRANNATH,**

AC of Police Traffic, K-4 Police Station, Anna Nagar

*have also gladly consented to be present and grace the health monitoring camp for the police personnel.*

**ALL ARE WELCOME**

**S JAYAKUMAR,**  
Secretary General

**C NAGENDRA PRASAD,**  
Chairman, SCB

#### **AGENDA:**

Master of Ceremony:

Thiru Prakash H Lulla, Vice Chairman, SCB

1. Lighting the lamp.
2. Welcome address by Dr Arun Prakash, Chief Doctor, Murugan Hospital
3. Honouring the guests
4. Address by Mr C N Prasad, Chairman, SCB
5. Address by the Chief Guest - Mr Rajendran, Dy. Commr of Police, L&O, Kilpauk
6. Address by Captain Dr M Singaraja, Emeritus Chairman, SCB
7. Presentation about "Diabetic Care" by Dr. Mohanasundaram, Diabetologist, KMC.
8. Vote of thanks by Thiru S JAYAKUMAR, Secy General, SCB
9. National anthem

Health monitoring tests for BP, Blood Sugar, BMI. Eye Test, Dental Test, Joint Pains, Knees and Hip, varicose veins test, hearing test and skin problems will be conducted at different rooms in the hospital premises.

EC meeting will be held at 11.30 AM in the same venue

## **Minutes of the 15th AGM held on 24.06.2017 at Ethiraj College**

With the opening remarks of the Chairman Captain Dr M Singaraja the AGM was called to order and after his opening remarks, two minutes silence was observed in memory of the deceased members during the reporting year. Then the birthday babies of June month were congratulated. Minutes of the last AGM held on 22nd July, 2016 was taken as read and adopted. After presentation of annual report for FY 2016-17, the audited account read by Mrs Nirmala, Treasurer was adopted. Appointment of Auditor John Morris & Co., with same remuneration as last year was adopted.

The following resolutions passed in committee meeting were ratified in AGM 1) confirming the following expenditures a) Rs29000/-towards late fee charges paid to Registrar of Society's for late renewal. b)Rs 6500 towards paid for creation of website for SCB. c) Institutional Membership Fee is increased to Rs. 25,000.

Mr V S Balakrishna Raja was inducted as the additional Vice Chairman and another EC member Mr P Sethusheshan was nominated as Joint Secretary. As our present Chairman Captain Dr M Singaraja wanted to get relieved due to his poor health, he will assume as Chairman of Emeritus. The mantle of Chairmanship has been passed on to our experienced veteran Mr C N Prasad and another EC member Thiru S Prabhakaran will be Editor in Charge of our journal "Linkage" in accordance with the unanimous decision of the Executive Committee held earlier. Our present Chairman thanked the General Body for giving him the much needed relief and thanked all the members for extending their cooperation and affection in his commitment to serve the Bureau in various capacities right from its inception. Then the incoming Chairman Thiru C N Prasad wished Dr Singaraja well, praying for his good health and for giving continued guidance to the office bearers and members, and assured to help in running of the Senior Citizens Bureau to the best of his ability. He congratulated the EC members for having done a great work in the year gone by and requested from members for any suggestions for the ensuing year. Mr. S jayakumar, Secy General presented a vote of thanks and the AGM came to end, with all singing National Anthem. It was followed by lunch.



**SENIOR CITIZENS BUREAU - 205th Meeting - 22nd Annual Day of SCB**

Senior Citizens Bureau and NSS Ethiraj College for Women jointly organised the commemoration of the 3rd World Yoga Day, 12th World Elder Abuse Awareness Day, 14th Anniversary of Journal "Linkage", and 22nd Annual Day of Senior Citizens Bureau on Saturday, the 24th June, 2017 at 11 AM at the Library Auditorium of Ethiraj College for Women. This lovely and beautiful auditorium of the college was bustling with activities. NSS volunteers in their colorful attire were beaming with broad smile to receive all senior citizens and guests. They escorted them with affection, respect and dignity. Secretary General S Jayakumar ensured the presence of the Chief guest Er K R A Narasiah on time. All of them were filled with joy for the harmonious human touch, with the Principal of the college Dr A Nirmala also joining us to start our program at 11 AM sharp. After lighting the kuthuvilakku, Master of ceremony cum Vice Chairman Thiru Prakash H Lulla greeted one and all and the entire crowd of 250 plus took the pledge Elders Abuse administered by the Chairman of SCB. NSS Coordinator DR B UMA extended a very warm welcome to the dignitaries on the dais and to the packed audience. The dignitaries on the dais were honoured by the Chairman. The chief guest then honoured senior elder members who have sighted 1000 (+) moons, between 23/07/2016 and 24/06/2017.

Then our Chairman Dr Captain Singaraja spoke about 2017 theme of World Elder Abuse Awareness Day - "Understand and End Financial Abuse of older people,

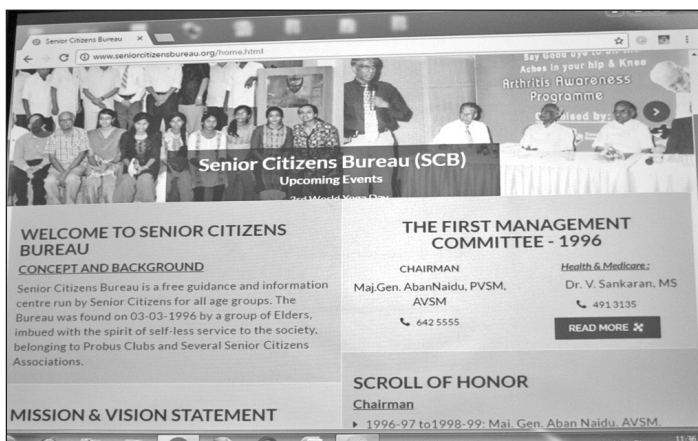


a human rights issue", He conveyed his warm greetings and felicitation to the Chairman of Ethiraj College Trust and Dr A.Nirmala, Principal and Secretary, Ethiraj College for women for getting 16th place in the National Institutional Ranking Framework, ranking carried out by the Ministry of Human Resources and Development, New Delhi. He added that it was indeed a glorious moment for Ethiraj College for Women and the Trust. He congratulated both the Chairman and the Principal, for making it possible to achieve this prestigious Govt of India HRD Ministry All India Ranking and saluting the founder and philanthropist late Mr V.L. ETHIRAJ.

Earlier launch of SCB website was done by Dr A Nirmala. the Principal and Secretary of the college and our Guest of honor. She spoke about the special project 'Talk to a Granny' and was most emotional in her special address.

Releasing the "sweet 22" Linkage issue, the Chief Guest Er K R A Narasiah delivered his key-note address on the topic "Elder Abuse Vs Intergenerational" bonding. He spoke elaborately on this topic citing several instances.

All the NSS coordinators and EC members of Senior Citizens Bureau were then honoured with mementoes and a group photo was taken. The incoming Chairman of SCB, Mr C N Prasad then spoke praying for the good health of our Chairman Dr Captain M Singaraja and for his continued guidance to the office bearers and its members.



Then followed a wonderful cultural programe by the students of Ethiraj college with very good themes and it was the highlight of the day and it was well applauded and appreciated.

All the participants in the cultural programe were given prizes and a group photo was taken. After a vote of thanks by Mr S Jayakumar, Secy General and singing of National Anthem, the meeting came to an end. All the participants enjoyed the special lunch sponsored by Mr C N Prasad as well as the tea and biscuits served by the college before the commencement of the programme.

Before the commencement of the programme, the following health monitoring tests wer conducted at no cost at the same venue:

1. Ht, Wt, BP, Random blood sugar by Kauvery Hospital.
2. Eye test by Agarwal Eye Hospital
3. Hearing test by Aanvii Hearing solution

### **News from Networking Associates**

**The 2nd meeting of National Council of Sr. Citizens, "NCSRC"**, was chaired by the Hon Minister Mr Gehlot, at New Delhi, on 19th Jun 2017, in the august presence of Mr Vijay Sampla, Minister of State, Mrs Latha Krishna Rao, secretary, official and non official members of the council. The chairman highlighted the following:

- Proposal is under consideration to issue Aadhaar based smart card for sr citizens.
- Action for evolving standards and methods of statutory prescription for old age homes is underway.
- Scheme of integrated program for older persons (ipop) is revised wef 01-04-2015.
- Rashtyriya Vayoshri Yojana for free distribution of physical aids and assisted living devices to sr citizens belonging to bpl category has been launched wef 01-04-2017, thru Alimco, a PSU.

**Helpage india** released their All India survey and a nation wide report on "how Indian society treats its elders" in connection with world elder abuse awareness day. Helpage India, Tamilnadu State, organized the awareness program and released the report on June 14, 2017, at Regional Geriatric Centre, GH, Chennai-3. Dr R Narayanan, Dean / MMC was the Chief Guest. Thiru SN Seshadri IPS, ACP/HQ, Chennai and DR S Sivakumar, Prof and Head Geriatric Medicine, GH, Chennai, were the guests of honour.

**The 38th AGM and Conference of the All India Federation of Pensioners' Associations (AIFPA)**, was held on 21st and 22nd July, 2017, at T. Nagar, Chennai -17.

**Tamil Nadu Senior Citizens Association (TANSECA)**, is organizing many inland and overseas tours periodically. For details pl Contact Ph. 044-2621 3850.

**Probus Club of Chennai**, conducted its Silver Jubilee celebration on 18th Jun, 2017, at Russian Cultural Centre, Chennai. A commemorative souvenir was brought out. Charter members, past presidents, major donors, members of age 90+, sponsors and winners of essay / poetry completions were honoured.

**The 45th AGM of the TNEB Retried Officials Association** was held on 6th June 2017 at ICSA, Chennai- 8.

**Retired Officials Association, Uthukottai**, 30th Annual Day and AGM was held recently at Sivaparvathy Kalyana Mandapam, Uthukottai.

**FOSWL India, Chennai Anna Nagar**, invites you for its monthly meeting at 5.00 P.M., on Sunday 27.08.17 at Karuna Enclave, SMF Annex, opp: Hotel Akshyam, Shanthi Colony, Anna Nagar, Chennai- 40. For details pl ct ph. 93818 01446.

### **Congrats**

Bharatha Natya Arangetram of Tmt Pooja, daughter of of our Hon Member and Supporter Thiru K T Srinivasa Raja, Adyar Anandha Bhavan Sweets and Snacks, was presented by Noopurlaya School of Performing Arts and Guru Tmt Lalitha Ganapathy, on 7th July 2017, at Chettinad Vidyshram Auditorium, R A Puram, Chennai-28. Our Chairman Emeritus Dr M Singaraja graced the occasion and honoured Tmt Pooja.

AIR India gives tickets to Sr Citizens over 60 years of age at half the price.

<http://www.airindia-citizen-concession-htm>. Source: AISCCON News.

### **Change of Address**

LM 872 – Ph. 09818866922  
K M MANIVANNAN  
C/o Dr Chitra Rajagopal  
C-II/21, Tilak Lane  
New Delhi – 110 001.

### **Obituary**

Mrs. John Selvaraj (75), spouse of Thiru John Selvaraj passed away peacefully on 27th July, 2017 at Chennai.



## ***Age care to less privileged - 206th Meeting of the Senior Citizens Bureau***



As part of the project of the Senior Citizens Bureau "Age care to less privileged" was held as the 206th programme of SCB at "Nammadhu Illam" - Corporation Night Shelter, at No 18/17, Old Attuthotti Salai, Thattankulam, Choolai, Chennai - 600 012, on Friday, the 21st July, 2017 from 2 PM to 4 PM. There was a good gathering of inmates from Namadhu Illam and Helpage India Manager Mr Muthukrishnan welcomed all and requested our Emeritus Chairman Captain Dr M Singaraja to address the gathering. He was followed by our Chairman of SCB, Shri C Nagendra Prasad, who in his address, introduced himself and explained his experience and achievements in an elaborate manner and appreciated Dr M Singaraja for his yeoman service to SCB all these 21 years and also to the society. The doctor in charge of this Nammadhu Illam then spoke. Then followed a medical check up for all the inmates.

All inmates were given Biscuit and Tea. Also one big Handloom Towel. They were distributed by E.C. Members, Helpage Manager Mr Muthukrishnan, Capt Singaraja, Hari Prakash, Sethuseshan, Prabhakar, Caregivers of ILLAM and Volunteers. Then all SCB Members had moved to an adjoining room for E.C. Meeting. Capt. Singaraja along with New Chairman Shri C.Nagendra Prasad presided. New Chairman explained about his experience and activities and achievements of his enterprising institutions and his contribution and service to Children. Later Captain briefed all members to take care of SCB and bring forward its activities.

## ***10 Important Mantras for Aging Gracefully***

Many people feel unhappy, health-wise and security-wise, after 60 years of age, believing a diminishing importance is given to them and their opinions. But, it need not be so, if only we understand the basic principles of life and follow them.

Here are ten mantras to help you age gracefully, to make life after retirement more pleasant, to enjoy and treasure the elder years of wisdom and intelligence.

**1. Never say 'I am too old':** There are three ages, chronological, biological, and psychological. The first is calculated based on our date of birth; the second is determined by health conditions, and the third is how old you feel you are. While we don't have control over the first, we can take care of our health with good diet, exercise and a cheerful attitude. A positive attitude and optimistic way of thinking can reverse the third age.

**2. Health is wealth:** If you really love your kids and kin, taking care of yourself and your health should be your priority. Thus, you will not be a burden to them. Have an annual health check-up and take the prescribed medicines regularly. Take out health care insurance coverage.

**3. Money is important:** Money is essential for meeting the basic necessities of life, keeping good health and earning family respect and security. Don't spend beyond your means, even for your children. You have lived for them throughout, and it is time you enjoyed a harmonious life with your spouse. If your children are grateful they should take care of you. But never take that for granted.

**4. Relaxation and recreation:** The most relaxing and refreshing forces are a healthy and religious attitude, good sleep, music and laughter. Have faith in your religion, learn to sleep well, love good music, and see the fun side of life.

**5. Time is precious:** It's almost like holding a horse's reins. When they are in your hands, you can control them. Imagine that every day you are born again. Yesterday is a paid check. Tomorrow is a promissory note. "Today is ready cash; use it profitably. Live this moment".

**6. Change is the only permanent thing:** We should accept change; it is inevitable. The only way to make sense out of change is to join the dance. Change has brought about many pleasant things. We should be happy that our children are blessed.

**7. Enlightened selfishness:** We are all basically self-interested. Whatever we do, we naturally expect something in return. We should definitely be grateful to those who stood by us. But our focus should be on the internal satisfaction and happiness we derive by doing good for others, without expecting anything in return but the warm glow we get, which in the end, is what we really want.

**8. Forgive, then Forget:** Don't be bothered too much by others' mistakes. It is certainly hard in the heat of the moment to turn the other cheek, but, for the sake of our own health and happiness, let us forgive and forget as soon as we can. Otherwise, we will only be increasing our blood pressure.

**9. Everything has a reason; a purpose:** Take life as it comes. Accept yourself as you are, and also accept others for what they are. Everybody is unique and right in their own way.

**10. Overcome the fear of death:** We all know that one day we have to leave this world. Still, we are afraid of death. We think that our spouse and children will be unable to withstand our loss. But the truth is that no one is able to die for you; though they may painfully mourn for some time. Time heals everything and they will carry on. Remember, no one leaves this world alive.

### ***EC Meeting held on 21st July, 2017***

EC meeting for July was held on 21st July, 2017 at the premises of "Nammadhu Illam", Corporation Night Shelter, New Choolai. Captain Dr M Singaraja along with SCB's New Chairman Sri C Nagendra Prasad, presided over this meeting. Mr Nagendra Prasad explained about his experience and activities besides achievements of his enterprsing institutions and his contribution and service to children. Later Captain briefed all members to take care of the Senior Citizens Bureau bringing laurels and forward its activities. He has also introduced HDFC insurance representative and informed all that a separate meeting is arranged in September to explain the salient feature of this scheme to all our members. Then he discussed about the August program suggesting that the health camp should not be only for Police personnel but also for our members and public too which is to be added in the 'invite'. After vote of thanks, members dispersed with smiling faces.

### ***Administrative Office***

Rohini, 9, Montieth Road, Egmore,  
Chennai - 600 008. Phone : 28553031  
Email : [info@seniorcitizensbureau.org](mailto:info@seniorcitizensbureau.org)

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

Founder Chairman:

Late Maj Gen **Aban Naidu**, PVSM, AVSM, M-in-D

Patron:

Padmasri **Dr. V.S. Natarajan**, MD, FRCP, DSc.(Hon.)

Ph: 9500078740

Chairman Emeritus:

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

C.Eng., BE, PGDBM, FIE, FIV, M.Sc., Ph.D.

Ph: 9444127704

Chairman: **C. Nagendra Prasad**

Ph: 7358027559

Vice Chairman: **Prakash H. Lulla - 1**

Ph: 9841866747

Vice Chairman: **V.S. Balakrishnan Raja - 2**

Ph: 9840152085

Secretary General: **S. Jayakumar**

Ph: 9381801446

Joint Secretary : **P. Sethu Seshan**

Ph: 9840021231

Treasurer: **Dr. R. Nirmala**

Ph: 7358609969

### **EC Members**

Er. S. Ranganatha Rao 9841298848

Mr. C. Panneer Selvam 9444677076

Mr. P.M. Pandian 9444171757

Mr. S. Prabhakaran 9600088464

Mr. Sainath 9840764174

Mr. R. Ramakrishnan (SBI) 944428514

Er. R. T. Namasivayam 9789974100

### **Editor & Publisher – LinkAge**

**S. Prabhakaran**

Ph: 96000 88464 / 044 42662454

E Mail: [rtnprabhu@yahoo.com](mailto:rtnprabhu@yahoo.com) / [prabhumagesh@gmail.com](mailto:prabhumagesh@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**

MJF Lion Amruth Kumar, JP 9884052161

Mr. Aravamudachary 9444951231

Dr. T.S. Kanaka 9444142482

Dr. T.S. Ramaswamy 9444453270

Dr. P.S. Rajam 9444441233



**Multi  
Speciality  
Hospital**



**24 Hours  
EMERGENCY  
AND  
TRAUMA CARE**

## **MURUGAN HOSPITALS**

**HEALING HANDS**

Accident & Emergency / Laboratory / X Ray / Pharmacy, Orthopedics / Trauma & Joint replacement, Obstetrics & Gynaecology, General Surgery, Anesthesiology & intensive care, Arthroscopy & Sports Medicine, Laparoscopy & Key Hole surgery, Paediatrics & Neonatology, Urology, Nephrology & Dialysis, Plastic and Reconstructive surgery, Neurology & Neuro surgery, Dermatology & Cosmetology, General Medicine, Complete dental care, Paediatric surgery, Palliative & Elderly care Chest Medicine, Vascular surgery, Physiotherapy & Rehabilitation care, Medical & Surgical Gastroenterology, Diabetology, Infertility, Cardiology, E.N.T.

**264/125, Kilpauk Garden Road, Kilpauk, Chennai - 600 010.**

**Phone: 91 44 26448989; 91 44 2644 0519**

### **Senior Citizen Care Products from Old is Gold Store**

- Wheelchairs
- Walkers
- Walking sticks
- Shower chairs
- Portable commodes
- Piles cushions
- Back support
- Adult diapers
- Hygiene products



**VISIT OUR STORE**

**CALL-98 40 44 05 05**

**old is gold store**

*A Store for Senior Citizens*  
**NEW BRANCH @ OMR!**  
[www.oldisgoldstore.com](http://www.oldisgoldstore.com)

**FREE HOME DELIVERY\***

\*T&C APPLY

**1/240, Panchayat Office Road, OMR, Opp.  
Hotel Asiana, Semmencheri, Chennai 600119  
Ph: 96 77 17 65 65**

**New No. 53, 1st Main Road, Indira Nagar,  
ADYAR Ph: 244 66 244 / 96 77 00 34 24**

**AH-247, 1st Street, ANNA NAGAR,  
Chennai-40 Ph: 42 66 66 84 / 98 40 51 35 74**

Registered with Registrar of Newspapers for India No.TN/ENG/2004/13996 Date of Publication 7th / 8th of Every Month  
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	Er. Raghunathan .C	LM:878	01-08-1932
2	Mr. Nagaranjan	LM:518	02-08-1943
3	Er. Justin Paul	LM:684	03-08-1942
4	Mr. Sethuraman .N	LM:298	05-08-1936
5	Mr. Natarajan .VS	LM:686	07-08-1933
6	Er. Olney Aaron	LM:583	07-08-1937
7	Mr. Seshadri .G	LM:613	10-08-1932
8	Mr. Balasubramanian .N	LM:458	11-08-1936
9	Mr. Amarnath .MI	LM:515	14-08-1934
10	Mr. Harinder Sagar Naidu	LM:22	14-08-1948
11	Er. Visweswaran Raju .CS	LM:485	14-08-1936
12	Mr. Habibunissa Begum	LM:826	15-08-1927
13	Mr. Hariharan .T.V	LM:23	15-08-1936
14	Er. Kolandan .S.N	LM:680	15-08-1937
15	Mr. Kousalya Sarathy	LM:19	15-08-1943
16	Mr. Mani .K.S	LM:540	15-08-1933
17	Mr. Antony Samy .S	LM:740	16-08-1948
18	Mr. Umakanthan .C	LM:596	17-08-1949
19	Mrs. Chandra Veer Raghavan	LM:617	18-08-1944
20	Mr. Raja Raman .V	LM:901	18-08-1936
21	Dr. Vasanthavalli .R	LM:574	19-08-1942
22	Mr. Krishnamoorthy .H	LM:332	23-08-1931
23	Mr. Loganathan .A.R	LM:239	23-08-1935
24	Mr. Rajendran Raja .K.P	LM:859	23-08-1952
25	Mr. Rajeshwari .A	LM:608	24-08-1944
26	Mr. Ratnasamy .J	LM:807	26-08-1934
27	Dr. Premkumar Satya .A.J	LM:649	26-08-1948
28	Dr. Prof. Gomathi Narayanan	LM:137	27-08-1934

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

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.
	Mr S K Vasudevan		500
	Mr D Ponnuduraismy		1000
II	ANNUAL DAY DONATION		
	Prof R Bahirathi		1000
	Mr A Muthuswami		1000
	Mr U Ponnambalam	731	2000
	Mr R T Namasivayam		1000
	Mr K S Mani		1000
	Mr A G Arumugam		1000
	Mrs N Krishnaveni		500
	Mr R.Thangaraj	847	500
	Mr Vemanna Reddy		2001
	Haji U Sahul Hameed		500
	Mr Loganatha Rao	821	500
	Mr P Sethuseshan		500
	Mr N Kumaran Thambi	837	500
	Mr T K Perumal Rao	838	100
	Mr V Sitaraman	519	500
	Mr Ramavadhan		1000
	Dr M Sarada Menon		5000
III	RENEWAL OF ANNUAL MEMBERSHIP		
	Mr P Sethuraman		500
	Mr Prakash H Lulla		500
IV	NEW MEMBERS		
	Mr R Parasuraman (Annual Membership)		500+50

**Articles for Link Age**

Many of our members have vast experience in their official and personal life and would like you to share those experiences for the benefit of others in our Link Age. You can email articles for publication. We also request you to kindly give your suggestions for improving for better presentation of Link Age and if you have any contacts we request you to get advertisements to meet the cost and help us.

**PUBLISHED IN THE SECOND WEEK OF EVERY MONTH ON 7TH / 8TH AND  
POSTED AT PATRIKA CHANNEL, EGMORE RMS. DATE OF POSTING: 7TH AUGSUT, 2017**

**If undelivered please return to:****LinkAge**

C/o. Senior Citizens Bureau  
90. Rama Street, Nungambakkam,  
Chennai-600 34, Ph: 044 – 2823 1388.

To.