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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

VOLUME : 13

JANUARY 2017

ISSUE : 07

Invitation - 201st Programme

SENIOR CITIZENS BUREAU JOINTLY WITH U3A CHENNAI

90, Rama Street, Nungambakkam, Chennai - 600 034
Ph: 044-28231388; E- Mail: singaraja@gmail.com

**CORDIALLY INVITES YOU FOR A PANEL DISCUSSION ON
"WIDENING THE INTERNATIONAL NETWORK OF U3A"**

**at the Conference Hall of Andhra Chamber Of Commerce,
23, III Cross Street, Opp. to Saidapet Bus Station,
behind Amirta Catering Institute,
West CIT Nagar, Namdanam, Phone : 24315277.**

**on Saturday, the 21st January 2017,
from 10.30 to 12.30 Hrs**

Chief Guest:

Dr. LATHA PILLAI

Director, Rajiv Gandhi National Institute of
Youth Development (RGNIYD), Sriperumbudur - 602105

Guests of Honour:

Prof. PARSURAMEN ARMOOGUM

President, U3A Mauritius

and

Prof. VELLAS

President, Association of International Universities
of the Third Age (AIUTA), Toulouse, France.

Presided over by:

Dr. Capt. M. SINGARAJA

Chairman, Senior Citizens Bureau and U3A Chennai

All are welcome

SECRETARY GENERAL / SCB

**Note: The delegates who are interested to attend may
register in advance, by remitting Rs. 100/- either in cash
with Thiru S. Jayakumar, Ph: 9381801446 or by Bank
Transfer to IOB A/C. 057101000014073, IFSC: IOBA0000571.
The seating capacity of the hall is 60. Lunch will be served
after the meeting.**

EC members are requested to attend the EC meeting at the
same venue after lunch.



*and
Best wishes
on the occasion of
Pongal Festival
and New Year.*



**பொங்கலோ
பொங்கல்!!**

News from Networking Associates

The inaugural function of Dr.V.S. Natarajan Geriatric Foundation will be held at Vani Mahal, GN Chetty Road, Chennai on Monday the 6th February 2017 at 5.00 p.m. also the following items are lined up:

1. Release of English book titled 'Life is Beautiful, Again' written by me
2. Launch of Comprehensive Geriatric Homecare program
3. Launch of exclusive bilingual online magazine for the elderly
4. Release of 'Maradhiyai muriyadi' 2nd of the Pocket book series

All are welcome. Entry Free. For details : Ph. 8939892205

Annual Conference of WINSI (Woman in Neurosurgery India) was inaugurated on 17th Dec 2016 at Chennai. The first lady Neurosurgeon of Asia and our Advisory committee member, Dr. T. S. Kanaka was the Chief guest. Dr.Yoko Koto, the first lady Neurosurgeon of Japan was the Guest of Honour. There are about 60 lady Neurosurgeons in India.

Our Advisory Committee Member and President, CDISSIA Thiru T. V. Hariharan, participated as Chief Guest and delivered Inaugural address in the State Level Vendor Development program jointly organized by CDISSIA and MSME, Chennai on 25.10.2016. Dignitaries from Southern Railway, NSIC, DIC, CPCL, MSME-DI, and CDISSIA participated. Also he as Chief Guest inaugurated the Entrepreneurship Cell, at Mazharul Uloom College on 27.10.2016, in his capacity as Vice President, FASII (.R.)

16th National Conference of AISCCON was held at Tirupati, Andhra Pradesh, from 22nd to 24th November 2016. It was hosted by Mahatma Senior Citizens Welfare Association, Tirupati and Andhra Pradesh Senior Citizens Samakhya. 1500 Delegates from various parts of India and 30 Delegates from SAARC countries attended. In the inaugural session, Thiru Ch. Parmeswara Reddy, President of AP Senior Citizens Samakhya welcomed. President Emeritus Dr. S. P. Kinjawadekar introduced EC members of AISCCON for 2016 to 2019. President Thiru D. N. Chapke honoured the heads of foreign Delegations from Nepal, Bhutan, Bangladesh, Srilanka and Maldives. Secretary General Thiru Anil Kaskhedikar administered the AISCCON pledge. Various AISCCON awards were presented. The first day deliberations ended with cultural program. Vital issues were discussed in the technical sessions held on 2nd day. (Refer: AISCCON News / Dec 2016).

AGM of Indian Society of U3As as well as a Seminar on "Strategies of Care Giving to Elders in India" was held at Lucknow on 13th Nov 2016 in the august presence of Mr. R N Mital, Dr Sajjan Singh, Mr. J R Gupta, Dr R K Garg, Dr P Vyasmoothy, Mr. G K khare, Mr. D C Babel, Dr P K Sinha, Mr. M K Raina, Mr A K Khan, Dr S K Pathak, Mr. S K Gupta, Mr. Naresh Singhal, & Mr. A K Sharma. The program was hosted

by Central Zone of ISU3A and Bharatiya Varishtha Nagarik Samiti (BHAVANA), Lucknow. Zonal President Mr. A.K. Malhotra, delivered the key note address. Justice Kamleshwar Nath, Retd Judge of Allahabad High court, inaugurated the seminar on "Strategies of Care Giving to Elders in India". Key note address was delivered by Mr. V K Shukla President of BHAVANA. Sub themes were dealt with by eminent specialists.

4th National Conference of Resident Welfare Associations (NCRWA - 2016), with the theme "Empowering RWAs in Shaping Smart Cities" was organized by the Resident Welfare Associations (RWAs) of Vishakhapatnam, jointly with Confederation of Resident Welfare Associations (CoRWA), New Delhi and United Federation of Resident Welfare Associations (UFERWAS), Hyderabad, at Vishakhapatnam on 26th & 27th Nov 2016. Thiru M Venkaiah Naidu Hon'ble Union Minister, Urban Development and Housing, was the Chief Guest. Mr. Rao Chelikani is the brain and motivaeor.

The International conference on "Services to the Elderly - Current challenges and Emerging trends" is organised on 23rd and 24th February 2017 by the Heritage Foundation at Hyderabad. If a minimum of 10 members are interested to attend the conference a sightseeing tour to Hyderabad can be arranged. Those interested, may contact Thiru S. Jayakumar, Ph: 9381801446.

The 18th Annual day of Pondicherry Senior Citizens Welfare Association was celebrated on 18th December 2016 at Vivekananda Hr.Secondary School at Puducherry. After the welcome address by Thiru S.V.Iyer President of PSCWA. Tmt R.Meenakumari, Director, Social Welfare Dept., delivered Presidential address. Dr.Rathina Janardhanan, Urologist, Dr V.Gopal, Mother Therasa P.G. and Research Institute of Health Sciences.Tmt Rehana Begum,President Pondicherry Women's Associations, Kalaimamani Margeret Nicholas (Retd teacher) and Thiru Aditya Verna, AGM, SBI felicitated. Thiru Govinddaraju Secretary of the association presented the annual report. Various awards were presented to the winners by the sponsors.

FOSWL invites you for its monthly meeting at 5 pm on 22.01.17 at Karuna Enclave, Shanthi Colony, Anna Nagar. For details Ph. : 9381801446.

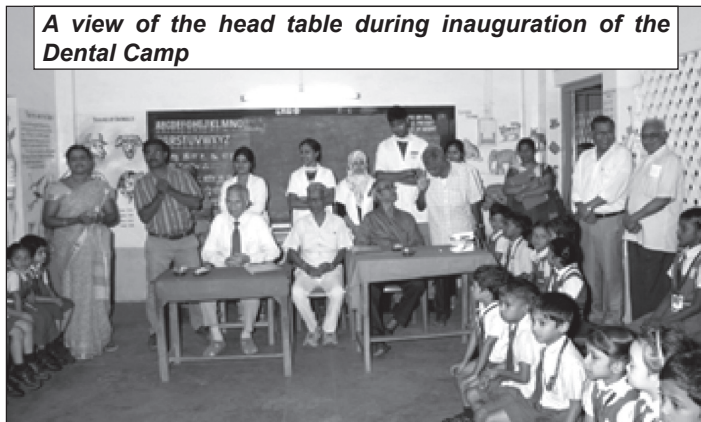
Congrats

Thiru R N Mital, our Honorary Member (JSH:153) and Advisor to Indian Society of U3A was felicitated on 30.12.16 at East Lawn Secunderabad Club at 6.30 pm on attaining 90 yrs of age. Our greetings and complements to the doyen of senior citizens movement.

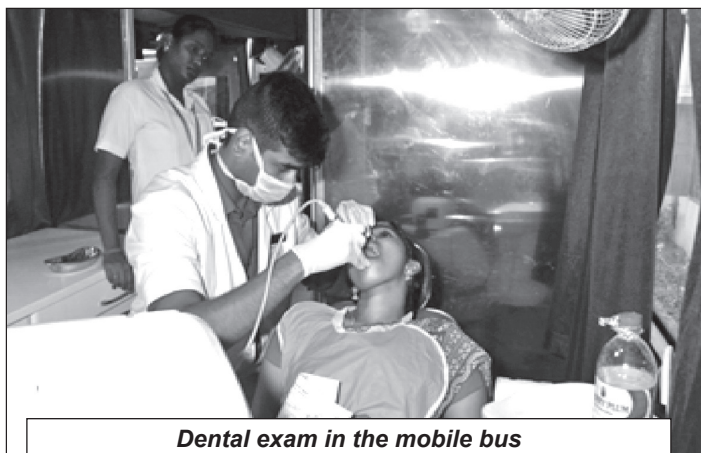
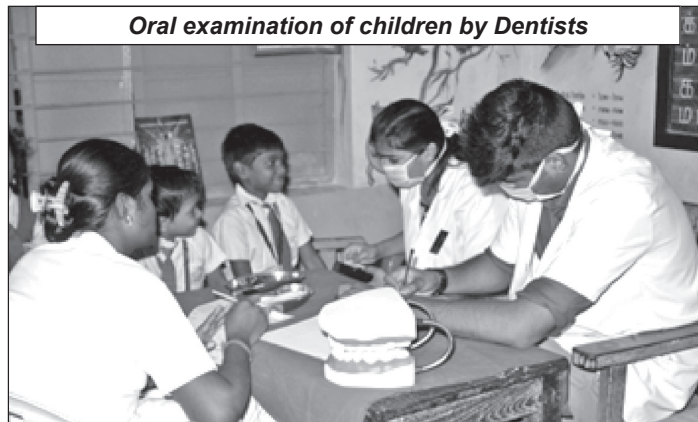
Selvan Bala Rajesh Singh, the grand son of our Chairman Dr. Capt. M. Singaraja and S/o Mrs. and Mr. K.B. Ramsingh weds Selvi Niranthana, grand daughter of our Elder Member Thiru M.S.D. Chandrasekar Raja and D/o Mrs. and Mr. P.J. Ramkumar Raja on 01.02.2017 at Rajapalyam.

SCB -200th Programme - Dental Health Monitoring Camp

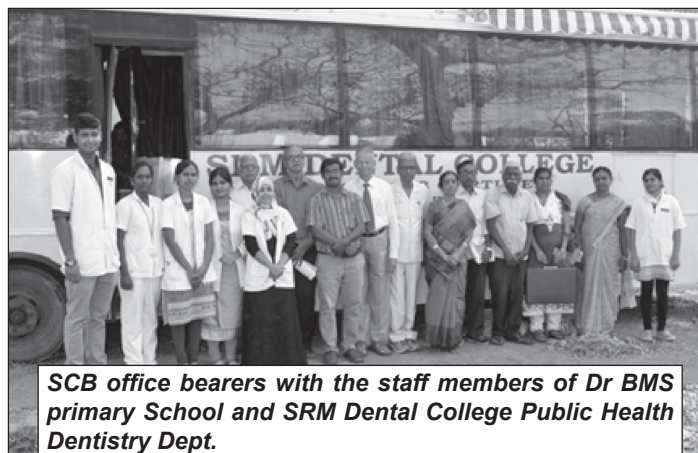
A view of the head table during inauguration of the Dental Camp



Oral examination of children by Dentists



Dental exam in the mobile bus



SCB office bearers with the staff members of Dr BMS primary School and SRM Dental College Public Health Dentistry Dept.

Senior Citizens Bureau, organized a Dental Health Monitoring Camp, in association with Dept., of Public Health Dentistry, SRM Dental College, Ramapuram, as its 200th programme in commemoration of World Elders Day and Childrens Day, from 10.30 to 12.30 hrs on Monday, the 19th December, 2016, at Dr.BMS Primary School campus, West Shenoy Nagar, Chennai - 30. After invocation by the students of the school, Tmt.Thangam, Asst HM, welcomed the Chairman, Dr. Capt. M. Singaraja and members of SCB and the medical team. She represented the HM, Tmt. V.Gowri Bai, who made all arrangements. Our Chairman honoured the Asst HM Tmt. Thangam, SRM medical officers Dr M Mydhili Reddy and Dr. C. Selvakumar, and our EC member Thiru R. Ramakrishnan who celebrated his Sadabhishegam on 30.11.16 and birthday on 13.12.16. The Chairman greeted the entire medical team, the staff members and the students of the School. In his inaugural address, he encouraged the students to pay

attention to their oral health and to see the doctors without any fear. He narrated 2 cases of dental surgery to correct the problems in the eyes and brain. The advanced technology offers facial correction and various types of dentures. The program for the students and for senior citizens went on separately in 2 different halls. Dr C. Selvakumar, representing Prof Dr D Prabhu, HOD, Public Health Dentistry made his power point presentation on "Oral Health" to the seniors. He interacted with the audience nicely and cleared their doubts. Deserving cases were treated in the mobile dental bus which is equipped beautifully like a dental clinic with 2 dental chairs. Toffees and Biscuits were presented to all the students. Tea with snacks was served to all the participants. Thiru P. Sethu Seshan was the master of ceremony. Thiru S. Jayakumar proposed a vote of thanks. The meeting came to an end after rising for national anthem. ❖

EC meeting for the months of Oct, Nov & Dec 2016, were held on 27.10.2016, 28.11.2016 & 19.12.16 respectively. The minutes were communicated to the EC members subsequent to the EC meeting.

Core group meeting of SCB and U3A Chennai was held at Nungambakkam on 22.12.16. In preparation for a panel discussion on "Widening the International Network of U3A" on 21.01.2017 at Chennai by Prof. Francois Vellas,

President of AIUTA (Association of International Universities of the Third Age, Toulouse, France) and Prof. Armoogum Parsuramen, President of U3A Mauritius, It was presided over by Dr.Capt.M. Singaraja, Chairman of SCB and U3A South Zone of ISU3A. Tom Holloway, Secretary General of WorldU3A and Asia Pacific Alliance was in attendance with his Assistant Radha. M/s. P. Sethuseshan, VS. Balakrishna Raja, S. Prabhakaran and S. Jayakumar attended. Mr. CN Prasad, took leave of absence being away at Hyderabad. ❖

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Birthdays : January

Wishing you a Cheerful, Peaceful and Prosperous life

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	Bhaskar Mukherjee	LM:907	4-Jan-1952
2	Muthuswami A Er	LM:936	4-Jan-1945
3	Poonkunran, G	LM:893	4-Jan-1967
4	Viswanathan, G	LM:779	4-Jan-1947
5	Namasivayam, R.T. Er.	LM:820	5-Jan-1938
6	Thennavan, M. Er.	LM:670	5-Jan-1946
7	Chakravarthy, A.K. Er	LM:580	7-Jan-1944
8	Sivasankaran, A, Er.	LM:428	8-Jan-1937
9	Mani, K. Dr.	LM:916	10-Jan-1951
10	Vimala Rajaram	LM:508	10-Jan-1948
11	Raja, P.S.C. Er.	LM:86	14-Jan-1937
12	Dharmalingam, M	LM:673	15-Jan-1940
13	Singaraja, M. Dr. (Capt.)	LM:3	15-Jan-1937
14	Vemana Reddy, G	LM:525	15-Jan-1944
15	Ramavadhani, J	LM:560	16-Jan-1941
16	Kannappan, M.	LM:529	18-Jan-1947
17	Sudha Ramalingam	LM:11	20-Jan-1951
18	Gopalarithnam, V. R	LM: 851	21-Jan-1946
19	Kumari, G	LM:573	22-Jan-1933
20	Kothandaraman, G	LM:768	23-Jan-1940
21	Ayesha Hamid, Dr	LM:478	24-Jan-1948
22	Jayasree Balan	LM:480	27-Jan-1943
23	Kanagasabai, V, Dr.	LM:897	28-Jan-1956
24	Sriharinathan, D	JSL:378	29-Jan-1935
25	Rameeza A. Rasheed, Prof. Dr.	LM:559	30-Jan-1945

Your liberal contribution to Sun Shine Fund is solicited.

National / International Days - January

5th Louis Braille Day	I
10th World Laughter Day	I
12th National Youth Day	N
15th Army Day	N
25th International Customs and Excise Day	I
25th Tourism Day (India)	N
26th Republic Day (India)	N
30th Martyrs's Day	N
30th Leprosy Prevention Day	I
30th Sarvodaya Day	N

Note: N = National / I = International

Acknowledgment

Thanks a lot & God Bless You

I	Sunshine fund	Mem. No	Rs.
1	Thiru R. Ramakrishnan, SBI	LM:791	200
2	Thiru K. Sathyanarayanan	LM:481	1000
II	Donation		
1	Tmt PS Rajam	LM:502	500

Mail Box

Email dated 7.1.16 from Thiru Kandadai Ganesan

I read all the three e mails and gone through the attachments. I am very much over whelmed to see so much of your activities. In fact I like the view on Ageism. People stop thinking of their age and also totally stop celebrating their birthdays, since it is unnecessarily reminding their age. It is the root cause for creating all sorts of feeling which in turn spoils their peace. This is only my thought and if I am not right you may correct me.

Reply: The internal attitude of the senior citizens has a great influence on their own well being good or bad. Thank u for yr encouraging feed back.

Obituary

We regret to record the sad demise of Selvi J Jayalalitha, former CM of TN on 5.12.16, Dr. V.C. Kulandaiswamy, HM: 395, our supporter and former VC, Anna University and IGNOU on 10.12.16 and Thiru Arundev Choudhuri, LM: 611, Nungambakkam on 11.12.16. Our heartfelt condolence to the bereaved family members.

Change of address

LM:29, Ph:9841298848, DOB:15.06.1934
Er.S.Ranganatha Rao
D1, Sai Swagath, 13 (6), Sarangapani St,
T Nagar, CHENNAI - 600 017

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To.