



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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## Invitation - 203<sup>rd</sup> Programme

### SENIOR CITIZENS BUREAU - U3A CHENNAI

90, Rama Street, Nungambakkam, Chennai - 600 034

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

In association with

**DEMENTIA CARE IN SCARF - DEMCARES  
Schizophrenia Research Foundation (India)**

Cordially invites you for

**"DEMENTIA SCREENING CAMP"**  
in Commemoration of World Health Day

**On Saturday, the 18th March 2017,  
from 10.00 am to 12.00 pm**

**at SCARF TRAINING AND RESOURCE CENTRE  
First Floor, Greams Dugar Apartments,  
149, Greams Road, Chennai - 600 006  
(Opposite Thousand Lights Police Station).**

**Presentation on Dementia Care by:**  
**Dr. SRIDHAR VAITHESWARAN MD, MRC Psych**  
Consultant Psychiatrist & Coordinator /  
Dementia Care in SCARF - DEMCARES

**Inauguration by :**  
**Dr. Capt. M. SINGARAJA,**  
Chairman, Senior Citizens Bureau and U3A Chennai

All are welcome

**Note:** EC members are requested to attend the EC meeting at the same venue, immediately after the camp.

## உலக முதியோர் நாள் விழா கோரிக்கைகள்

நமது மன்றத்தின் முன்னாள் தலைவரும், முத்த முதியோர் நல மருத்துவருமான டாக்டர் வ.செ.நடராசன் 28.02.2017 அன்று சென்னையில் அரசு சார்பாக நடந்த உலக முதியோர் நாள் விழாவில் முன் வைத்த கோரிக்கைகள்.

1. முதியோருக்கும் தடுப்பூசி போட வேண்டும் என்பதை வலியுறுத்தும் விதமாக, மாநிலம் முழுவதும் ஒருங்கிணைந்த விழிப்புணர்வு நிகழ்ச்சிகளை அரசு நடத்த வேண்டும்.

2. 60 வயதுக்கு மேற்பட்டோர் அனைவரும், மாநகராட்சி நலவாழ்வு மையங்கள் மற்றும் அரசு மருத்துவமனைகளில் இலவசமாக தடுப்பூசி போட்டுக்கொள்ளும் வகையில் அரசு நடவடிக்கை எடுக்க வேண்டும்.

3. முதியோர் நலன், பாதுகாப்பு, சமூக பங்களிப்பு குறித்த பொன்மொழிகளை பொதுமக்கள் படிக்கும் வகையில் பஸ், பூங்கா உள்ளிட்ட இடங்களில் காட்சிப்படுத்த வேண்டும்.

4. முதியோரின் நலம், ஊட்டச்சத்து, பொழுதுபோக்கு, மனநலம் உள்ளிட்டவற்றை வெளிப்படுத்தும் விதமாக, அரசு பருவ இதழ்களை வெளியிட வேண்டும்.

5. முதியோர் நடைப்பயிற்சி, உடற்பயிற்சி செய்ய வசதிகளை ஏற்படுத்தி தர வேண்டும்.

6. மாவட்ட தலைநகரங்களில் உள்ள அரசு மருத்துவமனைகளில், முதியோருக்காக தனி படுக்கைகளை ஒதுக்க வேண்டும்.

7. குழந்தைகளுக்காக அங்கன்வாடி மையங்கள் செயல்படுவதுபோல, வேலைக்கு போகும் பிள்ளைகள் வீட்டில் தனியாக இருக்கும் முதியோரை காக்கும் வகையில், முதியோர் மையங்கள் ஏற்படுத்தப்பட வேண்டும்.

**SCB - 201<sup>ST</sup> PROGRAMME - "WIDENING THE INTERNATIONAL NETWORK OF U3As"****Honouring Prof Vellas and Prof Parsuramen****Chairman honouring the Chief Guest Prof. Dr. VSS****Prof VSS Honouring the Chairman****A group photo with VIPs from Abroad & Chennai****Thiru VM Muralidharan addressing on 26.01.17**

The 201st meeting of the Senior Citizens Bureau U3A Chennai was held at the conference hall of Andhra Chamber of Commerce, West CIT Nagar, Chennai, on 21.1.17, from 10.30 am to 1 pm. Thiruvalargal S Prabhakaran, S Lakshminarayanan, C Panneerselvam, and Sainath greeted the delegates and issued the badges after registration. 50 persons participated. The Chairman Dr M Singaraja, Vice Chairman Thiru Prakash, Secretaries Thiruvalargal S Jayakumar and Sethu Seshan, Core Group members Thiruvalarkal V S Balakrishna Raja and CN Prasad received and entertained the guests from abroad and introduced them to the local guests. Ms. K Lalitha Krithika (aka) Swathi, performed Classical Dance to the delight of guests from abroad. After lighting the traditional lamp to inaugurate the function, Master of Ceremony cum Vice Chairman Thiru Prakash H Lulla greeted one and all. The dignitaries on the dais were honoured by Dr. Capt. M. Singaraja, Chairman, Senior Citizens Bureau U3A Chennai. After introducing the guests by Thiru P. Sethu Seshan, Sec., U3A Chennai, Dr. Capt. M. Singaraja, in his presidential address, appreciated the gesture of Prof. Vellas, President, Association of International Universities of the Third Age (AIUTA), Toulouse, France and Prof. Parsuramen Armoogum, President, U3A Mauritius and former Education Minister, for participating in the meeting at Chennai as discussed during U3As World Conference at Osaka, Japan, on Oct 11 & 12, 2017. He lamented non existence of U3A in India, while there are 12 such Universities in China and 24 in Europe, as reported in the monthly journal LinkAge, Nov 2016 issue. He complemented the Chief Guest, Dr. Vedagiri Shanmuga Sundaram, our Life Member and Former VC of Manonmaniam Sundaranar University for taking keen interest in U3A and AIUTA. Prof. Vellas then made an interesting power point presentation

about AIUTA and the activities of the member universities. He focussed on the development of tourism and economics in India, being a great country, with the cooperation of AIUTA. This was followed by the power point presentation of Prof. Parsuramen Armoogum, President, U3A Mauritius. He described the activities of U3A Mauritius and extended an invitation to visit Mauritius. He expressed his happiness in meeting Dr. Capt. M. Singaraja, President of U3A Chennai at Osaka. Prof. Dr. V. Chockalingam, then shared his joy about U3As and AIUTA. The Chief Guest Prof. VSS appreciated and complimented Prof Vellas and Prof Parsuramen for sharing their valuable experience about AIUTA and the activities of their U3As. He declared that his student Prof. P. Krishnamoorthy (Rtd.) is donating 6 acres of vacant land near Mahabalipuram to establish U3A at Chennai. Prof. P. Krishnamoorthy invited the dignitaries to visit the site. Prof VSS then announced the launch of the first U3A in India on this memorable day. He donated Rs. 1001/- to constitute a trust as a first step. This was followed by similar donations from Dr. Capt. M. Singaraja and Prof. Dr. V. Chockalingam. Prof. Vellas paid copious tribute and honoured Prof. VSS and Dr. M Singaraja. To everybody's surprise, the Vice Chairman Thiru Prakash read a scroll in honour of our Chairman, Capt M Singaraja, on the occasion of his 81st birth day on Jan 15. Prof VSS presented a shawl and memento. Thiru S Jayakumar, Sec. General of SCB, proposed a hearty vote of thanks. The meeting ended with all rising for National Anthem. Everybody enjoyed the proceedings and Lunch.

This event was followed by a small group luncheon meeting at Cosmotolitan Club, Chennai on Jan. 26, 2017. Prof. VSS, Prof. Parsuramen and distinguished educationalist Thiru VM Muralidharan and our members from Core Group participated.





**SCB - 202<sup>ND</sup> PROGRAMME - 9<sup>TH</sup> ANNIVERSARY OF GERIATRIC HOUSE CALL PROJECT (GHCP)**

**Chairman inaugurating the Camp**



**A Section of the participants**



**PFT – Pulmonary Function Test with Spirometer in progress**



**ABI – Ankle Brachial Index Test (A Non Invasive Measure of Peripheral Vascular Disease) in progress**

In commemoration of 9th Anniversary of Geriatric House Call Project (GHCP) Senior Citizen Bureau (SCB), organized a free “Jayam Geriatric Health Screening Camp”, on 19.02.17, from 10.00 am to 1.30 pm, at Jayam Poly Clinic and Nursing Home, 58, Thiruvannamiyur, Chennai-41. This is the 202nd event. Thiru G. Ramasubramanian, Manager of the nursing home welcomed the gathering. Dr. Capt. M. Singaraja, Chairman, Senior Citizens Bureau-U3A Chennai, in his inaugural address traced the history of GHCP as follows. It was launched on Feb 17, 2008, by the late founder Chairman Gen. Aban Naidu, PVSM, AVSM. It is a unique project to treat the immobile senior citizens at their doorsteps by geriatric / family physicians and paramedical staff. The concept of house visits by the Doctors has totally disappeared. Doctors refuse to make house calls due to multiple reasons. Thus the sick and immobile elderly are denied immediate medical attention at their door steps, leading to complications and danger to the life. Periodical medical care is essential to the bedridden elderly. Transportation and waiting in the clinics are major constraints to the family members of the elderly, in terms of time and money. This was a major concern and a pressing need to the then Secretary General Capt. M. Singaraja, to serve the infirm elderly. With the help of the then Chairman of SCB Dr. VS Natarajan, we initially identified a panel of doctors and paramedical professionals to visit the immobile sick elderly at their homes, in and around Kilpauk and Anna Nagar. The strength of the professionals and the pockets of service in Chennai city slowly increased. SCB brought out publications and arranged scientific sessions. Thanks to media, GHCP was gaining popularity as the first of its kind in the country. At the same time, we were confronted with many difficulties. There was lack of Government support, lack of adequate doctors, lack of dedicated call centre, statistics, documentation and transportation. There was disconnect

between the Doctors and the patients, demand for visits at odd hours, sudden calls for long neglected sick elderly, 11th hour attempt to save the patients after discharge from the hospital by the specialists. etc. However due to increasing awareness and impact of the concept of the house call visits created by SCB, there was more and more demand. Apart from the individual consultants, dedicated home service from the nursing homes and hospitals entered into the scene. The chairman Dr. Capt. M. Singaraja, commended the home services offered by Dr. Ramesh Sadasivan, Medical Director, Jayam Poly Clinic and Nursing Home with his team of Dr. Arun Kumar, Thiru G. Ramasubramanian and R.Srividya. In appreciation of such impressive service, the Chairman honored Dr. Ramesh Sadasivan, for organizing a health monitoring camp, in commemoration of 9th Anniversary of Geriatric House Call Project of SCB. Also he distributed the testimonials to 12 supporting staff, on completion of clinical training programs, conducted by TACT academy under education grant by Prasanna Medical and Educational Charitable Trust. Dr. Ramesh Sadasivan in his address explained the facilities, offered for house call visits since 3 years. He honored the SCB Chairman, after Q&A session. Brig. Muthulaxmi proposed a vote of thanks. Free tests such as, Random Blood Sugar Test by Eris, Uric Acid by Abbott, Lipid Profile by Dr. Reddy's Laboratories Ltd, ABI (Ankle Brachial Index, Non invasive measure of peripheral vascular disease) by Eris and PFT (Pulmonary Function Test with Spiro meter) by Sun Pharma Laboratories Ltd were continued after national anthem and tea. All the tests were of digital method with instantaneous results (1st time in India) by the reputed companies. The participants availed free consultation by the doctors. Nice Lunch was served. 56 persons attended. Everybody appreciated the comfort and dignity made available at the camp. ❖

**Acknowledgment**

**Thanks a lot & God Bless You**

I	Sunshine fund	Mem. No	Rs.
1	Dr.S S Raja Gopalan	LM:597	2000
2	Thiru R T Namasivayam	LM:820	200
3	Thiru V. S. Balakrishna Raja	LM:567	500
4	Dr MJF Ln P Suresh Chander Pal	LM:538	500

**Protest Rally**

All India Federation of Pensioners Association (AIFPA), calls all pensioners of The State and Centre, to join a Rally at 10 AM, on 18-03-17, in Front of the State Guest House, Cheppakkam, Chennai, to press their Grievances.

**Congrats**

**Dr. Vayu Naidu**, our advisory committee member and the daughter of our founding Chairman late Gen. Aban Naidu, launched her book entitled “The Sari of Surya Vilas”, in a book reading session organised by Speaking Tiger and Madras Book Club on 30.01.17 at GRT Convention Centre, Chennai – 17.

**DCP of Mylapore, Thiru V. Balakrishnan**, paid a surprise visit to the senior couple Thiru J. Rajagopal and his spouse Tmt. Aruna at their house in Kalvavivaru Street, on Feb 14 this Valentine's Day. Mrs. and Mr.Rajagopal have registered with the police as senior citizens, as per the provisions in the Maintenance Act. Let all the other police officers emulate.

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

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	Sethuraman, R	AM:842	1-Mar-1949
2	Ramakrishnan, K.V.K	LM:584	2-Mar-1938
3	Govinda Sawmy, Er	JSL:167	3-Mar-1935
4	Ponnuswamy, K. Er	LM:461	6-Mar-1931
5	Arumugam, S. Er	LM:371	8-Mar-1947
6	RajaGopal, V	LM:159	9-Mar-1949
7	Balasubramaniam, R	LM:679	10-Mar-1944
8	Muthu Chidambaram, P	LM:543	13-Mar-1943
9	Venkatesan, R. IAS(Rtd)	LM:7	13-Mar-1933
10	Jagadeesan, S	LM:464	14-Mar-1935
11	Krishnamoorthy, P. Dr	LM:72	14-Mar-1931
12	Subbiah, M	LM:906	15-Mar-1951
13	Sarma, VSN Dr.	LM:881	16-Mar-1938
14	Venkatraman, S.S	LM:425	16-Mar-1925
15	Jayaraman, V, Er	LM:473	18-Mar-1936
16	Balasubramanian, M.K	LM:196	20-Mar-1954
17	Kalaiselvan, R	LM:804	20-Mar-1949
18	Mannar, B. Er	LM:690	22-Mar-1952
19	Srithar, M	LM:281	22-Mar-1954
20	Ameer Ali, M.A. (Capt)	LM:799	23-Mar-1933
21	Chandran, K.P	LM:803	23-Mar-1940
22	Bharath Singh, K. B	JSL:849	31-Mar-1960
23	Janardhanam, A.R	LM:615	31-Mar-1932
24	Kanaka, T.S. Dr	LM:9	31-Mar-1932

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

**Form IV - Press Declaration under Act 1867**  
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I, Dr. Capt. M. Singaraja, Chairman, Senior Citizens Bureau, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Date : 01.03.2017

Sd/-

Place : Chennai - 34.

Dr. Capt. M. Singaraja

**National / International Days - March**

04-Mar	National Safety Day (Security of Industrial Institutions)	N
08-Mar	International Woman's Day	I
09-Mar	World Kidney Day	I
12-Mar	Central Industrial Security Force (CISF) Foundation day	N
14-Mar	World Consumer Day	I
18-Mar	Ordnance Manufacturing Day	N
20-Mar	World Disabled Day	I
21-Mar	World Forestry Day	I
22-Mar	World Water Day	I
23-Mar	Bhagat Singh, Sukhdev and Rajguru's Martyrdom Day	N
24-Mar	World TB (Tuberculosis) Day	I
24-Mar	Rural Postal Life Insurance Day	N
27-Mar	World Theatre Day	I

**Note: N = National / I = International****News from Net Working Associates**

ப்ரோபஸ் கிளப்பின் வெள்ளி விழா: சென்னை ப்ரோபஸ் கிளப் சிறுகதைப் போட்டி ஒன்றை கலைமகளுடன் இணைந்து நடத்துகிறது. மூத்த குடிமக்களின் பிரச்சனைகளை வலியுறுத்தியும் தீர்வுகளைச் சொல்லியும் வாசகப் பெருமக்களிடமிருந்து, கலைமகள் பத்திரிகையில் நான்கு பக்க அளவில் பிரசுரிக்க ஏற்ற வகையில் கதைகள் அமைதல் வேண்டும். கடைசி நாள் 01-05-2017. அனுப்ப வேண்டிய முகவரி: மூத்த குடிமக்களுக்கான சிறுகதைப் போட்டி, கலைமகள் காரியாலயம், எண்:1, சம்ஸ்கிருத கல்லூரித் தெரு, மயிலாப்பூர், சென்னை - 600 004.

**U3A in Beyrouth, Lebanon**, the first in the Arab Countries will be inaugurated by the Minister of the Republic of Lebanon, on 14th March 2017. AIUTA members are welcome to participate in this important event.  
**Chinese New Year** was celebrated at Toulouse on 18th Feb, with the initiative of Chenxu Wang, President of Chinese Students Association. Prof François Vellas, AIUTA President participated along with M Zhu Liying General Consul of China and Bilal Ali Ahmad from AIUTA Secretariat.

**BWDA (Bullock Cart Workers Development Association)** Group of intuitions honoured Mr. M. Jesudasan former Regional Director RBI and 600 senior citizens of age 80+ from the districts of Chennai, Kancheepuram and Thiruvallur to commemorate their 32nd Anniversary at Kamarajar Arangam, Chennai on 14.02.17. Our Chairman Dr. Capt. M. Singaraja, took part as a special invitee. Some members of the SCB were among those honoured.

**FOSWL** invites you for its monthly meeting at 5 pm on 26.03.17 at Karuna Enclave, Shanthy Colony, Anna Nagar. Prof & Dr RVSN Sarma MD, FRCP, FRCP will speak on the topic "Concept of SRI VISWA ROOPAM" Phone : 99413283779.

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To.