



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

தேர்தல் ஆணையம் எதிர்கொள்ளும் சவால்கள்

நமது குடியாட்சி தேர்தல் முறை பெருமைக்குரியது. பெரிதும் பாராட்டப்பட்டு அயல்நாடுகள் பல பின்பற்றுகின்றன. தேர்தல் விதிகளும் நடைமுறையும் சீரியதாயிருப்பினும், தேர்தல் ஆணையம் எதிர்கொள்ளும் சவால்கள் மிகக் கடுமையாக உள்ளன. நேர்மையான வெளிப்படையான தேர்தலை நடத்துவதில் முழுமையான வெற்றி காண முடிவதில்லை. ஏன் என்றால் ஊழலில் தீளைக்கும் அரசு எந்திரங்களின் (காவல்துறை உட்பட) பல ஊழியர்கள், அரசியல்வாதிகள் மற்றும் குடிமக்கள் முட்டுக்கட்டையாக உள்ளார்கள். அதிகாரபலம், பண்பலம் மற்றும் ஆட்பலம் ஆணையத்தைப் புரட்டிப் பார்க்கிறது.

அரசியல் கட்சிகள் தங்கள் வேற்றுமைகளை மறந்து அவர்களுடைய வலிமையைக் காட்டத் தவறுவதில்லை. சட்டமன்ற, பாராளுமன்ற உறுப்பினர்கள் மற்றும் அமைச்சர்கள் (குடியரசுத் தலைவர் உட்பட) ஊழிய உயர்வு என்றால் நொடிப்பொழுதில் ஒருமனதாக நிறைவேறிவிடுகிறதல்லவா! பொதுத் தணிக்கை மற்றும் தகவல் அறியும் உரிமைச் சட்ட வரம்புக்குள் உட்படுத்திக் கொள்ள ஆளும் கட்சியானாலும் எதிர்க்கட்சியானாலும் எதிர்க்கிறார்கள். கிரிமினல் வழக்கு நிலுவையில் இருந்தாலும், குறைந்த அளவு கல்வித் தகுதி இல்லையென்றாலும் தேர்தலில் போட்டியிடலாம் போன்றவற்றை நீக்குவதற்கும், சாதி மத இன அடிப்படையில் அரசியல் கட்சிகள் இல்லாத, இரு கட்சி முறைக்கு ஆதரவு, சுயேட்சை வேட்பாளர்கள் வேண்டாம் என்று அரசியல் சட்டத்தில் திருத்தம் கொண்டுவர கடுமையாக எதிர்க்கிறார்கள். இப்படிப் பல அச்சுறுத்தலை அள்ளித் தந்து கொண்டிருக்கிறார்கள் எல்லா கட்சிகளும், அரசு இயந்திரங்களும்.

ஆகையால் தேர்தலுக்கு 6 மாதத்துக்கு முன்பாகவே ஆளும் கட்சி பதவி விலக வேண்டும். இராணுவ ஆட்சி வேண்டும். ஆளும் கட்சி இலவசங்களை கொடுக்கக் கூடாது. தேர்தல் அறிக்கையில் இலவச அறிவிப்பைத் தடை செய்வதோடல்லாமல், தேர்தல் பேரணி, பொதுக்கூட்டம், அவதூறு மற்றும் வன்முறையைத் தூண்டும் பேச்சு, விளம்பரம், காசுக்கு ஓட்டு வாங்குவது விற்பது போன்றவை கடுமையான தண்டனைக்குரியதாகக் வேண்டும். 100 விழுக்காடு வாக்குரிமை நிறைவேற்ற, எலக்ட்ரானிக் ஓட்டு முறை இருக்க வேண்டும். மாணவர்கள், இளைஞர்கள், நடமாட இயலாதவர்கள், அயலூரில் வேலையில் இருப்பவர்கள் மற்றும் யார் வேண்டுமானாலும் கலந்து கொள்ள ஏதுவாயிருக்கம். சுவர் விளம்பரம், தட்டி விளம்பரம் எப்படி ஒழிந்ததோ மற்றவையும் அப்படியே ஒழியட்டும். பொதுமக்களை ஒழுக்கமான நேர்மையான குடிமக்களாக்க விழிப்புணர்வுப் பிரச்சாரத்தை தேர்தல் ஆணையம் முழுவீச்சில் மேற்கொள்ள வேண்டும்.

Challenges to the Election Commission

We can be proud of our Democratic Electoral System. Many other countries emulate our election process. The system and procedure are good. No doubt. But the Election commission is facing a lot of challenges to conduct fair and free polling. It is facing road blocks from many corrupt Government employees, corrupt politicians and corrupt citizens. The ruling power, money power and muscle power is a challenging threat to the commission.



The political parties however distant apart are united to establish their supremacy not only for their salary, perks, privileges and rights but also for their unquestionable unique status, 'danda' or stick in other words. They oppose to bring the political parties under RTI Act and Public Audit System. Also they oppose constitutional amendment to certain peoples representation Acts. For example, deficit of minimum educational qualification or pending criminal case against a politician does not debar him to contest in elections. Multi party system, independent candidates, caste, creed and religion based political parties are a great source of menace to the real democracy.

Distribution of free items by the Govt and promise of free items in the election manifesto must be banned. The Govt by the ruling party must be replaced by Military Rule, 6 months prior to polling. E voting, by linking Voter ID and Aadhar Card will enable youth, infirm, people residing away as well as posted on other duty to exercise their franchise. Any form of cash for vote, election rally, open air meeting, speech inciting hatred and violence must be eradicated like defacing the walls. Society at large must be continuously educated to be honest and disciplined for good and transparent governance by the Election Commission.

Invitation - 190th Programme**SENIOR CITIZENS BUREAU
AND U3A CHENNAI**

Observe the Commemoration of
World Elder Abuse Awareness Day 2016
and
World Yoga Day 2016

on **Friday, the 17th June 2016 at 3.30 pm**
with **Dr. BM Sundaravadanan Matric HSS**
40, I Main Road, Shenoy Nagar, Near Thiru Vika Park,
Aminjikarai Market Bus Stop, Chennai - 30.
Ph. : (044) 26263993, 26221242

The students will perform skits and Soorya Namaskar and other Yogic asanas. Financial assistance to the best students (1 Boy and 1 Girl each from class X, XI and XII) and gifts to the participants in public speech and skits will be presented. Eye Test and Hearing Test will be done.

All are welcome to encourage the students and to promote Inter-generation solidarity and Yoga.

Mrs. Flora Jayanthi Christoper
Principal

Dr. Capt. M. Singaraja
Chairman, SCB & U3A Chennai

*Note : For details, Please contact Thiru S. Jayakumar, Sec. Gen./SCB
Ph. : 9381801446, (044) 26449593*

Book arrival (Ref. : Link Age/May 2016 issue)

Real life stories of Older Persons have been artistically enumerated in an English Book, entitled, "Generation Gap". (P-136, Price Rs. 100/-). The Book is authored by Padmashri Dr. V.S. Natarajan, an eminent and well known, Senior Geriatrician and co authored by Tmt. Hema Narasimhan, a multi faceted writer. The book deals with different perspectives of old age, encounters and remedies. To buy please contact (044) 26267282, 24342810.

கவிதை உறவின் 44ம் ஆண்டு விழா மற்றும் நூல்கள் வெளியீட்டு விழா தி.நகர் வாணி மஹாவில் புத்தது. இதில், டாக்டர் வி.எஸ்.நடராஜன் எழுதிய, 'ஜெனரேஷன் கேப்' எனும் நூலை, உலகநாயகி பழனி வெளியிட, எஸ்.மோகன் பெற்றுக்கொண்டார். மூத்த வழக்கறிஞர் காந்தி, இல.கணேசன், தொழிலதிபர் நல்லி குப்புசாமி கலந்து கொண்டனர்.

25 Retired Staff Die

Taking a serious note of the death of 25 retired employees due to non-payment of pension, the Rajasthan High Court has directed the State government to release financial assistance to Swami Keshwanand Rajasthan Agricultural University, Bikaner, to enable it to give post-retirement benefits to its superannuated staff members. The court allowed a writ petition moved by the university's Pensioners Welfare Samiti and held that the government could not refuse to own responsibility to provide funds as the varsity had proulated the Pension Regulation of 1990 and made it applicable as per the government's own decision. The court said the grounds taken by the State for not releasing funds were not sustainable in law. It directed the State to release funds for payment of pension and arrears within a month.

Courtesy : The Hindu, dt. May 22, 2016

No Country for the old?

(By Barkha Deva)

When it was reported that Kanubhai Gandhi, grandson of Mahatma Gandhi and his wife moved into an old age home in New Delhp recently, it caused a stir, with the Prime Minister promptly calling Mr. Gandhi, and two ministers, one from the Union government and the other from the Delhi government, paying them visits. The Prime Minister also reportedly directed the authorities to ensure that the couple has a comfortable stay at the Guru Vishram Viridh Ashram.

His concern must have caused a collective sign of relief for the 97.6 million people aged above 60 in India, as it drew the attention of a nation almost observed with its 'demographic dividend' to a crucial problem. Considering India is expected to be home to 300 million elderly people by 2050, it is time it paid heed to the problems of those who are as old, or even older, then the independent nation itself is today. Else the country will be faced with a large incidence of degenerative diseases, accompanied with serious gaps in the geriatric medical ecosystem, a changing joint family structure, the lack of 'grey-friendliness' in public spaces, transport, housing, and a virtually non-existing policy framework to tackle these issues.

Taking care of the elderly : With about 50 per cent of the elderly being financially dependent on others, it is affordable housing, healthcare, and the psychological and social manifestations of ageing that we will struggle to respond to as a country with no social security and dismal elderly care facilities. What will be the combined impact of this trend on small, nuclear families, along with an improvement in lifestyle and an increase in degenerative diseases and life spans, especially for women? Where are we going to live as we grow old and who is going to take care of us?

So what happens to those who have been turned out from their homes, or have lost a partner, or just can't manage to live on their own any more, especially since the number of old age homes the Centre supports under the Integrated Programme for Older Persons (IPOP) has seen a decline from 269 homes in 2012-13 to a dismal 137 in 2014-15? The Centre has asked State governments to ensure that there are old-age homes whose functioning can be supported under IPOP, but since it is optional for the State governments to do so, the total number of old-age homes remains abysmally low.

Need for a pragmatic approach : While we hope that the Indian family continues to be stronger than in most countries and provides a caring environment for the elderly, it can't be the basis for our ability to support the elderly India needs to take a serious look at the needs of the elderly in a more pragmatic and holistic manner. For starters it could focus on the three key aspects of health, housing, and dignity.

Courtesy: The Hindu, dt. May 31, 2016

News from Net Working Associates

FOSWL India, Chennai Anna Nagar invites you for its monthly meeting at 5.00 pm, on 26.06.2016 (Sunday), at Karuna Enclave, SMF Annex, Opp: Hotel Akshyam, Shanthy Colony, Anna Nagar, Chennai- 40, for a talk by Dr. Sunil Shroff, Consultant Organ Transplant, Mohan Foundation Kilpauk, on the Topic "Concept Of Organ Donation". For details please contact: Dr. Sarma VS, Ph: 9710737650, CA Narayanan K R, Ph: 9787926785.

SCB & U3A Chennai - Workout Session on "Physical and Mental Wellness for The Elderly"

**Presidential address
by Dr. TS. Kanaka**



**Stretching Work out in
progress**



**Breathing Work Out in
Progress**



**Meditation / Relaxation in
Progress**

It was bright and sunny at 03-30 pm, on May 21, 2016, after rain in the previous day, when a crowd of 30 men and women, assembled at 94(30), Chetty St., Ayanpuram, Chennai-23, for a work out session on 'Physical and Mental Wellnes'. The hostess Dr. Tmt R Nirmala received everybody with welcome drink and Biscuits at the open terrace of her residence, surrounded by green tall trees. Prof. Dr. (Capt) TS Kanaka, MS, MCh., Phd., DHEd., the renowned first Woman Neuro Surgeon of Asia and Founder cum Chairperson of SSPHCR Foundation, in her presidential address stressed the necessity of Physical and Mental Wellness for the older persons. The regular exercise and yoga will be very helpful she reiterated.

The chairman Dr (Capt) M Singaraja, in his introduction, spoke about the importance of keeping the muscles and tissues flexible and strong, because they only give the bony limbs, shape and movement and also, they only build up the body over skeleton of bones. Regular exercises, yoga, sports and games are necessary to make the muscles and tissues flexible and strong. Due to ageing, the elderly have to modify and adopt themselves suitably. They can also practice and do yoga, exercise and walking under a trained practitioner. The Chairman disclosed that he had gone thru sadhanas with reputed organizations like Institute of Naturopathy and Yogic Science (INYS), Bangalore and Art of Living, Bangaluru Advanced course and Yoga course. He practiced for decades and trained his circle of friends and relatives. Afterwards he has formulated a set of exercises suitable to the older persons of age even 80+, who is prone to various disabilities and diseases. He finds the same very safe, easy and comfortable to do. He has seen the people benefitted and happy by doing it continuously day after day. He stressed that every one should love and take care of one's body and self.

For doing sadhanas, it is essential to remove leather items like belt, purse, coins, key chain, mobile set, pen etc. You can be standing or sitting in an armless chair. The stomach must be light (long break after eating). Eyes straight and chin up. Face smiling, mind cool and focused on sadhana. The spine (body) must be erect and relaxed (not stiff). The body must be in a balanced stable position. Inhale normally (fill up the entire body and brain with oxygen) and exhale normally (expel the air). While breathing in, the stomach must bulge like balloon and during breathing out the stomach must

shrink well. This is the basic requirement for correct normal breathing. You can feel it by touching your stomach. Mostly, the people do it wrongly. It must be set right first.

After explaining this fundamental principle, he demonstrated and taught the exercises one by one. The first stage is flexibility, strengthening and balancing exercise for each part of the body from head to toe. It is for eyes, mouth, neck, head, shoulder, arms, hands, fingers, hip, knee, ankle and feet. (Ear, nose and throat covered in the next stage). Thus the whole body, from toe to head is taken care of. It is rythematic slow movement of every part/limb with movement, left right, up down, rotation. Thus it ensures moving in equal and opposite direction.

The second stage is breathing exercise (pranayama). He demonstrated 6 exercises. All toxins are expelled. He emphasised that proper breathing would lead to clear and positive attitude to living.

The third stage is meditation or deep relaxation. You relax each muscle and tissue from toe to head and go into state of stillness, forget everything except being aware of your breath, coming in, going out. Life is gone when breath is lost. Follow and concentrate on breath, the vital element of life for five minutes. Slowly open your eyes and gently rub your face and body with both the palms. You feel fresh, energetic and calm.

The session went on, in absolute silence and sincerity for about 60 minutes. The demo was observed keenly and the mistakes if any, in posture of everybody was corrected. Then the exercises were done together by all. Easy way to achieve physical and mental wellness was very well received and appreciated. The trainer Dr singaraja answered all questions and cleared the doubts. In all, an afternoon was spent gainfully, both physically and mentally.

The chairman appreciated the excellent arrangement made by the hostess, Dr. Tmt R Nirmala, with a shawl and memento. She was ably assisted by Selvi Poonthalir. Thiru S Prabhakar, our Core Group member garlanded and presented shawl to the Chairman. The treasurer Dr.Tmt R Nirmala proposed a vote of thanks. Our EC members, Thiru Sainath and Tmt Leela looked after the arrangements. High tea was served and the jack fruits were distributed. Every body enjoyed and got benefitted in many ways. ❖

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Birthdays : June

Wishing you a Cheerful, Peaceful and Prosperous life

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	Loganathan, P	LM:83	1-Jun-1938
2	Murugesan, M. Wing Cdr	LM:603	1-Jun-1947
3	Nirmala, R. Dr.	LM:765	1-Jun-1943
4	Ramesh S. Chickermane	LM:216	1-Jun-1928
5	Perumal, T.K	LM:835	1-Jun-1946
6	Sankara Raju, B	LM:310	1-Jun-1944
7	Sundara Murthy, D	LM:358	1-Jun-1936
8	Santhakumari, E	LM:756	3-Jun-1950
9	Shahul Hameed ,U	LM: 853	3-Jun-1939
10	Vijaya Rangam, M.D. Er.	LM:43	4-Jun-1931
11	Bashyam	LM:782	4-Jun-1944
12	Ganesan,KS	LM:894	5-Jun-1943
13	Ponnambalam, P	LM:731	5-Jun-1946
14	Ranganathan, P.	LM:751	5-Jun-1937
15	Sundaravaradan, K	LM:462	5-Jun-1937
16	Muthulakshmi, K. Brig	LM:612	6-Jun-1938
17	Joseph, G	LM:185	7-Jun-1934
18	Agamudai Nambi, K. C. Er.	LM:876	8-Jun-1940
19	Pandurangan, K	LM:787	8-Jun-1940
20	Rajendran, R. Er.	LM:793	9-Jun-1947
21	Jean Canthaswamy	LM:786	9-Jun-1930
22	Leela Srinivasan, V	LM:71	10-Jun-1934
23	Munuswami, M	LM:794	10-Jun-1939
24	Natarajan, V.S. Dr.	LM:2	10-Jun-1939
25	Anantharaman, T.L.	LM:591	12-Jun-1939
26	Gandhi Raja, A.K.	LM:555	14-Jun-1948
27	Anandan, K. Er.	LM:488	15-Jun-1948
28	Balambal, V. Dr.	LM:12	15-Jun-1937
29	Natarajan, T. S	LM: 911	15-Jun-1935
30	Ranganatha Rao, S. Er.	LM:29	15-Jun-1934
31	Rukmani, V	LM:802	15-Jun-1943
32	Kandappan, A.P. ER	LM:683	16-Jun-1931
33	Chandra Bose, P	LM:880	16-Jun-1945
34	Chandra Sashi Kumar.	LM:165	16-Jun-1940
35	Kuppusami, M	LM:211	18-Jun-1936
36	Padmanabhan, P.N.	LM:875	18-Jun-1953
37	Venkata Raju, M	LM:801	19-Jun-1932
38	Sitaraman, V	LM:519	21-Jun-1930
39	Aludiapillai, K. Prof. IAS (Retd)	DM:327	23-Jun-1934
40	Bakthavatchalu, S	LM:890	23-Jun-1950
41	Chellaswamy, SM	JSL:452	23-Jun-1937
42	Duraiswamy, K. Er	LM:735	24-Jun-1938
43	Vija Prakash, P.K	LM:218	26-Jun-1947
44	Vijayalakshmi, G. Dr.	LM:526	26-Jun-1949
45	Ramaswamy, T.S. Dr.	LM:737	29-Jun-1931

Your liberal contribution to Sun Shine Fund is solicited.

Acknowledgment

Thanks a lot & God Bless You

I	Sunshine fund	Mem. No	Rs.
1	Thiru S. R. Satagopan	LM:598	1430
2	Dr. Tmt. R. Nirmala	LM:767	1000
3	Cdr. S. V. Iyer	LM:367	1000
4	Er. R. Madhavan	LM:419	1000
5	Dr.V S Natarajan	LM:02	1000
6	Thiru A James	LM:877	500

Note: AM/LM = Annual / Life Member

Welcome to our Family Fold

Renewal-Annual Members

1)Thiru R. Sethuraman, AM: 842, Ph:7200943838,
No.1/551, TNHB Colony, Sevvapet Road, Tiruvur Post,
Tiruvallur Dist., Pin : 602025

National / International Days - June

05-Jun	World Environment Day	(I)
06-Jun	International Olympic Association Establishment Day	(I)
15-Jun	World Elder Abuse Awareness Day	(I)
17-Jun	Fathers Day	(I)
20-Jun	World Refugees Day	(I)
21-Jun	World Yoga Day	(I)
27-Jun	World Diabetes Day	(I)

Note: N = National / I = International

Obitury

With profound sorrow we record the sad demise of the following Hon'ble members:

- 1) Thiru S N Rama Raju, JSL: 366, Rajapalayam, passed away on 06.05.2016.
- 2)Thiru Er. C. Sanjeevi, LM: 811, T. Nagar, Chennai, passed away recently in USA.
- 3) Dr. Deenadayalan,(69), LM:523, Anna Nagar (W), Chennai, passed away recently.
- 4) Thiru R Thangaraj,(75),LM:847, Avadi, Chennai, passed away recently.
- 5) Mrs Rukmani Nataraja Mudaliyar, Bangalore, Sammandhi of our Sec. Gen. S. Jayakumar passed away recently.

Our Heartfelt condolence to the bereaved family

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90. Rama Street, Nungambakkam,
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To.