



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

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Osaka U3A World Conference

It is a rewarding experience for a team of 6 delegates from SCB U3A Chennai, headed by its Chairman, to participate in Osaka 7th University of Third Age (U3A) World Conference, held at ATC Ageless Centre, Asia Pacific Trade Centre, ITM Tower 11th Floor, 2 Chome-1-10 Nankokita, Suminoe Ward, Osaka, Prefecture 559-0034, on Oct 11 & 12, 2016. We were fortunate to exchange pleasantries and information with delegates from 28 countries, representing Asia Pacific Alliance, (India, China, Mauritius, Singapore, Australia, Japan, Africa), Europe (All most all) & UK. There were more than 120 participants. 18 papers from different nations were selected and allotted slots of 20 minutes, each. The Chairman of SCB U3A Chennai, Dr. Capt. M. Singarja, represented ISU3A India and presented his Paper on "Road Blocks to Promote Intergenerational Cooperation in Indian Context - Case Studies". It was very well received, appreciated and shared by other nations. Conference theme was "U3As linking the World" with sub themes "Active & Healthy Ageing" and "Intergenerational Cooperation". Most of the speakers give an account of the activities of their own organization and the approach by their Govts. There are exclusive Academic Universities for the aged in China, Europe and UK apart from many virtual universities. U3As are supported & funded by Public – Private Partnership. They are high-tech and attracting many older persons for physical, mental and recreational activities. Apart from panel discussion, 1 each on Day 1 & 2, there was a demo on Robot "Pepper" for super -ageing society in Japan. It also demonstrated Human Co existence possibilities. The conference was organized by Age Concern Japan (ACJ), headed by Ms Akiko Tsukatani, Director General, on behalf of the host Osaka U3A for AIUTA and AP Alliance. There were many exhibits & posters for the benefit of the participants. It was interesting to come across the "Ageless Centre" with many activities at the venue. Most of the volunteers in the conference were older women and their hospitality was at par excellence. The long journey and money spent for the conference and associated sightseeing were worth for rich experience.

- Editor

“வணக்கம் தாதா பாட்டி” திட்டம் (Talk to a Granny” Project)

01.10.16 அன்று எத்திராஜ் மகளிர் கல்லூரியில் நடந்த உலக முதியோர் நாள் திருவிழாவில் மூத்த குடிமக்கள் மன்றமும், எத்திராஜ் மகளிர் கல்லூரி நாட்டு நலப்பணித் துறையும் (NSS) இணைந்து மேற்கண்ட திட்டத்திற்குக் கால்கோள் நடப்பட்டது. இது தனித்து வாடும் தாதா பாட்டியை உற்சாகப்படுத்தவும் பேச்சுத் துணைக்காகவும் ஆகும். இச்சேவையை விரும்பும் மூத்த குடிமக்கள் மன்ற உறுப்பினர்கள் கீழ்க்கண்ட நிபந்தனைகளுக்குட்பட்டு விண்ணப்பிக்கலாம். விண்ணப்பம் வந்து சேர இறுதி நாள் 25.11.2016

- (1). 70 வயதுக்கு மேற்பட்ட உறுப்பினராய் இருக்க வேண்டும்.
- (2). தனி நபராகவோ, கணவன் - மனைவி சேர்ந்து தனியாகவோ இருக்க வேண்டும்.
- (3). உறுப்பினர் எண், வயது (பிறந்த நாள்), முகவரி, தொலைபேசி எண் ஆகிய விவரங்கள் கொடுத்து விண்ணப்பம் அனுப்ப வேண்டும்.
- (4). உங்களிடம் தொலைபேசியில் பேசுவதற்கு வாரத்தில் ஒரு நாளையும், நேரத்தையும் விண்ணப்பத்தில் குறிப்பிட வேண்டும்.
- (5). என்.எஸ்.எஸ். மாணவரை உங்களுக்கு அறிமுகப்படுத்தி வைக்கப்பட்ட பின் இருவரது வசதிக்கேற்ப நாள் நேரத்தை மாற்றிக் கொள்ளலாம்.
- (6). உங்களுக்கு வேறு உதவி தேவைப்பட்டால், அம்மாணவர் அரசு உதவி மைய தொலைபேசி எண்ணுக்கும், மூத்த குடிமக்கள் மன்ற தொலைபேசி எண்ணுக்கும் தொடர்பு ஏற்படுத்திக் கொடுப்பார்.
- (7). எக்காரணம் கொண்டும் மாணவரை நேரில் சந்திக்க முடியாது. ஒரு மாணவர், தனிமையில் இருக்கும் ஒரு பெரியவர் அல்லது ஒரு குடும்பத்தைச் சேர்ந்த தாத்தா, பாட்டியுடன் மட்டுமே பேச முடியும்.

- தலைவர், மூத்த குடிமக்கள் மன்றம்

HOMAGE

This Nov. 2016 issue of "LinkAge" is dedicated to the loving memory of our Founding Chairman Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D, on the occasion of his 1st death anniversary on Oct. 22.

Invitation - 199th Programme

SENIOR CITIZENS BUREAU

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

Cordially invites you to observe the Commemoration of

NATIONAL CHILDREN'S DAY and WORLD ELDERS DAY

Jointly with

Dr. Gurusamy Mudaliar Thondaimandala Tuluvelalar
Higher Secondary School

108, Amman Kovil Street, Off. Wall Tax Road Thirupalli
Ammu Bus Stop, Near Old Padmanabha Theatre,
Chennai- 600 079, Ph: 2520 3030

At 3.00 PM, on Monday, the 28th Nov 2016,
at the School Campus,

Chief Guest:

Dr. Capt. M. Singaraja,

Chairman, Senior Citizens Bureau

President:

Thiru Ram Vishwanathan., B.Sc., Bus., Admn.(U.S.A.)

Secretary, T.T.V. Group of Schools,

All are welcome

D. Karunanithi

Head Master, Dr.G.M.T.T.V.HSS

S. Jayakumar

Secretary General / SCB

Note: Financial Assistance and certificate to the best students in academics and extracurricular activities will be extended. Gift and certificate to the talented students will be presented. EC Meeting will be held immediately after the program at the same venue.

Congrats

Padmabushan Dr. M. Sarda Menon, an eminent Psychiatrist and recipient of many prestigious awards was presented Mother Teresa Memorial Award by Indian Development Foundation on 25.10.16 by its Founder President ARK Pillai in presence of Dr. MS Saminathan, Dr. Shantha and Thiru BS Ragavan.

Appreciating the services rendered by Er. R.T. Namasivayam, President - Probus Club of Chennai, and our EC member, Pavithram, a NGO presented an award in a function held at Gokale hall, Chennai on 16.10.16.

Probn. PP Dr.V.Balambal our LM was given *Eminent Historian of Tamilnadu award* for her contribution to History and historical research by Tamilnadu History Congress in its 21st Annual session held at Salem Periyar University on 30th September, 2016.

Selvi A Vanathy Arul Jyothi, beloved grand daughter of our Chairman Dr. Capt. M. Singaraja was felicitated recently by Wollongong University in Dubai for achieving the top rank in B.Com (Finance) as well as for annexing "Spirit of University" award. She got the placement in a reputed Dubai finance company soon after the University final exam was over.

Elders Expo 2016 (Ref: P - 17, LA/Oct. 2016)

ELDERS EXPO 2016 was organised on 8th October, 2016 at Vidyodaya Girls HSS, T.Nagar, Chennai. There were 20 stalls in the Expo. Padmashri Dr.V.S.Natarajan explained the highlights of the Expo followed by a panel discussion on health matter, headed by Dr. M.S.Amaresan. After lunch, there was a music programme followed by an interesting "Pattimandram". As the last item of the function, the book in Tamil titled "Mudhumai Oru Muzhu Nila" authored by Padmashri Dr.V.S.Natarajan was released by Padmashri.Dr.Nalli Kuppaswami. The guests of honour, Dr.Silamboli Chellappan and Padmashri Dr.Avvai Natarajan, offered their felicitations. Padmashri Dr.V.S.Natarajan responded and thanked all those who stood by him. Active persons of age 80 (+), the event manager Thiru Rajasekaran and Thiru.T.V.Hariharan, Industrialist, were honoured. Kalaimamani Ervadi S.Radhakrishnan, conducted the entire program. Dr.Vanathi Ramanathan proposed a vote of thanks. The Expo was a grand success. Review of this book follows:

“முதுமை ஒரு முழு நிலா” பேராசிரியர் டாக்டர் பத்மஸ்ரீ டாக்டர் வ.செ. நடராசன் அவர்கள் தலைசிறந்த முன்னோடி முதியோர் நல மருத்துவர். கொங்கு நாட்டுத் தங்கம். தமிழகத்தின் தவப் புதல்வர். சாதாரண விவசாயக் குடும்பத்தில் பிறந்த கிராமவாசி.

மூப்பியல் மருத்துவத்தில் மட்டுமின்றி, முதுமை நலத்திலும், முதியோர் முன்னேற்றத்திலும் உலக அரங்கில் அவரை மாமனிதராகக் கண்டு மகிழ்கிறோம். அதற்குக் காரணம் அவரது விடா முயற்சி, உழைப்பு, ஆர்வம், எளிமை, தொண்டு, அனுசரித்துப் போவது போன்ற பண்பு நலன்கள். அத்துடன் அவருக்குக் கிடைத்த பேராசிரியர்கள், உடன் பணிபுரிந்த மருத்துவத் தோழர்கள், உற்றார் உறவினர்கள், நண்பர்கள் தந்த ஊக்கமும், ஒத்துழைப்பும் கிடைக்க பாத்திரமானவர்.

இதன் வெளிப்பாடுதான் அவர் பெற்ற அரிய விருதுகளும், அவர் தமிழிலும், ஆங்கிலத்திலும் படைத்த ஏராளமான நூல்களும். அண்மையில் அவர் வெளியிட்ட “முதுமை ஒரு முழு நிலா” என்ற புத்தகம் மற்றுமோர் நல்முத்து. முதியோருக்கு மட்டுமல்லாது குடும்பத்தாருக்கும் ஒரு நல்ல வழிகாட்டி. தான் எதிர்கொண்ட கேள்விகள், சவால்கள், நோய் நொடிகள் மற்றும் தீர்வுகளைக் கொண்டு எழுதியுள்ளார். நூல் முழுவதும் இயல்பான இயற்கையான கேள்வியும் பதிலுமாகத் தந்துள்ளார். ஓர் அழகிய வரமான முதுமையை தேய்ப்பிறை அற்ற முழு நிலவாகப் படைத்துள்ளார். 19 தலைப்புகளைக் கொண்டது. உடலுக்குக் கேடு விளைவிக்கும் எல்லாவித நோய் தொல்லைகள் மற்றும் தன்மை, தீர்வு, தடுக்கும் வழி பற்றி எளிய நடையில் தந்துள்ளார். ஒவ்வொருவரும் படித்துப் பயன்பெறலாம். 224 பக்கங்களில் நன்கு வடிவமைக்கப்பட்ட நூல். விலை ரூ. 150/- புத்தகம் பெற தொலைபேசி : (044) 26267282. (044) 2434 2810 மூலம் தொடர்பு கொள்ளலாம்.

ஆசிரியர் - “விங்க்ஜ்”, மூத்த குடிமக்கள் மன்றம்

SCB -198th Programme - World Elders Day**A view of the dais****EC Members & NSS Volunteers****A Section of the audience****With Chinese delegates at Osaka**

Senior Citizens Bureau and NSS Ethiraj College for Women jointly organized 198th programme to commemorate the 26th anniversary of the International Day of Older Persons (IDOP), at 09.30 am on Saturday, the 1st October 2016, at Ethiraj College for Women Campus II Mini Auditorium. This lovely and beautiful auditorium of the college was bustling with activities. NSS Volunteers in their colourful attire were beaming with broad smile to receive all senior citizens and guests. They escorted them with affection, respect and dignity. All of them were filled with joy for the harmonious human touch till the end of the programme at 01.30 pm.

After invocation, Master of Ceremony cum Vice Chairman Thiru Prakash H Lulla greeted one and all. The entire crowd of 300 plus took the pledge against Elders Abuse administered by the Chairman of SCB. NSS Coordinator Dr Navaneetha Lakshmi, extended a very warm welcome to the dignitaries on the dais and to the audience. The dignitaries on the dais were honoured by the Chairman. The chief guest Gandhian Thiru Kalyanam, Freedom Fighter and former PS to Mahatma Gandhi, gave away "SCB Award of Excellence" to Dr.V. Shanmugasundaram, former Vice Chancellor of Manonmaniam Sundaranar University and to Mrs. Dr Yasoda Shanmuga Sundaram, former Vice Chancellor of Mother Teresa University. Both the awardees responded. Afterwards Mr Kalyanam released the special publication of "Linkage", entitled Take a stand against Ageism".

The Chairman Dr. Capt. M Singaraja, in his presidential address appreciated Ethiraj College for excellent community service and academic advancement. He explained the theme "Take a stand against Ageism", declared by UNO for IDOP 2016. The Chairman stated that Ageism is considered and referred to the older persons in indignity and contempt by the Govt. machinery and Society in general. The chief guest Gandhian Kalyanam made a beautiful lengthy address explaining his relationship with Gandhiji for many years. He was an ordinary sevak in the Asharam and picked up

as PS by Gandhiji himself for his multi lingual knowledge. The Chief Guest advocated that the anger is the first form of violence and it is to be shun. Then the Dean of Academics Dr. Sheela, represented the principal Dr. A. Nirmala who has to leave for a rescheduled conference at Bhuvaneshwar. She launched the project "Talk to a Granny", designed by Senior Citizens Bureau jointly with NSS Ethiraj College. She explained its features as a standing example of solidarity of youth with elderly. The students are exposed to the evils of elder abuse emphasising dignity and love for older persons. The Guest of honour Dr. V S Natarajan join the program after finishing the live telecast by DD Podigai on the eve of WED. After accepting our honour, he delivered an interesting and informative talk on Active Ageing. He then applauded and honoured the delegates attending Osaka World U3A Conference. The Chairman honoured the sponsor of lunch Thiru TV Hariharan, our EC member and industrialist. Thiru TV Hariharan in his response recalled how he was connected with SCB and sponsored lunch for more than a decade. Then followed a wonderful cultural program by the students of Ethiraj College and volunteers from SCARF India. The street play by "SCARF India" was well applauded and cheered by the entire audience for portraying Intergeneration relationship. Similarly, the patti manram, chaired by our EC member Mr P. Sethuseshan was well appreciated. Then the Chairman of SCB honoured all the SCARF volunteers, NSS volunteers, the participants of cultural program, our EC member Thiru CN Prasad for representing South Zone in ISU3A EC meeting held at Hyderabad in July 2016, and the fresh graduate Engineer Subramaniam who assisted for LinkAge Special publication. A group photo also was taken with all of them. Mr S Jayakumar, Sec. General of SCB, proposed a hearty vote of thanks. The meeting ended with all rising for National Anthem. Everybody enjoyed the breakfast (sponsored by our EC member Tmt. PS Rajam) and lunch (sponsored by Thiru TV Hariharan). Thiruvallarkal S. Prabhakaran, C. Panner Selvam, V.Sainath, P. Sethu Seshan and Tmt. R. Nirmala coordinated. ❖

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Birthdays : November

Wishing you a Cheerful, Peaceful and Prosperous life

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	Kumaran Thambi, N	LM:837	1-Nov-1943
2	Gurumurthy, J	LM:506	2-Nov-1950
3	Manickam, S. Er.	LM:345	3-Nov-1938
4	Vaitheeswaran, C.R	LM:25	3-Nov-1931
5	Manivannan, K	LM:872	4-Nov-1926
6	Mathinirai Chelvan, L.K	LM:558	4-Nov-1937
7	Narendra, J. Dave	LM:687	4-Nov-1948
8	Subbaiah, K	LM:413	5-Nov-1927
9	Chandrasekar Raja, M.S.D.	JSL:698	7-Nov-1927
10	Selvaraj, R	AM:459	7-Nov-1943
11	Seshadri, R	LM:575	7-Nov-1930
12	Rajendran Raja, K.V.	LM:376	8-Nov-1950
13	Loganathan, R	LM:821	9-Nov-1944
14	Agarawal, R.K.	LM: 483	10-Nov-1945
15	Pandian, P.M.	LM:805	10-Nov-1947
16	Dominic, A	LM:522	13-Nov-1939
17	Anantharaman, VV, Dr.	LM: 915	15-Nov-1956
18	Kokila, D	LM:774	18-Nov-1933
19	Manoharan, K	LM:883	18-Nov-1935
20	Tharakaram, G.N	LM:823	19-Nov-1949
21	Balakrishnama Raja, A. K	JSL: 848	21-Nov-1934
22	Yashodha	LM: 908	23-Nov-1938
23	Krishnamoorthy, K.N	LM:100	30-Nov-1932

Your liberal contribution to Sun Shine Fund is solicited.

National / International Days - November

9th Nov	World Toilet Day	(I)
14th Nov	Children's Day	(I)
(Birth anniversary of Jawaharlal Nehru)		(N)
16th Nov	International Day for Endurance	(I)
17th Nov	World Students Day	(I)
17th Nov	National Journalism Day	N
18th Nov	World Adult Day	(I)
19th Nov	World Citizen Day	(I)
20th Nov	Universal children's Day	(I)
21st Nov	World Television Day	(I)
25th Nov	World Non- Veg Prevention Day	(I)
26th Nov	World Environment Protection Day	(I)
26th Nov	National Law Day	(N)

Note: N = National / I = International

Acknowledgment

Thanks a lot & God Bless You

I	Sunshine fund	Mem. No	Rs.
1	Thiru Lokiah Naidu	LM:825	200
2	Thiru C. Nagendra Prasad	LM:846	1100
3	Thiru Sethu Seshan	LM:816	2001
II World Elders Day Donation			
1	Thiru S. Prabhakar	LM:660	1001
2	Thiru Ramalingam	LM:42	500
3	Thiru Viswanathan		3000
4	Thiru SethuSeshan	LM:866	1001
5	Tmt. Meenakishi Dalmia		2000
6	Er. RT Namasivayam	LM:820	500
7	Er. S. Ranganatha Rao	LM:29	500
8	Dr. P. Janakiraman	HM:929	2500
9	Thiru S. Sampath Kumar	AM:937	500
10	Tmt. R. Nirmala	LM:765	1000
11	Thiru PE Chacko	JSL:423	500
12	Thiru V GnanaSambandam	LM:785	1000
13	Er. V Sudharson	LM:677	5000
14	Thiru Murali		500
15	Thiru Mathapati		500
16	Er. VS Balakrishna Raja	LM:567	10000

Note: AM/LM = Annual / Life Member

Mail Box

E- mail dated 30.09.16 from Dr P Vyasamoorthy, Secunderabad, Deputy Gen. Secy. U3A India, acknowledging the receipt of "LinkAge / Oct 2016", a special publication in commemoration of WED 2016:

"Excellent Issue. Variety of activities. Meticulous record keeping of past events. Enviable support of advertisers. Evergreen heroes - Dr VSN Capt MSR. Bilingual brilliance. Kudos for consistently communicating info of use to elderly community. Also saw your presentation to Osaka Conference. Have kept a copy inscribed for greater circulation."

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To.