



Committed to serve

Link Age

(R.O.) "Rohini", 9, Red Cross Road, Egmore, Chennai - 600 008.

**A Monthly Journal for Service and Advocacy
to all Age Groups, by Senior Citizens Bureau**

Bestow
unconditional love

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A message from the Editor in Charge



Chennai witnessed unprecedented rains for a number of days in November, 2017 resulting in the schools remaining closed for longer periods. This has resulted in our cancelling the scheduled programme of National Children Day and World Elders Day programme on Monday, the 20th November, 2017 at Dr B.M. Sundaravadanan Matriculation Higher Secondary School, Shenoy Nagar, Chennai, 600030. However, as we do not want to miss the celebrations of Children's day programme, we have arranged this programme at GRS BRIDGE2 LEARN, Y Block No: 49, 9th Street, Anna Nagar on 26th November, 2017.

Our Nation's slogan is 'HAPPY CHILD IN NATION'S PRIDE' and this is the message our children want to share with us.

Children's Day is celebrated on the 14th of November in India as a tribute to Jawaharlal Nehru, who was born on November 14, 1889. Jawaharlal Nehru, who was fondly called Chacha Nehru or simply Chachaji, was known for his love for children. On this day, chocolates and gifts are often distributed among children, while schools organize different events such as debates, and music and dance performances. It is also a common practice to distribute gifts like clothes, toys and books to orphan children on this day.

Prior to 1964, India celebrated Children's Day on 20 November, which was observed as the universal Children's Day by the United Nations. But after his death in 1964, it was unanimously decided to celebrate his birthday as Bal Diwas in the country due to his love and affection towards children.

Pandit Jawaharlal Nehru once said "The children of today will make the India of tomorrow. The way we bring them up will determine the future of the country".

Keen on the development and education of children in the country, Pandit Nehru oversaw the establishment of some of the most prominent educational institutions in India. His vision for the development of youth played a major role in the setting up of the All India Institute of Medical Sciences, or AIIMS, and the Indian Institutes of Technology. He even initiated the establishment of the Indian Institutes of Management.

Apart from his role as a freedom fighter and politician, Pandit Nehru has left behind a legacy of education and development of children in the country, and November 14 is celebrated as a tribute to him.

Hail the New Year - 2018



I am happy to share the 2010 new year message of SCB's Founding Chairman Maj Gen Aban Naidu

"I would like to see this world as one nation, one people, one language, one government and one religion, the religion of love"

This is laudable, let us therefore set this example in our country, discarding ethnic/caste, language, religious differences and so on. We are Indians first.

I take pleasure wishing all a very happy new year bringing about prosperity, growth, contentment, and people everlasting, God bless"

All About Ageing

Old age is golden, so I've heard it said,
But sometimes I wonder, when I get into bed.
My ears in a drawer and teeth in a cup,
My eyes on the table until I wake up.

Mr. Tom Holloway



Now He has decided to join his family at Oxford, All the members of SENIOR CITIZENS BUREAU/U3A Chennai wish him all the best in years to come. good health and happy days. We are sure he will keep visiting India on the occasion of important events. Whatever status of U3A in India is, main credit goes to Late Prof. R N Kapoor and TOM HOLLOWAY, not underestimating significant contribution of many active members. He subsequently participated in AGM of Bhavana at Lucknow in March'2010 and also organised a day long training class for applications of computers in Lucknow. He has contributed a lot in web, U3A News, and technically also. He has been very cooperative and always polite. He also did lot of social work in Hyderabad areas. Senior citizens Bureau, Chennai accorded a warm welcome and reception to Tom at the residence of Captain Dr M Singaraja, Chairman Emeritus when he visited Chennai. It was the most memorable evening for the many members of SCB who were present on that day.

INVITATION - 211th Programme

SENIOR CITIZENS BUREAU (SCB)

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and

U3A Chennai

in association with **BEWELL HOSPITALS,**

15, Bank Street, Kilpauk, Chennai – 600 010,

Tamil Nadu, India. 044 – 26421013

cordially invites you for

a DIABETIC, BP AND OBESITY CAMP

from 9 AM to 12 Noon

at the HOSPITAL CAMPUS, (BP, RBS, WT, HT, BMI, WAIST / HIP RATIO) on Friday, the 15th Dec., 2017

Hearing test by

AANVII HEARING SOLUTIONS

Dr. Pradeep K.S.,

Vice President,
Bewell Hospitals

S.Jayakumar,

Secretary General
Senior Citizens Bureau

EC meeting will be held in the same venue at the end of the programme.

Minutes of the Special EC Meeting on 6th November, 2017

A special EC meeting was held at the administrative office of SCB at No: 9, Red Cross Road, Egmore, Chennai, 600008 on 6th November, 2017. Chairman of SCB presided over and it was attended by M/s V S Balakrishna Raja, S Jayakumar, S Prabhakaran, Sainath, and P M Pandiyan. It was decided to meet the Headmistress of Dr B M S Higher Secondary Matriculation School to decide about the programme of National Childrens Day on Monday, the 20th November, 2017 and in the absence of Secy General who will be away from Chennai for a week or so, Mr P Sethuseshan and Mr S Prabhakaran have been asked to meet the Headmistress tomorrow morning. Secy General suggested that we must give mementoes for all the Guests Viz., Dr VSN, Dr Singaraja, Mrs & Mr Vedhagiri Shanmuga Sundaram and the headmistress besides to the four team heads of health monitoring tests viz., Baskar Dental Foundation, Murugan Hospital, Mneye Hospital and also to aanvii Hearing solutions. He has also suggested for providing lunch for the medical teams. Further, it has also been decided to give cash awards as per the Headmistress suggestions for giving Best teacher award, bright and meirtorius students both in academic, sports and cultural etc., The meeting came to an end with Chairman's appeal to all the EC members to ensure attendance of many SCB members for all our function

New Passport Rules

The Ministry of External Affairs just recently announced a new set of rules for applying for a passport. And we've summarized some of the major changes that these new rules have brought in.

• DOCUMENTATION FOR PROOF OF BIRTH

As per the earlier rules, submitting a birth certificate was compulsory for all applicants born on/after 26th January 1989. But the new rules have brought in a relaxation in this regards. Now, any of the following documents containing the DOB of the applicant will suffice:

- Birth Certificate (BC) issued by the Registrar of births and deaths or the Municipal Corporation or any other prescribed authority whosoever has been empowered under the Registration of Birth & Deaths Act, 1969 to register the birth of a child born in India
- Transfer/school leaving/matriculation certificate issued by the school last attended/recognized educational board
- PAN card
- Aadhar card/E-aadhar
- Copy of the extract of the service record of the applicant (only in respect of Government servants) or the pay pension order (in respect of retired government servants), duly attested/certified by the officer/in-charge of the administration of the concerned ministry/department of the applicant
- Driving license

A Visit to Eco Park, Chetput, Chennai

Many members have expressed their desire for organising tour with family members, Our Secy General has suggested that we all can visit Chetpet Eco Park, the latest best in Chennai for a change. In this camp, all are invited, grand parents, kids, children of members. The difference is all members should meet the expenses including their invitees. or friends. or their families themselves..Please see website in Google Chetpet Eco Park for rates such as Angling, Boat Ride, Car Parking (multilevel) Fishing, 3 D fillms watching in AC theatre, Childrens play field and many more. Tuesday Holiday for Park. Team leaders for 5 or more persons to be formed to take care of their members families, children and most important safety of their group. The entrance fees is Rs.25/- per head.

Obituary

With profound sorrow we record the sad demise of our Life Member and we pay our respectful homage and condolences to the members of the bereaved family.

Dr S Sundara Velayutham

Phone No: 9442128203

No: 20, South Chokkar Street,

Tenkasi, Nellai District - 627 811.

SCB - 210th Programme - Children's Day and World Elders Day**A section of the participants****Office bearers of SCB with Mrs & MR Sampath of GRS Bridge 2 Learn with the participants in the Entertainment programme.****Captain Dr M Singaraja honouring the chief guest
Mr S Sampathkumar of GRS Bridge2 learn.****A group photo of all the participants
with the Chief Guest Mr S SAMPATHKUMAR.**

Senior citizens Bureau jointly with GRS BRIDGE2 LEARN organized its 210th programme to commemorate the National Childrens Day and World Elders Day, between 4 PM and 6 PM on Sunday, the 26th November, 2017, at the latter's centre at Anna Nagar, Y Block No: 49, 9th Street, Chennai, 600040.

After invocation by Ms. Mira, Mrs Srilatha, CEO on behalf of GRS Bridge2 Learn, extended a warm welcome to Captain Dr M.Singaraja, Chairman Emeritus of SCB, Sri C.Nagendra Prasad Chairman of SCB, EC and other members of SCB as their guests. Then Chairman of SCB honoured Captain Dr M Singaraja, Mr S Sampath, Mrs Geetha Sampath and Srilatha. This was followed by a variety of entertainment programmes by the students=. Pushpanjali bharatnatyam by Suhiritha, Sri Senthura song by Jyothsana, Keyboard presentation by Aakash. B Keerthana Carnatic vocal by Mira. All items of entertainment by the studenrs were well applauded and appreciated by one and all. Then group photo with the staff and children of GRS along with members of SCB was taken.

In his presidential address, Sri C Nagendra Prasad recalled the efforts of Late Sri KAMRAJ who organised all India congress conference at Avadi as well as an exhibition in the present Anna Nagar where many international

companies took part. He further said that later when CNA, popularly known as ANNA came to power, Anna Nagar became a reality as a posh area with many houses. With fast paced changes, the seniors and elders must get used to modern technology, as all activities are App based linked to smart phones. In olden days, grand parents were guiding the family members, You can all make changes now since it is Elders day. He expressed his happiness to observe the commemoration of National Children's Day and World elders Day at this centre. Later, Mr Sampath, in his key note address explained how GRS was started in a small place 13 years back with a progamme of Abacus and how they have grown now. They conduct various courses and their Global Art progrmme is helping the students to show their creativeness, He further said that he is also planning a programme for elders to learn the art at their convenient timings in the morning hours, as they have a Great Responsibility to Society.

Mr P Sethusesshan, Joint Secretary od SCB and also Director of Finance for GRS proposed a hearty vote of thanks, jocularly stating that he was perplexed as to whom he should thank particularly when he was connected with both the organisations. He thanked one and all for making this function a grand success with their presence in large numnbers.

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

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	Rajagopalan, N . Dr	LM:604	1-Dec-1942
2	Menon, M.D. Cdr	LM:788	2-Dec-1946
3	Aravamudha Chary,S	LM:363	3-Dec-1931
4	Sakunthala, S	LM:426	3-Dec-1933
5	Lalitha Govindan, Dr.	LM:689	5-Dec-1948
6	Lakshmi Narayanan, V	LM:605	7-Dec-1946
7	Sampath Kumar, K. Dr.	LM:659	7-Dec-1939
8	Sathyanarayanan, K	LM:481	12-Dec-1941
9	Ramakrishnan, R	LM:791	13-Dec-1936
10	Kanthimathinathan, A	LM:507	14-Dec-1931
11	Venkatraman, L. Er.	LM:724	18-Dec-1940
12	Pramila Ethiraj	LM: 912	19-Dec-1940
13	Rajah, S.P. Er	LM:87	20-Dec-1939
14	Neela Patel, Dr. C/o.Vipanchee	LM:568	22-Dec-1965
15	Krishnamoorthy, N.Capt	LM:257	23-Dec-1940
16	Murahari, M	LM:777	25-Dec-1943
17	Venkata Subramanian V	LM: 932	26-Dec-1942
18	Balakrishnan, A	LM:742	30-Dec-1950
19	Mariapoomnam,G	LM:939	30-Dec-1950

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

01-Dec	World AIDS Day	I
02-Dec	international Day for the Abolition of Slavery	I
03-Dec	World Disabled Day	I
04-Dec	Chemical Accidents Prevention Day	N
04-Dec	Navy Day	N
05-Dec	International Volunteers Day	I
07-Dec	International Civil Aviation Day	I
07-Dec	Armed Forces Flag Day	N
09-Dec	Girl Child Day	N
10-Dec	International Human Rights Day	I
11-Dec	World Childrens Fund Day	I
11-Dec	World Asthma Day	I
14-Dec	National Energy Conservation Day	N
19-Dec	Liberation Day of Goa	N
23-Dec	Kisan Dives (Birthday Charan Singh)	N
25-Dec	X-Mas Day	I
26-Dec	Central Reserve Police Forces (CRPF)Foundation Day	N

Note: N = National / I = International**Acknowledgment****Thanks a lot and God bless you:****Donation:**

Dr (Mrs) R. Nirmala - LM 765 - Rs.1,000/-

Sunshine Fund:

Mrs. D,Ambika - LM: 54 - Rs. 500/-

News from Net Working Associates

Foswl India, Anna Nagar, Chennai invites you for its monthly meeting at 5 PM on 24th December, 2017. For details contact Sri S Jayakumar, Ph: 9381801446

The trustees and staff of Sri santahnakrishna Padmavathi health, care and research foundation will be celebrating their SILVER JUBILEE AND ELDERS DAY celebrations on Sunday the 3rd December, 2017 with Lion C.R.Narasimhan presiding. Other guests are Smt.Susan Thomas of GIL Private Ltd., Sri Edwin Babu of Helpage India, Probn Sri R..T,Namasivayam, Probn. K.V.Chari. Special guests are Dr Captain M.Singaraja, Chairman Emeritus, SCB, Sri S.Jayakumar , Secy Genl SCB, Ennngalin Sangamam Sri Prabhakaran and Sri Sevhanakar of Seva Bharathi.

National Conference of AISCCON at Indore. The 17th Annual national conference of AISCCON at Indore was held under the presidentship of Sri D.N. Chapke. Mr. N.S.Jodon very ably managed the event. Key note address by Dr.Shiva Raju, Director TISS, Hyderabad on CSR and Elder care, was very Inspiring. Around 1750 Senior Citizens and Guests from SAARC Countries Participated, the technical session on CSR and Elder care was chaired by Mr.Mittal. other Members in the session was Mr.M.K.Raina, Mr. Sarvesh Gupta, Dr.Narula, Mr.T.V. Hanumanth Rao and CW Deoras (both Vice President of AISCON).

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To.