



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

## Invitation - 202<sup>nd</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

#### JAYAM HOME HEALTH CARE

(An Unit of Jayam Poly Clinic and Nursing Home)

Cordially invites you for

#### “JAYAM GERIATRIC HEALTH SCREENING CAMP”

in Commemoration of 9<sup>th</sup> Anniversary of  
Geriatric House Call Project of SCB

On Sunday, the 19th February 2017,  
from 10.00 am to 12.00 pm

at 58, M.G.Road, Shastri Nagar,  
Near Vannanthurai Bus Stop and Opp to SBI,  
Thiruvanmiyur, Chennai - 600 041.  
Ph: (044)45587536, 8220861034.

**Presentation on Jayam Geriatric Home Services by  
Dr. RAMESH SADASIVAN**, MBBS., FCIP., RCGP (London)  
Medical Director, Jayam Poly Clinic and Nursing Home

In the august presence of :

**Dr. Capt. M. SINGARAJA**,

Chairman, Senior Citizens Bureau and U3A Chennai

All are welcome

**Note: Tests for Random Blood Sugar(Diabetic), ABI  
(Ankle Brachial Index- Non invasive measure of peripheral vascular disease) and Uric Acid will be done at no cost.**

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

## Tips for Healthy Ageing

1. Plan well ahead ; “50 is the old age of youth and 60 are the youth of old Age”.
2. Loneliness is the enemy of old age. Try to beat this by reading books, listening to music, involving in gardening etc.,
3. Develop the habit of doing your daily basic activities on your own. It gives you pride and reduces dependency.
4. As you get older try to reduce your bondage with your family. Live like a water droplet on a lotus leaf.
5. Exercise regularly and try brisk walking, yoga etc.,
6. Meditation reduces stress and give inner peace.
7. Reduce your expectation from others.
8. Maintain good and balanced diet consisting of wheat, ragi, pulses, green leaves, green vegetables, and fruits.
9. Remember the good happy moments of your life. Shun disappointment and tragedies from your mind.
10. Be active to burn calories and also take adequate rest.
11. Maintain cordial relationship with close friends.
12. With your loved ones set out for Picnic and heritage locations. It refreshes your mind.
13. When you are middle aged plan for a suitable home / place to live during Old Age.
14. Death is inevitable and comes unexpectedly. Overcome fear of death and enjoy each and every minute of your life.

**Courtesy: HelpAge India**

## **JAPAN - THAI TOUR (Associated with Osaka U3A World Conference)**

**Our U3A Chennai delegates with Chinese delegates at Osaka U3A International conference**



The technical report about Osaka 7th University of Third Age (U3A) World Conference, was published in Nov 2016 issue of our monthly journal "LinkAge". It was 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. In connection with the conference, a sightseeing tour was undertaken. A few important places were considered to visit in Japan. The Air route to Japan is either via transit Bangkok by Thai Airways or via transit Honkong by Cathay Pacific. Thai Airways and Thailand are in expensive and preferable food wise also. Hence it was unanimously decided to Bangkok. The cost of the package all inclusive was Rs. 2 lakh per head plus pocket money for shopping. There was a demand to report about the associated tour with the conference. A brief non technical tour account is placed before you.

Six members of our SCB U3A Chennai, under the leadership of Dr. Capt. M. Singaraja, were fortunate to participate in Osaka U3A International Conference 2016 and associated tour to Japan and Thailand from Oct 9 to 16. Our Chairman took lot of pain and time to work out the itinerary and route, since 6 months after rounds of discussion with a few tour operators. We have finally availed the package offered by M/s. Parveen Travels, Chennai. The route was Chennai – Bangkok - Osaka- Mount Abu (Bullet Train) - Tokyo(Road) - Bangkok (Thai tour) – Chennai. Our Air carrier was Thai airways. The other members of the team were Mrs. & Mr Sethu Seshan, Mrs. PS Rajam, Mrs. Mariam & Mr. Jayapalan. The time given for various locations is local time.

We left Chennai Airport by Thai Airways on 10th Oct at 0.55 am. We landed at Bangkok Airport around 6 am (local) and waited in transit till we took our flight for Osaka at 11 am. We reached Osaka Airport at 6.30 pm(local). Van driver cum guide from the local tour operator Hana Tour (Tokyo) received and dropped us in the Hotel Ibis Styles Osaka. The Hotel is situated in one of the famous Commercial centres by name 'Squemo-Cho' Shinsaibashi Shopping arcade. It is very crowded area like Broadway and Ranganathan Street, as our Chairman commented. We identified an Indian Hotel 'Mithila Shinsaibashi' surrounded by shopping arcades and food malls for our Dinner. Even on the narrow roads, the vehicles were seen moving with one meter gap between

**AIUTA President Prof. A. Vellas, presenting a memento to our Chairman, after his presentation in the conference.**



each other in a disciplined manner without rushing and using horns. The youngsters both sex were smoking and enjoying without disturbing others.

On 11 th Oct we enjoyed the breakfast in the hotel, with salad, fruits, Bread, Bun, Butter, Jam, Honey, corn flakes, milk, egg, coffee, tea, juice, etc., though the spread was mostly Japanese food (rice, curd, all kinds of meat, sea food, seasoning). Fish prawn was mixed with almost all items. We were picked up from the hotel lobby at 9 am by the tour driver by name Togo wearing smart suit. He was very cooperative & helpful to us throughout our stay at Osaka. He was talking in English very fluently. The van was quite big, comfortable. He was carrying a wheel chair. We reached conference venue, Asia Pacific Trade Centre in time. We were welcome at reception desk. After completing Registration process we joined the conference hall. The dais and facilities for presentation were not elder friendly. The speeches were translated in Japanese language for the benefit of the locals. During the lunch break at 12.00 pm, we exchanged pleasantries with other nationals and took photographs. Our chairman had a fall at the steep steps of the dais but escaped serious injuries. Due to heavy impact, he could not bear the pain at the left side joints and spine. All of us and the Conference Volunteers were very much concerned. Our Chairman wanted to wait till he successfully finished his presentation. After Lunch (Good Spread) the participants reassembled at 01.20 pm. In the second slot after lunch at 01.40 pm, our Chairman made one of the best presentations of the day to cheers and loud applause from the audience. In spite of the pain and difficulty due to his fall, he managed to present the paper successfully, assisted by Mr. Sethu Seshan. Due to his unbearable pain and discomfort, the organisers wanted to take him to the nearest hospital. Since he declined to go to hospital, he was taken to their office at 12<sup>th</sup> floor, where the physiotherapist cum nurse administered drug, acupressure and massage. However he managed the entire program with the cooperation and assistance from our friends, particularly Mr Sethu Seshan. The kindness and affectionate service of the conference volunteers were admirable, true to Japanese hospitality.

**On Day 03: 12 Oct- Wed:** After the second day Conference, we visited Osaka Castle, Umeda Sky Building and enjoyed the "love lock" circle, the sunset from a height of 260 mts

*Contd... P-3*

*Contd... from P-2, JAPAN - THAI TOUR*

and glittering circular path after sunset. With dinner at Indian restaurant Asoka Umeda, we returned to Shinsaibashi shopping arcade and Hotel Ibis Styles Osaka.

**Day 04 – 13 Oct-Thu:** Osaka-Fuji-Tokyo- At 06.15 am we got transferred to Shin Osaka Station to board the bullet train to visit Mount Fuji. We carried packed breakfast. We boarded Hikari 510 Shin bullet train at 7.25 am and got down at Mishima Station at 09.55 am to a pleasant reception by the van driver cum guide at the platform. We visited Mount Fuji 5<sup>th</sup> Station at a height of 3200 mts at about 12.30 pm. It is possible to climb up to the peak at 10<sup>th</sup> station by the mountaineers. The musical stretches on the way through the thick jungle and the passing mist from the valleys were enjoyable. The temperature at the 5<sup>th</sup> station was 3 degrees and our warm clothing was protecting us. After shopping and a stroll around the place, we had a sumptuous lunch at 2.00 pm in Aladin Restaurant at a foot hill village Kawaguchi. The 2 decades old restaurant is owned by a Pakistani and most of the employees are Indians. It is known as Indian hotel and you can see the national flags of India and Pakistan are flown side by side. We passed through the Kawaguchi lake and scenic views. We drove down to Tokyo, by highway and arrived at Candeo Hotels Ueno Park at 8.30 pm. On the way we had a break for shopping at Tokyo commercial arcade. Everything is expensive.

**Day 05 -14 Oct-Fri:** After breakfast we checked out at 9.00 am and visited Imperial Palace outer garden, Tokyo Tower, Roppongi Hills Observatory Tower, Asakusa and Nakamisei shopping arcade. The shopping experience at Asakusa was exciting, with rows and rows of shops flooded with all types

of Chinese goods. Since we picked up pack lunch at Sekai Cafe, we went straight to Narita Airport (Tokyo) to reach at 3.00 pm (local). We departed at 5.25 pm and arrived Bangkok Suvarnabhomi Airport at 9.25 pm(local). Due to sad demise of the Thai Emperor, the Bangkok city wore a gloomy atmosphere. We were stranded in the airport for more than 2 hrs till we could get hold of the local tour operator. We checked in at Ecotel Bangkok Hotel after midnight.

**Day 06- 15 Oct-Sat:** The local tour was supposed to start from 9.00 am to Bangkok City, Temple, Gems Factory, Chocolate Factory and King Power but the tour operator cancelled it. We availed the time for shopping at Indira Market. However as per schedule we enjoyed Siam Niramit Show and dinner in the evening. The theatre for the show was gigantic and awarded Guinness World Record. The photo session and shopping experience at the venue was wonderful. Due to language problem with the driver and locals, we were very much delayed and came back to hotel at 11.00 pm instead of scheduled 9.00 pm.

**Day 07-16 Oct-Sun:** After breakfast we checked out at 9.00 am and visited Safari World Marine Park. The park was unique with scheduled shows like elephant show, dolphin show, sea lion show, cow boy show, at large pavilions. The park is surrounded by birds and animals in lakes and woods along with fun games and shops. The driver skipped visit to Safari World Open Zoo and dropped us at BKK Suvarnabhumi Airport at 3.30 pm(local) instead of 6.30 pm for departure to Chennai at 9.50 pm (local). We landed at Chennai at 11.40 pm (local) safely and comfortably.

The tour associated with the conference was memorable though it was expensive.

### ***National Council for Senior Citizens (NCSrC)***

In Pursuance of paragraphs 5.VI and 5. VII of the Resolution No. F. 15-40(4)/2010 -11/ AG dated 17.2.2012, published in part I- Section 1 of Gazette of India Extraordinary dated 22.2.2012, of the Ministry of Social Justice and Empowerment regarding re- constitution of the National Council for Senior Citizens and in supersession of this Ministry's O.M. of even number dated 18.10.2013 and 27.2.2014, the Central Government hereby nominates 25 non – official members to the National Council for Senior Citizens (NCSrC), under the following 5 categories, one each from Northern, Southern, Western, Eastern and North East Regions.

Representatives of Senior Citizen,s Associations, Tmt. Malathi Pichaimani, Madurai, represents, Southern Region 2) Representatives of Pensioner,s Associations, Thiru A. Athimoolam, Retired Education Officer, Suthamalli, Tirunelveli Pensioner's Association represents, Southern Region 3) Representatives of Non Governmental Organizations (NGOs) working for Senior Citizens, 4) Experts in the field of Ageing and other related areas Tmt. S. Vasantha Kumari, Managing Trustee, Saras Trust, Ooty, represents, Southern Region and 5) Senior Citizens distinguished in various fields.

The first meeting of the newly constituted National Council of Senior Citizens was held on July 8, 2016 at New Delhi, under the Chairmanship of the Minister of Social Justice

& Empowerment Thiru Thaawarchand Gehlot. Minister of State for Social Justice & Empowerment Thiru Ramdas Athawale and Secretary, M/o SJ & E Tmt. Anita Agnihotri were present on the occasion. The Meeting discussed the following 10 items: 1) Review of the policy for Senior Citizens at Central and State levels, 2) Review of the programme being implemented by different Ministries for the Welfare of Senior Citizens, such as IPOP, IGNOAPS, NPHCE etc, 3) Review of the working of MWPS Act, 2007, 4) Review of measures taken by Government for the physical safety and security of Senior Citizens, 5) Review of measures for the economic well being and financial security in Old Age, with special reference to Pension Plans, Reverse Mortgage Scheme etc, 6) Discussion on Senior Citizens Welfare Fund, 7) Review of Health care facilities with special reference to Geriatric care, Respite / Palliative care, Home care and Health Insurance, 8) Review of concessions and other facilities available to Senior Citizens, 9) Review of effectiveness of public administration in safeguarding the interest of Senior Citizens in the society and 10) Evaluation of the extent of Awareness and Sensitization of younger generation the special needs and right of Senior Citizens. It may be recalled that our Chairman is the former Member of NCSrC and known for articulating elders issues emphatically in the meetings convened by MoSJ & E.

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### Birthdays : February

*Wishing you a Cheerful, Peaceful and Prosperous life*

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	Balakrishnan, R	LM:668	2-Feb-1940
2	Prakash H. Lulla	AM:41	4-Feb-1946
3	Balakrishna Raja, V.S. Er	LM:567	5-Feb-1934
4	Sivaraman, D	LM:812	5-Feb-1953
5	Subramanian, K	LM:865	5-Feb-1961
6	Ambika, D	LM:54	6-Feb-1936
7	Kamala, V	LM:747	6-Feb-1932
8	Dakshinamurthy, K.N	LM:595	7-Feb-1934
9	Venkatesan, P.K	LM:590	9-Feb-1940
10	Gajendra Rao, B	LM:377	10-Feb-1936
11	Rajagopal, A. S	LM:871	12-Feb-1930
12	Radhakrishnan, V	LM:781	14-Feb-1938
13	Shanmuga Sundaram, C.P	LM:434	14-Feb-1943
14	Dharmaraja, T.K	LM:78	15-Feb-1939
15	Amrit Agarwal	LM:532	18-Feb-1948
16	Rajagopalan, S.S. Dr.	LM:597	19-Feb-1931
17	Sainath, V	LM: 834	20-Feb-1948
18	Suresh Chander Pal, P. Dr.	LM:538	20-Feb-1937
19	Ramachandran, S	LM: 861	22-Feb-1950
20	Ramlingam, S. Er.	IM.15	25-Feb-1937
21	Sadasivam, K	LM:454	27-Feb-1935

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

### National / International Days - February

12th Rose Day	I
14th Valentine Day	I
21st International Mother Tongue Day	I
24th Central Excise Day	N
28th National Science Day	N

*Note: N = National / I = International*

### Acknowledgment

*Thanks a lot & God Bless You*

I	Sunshine fund	Mem. No	Rs.
1	Thiru G. Seshadri	LM:613	500
2	Thiru KS Mani	LM:540	1000
3	Maj. Joy Koruthu	LM:884	1500
4	Dr. Capt. M. Singaraja	LM:03	581
II	Donation		
1	Thiru V. S. Balakrishna Raja	LM:567	3000

### Mail Box

**Email dated 09.01.2017 received from Anjali Raje, Executive Director, International Longevity Centre, Pune**

I take this opportunity to wish you and all your associates a Very Healthy, Happy and Prosperous New Year. As always your monthly journal "LinkAge" is a great reflection of Positive, Productive and Qualitative Ageing. Kudos to you for keeping it going strong! All our good wishes to you and your team always. With warm regards,

**Reply:** *Thanks for your greetings, which i warmly reciprocate. Your support and best wishes add strength to us, Anjali Raje. God bless you.*

### News from Net Working Associates

**Er. M. Balaraman, President, informs that Retired Engineers Association, TamilNadu Salem Branch** celebrated World Elders Day, National Pensioners Day on 31.12.16 at Salem. A book on the history of Erkadu was released.

**TNEB – ROA** organized a Health Seminar on 25.01.2017 at Jeevana Jyothi Hall, Egmore, Chennai. Prof. Dr. V. Chokalingam spoke on the topic "Mind Your Heart". Er. AP. Kandappan, the President of ROA chaired.

**FOSWL** invites you for its monthly meeting at 5 pm on 26.02.17 at Karuna Enclave, Shanthy Colony, Anna Nagar. For details Ph. : 9381801446.

### News from China

Senior Citizens in China provided with GPS bracelets to avoid missing Communist China is providing its senior citizens, those who are above 60, with GPS enabled bracelets so that they can contact their family when they are lost or their family can track them down when they are missed. There is provision in the bracelet to make phone call to the family. In China, there are about 22.2 crore senior citizens above 60 years, out of a total population of 138 crore. It is reported that on an average, 1,370 senior citizens are going missing every day.

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To.