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# LinkAge

(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



Many of our members have vast experience in their official and personal life and would like to share those experiences for the benefit of others in SCB's monthly journal "Linkage", which enjoys the unequivocal support of the elderly population in general and the honorable members SCB in particular. As the Chairman of SCB has been reiterating every now and then, we need more numbers in the age group of 65/75 to spare some time for our bureau and share their expertise. Now 5G and net work accessibility gaining popularity, our Chairman has formed a whatsapp group for SCB members for a limited group of 100 members with his mobile number 98411 41825, and requesting members to send their name, LM number and mobile number, utilising these facilities enthusiastically, besides necessary data base with their e mail id, if any, date of receipt of Linkage and special talents available in their family. I also request you to kindly give your suggestions for improving for better presentation of Linkage and if you have any contacts to get advertisements to meet the cost and help us.

## Announcement

### A VISIT TO ECOPARK, CHETPUT, CHENNAI

In January, 2018, we had the pleasure of celebrating PONGAL UTSAV in a grand manner at Tower's club, Anna Nagar. Now it is time for us to have a mini get together to coincide with Tamil New Year's Day at ECO PARK, CHETPUT, CHENNAI with our family from 10.30 AM to 1.30 PM on Friday, the 20th April, 2018. The total cost works Rs.150/- per head inclusive of a buffet lunch. Inter active family games will be conducted by our Master of Ceremony Mr Prakash H Lulla. Please book your participation to Mr S Jayakuamr On 9381801446 or to Mr.S Prabhakaran on 9600088464. Your kind confirmation can be sent bt SMS/E mail or phone on or before the end of March, 2018. Let us all join together with family and happily celebrate the Tamil New Year's Day.

## INVITATION - 213th Programme



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### SENIOR CITIZENS BUREAU - U3A CHENNAI

"Rohini", 9, Red Cross Road, Egmore, Chennai - 600 008

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Email id : chairman@seniorcitizensbureau.org

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**Contact: Mr.Prabhakar- Editor LinkAge, Ph: 96000 88464,**

**Email- info@seniorcitizensbureau.org**

**K. Ravichandran,**  
Heartfulness Trainer  
Heartfulness Institute

**S. Jayakumar,**  
Secretary General  
Senior Citizens Bureau

## Join the University of Third Age

The University of the Third Age (U3A) operates in many areas, offering older people the chance to learn or do something new. Run by volunteers, U3A has no exams. Instead, it gives you the chance to do, play or learn something you may never have done before, or something you have not considered since your school days. U3A is also a great place to meet people and make new friends, Find your nearest U3A on line.

## 213th Programme - SENIOR CITIZENS BUREAU & U3A



**Chief Guest Mrs Bhuvana Pashupathi with the Principal and members of Senior Citizens Bureau**

Senior citizens Bureau & U3A organised their 213th programme in the AC auditorium of Kola Saraswathi Vaishnav Senior Secondary School. 41, Barnaby Road, Kilpauk, Chennai, 600010 on Saturday, the 17th February, 2018 at 10.30 AM. The lovely, awesome and spacious auditorium with AC comfort was bustling with hectic activity, with members from SCB entering the auditorium and taking their seats on one side, the higher class students of the school in their colorful uniform started assembling in a more disciplined way with their teachers in command and took their seats on the other side of the auditorium in an orderly manner. The master of ceremony was none other than our Vice Chairman Mr Prakash H Lulla and the programme commenced with an invocation song by the students, followed by welcome address by a student. Then Dr.P N Sundari, the Principal of the school welcomed all the participants and expressed her happiness at the valuable programme being projected for the students. In his presidential address, Sri C Nagendra Prasad, Chairman of SCB, referred to present changes taking place in different fields and wished all the students gear up to these challenges.

He then honored the Principal and Mrs Bhuvana Pashupathi with mementoes as a remembrance of the event. Captain Dr M Singaraja, Chairman Emeritus of SCB, honored the two students who had won the essay competition. In her key note address on "Value education Vs Marks achievement", Mrs Bhuvana Pashupathi explained that happy life and healthy life depended not only on book knowledge or learning by simply writing and memorising them. but by values encouraging team work; togetherness; in each one rather than merely encouraging egotistic competition for marks only.



**Students of KSV School**



**Students of KSV Senior Secondary School**

A high degree of marks can be a stepping stone to higher education but not for practical life management of skills for better use by all in society around us. The main question on values, one should have being hard work, sincerity, love and compassion, care and share attitude that encourages spiritual upliftment only and not personal power ridden equations that govern only monetary achievements and balanced approach to benefit all family members and society at large. She was emphatic in telling that the aim of education should be first Values and then only Academic Excellence. She added that young learners hardly understand why they are in school and why they are learning many subjects and how it would be helpful to them.

No importance is given to their emotional and inter personal skills or even to their health care. She concluded her speech by wishing all best of health and spirits. Mr Jayakumar and Mr Prabhakaran jointly supervised all the arrangements and took active interest. Captain Dr M Singaraja, Dr V.Chockalingam Dr Sethuleshan, Mr V S Balakrishna Raja, Dr Nirmala, Mr Sainath, and Mr P M Pandiyan enriched by their presence. Mr, S Jayakumar, Secy General proposed a hearty vote of thanks and the meeting ended with all singing National Anthem.



# SENIOR CITIZENS BUREAU

(Estd. 3/1996 & Red. # 370/2002

"Rohini", 9, Red Cross Road, Egmore, Chennai - 600 008

Phone: 044 - 2855 3031, Email id : [chairman@seniorcitizensbureau.org](mailto:chairman@seniorcitizensbureau.org)



## MISSION

- To give back to Society something in return of all that it has done for us, and exemplifying it through our commitment to serve.
- To put to use the wealth of our collective wisdom and experience by providing free information and guidance to various sections of society.
- To sensitise the community, especially the Youth, about the social ethics and value systems of our Society, especially in the care of the Aged, and inculcate the philosophy of Humanism.
- To promote the Joy of fellowship and bonding, as a means to develop unselfish love for one's fellowmen.
- To promote the well-being of the Elderly in body, mind and spirit.

## VISION

- To raise and pool resources for the economic, physical and mental welfare of the Elderly.
- To highlight the worldwide movement on Ageing and its objectives and programmes, and seek to promote the well-being of the Elders through the agency of the State and of Society.
- To promote community projects at all levels for the care of the Aged.
- To Publicise the rights of the Elder Citizens and the means of securing them, and their duties and obligations to Society.
- To ensure to the Aged their legitimate share in all spheres of life, enabling them to live with dignity and respect instead of merely subsisting on sympathy.

## Attention – to save your eyes

- Appeal by Dr. Justice Arthur, who is a medical officer at Cape Coast Hospital (Bakkano)\*
- When lights are off at night one must not view the hand phone! (smart phone)
- Please share with family friends urgently...
- Habitually using hand phones before bedtime in the dark can lead to serious problems.
- Recently, an increasing number of 30-40 year old patients are seeking medical attention due to using hand phones in the dark.
- Professor Li Li, director of the hospital of Ophthalmology SGH Singapore, said: direct glare of > 30 minutes would cause irreversible eye molecular degeneration that leads to rapid deterioration of vision.
- Contracting maculopathy (eye cancer) means waiting for the loss of sight because modern medicine treat, let alone cure it.
- The bright phone in the dark with close-up view high energy directed at the eyes will damage the macula of the eye.
- Professor Li Li said symptoms of macular degeneration is mostly experienced by the old people, but lately patients are getting younger. Patients who are 30-40 years of age increased by 3% most are frequent users of hand phones.
- However, viewing the hand phone in the dark not only causes macular degeneration. It initially causes dry eyes, cataracts and eventually loss of sight.
- Early lesions of the eye have to be treated with the laser or injection of steroids.
- 254 bedded Hospital eye specialist professor Li Li suggested that the most important thing is to get rid of the bad habit of using hand phones in the dark. Because habitual use of hand phones in the dark before bedtime may cause a lifetime of harm.
- Friends: In order to look after ourselves and our families, remember not to turn off the lights if viewing the hand phone. Inform hand phone users urgently that viewing hand phones in the dark can easily lead to loss of sight!
- Sharing is caring..

Thanks: TNEB ROA LINKS  
(Compiled by Captain Dr M Singaraja,  
Chairman Emeritus, SCB)

## ***MIND YOUR HEART - Healthy Heart for Hearty Health*** ***(Dr.V.Chockalingam, Dr.Anand Chockalingam and Dr.Priya Chockalingam)***

Healthy mind and healthy body are mandatory for the journey of long life, meant to be for a minimum of 100 years. Life is nothing but a 'stream of experiences' and it gets extinct when the flow of experience ceases. Leading life happily is an art to be learnt. The learning is a process of knowing, analyzing, understanding and correctly interpreting the experiences of life. After having learnt and imprinted in mind the knowledge thus acquired, it should be effectively applied in our life - this is wisdom. "Wisdom lies not in the amount of knowledge acquired, but in the degree of application"- Vivekananda, The wisdom leads to success in life and the success is also not a destination, but only a journey. The principles of life were highlighted thousand of years ago by our ancient sages and rishis, in the form of Vedanta (Veda-knowledge, Anta-end). The ancient philosophy of Vedanta literally translates into culmination of knowledge, the knowledge of your

real self - 'Self Realisation'. WHO - World Health Organization, has defined health is not a disease-free state, but a positive state of health- "physically, mentally, spiritually, and socially" which enhances the quality of life of self and the society. As I have been saying often that the best benefit of life is by realizing and living in the "power of now" This message has to be communicated to the larger community at the earliest. (In this regard I am reminded of Eckhart Tolle's book "The power of now" gifted to me with much love by my eldest daughter VIJI "for being a wonderful dad and for spreading cheer and sunshine everyday", on 20th June, 2010 while wishing me "Happy father's day". Fresh, revealing, current, new inspiration. One of the many spiritual books that cross my desk and in my library of books, this book stands out from the flock..... this book is really a great companion for me now a days.

### ***BUILDING RELATIONSHIPS IN LIFE***

Be it marriage, job or profession, business, friends, Social standing, RELATIONSHIPS matter everywhere.

Following are some of the tips, how strong meaningful relationships can be built so that you can cherish and relish them as you grow old. It is then, money, status, position, nothing gives pleasure and satisfaction. What pleases you are few Sincere Friends.

#### **BUILDING RELATIONSHIPS: Important tips.**

1. Body language, tone and manner, matter a lot whenever you are speaking to someone. Be polite and positive. straight forward rather 'say something, mean something types'. Never irk to have the last word in a discussion (avoid unnecessary arguments). Give-in in all the minor inconsequential matters. Never be sarcastic using double meaning language. Speak as you want to be spoken, with respect and gratitude.

2. Avoid 'ME FIRST' approach: Develop the Attitude to GIVE rather than GET. Help others. Take genuine interest in others, matters concerning them keeping your personal problems on the back burner. Give place to others in any queue, specially ladies and old. Be a good patient LISTENER. All this will show, how much you care and caring types are kept in people's heart.

3. Be the Original You: When you buy something, you are careful that you buy the original not duplicate. So be one. People should love you from heart not mind.

Speak to EXPRESS not Impress. You automatically impress people when you express with Clarity, Honesty and with Vision.

4. Forgive easily: You will find great solace in forgiving and owning a prejudice-free heart. FORGIVE FORGET & MOVE ON. Do not provide rent-free space to all the grudges one can have in life. First Cooperate then only expect others to cooperate. And if they don't, do not Crib, Criticize or Complain. Just go about what needs to be done. Just keep doing that.

5. Be Thankful, Appreciative and Encouraging: Well, quite a rare activity. We tend to pounce on someone's faults & mistakes and ignore the good done. Doing that you may get perverted pleasure but would always lose lots of goodwill and bonhomie. Never let an opportunity to be appreciative or encouraging be missed.

6. Whatever you be, BE GOOD. Your company, then, shall be cherished and relished by everyone. When you do good, Goodness returns.

There are many more, but if you take care of the above, things will automatically fall into place in life.

Building relationships must be given utmost priority taking help from the above cues. START DOING IT NOW whatever it takes. Its important, very important.

*Courtesy: Captain Ravi Mahajan*

*With Best Wishes from*

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### ***LIFE'S JOURNEY AS TRAIN***

At birth we boarded the Train and met our Parents,  
and believed they will always travel on our side.

However, at some station

our parents will step down from the train,  
leaving us on this journey Alone.

As time goes by,  
other people will board the train;  
and they will be significant  
i.e. our Siblings, Spouse, Friends, Children,  
pouring all the LOVE in our life.

Many will step down  
and leave a permanent vacuum.  
Others will go so unnoticed  
that we don't realize  
they vacated their seats.

Whether this train ride is full of Joy,  
is all up to us but Sorrow, Heart breaks, Expectations,  
Hellos, Goodbyes, and Farewells will also be part of the same Life.

All of you will like to SUCCEED while riding this fantastic train  
but SUCCESS will be for those only having GOOD, MEANINGFUL  
RELATIONSHIPS

with all passengers  
requiring that we give Our BEST TO EVERYONE WE MEET.

However, The Mystery to everyone is:  
We do not know at which station  
we ourselves will step down.

So, we must live in the Best Ways,  
with Love, Forgiveness, Empathy, Helping-Sharing-Caring  
and offer the Best of who we are.

It is important to do this  
because when the time comes for us to step down  
and leave our seats empty,  
we should leave behind Beautiful Memories  
for those who will continue to Travel on the Train of Life.

I wish you a joyful journey on the Train of Life.  
Reap Success and give lots of Love.

Lastly, I THANK YOU  
for being one of the passengers on my train.

(By the way, I am not planning to get off the train anytime soon  
but if I do, just remember I am glad you were part of my journey.)

*Courtesy: Captain Ravi Mahajan (Retd)*

**Obituary**

With profound sorrow, we record the sad demise of our members/relatives of our members and we convey heart-felt condolences to the members of the bereaved family:

(L.M. 25), MR C.R.VAITHEESWARAN, Retd.General Manager, Canara Bank and Chairman of Cadd Centre Training Services (Pvt) Ltd., who reached heavenly abode on 5th February, 2018 It is indeed a great loss to the elder community as an inspiring leader and great soul. Captain Dr M Singaraja, Chairman Emeritus, SCB and Mr.S.Jayakumar, Secy.General of SCB, Mr RT.Namasivayam, Life member of SCB and President of Probus club along with many Probus members paid floral tribute and homage at CRV apartments in T Nagar.

Thiru A D RANJAN, son of Mr S.P.Ambrose, IAS (Retd), Advisory Committee Member of SCB, passed away on 12th February, 2018. Our heartfelt condolences to the family members of the bereaved family, Captain Dr M Singaraja, Chairman Emeritus and Mr S Jayakumar, Secy General, SCB and and former EC member Mr.C. Pannirselvam paid homage to Mr A D Ranjan at Sastrinagar, Adyar.

Mr T S Kanagaraj (DM: 68), 20/45, Dewan Rama Road avenue, Purasawalkkam, Chennai - 600 084 passed away on 04/12/2017.

Our life member and former EC member Prof. Baahirathi, is grieved over the passing away of her dear sister Mrs. Bharathi on 12th Feb, 2018 at her residence in East Tambaram. The Chairman Emeritus conveyed our heartfelt condolence to the bereaved family.

**News from Networking Associates**

Padmasri Dr V S Natarajan, Geriatric Foundation is moving into a new wonderful new office at No: 19, Seshachala Mudali Street, Saidapet, Chennai - 600 018, on Sunday, the 4th March, 2018 at 8 AM.

Probus club of Chennai jointly with Russian Centre of Science and Culture celebrates INTERNATIONAL WOMEN'S DAY, on Friday, 9th March, 2018 at the auditorium of Russian Centre for Science and culture, Chennai-18.

A 2 day international conference of ISU3A will be held in New Delhi at India International Centre on March 12 & 13, 2018. There is no delegate fee but prior registration is a must. Those who are interested to participate may contact, Chairman, U3A Chennai. Ph.94441 27704.

Senior Care and Harmony Celebrate Age, organized a one day seminar on Elder Care at Hublis Hotel, Guindy, on 7th Feb, 2018. SCB was represented by Chairman Emeritus, Chairman and Secretary General.

Foswl, Anna Nagar, Chennai invites you all to its monthly meeting at 5 pm on Sunday the 25th March, 2018, speaker being Dr R V S N Sarma on topic, "The three great powers of fulfillment, at Karuna Enclave, Shanti Colony, Anna Nagar, Opp: Hotel Akshyam.

**Mails**

A very interesting publication, which I always read when you send it. I also enjoyed looking through your website. I do recall meeting you on a visit to Chennai, and you may like to see a picture taken at that time.

Best wishes from Oxford UK.

Tom Hollow

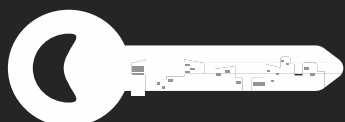
I am in receipt of your awesome response causing feelings of admiration and respect, and extremely impressive, breathtaking, amazing, stunning, astounding, and astonishing to your remembering us all and sending me the memorable snap of all of us with you at the residence of Captain Dr M Singaraja. - Editor.





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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. IAAS(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	Sriithar, 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.**

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**Statement of ownership and other particulars about**  
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Nungambakkam, Chennai - 34.
- 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 : 01.03.2018 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****Acknowledgment****Thanks a lot and God bless you:**

Sunshine Fund:	Mem.No	Rs.
Captain Dr M Singaraja	LM: 002	1082/-
Mr. RT.Namasivayam	LM: 820	500/-
Dr P.Suresh Chander Pal	LM: 538	500/-

**Donation:**

Mr. S.R.Satakopan	LM: 598	100/-
Mr. S.R.Satakopan	LM: 598	588/-

Your benevolent donations and noble gesture to mark the happy occasion of your birthday will definitely enhance your joys and will be followed by all the SCB members to donate liberally not only on their birthdays and wedding days, but also on SCB's Annual Day, World Elders Day, and World Elder Abuse Awareness Days, voluntarily and liberally. We pray for your good health and continue to guide and lead us in the years to come. (Editor)

**Get well soon**

Our life member and regular donor, Thiru.S.R.Satakopan (94), had a fall and fractured his hip, at the residence of his son at Mumbai. After surgery he is recovering fast and doing regular physiotherapy. He is expected to return to Chennai after about four months. We pray for his speedy recovery.

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**If undelivered please return to:****LinkAge**

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To.