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# LinkAge

Admin.off. 768/1, 9<sup>th</sup> Street, Anna Nagar (WE), Chennai - 600 101.

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



VOLUME : 14

JANUARY / MARCH 2019

ISSUE : 7

## 1<sup>st</sup> Quarterly Journal of

## LinkAge 2019

*is dedicated to*

**Late Dr. T.S. Kanaka**

**and Late Dr. R. Nirmala**

**பொங்கலோ  
பொங்கல்  
தை  
பொங்கல்**



## **Foreword by the Guest Editor, Capt. Dr. M. Singaraja, Chairman Emeritus**

Dear Members,

It is my privilege and honor to be the Guest Editor of this 1st Quarter of 2019 Linkage journal. I am proud and happy to dedicate this first quarterly journal to Late Dr. T.S Kanaka, our advisory committee member, a dedicated social activist and the first lady neurosurgeon of Asia and also to Late Dr R Nirmala, our dedicated Treasurer and a humanist. I take this opportunity to convey my greetings and best wishes for a blissful and prosperous year ahead on this occasion of Pongal festival.

It is significant that there is a shift from bringing monthly journals to quarterly journal beginning from the year 2019. The present Executive Committee of SCB for 2018-19, has chosen to organise the events once in a quarter and correspondingly to publish Linkage once a quarter due to compelling situation, commencing from the year 2019. Accordingly, it was decided to make it attractive with 2 colour printing in crown size (smaller in size but with more pages) equivalent to our usual A4 size single colour, monthly and special publications. When I was approached by the core committee of SCB to guide and assist, I agreed to do the needful.

Hence this journal was prepared in a short time with many intervening holidays so that it can be launched on January 19, 2018 through the hands of the esteemed veteran Thiru S. Sathyamoorthy, IA & AS (RTD), Founder and Managing Director of a reputed day care centre for senior citizens known as Smart & Happy Elders Lounge (SHEL), at Royapettai, Chennai. In this maiden issue, I have brought out features focussing on age care, quotes, Pongal festival and usual coverage, like our activities, News from Net working Associates, list of birthday babies. I am sure that it will provide an interesting reading. In this connection I appreciate and thank Elder Care Specialist Mr Madhan from New Zeal Elder Care Services, for assisting me in my personal computer to arrange the content.

Through this column, I deem it as as my pleasant duty to record the history of our journal, 'Linkage'. I, then in the capacity of Sec Gen, commenced the preparation for bringing out a Journal as the mouthpiece of SCB, in April/May 2004. I gathered the sample magazines published by nationwide reputed Professional institutions and Voluntary organisations. I put up a skeleton format in A4 size to the then Executive Committee, consisting of veteran leaders and stalverts. After detailed deliberations



in the EC meetings, the name was solemnized as Linkage! (Linking the age), in A4 size, single colour. My proposal for registration was encouraged. In June 2004, I collected the procedure and the formalities from the Deputy Registrar, Shastri Bhavan, Besant Nagar, Chennai and followed faithfully. The application

for registration was approved in one go by the Deputy Registrar, Chennai and Registrar of Newspapers of India, New Delhi vide TN/ENG/2004/13996. The decision to go for a monthly publication was consciously taken to avail postal concessions. So I have not only gone for postal registration vide TN/CH(C)/ 37/2004, but also obtained the licence to post without prepayment vide TN/PMG(CCR)WPP/41/2004. To fulfill another formality, I appeared before the Chief Metropolitan Magistrate (CMM), Egmore, to register myself as Editor and Publisher along with the approved printer as a precondition for getting the postal registration.

After going thru successfully the set of above procedures, the maiden issue was published on 7th July 2004. Due date for posting is 7th or 8th of every month thru Patrika Channel, Egmore, as prefixed and approved. If not abided, we'll lose the postal concession for posting at 25 Paise upto 50 grams or 50 Paise upto 100 grams. With this in mind, I had to work hard much in advance for finalising the content, printing and publishing in the capacity as Editor cum Sec Gen up to 2008-09 and there after as Editor cum Chairman till 2016-17. Even after laying down my office as the Chairman due to health reasons, I had been editing and publishing the LinkAge to assist my successors in their difficult time, during 2017-18 and 2018-19. Once such incident happened very recently. I was suffering from severe heart attack from 3.00 a.m. on Oct 2, 2018. Prof. Dr. B. Krishnaswamy, a renowned geriatric physician advised me to get admitted next day 3rd October for surgery, after thorough check up in the same evening. He fixed up everything in the Kauvery hospital in consultation with Dr. Lakshmiopathy Ramesh. But I dodged admission on 3rd because I knew that hospitalisation means at least a week's time in the bed. Hence I finalised the content, editing and pre-printing from 10.00 a.m. to 6.00 p.m. for our monthly journal LinkAge / October issue, in commemoration of International Day of Older Persons. I got admitted on 4th and underwent angioplasty surgery for one

*Contd... Next Page*

block. I was discharged on October 8 and happy to know that the LinkAge was posted at Egmore Patrika channel on 7th.

In the initial stages, I had to undergo regular struggle, anxiety, stress and strain to keep up the deadline after getting the content from the contributors in the last moment. Further I had to break my nerves for typing with the DTP/Page layout person, then proofreading and finally printing. The next difficult job is to paste the address labels, to bundle the copies in Pin Code wise in Tamil Nadu, State Wise outside Tamil Nadu and to appear before the Patrika Channel staff for acceptance. In every stage, I had to wait indefinitely and complete the job at the mercy of the persons concerned irrespective of day or night. I had spent innumerable late nights for DTP/Printing and labelling. I carried myself to Patrika Channel, Egmore for posting many a time. Despite our best efforts we could not get a paid assistance for office work as well as field work. From time to time, I got

the assistance from the committed EC Members such as Thiru C. Panneerselvam, Er. S. Murugaiyan and Thiru S.K Vasudevan during many late nights for DTP/Printing as well as for labelling, bundling and posting. Publishing a magazine on due date every month is like a delivering a baby. I did accomplish this feat on dot every month, even when I was out of country/station for the past 174 Months. The position eased in the recent past for three years from 2015 to 2017 with part time office assistant Selvi Poonthalir who stopped after her marriage. Afterwards Thiruvallargal Aathikan and Muthuraj from Sri Kalaivani Printers are doing a good job in layout, printing and posting.

It will not be out of place to reproduce the messages of our Founder Chairman Late Major General Aban Naidu, PVSM, AVSM, M-in-D and from our Patron Padmasri Dr. VS. Natarajan from our LinkAge/July 2014 a special issue.

### Message from the Chairman Emeritus

*The Senior Citizen Bureau had a very purposeful journey in the last 18 years in elevating and meeting the human needs of different strata of the society. A very gratifying and laudable service to humanity, as stated, "Service to God is service to mankind". Senior Citizen Bureau has grown from strength to strength and greatly appreciated by one and all. In recent times the Bureau has been focusing on Health Care and Geriatric House Call Project under the dynamic Immediate Past Chairman Dr. V.S. Natrajan, Geriatric Specialist of International fame.*



*The Senior Citizens Bureau introduced a publication in 2004, titled "LinkAge" for service and advocacy to all age groups, more importantly for dissemination of information regarding details of monthly health camps, Lectures, Demonstrations sponsored by Pharma Companies, Publication of Books, Civic Needs, Security - Law and Order, Finance and Banking, Education, Administration and the like, to fulfill the needs of the elder citizens. "LinkAge" is popular and well received with more valuable information on other subjects. I have no doubt that in time to come, with dynamic efforts of its editor, as well as the Chairman of the Bureau Capt. Dr. M. Singaraja and with the help of generous donors the publication will present itself in full form.*

*I wish the Bureau and its publication, to scale greater heights and to an enviable position and fulfill the desires of all.*

*Aban Naidu*  
Maj Gen

(Maj. Gen. ABAN NAIDU), PVSM, AVSM, M-in-D.

### Message from the Patron

Senior Citizens Bureau, with which I enjoy a happy association exceeding a decade has come of age, as it is stepping into its Sweet 19!



The Bureau has been continuously striving without any letup for the welfare of the Elderly, which is very much gratifying.

This year Senior Citizens Bureau has come forward to celebrate its Annual Day along with two other important events viz. 11th Anniversary of the Bureau's monthly journal LinkAge and World Elder Abuse Awareness Day, observed every year. It is indeed a happy and joyous occasion. All are aware that the Bureau has over the years created awareness among the public, in general, and the youth in particular, to stand against the evil of Elder Abuse in all its forms.

Mission and Vision of the Bureau along with its routine activities for the welfare of the Elderly are being spread across the nation through LinkAge. Capt. Dr. M. Singaraja who has been the editor of this mouthpiece of the Bureau from the very beginning has been consistently contributing valuable materials and facts to enrich the content of this monthly journal for the benefit of the member-subscribers.

Under the Chairmanship of Capt. Dr. M. Singaraja Senior Citizens Bureau and LinkAge are marching ahead, growing from strength to strength.

It is my pleasure and privilege to offer my best wishes to the Bureau and LinkAge all success in the days to come!

*Padmasri Dr. V.S. NATARAJAN*

Padmasri Dr. V.S. NATARAJAN,  
MD, FRCP(Edin), D.Sc.(Hon)

**போற்றுவார் போற்றட்டும் தாற்றுவார் தாற்றட்டும்.**



## LinkAge Journal - Journey



**LinkAge Journals from July 2004 to Dec 2004 (A4 Format)**



**LinkAge Special Journals from 2004 to 2018 (1/8 Demi Book Format)**

**LinkAge Special Journals from 2004 to 2018 (A4 Book Format) and publications earlier to 2004.**



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*Solicits your august presence with  
your family for*

**LAUNCHING 1<sup>st</sup> QUARTERLY  
JOURNAL OF LINKAGE**

*and for*

**COMMEMORATING PONGAL  
CELEBRATION**

**Date & Time : Jan 19, 2019  
(Saturday), 10.00 am**

**Venue : 'Tower Club' Inner Auditorium,  
47, 'X' Block, 3<sup>rd</sup> Main Road,  
Anna Nagar, Chennai - 40.**

**Thiru S. SATHYAMOORTHY, IA & AS., (Rtd.)**

Managing Trustee, Smart & Happy Elders  
Longue (SHEL), Chennai - 600 014.

**Will be the Chief Guest**

**Thiru T.V. NAGARAJAN**

Chairman, Senior Citizens Bureau, Chennai

**Will preside over**

**All are welcome**

**Dr. P. Sethu Seshan**

Secretary General / SCB

**AGENDA**

**10.00 am** : Registration & Health  
Monitoring Test by 'Health Above 60'

**10.30 am to 12.30 p.m. :**

Invocation

Welcome address by :

**Thiru T.V. NAGARAJAN, Chairman / SCB**

Honouring the Chief Guest

Honouring the Former Editor of LinkAge

**Capt. Dr. M. SINGARAJA**

Honouring the Immediate Past Chairman

**Thiru C.N. PRASAD**

Honouring the two Best Students of

**Thiru Vi Ka HSS, Shenoy Nagar,**

Releasing the First Quarterly Journal of  
LINKAGE and

Address by the Chief Guest:

**Thiru S. SATHYAMOORTHY**

Address by: **Capt. Dr. M. SINGARAJA,**

Chairman Emeritus / SCB

About their services by:

**New Zeal Elder Care Services  
Health Above 60**

Cultural Program

Vote of thanks by :

**Dr. P. SETHU SESHAN, Sec. Gen. / SCB**

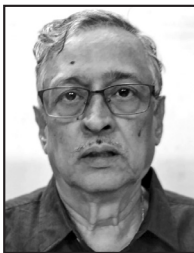
National Anthem

Lunch

## *From the Chairman*

First of all, I wish all our members a very Happy Healthy and Prosperous New Year and Happy Pongal.

I am glad that our first quarterly LINKAGE Magazine is going to be released at the 1st Quarterly Meeting to be held on 19th January 2019 for celebrating the New Year 2019 and Pongal festival. We fervently hope to bring out our quarterly magazine LINKAGE qualitatively consisting of more articles especially relevant to Care options, Healthy living, Achieving better finances, Spirituality and Ageing etc. After all good information can empower us in many ways with more knowledge about issues that most affect Senior Citizens and thereby we can start enhancing our vitality and creating a life of greater satisfaction. For example we may need to know what the differences are between various types senior living facilities. May be we



may want a better idea of what it takes to stay physically fit and mentally well as we age or other kind of issues that influence retirement living or Elder Care. Ultimately our aim is to cover all these aspects in our magazine periodically for the welfare of our members besides briefing our Activities / Events.

In future we may plan to have more get to gather / mini touring programmes etc. As you all agree with me that playing and having fun on a regular basis can help us avoid memory problems and enhance our creativity and mental sharpness and moreover our social lives are incredibly important for our overall well being.

Let this New Year brings Prosperity, Better Health and Happiness in the lives of everyone of you and your families. ❖

*With Warm Regards,*  
**T.V.NAGARAJAN**

## *From the Editor Cum Secretary General*

I am very much privileged and happy to wish you all a very HAPPY PONGAL.

Let me take this opportunity to inform you all that Our Chairman Emeritus Capt. Dr.M.Singaraja, is recovering slowly after his heart operation in Kavery Hospital in the month of October 2018. Let us all pray the almighty for his speedy recovery and active participation in SCB activities and providing able guidance to us.

We have received now Rs. 1800/- towards "Gaja Cyclone Chief Minister Relief Fund", in addition to Rs.4000/- already collected (Details given in 'LINKAGE' December 2018 issue).



Hence I once again appeal to members to come forward with their liberal contribution, so that we can remit some substantial amount to Tamil Nadu Government.

Also I take this opportunity to request all members who celebrate their Birthday in December 2018, and January 2019 to contribute their mite to our 'Sun Shine Fund' and strengthen us financially.

I once again request our members to send articles of interest both Tamil & English to be published in our LINKAGE and canvas for some advertisements, to improve our funds position. ❖

*Thanking you,*  
**Dr. P. Sethu Seshan**



***Group Photos of SCB Office Bearers and  
Ethiraj College NSS Students - July 2018***



## Life After 60

Life can begin at 60, it is all in your hands! Many people feel unhappy, health-wise and security-wise, after 60 years of age, owing to the diminishing importance given to them and their opinions. But, it need not be so, if only we understand the basic principles of life and follow them scrupulously. Here are ten mantras to age gracefully and make life after retirement pleasant.

### 1. Never say I am aged':

There are three ages, chronological, biological, and psychological. The first is calculated based on our date of birth; the second is determined by the health conditions; the third is how old we feel we are. While we don't have control over the first, we can take care of our health with good diet, exercise and a cheerful attitude. A positive attitude and optimistic thinking can reverse the third age.

### 2. Health is wealth:

If you really love your kit and kin, taking care of your health should be your priority. Thus, you will not be a burden to them. Have an annual health check-up and take the prescribed medicines regularly. Do take health insurance coverage.

### 3. Money is important:

Money is essential for meeting the basic necessities of life, keeping good health and earning family respect and security. Don't spend beyond your means even for your children. You have lived for them all through and it is time you enjoyed a harmonious life with your spouse. If your children are grateful and they take care of you, you are blessed. But, never take it for granted.

### 4. Relaxation and recreation:

The most relaxing and recreating forces are a healthy religious attitude, good sleep, music and laughter. Have faith in God, learn to sleep well, love good music and see the funny side of life.

### 5. Time is precious:

It is almost like holding a horses' reins. When they are in your hands, you can control them. Imagine

that everyday you are born again. Yesterday is a cancelled cheque. Tomorrow is a promissory note. Today is ready cash - use it profitably. Live this moment; live it fully, now, in the present time.

### 6. Change is the only permanent thing:

We should accept change - it is inevitable. The only way to make sense out of change is to join in the dance. Change has brought about many pleasant things. We should be happy that our children are blessed.

### 7. Enlightened selfishness:

All of us are basically selfish. Whatever we do, we expect something in return. We should definitely be grateful to those who stood by us. But, our focus should be on the internal satisfaction and the happiness we derive by doing good for others, without expecting anything in return. Perform a random act of kindness daily.

### 8. Forget and forgive:

Don't be bothered too much about others' mistakes. We are not spiritual enough to show our other cheek when we are slapped in one. But for the sake of our own health and happiness, let us forgive and forget them. Otherwise, we will be only increasing our blood pressure.

### 9. Everything has a purpose:

Take life as it comes. Accept yourself as you are and also accept others for what they are. Everybody is unique and is right in his own way.

### 10. Overcome the fear of death:

We all know that one day we have to leave this world. Still we are afraid of death. We think that our spouse and children will be unable to withstand our loss. But the truth is no one is going to die for you; they may be depressed for some time. Time heals everything and they will go on. ❖

*Courtesy: "The Hindu."*



## ***Pongal Festival - It's Meaning and Significance***

Pongal is the harvest festival of Tamil Nadu. The literal meaning of the word, 'Pongal' means, 'boiling over' and is the only Hindu festival which follows a solar calendar. The festival which is celebrated for four days witness huge celebrations including making 'Kolams' decorating cattle and preparing Pongal - a sweet porridge. Read further to know more about Pongal and the celebrations which marks the four days of Pongal.

### **First Day - Bhogi Pongal**

The first day of Pongal, Bhogi Pongal is celebrated to worship Lord Indra who bestows good harvest. On this day, it is customary for people to discard or destroy old clothes into a bonfire. This custom is symbolic of a new 'Thai' (January) when people draw kolams (floral designs made of rice) in front of their houses. Moreover, fresh harvest of rice, sugarcane and turmeric is brought into the house for the next day.

### **Second Day - Thai Pongal**

The second day of the Pongal festival, 'Thai Pongal' is also known by the name 'Surya Pongal'. This day is dedicated to honouring the sun god, Surya. On this day, fresh rice is collected and cooked in pots till the water in the rice overflow. Then, the pots are decorated with sugarcane pieces, flowers and turmeric plants. The first handful of rice is offered to the sun with people singing, 'Pongal-o-Pongal'.

### **Third Day - Maatu Pongal**

The third day of Pongal, Maatu Pongal witness prayers being offered to the bulls, cows and other farm animals that are used



for agriculture. Farmers bath the cattle, paint the horns, cover them with metal caps and decorate them with multi-colored beads, tinkling beads, flower garlands and bunch of corn around the necks. Then, the cattle are worshipped with people touching their feet and forehead and feed them with Pongal.

### **Fourth Day - Kaanum Pongal**

The fourth day of the Pongal, Kaanum Pongal is the final day of Pongal. The day is also celebrated as Thiruvalluvar day. 'Kaanum' means, to view and as the day indicates, it is the occasion for the family members to visit each other's families and exchange gifts. While younger members play respect and homage to the elder members, the elders show their love and compassion by giving money to the younger members. In some places, people feed the crows with cooked rice.

Pongal, the four day long harvest festival of Tamil Nadu has lot of celebrations associated with it.



*- Source: Google article*

## மூளை முதல் மலக்குடல் வரை... உறுப்புகளை பலப்படுத்த சில எளிய வழிகள்

### மூளை

கறிவேப்பிலைத் துவையலை 48 நாட்கள் சாப்பிட்டு வந்தால் மூளையின் செயல்பாடு சீராகி, நாம் சுறுசுறுப்புடன் இருப்போம்.

குறைந்தது ஆண்டுக்கு இருமுறையாவது கைகளில் மருதாணி வைத்தால், மனம் தொடர்பான கோளாறுகள் நீங்கும். அதன் குளிர்ச்சி மூளைக்கு ஓய்வைத் தரும்.

வல்லாரை இலைகளை நெய்யில் வதக்கி சுடுசாதத்துடன் இரண்டு கவளம் சாப்பிட்டு வர வேண்டும்.

தினசரி இரண்டு துண்டு தேங்காயை மென்று தின்பதால் மூளையில் எந்தப் புண்களும் வராது.

### கண்கள்

பாலுடன் குங்குமப்பூ சேர்த்துக் குடித்து வருவது நல்லது.

தினமும் 50 கிராம் அளவுக்கு மாம்பழம் அல்லது பப்பாளியைச் சாப்பிட்டு வர பார்வைத்திறன் மேம்படும்.

அரைக்கீரையை வாரம் இருமுறை சாப்பிட்டு வந்தால் கண்கள் குளிர்ச்சியடையும். அதுபோல் பொன்னாங்கண்ணி, முருங்கைக் கீரைக் சாப்பிட்டாலும் பார்வைத்திறன் மேம்படும்.

வெண்டைக்காய் மோர்க்குழம்பு, வெண்டை மசாலா, வெண்டைக்காய் பொரியல் என சாப்பிட கண்களுக்கு நல்லது.

தினந்தோறும் நெல்லிக்காய் ஜூஸ் குடித்து வந்தால், கண் தொடர்பான பிரச்னைகள் வராது.

தினமும் 5 பாதாங்களை சாப்பிட்டு வரவேண்டும்.

### பற்கள்

மாவிலைப் பொடியை பற்பொடியாகப் பயன்படுத்தி பல் தேய்த்து வந்தால் பற்கள் உறுதியாகும்.

கோவைப்பழம் சாப்பிட்டால் பல் தொந்தரவுகள் வராது. உணவிலும் அடிக்கடி கோவைக்காயைச் சேர்த்துக்கொள்ளலாம்.

செவ்வாழைப் பழத்தை தினமும் இரவில் சாப்பிட்டு வர பல்லில் ரத்தக்கசிவு, பல் சொத்தை ஆகியவை வராது.

பல் உறுதியாக, உணவை நன்றாக மென்று சுவைக்க வேண்டும். கேரட், கரும்பு, ஆப்பிள் போன்றவற்றைப் பத்து முறையாவது நன்றாக மென்று சாப்பிட வேண்டும்.

### நரம்புகள்

சேப்பங்கிழங்கை அடிக்கடி உணவில் சேர்த்துக்கொண்டால் நரம்புகள் பலம் பெறும்.

இரண்டு அத்திப்பழத்தை தினந்தோறும் சாப்பிட்டு வரலாம்.

மாதுளைப் பழச்சாற்றில் தேன் கலந்து 48 நாட்கள் குடித்து வரலாம்.

இலந்தைப் பழத்தை அவ்வப்போது சுவைத்து வரலாம்.

கரிசலாங்கண்ணிக் கீரையை அடிக்கடி சாப்பிட்டு வருவது நல்லது.

### ரத்தம்

வாரம் இரண்டு நாட்கள் பீட்ரூட் ஜூஸ் குடிப்பதால் ரத்தம் உற்பத்தியாகும்.

திராட்சைப் பழ ஜூஸ் ஒரு டம்ளர் அல்லது ஒரு ஸ்பூன் இஞ்சிச் சாற்றில் சிறிது தேன் கலந்து குடித்து வந்தால் ரத்தம் சுத்திகரிக்கப்படும்.

தினம் ஒரு கப் அளவுக்கு தயிர் சாப்பிட்டு வந்தால், ரத்தக் குழாய் அடைப்புகள் நீங்கும்.

அடிக்கடி விளாம்பழம் சாப்பிட்டு வந்தால், ரத்தத்தில் உள்ள கிருமிகள் அழியும்.

இரண்டு லிட்டர் நீரைக் கொதிக்க வைத்து, அதில் சீரகத்தைப் போட்டு 10 மணி நேரம் கழித்து, அந்தத் தண்ணீரை நாள் முழுவதும் குடித்து வந்தால் ரத்தம் சுத்தமாகும்.

### சருமம்

தேகம் பளபளப்பாக மாற ஆவாரம் பூ டி குடித்து வரலாம். ஆரஞ்சுப் பழத்தையும் சாப்பிட்டு வரலாம்.

முட்டைக்கோஸ் சாற்றை முகத்தில் தடவி வர முகத்தில் ஏற்படும் சுருக்கங்கள் மறையும்.

சந்தனக் கட்டையை இழைத்து அதனுடன் எலுமிச்சைச் சாறு கலந்து முகத்தில் பூசினால் பருக்கள் நீங்கும். முகம் பிரகாசமாகும்.

ஆரோக்கியமான உடல், பொலிவான முகம், பளபளப்பான சருமம் பெற அறுகம்புல்லை நீர் விட்டு

அரைத்து, வெல்லம் சேர்த்து வாரம் மூன்று முறைக் குடித்து வரவேண்டும்.

### நுரையீரல் - இதயம்

தேனில் ஊறவைத்த நெல்லிக்காயை தினசரி சாப்பிட்டு வர நுரையீரல், இதயம் பலமாகும்.

கரிசலாங்கண்ணிக் கீரையை வாரம் இருமுறை சாப்பிட்டு வந்தால் நல்லது.

ஆர்கானிக் ரோஜாப்பூ, பனங்கற்கண்டு, தேன் ஆகியவற்றை லேகியம் போல கலந்து, தினமும் ஒரு ஸ்பூன் சாப்பிட்டு வர இதயம் பலமாகும்.

இஞ்சி முரப்பா, இஞ்சிச் சாறு, இஞ்சித் துவையல் ஆகியவற்றைச் சாப்பிட்டால் இதயம் ஆரோக்கியமாக துடித்துக் கொண்டிருக்கும்.

சுண்டை வற்றலை உணவில் அடிக்கடி சேர்த்துக்கொண்டால் நுரையீரல் ஆரோக்கியத்துடன் இருக்கும்.

திராட்சை ஜூஸ், உலர் திராட்சையை சாப்பிட இதயம் பலம் பெறும்.

முள்ளங்கிச் சாற்றை அரை கப் அளவுக்கு மூன்று வாரங்களுக்கு குடித்து வருவது நல்லது. இதனால், நுரையீரல் தொடர்பான பிரச்னைகள் நெருங்காது.

ஆளிவிதைகள், பாதாம், வால்நட் ஆகியவற்றில் ஒமேகா 3, நல்ல கொழுப்பு இருப்பதால் இதயத்துக்கு நல்லது.

### வயிறு

காலையில் எழுந்ததும் ஊறவைத்த ஒரு டிஸ்பூன் வெந்தயத்தை சாப்பிட்டு



சிறிதளவு தயிரையும் குடிக்க வேண்டும். வயிறு சுத்தமாகும்.

மாதுளம்பூவை தேநீராக்கிக் குடித்து வந்தால், வயிறு தொடர்பான பிரச்னைகள் நீங்கும்.

வறுத்துப் பொடித்த சீரகத்தை ஒரு டம்ளர் மோரில் போட்டுக் குடிக்க வேண்டும்.

வாரத்தில் இரண்டு நாள்கள் ஒரு டம்ளர் தேங்காய்ப்பாலுடன் கருப்பட்டி சேர்த்துக் குடித்து வருவதால், வயிறு தொடர்பான பிரச்னைகள் எதுவும் வராது.

சுரைக்காயை வாரம் இருமுறை உணவில் சேர்த்துக்கொள்ள தொப்பை கரையும்.

வாழைப்பூ, மணத்தக்காளிக் கீரையை வாரம் ஒருமுறையாவது சாப்பிட வயிற்றுத் தொந்தரவுகள் நீங்கும்.

வாரம் ஒருமுறை கொள்ளு ரசம் சாப்பிடக் கெட்டக் கொழுப்பு கரையும். தொப்பையும் குறையும்.

### கல்லீரல் - மண்ணீரல்

கரிசலாங்கண்ணிக் கீரையைக் கூட்டாக செய்துச் சாப்பிடலாம். கீழாநெல்லியை புளியங்கொட்டை அளவு வெறும் வயிற்றில் மாதந்தோறும் ஐந்து நாளைக்குச் சாப்பிட வேண்டும்.

மாதத்தில் இரண்டு நாள்கள் வேப்பம்பூ ரசம் வைத்துச் சாப்பிடுங்கள்.

திராட்சை பழச்சாற்றை அருந்தி வந்தால் கல்லீரல், மண்ணீரல் உறுப்புகளுக்கு நன்மையைச் செய்யும்.

### மலக்குடல்

அகத்திக்கீரையை வாரம் ஒருநாள் சமைத்துச் சாப்பிட வேண்டும். இதனால், மலக்குடல் சுத்தமாக இருக்கும்.

பப்பாளிப் பழத்தை வாரம் மூன்றுமுறை சாப்பிடுவது நல்லது.

அடிக்கடி முளைக்கீரையை சமையல் செய்து சாப்பிட்டு வரலாம்.

மாலை ஆறு மணி அளவில், மாம்பழ சீசனில் மாம்பழத்தைத் தொடர்ந்து சுவைத்து வரலாம்.

மாதுளைப்பூ சாறு 15 மி.லி, சிறிதளவு பனங்கற்கண்டு சேர்த்து மூன்று வேளையும் குடித்து வரவேண்டும்.

### பாதம்

விளக்கெண்ணெய், தேங்காய் எண்ணெய் சம அளவு எடுத்து பாதத்தில் தடவி வந்தால் பாதம் மிருதுவாக இருக்கும்.

லேசாக குடு செய்த வேப்பெண்ணெயை விரல்களின் இடுக்கில் தடவினால் சேற்றுப் புண்கள் சரியாகும்.

வாழைப்பூவை பருப்பு சேர்த்துச் சமைத்து சாப்பிட்டு வந்தால், கை, கால்களில் வரும் எரிச்சல் நீங்கும்.

இரண்டு கால் விரல்களையும் தினமும் ஐந்து நிமிடத்துக்கு நீட்டி மடக்கும் பயிற்சியைச் செய்து வரவேண்டும். ரத்த ஓட்டம் சீராகும்.

உணவே மருந்து

❖

ஆசிரியர் தெரியவில்லை.  
வழங்கியது: பி.எம். பாண்டியன்

## ***AYUSH – Yoga is all about lifestyle***

Daaji, revered Master Pujiyashri Kamalesh D. Patel, addressed the gathering International Conference on “Yoga for Public Health” organised by Government of India, Department of Ayush, on November 12, 2018, as follows:

“All dignitaries and my dear sisters and brothers,

“Pranams to you with all my heart. During the last two days, you must have collected a lot of information about systems of Yoga. The most famous one, that you are all familiar with, was codified by Rishi Patanjali and is known worldwide as Ashtanga Yoga. But Ashtanga Yoga is not like a buffet where you can pick and choose your dishes: “Oh I like only ice-cream so I will eat only ice-cream.” “I like only Asanas,” or “I like only Pranayama.” No, you cannot pick and choose what you like. Each limb is an integral part of the entire complex eightfold path of Yoga, which has to be accomplished. Eliminating one limb is like eliminating one out of seven essential vitamins – what will happen? Remove one adenine from a DNA strand, and what will happen? The sequence will change, and if you change the sequence in a strand of DNA, its genetic expression will be different. Remove one strand from a gene, change the number and you have a disease.

“Yoga is all about lifestyle, trying to achieve superconsciousness. Swami Vivekananda once mentioned that we all have some level of consciousness, but it is a very thin layer of consciousness. The purpose of the spiritual practices of Yoga is to fly into the sky of superconsciousness and dive deeper into the subconscious realms. Fantastic! It is very nice to hear about superconsciousness and subconsciousness, but how to do that? How to arrive at a superconscious state? What style of life must we lead in order to sustain such a level of consciousness?

“The first step of Yoga is Yama, and I don’t think most of us understand the meaning of Yama. You must have heard of Lord Yama in Indian mythology, the God of Death. Why would Patanjali codify one of the steps of Yoga with a name denoting the God of Death? He is only trying to convey that we need to kill all these vices. You be Yama and destroy all the vices that are destroying your inner harmony.

“How many of us do understand the ultimate goal of human life? One in millions perhaps. And of those ones in millions, Lord Krishna says that if you gather hundreds of thousands of them, maybe one or two will achieve this goal. But we need to change this. We have to promise our Lord that we are not such weaklings. We will achieve it. The ways are there.”

Daaji then spoke about Heartfulness Meditation, Transmission and his personal journey and experiences. While talking about health and Yoga, he said,

“We are not only looking into problems associated with physical health, as today the major problem is mental health issues arising out of moral crises. How to tackle these moral crises at the root level? Generally we only talk of physical health while we are alive, but Yoga is all about going beyond life itself. It is all about Existence. It is not just about this life; it is about Existence. It is not only about mine, but everyone else’s Existence also. That’s why we have the Vishwashanti prayer in our Shastras, a prayer not for myself alone but for everything that exists in this universe. That is the purpose of Yoga. Thank you or listening.” ❖

*Source: Sahaj Marg Information service,  
Bulletin Abhyasis*

## *The Third Eye*

The pineal gland is one of the smallest and most important endocrine glands in the body. Located in the center of the brain close to the more well-known pituitary gland, the pineal gland gets its name from its characteristic pine cone shape. It is also known as the pineal organ, the pineal body or the “third eye”. This small gland controls your body’s sleep-wake pattern. However, due to lots of factors, calcification of pineal gland can occur, hampering brain function. Remedies to decalcify the brain should immediately be taken.

### **Pineal Gland Function**

The pineal gland has several critical functions including secretion of melatonin the hormone that causes sleepiness and regulation of certain endocrine functions. The gland also helps the body to convert signals from the nervous system to signals in the endocrine system.

### **Physiological Function**

Physiologically, in conjunction with the hypothalamus gland, the pineal gland controls the sex drive, hunger, thirst and the biological clock which determines the body’s normal aging process. The primary function is that pineal gland secretes melatonin. This hormone is the primary one that controls your sleepiness and wakefulness. Natural light tends to turn this gland on. When the pineal gland is activated, your brain moves from sleeping to a state of wakefulness. This process is sometimes referred to as the awakening of the “Third Eye” – a common name for the pineal gland.

### **Spiritual Connection**

This concept of the pineal gland as the “Third Eye” has long been seen as a link between the spiritual and physical worlds. In addition to the important physiological functions of the pineal gland, this is the part of the brain that

has traditionally been considered to be the seat of higher consciousness and a link to the metaphysical world.. It is the pineal gland that seems to be most affected during meditation and visualization yoga and all other forms of “out of the body travel”.

### **Pineal Gland Calcification**

Pineal gland calcification is a great cause for concern because it seems to happen at a very young age. In this process, the pineal gland accumulates calcium phosphate crystals, becomes hardened, and loses much of its functionality.

### **Causes of calcification**

There is a great deal of speculation as to what causes calcification of the pineal gland. Fluoride in water and toothpaste has been implicated in this process. In fact, many people believe that any food additives including artificial sweeteners may contribute to the problem. Although studies are not available to support the claim, the radiation from cell phones has also been cited as a possible cause of calcification of the pineal gland.

### **Importance of Activating/ Decalcifying Pineal Gland**

It is important to keep the pineal gland active because of the activity of this gland. When it is active, the pineal gland helps you to get good sleep – and helps you to be wide awake during the day. An active pineal gland will also ensure that neurological signals are clearly transmitted to the endocrine system. In addition to other functions, this can help promote better hormonal control.

Spiritually, an open third eye also brings to you bliss, intuition, concentration, clarity and decisiveness. With a highly functioning pineal

*Contd... Next Page*



gland, your physical and mental functioning will be improved.

### How to Decalcify Pineal Gland

If pineal gland calcification is an issue, it is important to take a few steps to begin to decalcify your pineal gland. Watch a video to learn how to decalcify your pineal gland and then read on for more details.

#### 1. No Fluoride

If you assume that fluoride contributes to calcification of the pineal gland, it is important to avoid fluoride in water and food. When possible, eat organic foods and drink liquids that do not have fluoride added to them. Cooking with water containing fluoride can also add that chemical to the food you eat. Use untreated water when possible. Limit things like fluoride-containing tap water, red meat, sodas and artificial foods and drinks.

#### 2. Raw Apple Cider Vinegar

The malic acid in raw apple cider vinegar can be used to help detoxify your body including the pineal gland. Be sure that the apple cider vinegar supplement you buy is raw and not processed. In addition to helping decalcify the pineal gland, raw apple cider vinegar can help your digestive system process foods better.

#### 3. Oregano Oil and Neem Extract

Oregano and Neem extract may help decalcify the pineal gland, purify other parts of the endocrine system, fortify the immune system, and act as a natural antibiotic in the body. In India, neem has been used to decalcify pineal gland, or open the third eye for thousands of years.

#### 4. Essentials Oils

Essential oils may help to stimulate the pineal gland and decalcify it. Specifically, lavender, parsley, pine, sandalwood, pink lotus, and frankincense may be helpful in the decalcification process. Used in a diffuser or added to warm bath water, these oils can help open up the pineal gland.

#### 5. Regular Meditation and Chanting

Meditation, yoga and chanting may help decalcify the pineal gland by stimulating the gland through resonance in the nasal bones. As the calcium crystals are broken up in the gland, the increased secretions can wash away the calcification. It is desired to chant for 10 minutes daily or however long you'd like to.

*Author Unknown.*

*Brought by: Dr. M.D. Hegde*



## As we get Older

**WHEN** you are old, spend as much time as possible with your other half. Remember, one of you will most likely leave first and the one left behind will only have memories to cherish.

**WHEN** you are old, there will come a time when even getting to your front door will be a challenge. So, while you still can, visit as many places as possible.

**WHEN** you are old, stop worrying about your children. They will make their own fortunes. Just make sure you have settled all your dues

before you go so they will not have to bear any and that you will be able to leave without regret.

**WHEN** you are old, seize every opportunity to be with old friends, former classmates and former colleagues. There will be fewer such opportunities as time goes by. Running water does not flow back and so it is with life.

**WHEN** you are old, treat sickness with optimism. Whether you're or poor everyone goes through the process of birth, again, sickness and death. There are no exceptions. That is life.



## ஞானத்தை யாரிடம் கற்பது?

“குரங்கு சாவதற்கு ஒரே ஒரு புண் போதும் முட்டாள் சாவதற்கு ஒரே ஒரு பிரச்சினை போதும்” என்று கிராமத்தில் ஒரு உவமான வாக்கியம் உண்டு.

காடுகளில் வாழும் குரங்குகள் பெரும்பாலும் நோய் வாய்ப்படுவதில்லை. ஆனால் அவைகளுக்கு ஒரே ஒரு புண் வந்துவிட்டால் போதும். அதை நோண்டி நோண்டிப் பெரிதாக்கித் தன்னை அழித்துக் கொள்ளும்.

அதுபோலத்தான் மனித வாழ்க்கையில் ஏற்படும் பிரச்சினைகளை மனதிற்குள் போட்டு நோண்டி நோண்டிப் அதைப் பெரிதாக்கிக் கொள்வதும். அந்தக் குரங்கு கொஞ்சம் பொறுமையாய் புண்ணை நோண்டாமல் இருந்தாலே போதும், புண் விரைவில் ஆறிவிடும்.

இதை குரங்குக்குச் சொன்னாலும் புரியாது. அது புண்ணை நோண்டுவதை நிறுத்தப்போவதில்லை.

ஆனால், மனிதன் புரிந்து கொள்ள முடியும் தானே?

மனித வாழ்க்கையில் ஏற்படும் பிரச்சினைகளை மனதிற்குள் போட்டு நோண்டி நோண்டிப் அதைப் பெரிதாக்கிக் கொள்ளாமல் வாழமுடியும் தானே? மனித மனம் வெறும் “மனம்” மட்டுமேஞ் மனித மனம் குரங்கு அல்லஞ்என்ற புரிந்து கொள்ளுதல்தான் “ஞான உதயம்”.

இந்த புரிதல் எப்போதும் இயற்கையில் எதிர்பாராத தருணங்களில் நடந்து

கொண்டேதான் இருக்கிறது. இதில் புரிந்து கொள்வது எல்லாமே சீடர்கள். புரிய வைப்பவை எல்லாமே குரு. இந்த மொத்த நிகழ்வும் “ஆன்மிகம்” எனப்படுகிறது, அவ்வளவுதான்.

தத்தாத்ரேயர் எனும் அவதூதர் காட்டில் சுற்றிக் கொண்டிருந்த போது, ஒரு நாட்டின் மன்னனைச் சந்தித்தார். தத்தாத்ரேயர் மிக மகிழ்ச்சியாக இருந்ததைக் கண்ட அரசன், அவரது மகிழ்ச்சிக்கான காரணத்தையும், அவரது குரு யார்? என்பதையும் கேட்டான். ‘எனக்கு 24 குருமார்கள் இருக்கின்றனர்...’ என்றார் தத்தாத்ரேயர்.

இந்தப் பதிலைக் கேட்டு ஆச்சரியப்பட்ட அரசன், “சுவாமி! ஒருவருக்கு ஒரு குரு தானே இருக்க முடியும்? தங்கள் பதில் வித்தியாசமாக உள்ளதே...” என்றான்.

அவனிடம், “பஞ்சபூதங்களான ஆகாயம், நீர், நிலம், நெருப்பு, காற்று,

“சந்திரன், புறா, மலைப்பாம்பு, கடல், விட்டில்பூச்சி, வண்டு,

“தேனீ, குளவி, சிலந்தி, யானை, மான், மீன், பருந்து, பாம்பு

ஆகியவையும், “நாட்டியக்காரி பிங்களா, ஒரு குழந்தை, ஒரு பணிப்பெண், அம்பு தயாரிப்பவன், சூரியன் ஆகியோரும் என் குருக்கள் ஆவர்...” என்றார் தத்தாத்ரேயர்.

மன்னன் ஏதும் புரியாமல் நின்றதைக் கண்ட தத்தாத்ரேயர் இதற்கு விளக்கமளித்தார்...”மன்னா! பொறுமையை பூமியிடம் கற்றேன்;

“தூய்மையை தண்ணீரிடம் தெரிந்து கொண்டேன்.

“பலருடன் பழகினாலும், பட்டும், படாமல் இருக்க வேண்டும் என்பதைக் காற்றிடம் படித்தேன். “எதிலும் பிரகாசிக்க வேண்டும் என்பதை தீ (நெருப்பு) உணர்த்தியது. “பரந்து விரிந்த எல்லையற்ற மனம் வேண்டும் என்பதை ஆகாயம் தெரிவித்தது.

“ஒரே சூரியன் இருந்தாலும் பல குடங்களில் உள்ள தண்ணீரில் பிரதிபலிப்பது போல மெய்ப்பொருள் ஒன்றாக இருந்தாலும் மனம் பலவாறாக சிந்திப்பதை உணர்ந்தேன்.”வேடன் ஒருவன் புறாக்குஞ்சுகளைப் பிடித்தான். அவற்றின் மீது அன்பு கொண்ட தாய்ப்புறா தானும் வலியச் சென்று வலையில் சிக்கியது.

இதில் இருந்து பாசமே துன்பத்திற்கு காரணம் என்பதை உணர்ந்தேன்.”எங்கும் அலையாமல் தன்னைத் தேடி வரும் உணவைப் பிடித்துக் கொள்வது போல, கிடைப்பதை உண்டு பிழைக்க வேண்டும் என்பதை மலைப்பாம்பிடம் கற்றேன். “பல்லாயிரம் நதிகளை ஏற்றுக்கொள்ளும் கடல் போல, எவ்வளவு துன்பம் வந்தாலும் ஏற்கும் பக்குவத்தை கடலிடம் படித்தேன். “பார்வையை

சிதற விடாமல் ஒரே இடத்தில் மனதை செலுத்துவதை விட்டில் பூச்சி கற்றுத் தந்தது.” எல்லாவற்றையும் மறந்து மகிழ்ச்சியாயிருப்பதை தாயிடம் பால் குடிக்கும் குழந்தையிடம் கற்றேன். “பணிப்பெண் ஒருத்தி அரிசி புடைக்கும்போது வளையல்கள் உரசி ஒலி எழுப்பின; இரண்டு வளையல்களில் ஒன்றை அவள் கழற்றியதும், ஒலி அடங்கியது.

“இதில் இருந்து இரண்டு பேர் இருந்தாலும் தேவையற்ற விவாதம் ஏற்படும் என்பதைப் புரிந்து கொண்டு, தனிமையே சிறந்ததென்ற முடிவுக்கு வந்தேன்.

“புற்களால் குழிக்குள் மாட்டிக்கொண்ட பெண் யானையைப் பார்த்த ஆண் யானை, அதன் மேல் ஆசை கொண்டு அதுவும் வீழ்ந்தது. இதில் இருந்து, பெண்ணாசையும் துன்பத்துக்கு காரணம் என்பதை உணர்ந்தேன்... “என்று ஒவ்வொரு பொருளுக்கும் விளக்கமளித்தார்.

இதைக் கேட்ட அரசன், பூரண அமைதி அடைந்தான்.

தத்தாத்ரேயர் இயற்கையிடம் கற்ற இந்த உயர்ந்த பாடம் நம் எல்லாருக்குமே பொருந்தும் தானே.. நல்ல சீடனுக்கு எல்லாமே குருதான்.

❖

**ஆசிரியர் தெரியவில்லை.**  
**வழங்கியது: Er. சின்ராஜ், மும்பை**



## Quotes

### Cicero of the Roman empire wrote

1. The poor - work & work.
2. The rich - exploit the poor.
3. The soldier - protects both.
4. The taxpayer - pays for all three.
5. The banker - robs all four.
6. The lawyer - misleads all five.
7. The doctor - bills all six.
8. The goons - scare all of seven.
9. The Politician -, lives happily on account of all eight.

Written in 43 B.C., but valid even today...

### Meditation is like multi vitamins for your brain, good to take it everyday

Meditation reduces blood pressure  
Meditation reduces risk of heart disease and stroke.

Decreases depression.

Help regulate mood and anxiety disorders

Improves memory and self awareness

Effective to treat anxiety and depression.

An ounce of prevention is worth pound of cure...

Meditation makes you live longer, happier, healthier, worriless balanced person.

*Author Unknown. Brought by: Er. MS*

### Life

Life is better when you are happy, but LIFE IS BEST when other people are happy because of you!

Be an inspiration and share your smile.

Between yesterday's mistakes & tomorrow's hope, there is fantastic opportunity called TODAY. Live it! Love it! The days are yours!

CONFIDENCE is our best accessory, never leave home without it. It may not bring success but it gives the power to face challenges.

To make a difference in someone's life, you don't have to be brilliant, rich, beautiful or perfect. You just have to CARE.

*Author Unknown. Brought by: S. Prabakaran*

### Time

Take time to work; It is the price of success

Take time to think; it is the source of power

Take time to play; It is the secret of youthful

Take time to read; It is the fountain of wisdom

Take time to be friendly; It is the road to happiness

Take time to laugh; It is the music of soul

Take time to serve; It is the only way to be godly

Take time to help friends; It is the source of happiness as wellness wisher

Those who think they have no time for bodily exercise will sooner or later have to find time for illness.

By the time you are eighty years old you have learned everything but you have to remember it. We do not grow older, we grow riper.

Aging is not lost youth, but a new stage of opportunity and strength.

Age is an issue of mind over matter. If you don't mind, it does not matter.

As you grow older, you will discover that you have two hands one for helping yourself the other for helping others.

The purpose of our life is to be happy and healthy and useful for others.

Beautiful young people are accidents of nature, but beautiful OLD PEOPLE are works of art.

The tree laden with fruits always bends low. If you wish others to be great. be lowly and meek.

*Author Unknown.  
Brought by: S. Jayakumar*



## *Natural Remedy for Depression*

Ayurveda advocates yoga, massage and meditation, which increase “prana” or the energy of life. A concoction of Ashwagandha and Brahmi powder steeped in water for 10 minutes and drunk twice or thrice a day is said to cure depression. Another natural remedy for depression, which is widely advocated, is drinking a “kasahayam” or tea made from the (Indian basil) tulsi and sage. Massaging the body and head with herbal oil and then having a hot water bath does wonders for the body and mind. These have been practiced from time immemorial in India and are very popular forms of treatment. In fact there are actually parlors which offer you this kind of massage.

Yoga exercises helps in the increase of circulation of oxygen in the system, helps the mind to relax, stretches the muscles and helps to restore the neurochemicals. Deep breathing exercises or “pranayama” help the body and mind to relax. By focusing on calm and peaceful things, the mind tends to counter the negative energy, which is present. Listening to music, playing your favorite songs, doing the things you like— all help to nullify depression. Going out with friends, visiting, going to places you like - in short doing things that break away from the routine and mundane can help to alleviate depression.

If it is possible try and discuss your problem with a friend or a good counselor. When things

are verbally expressed, the intensity of negative force is drastically reduced and they may come up with certain ideas, which helps you to deal with depression. Writing down your actual thoughts and feelings also helps because by doing so, you are able to give vent to whatever is troubling you. This does relieve you to a great extent. Diversify your activities and work till you are tired. This gives the brain the necessary impetus to focus on anything but the problem causing depression.

Aromatherapy has gained popularity of late because of its ability to help the body to relax and revive the nervous system. Inhalation of some herbal oils like rose, jasmine, lime, and grapefruit is a natural remedy for depression. Acupuncture is said to be a great mood enhancer. Eight –10 weeks of acupuncture treatment culminates in mood elevation, which is very similar to the elevation got by the use of anti depressants. Last but not least, prayer is said to have the power to heal. Religious practices and religious beliefs could help the person to cope with depression. All these natural remedies for depression may be sufficient by themselves if depression is not very severe, but in severe cases it needs to be combined with medication.

*Brought by: Dr. M.D. Hegde*



## *Men suffer more abuse*

Nearly 600 senior citizens were rescued from different parts of the city this year by the HelpAge India volunteers.

While assault on elders has reduced drastically, many of them, especially men, are being abused by relatives for property, say officials. The Elder Helpline 1253 received around 3,100 calls between January and December this year. Of these, 420 were rescue calls in which senior citizens abandoned on the roads were

saved. Many of them were found near railway stations, bus stops and hospitals. A total of 169 pertained to abuse.

“An analysis of the rescue calls showed that among the abandoned, a majority of them were women. This is because most of them became dependent on their children after retirement or death of their husband. They were either shunned, or have left home unable to cope with abuse,” said an official from HelpAge. ❖

## ***Foods that Increase your Dopamine and Nor Epinephrine Naturally!***

What we eat affects the formation of neurotransmitters, and some diet-related neurotransmitters have a significant effect on our mood, our appetite and our cravings. This in turn causes the brain to communicate in the form of an impulse (craving for certain foods) the need for certain neurotransmitters that it requires to restore balance. While many other factors influence the level of these chemicals, such as hormones, heredity, drugs, and alcohol, three neurotransmitters—dopamine, nor epinephrine, and serotonin—have been studied in relation to food, and this research has shown that neurotransmitters are produced in the brain from components of certain foods. When our body has enough Dopamine we're blessed with feelings of bliss and pleasure, euphoric, appetite control, controlled motor movements, and we feel focused.

When we are low in Dopamine we feel no pleasure, our world looks colourless, we have an inability to "love", and we have no remorse about personal behaviour.

The brain cells which "manufacture" dopamine use l-phenylalanine as a "raw material" (precursor.) Phenyl nine is an essential amino acid found in the brain and blood plasma that can convert in the body to tyrosine, which in turn is used to synthesize dopamine.

Sources of phenyl nine are high-protein foods such as meat, cottage cheese, and wheat germ. 10 Foods That Help To Increase Dopamine And Nor epinephrine Naturally!

**Apples:** A compound found in apples called "quercetin" is an antioxidant that studies have shown may not only help in the prevention of cancer but may also play an important role in the prevention of neurodegenerative disorders. There may be something to that old saying, "An apple a day keeps the doctor away . . ."

**Banana:** A banana is a good source of tyrosine. Tyrosine is the amino acid neurons turn into norepinephrine and dopamine. Norepinephrine and dopamine are excitatory neurotransmitters that are important in motivation, alertness, concentration and memory.

**Beets:** Betaine, an amino acid naturally present in certain vegetables, particularly beetroot (beets), is an antidepressant of the first order. Betaine acts as a stimulant for the production of SAM-e (S-adenosylmethionine). The body cannot do without SAM-e, which it produces. SAM-e is directly related to the production of certain hormones, such as dopamine and serotonin. Dopamine is responsible for feelings of well-being and pleasure.

**Chicken:** Chicken, like eggs, contains complete protein that increases levels of the excitatory neurotransmitters norepinephrine and dopamine. Chicken is also a good source of coenzyme Q10 (Co Q10), which increases the energy generating potential of neurons.

**Cheese:** Cheese is a well known protein food . . . Protein provides amino acids, which help produce dopamine and norepinephrine.

**Cottage Cheese:** One of the "must eat" foods on every expert's list, cottage cheese is recommended as a substitute for other soft cheeses and dairy products. Cottage cheese provides the protein that can help boost mood and energy levels, without some of the fat of hard cheeses.

**Eggs:** Research from the University of California, Berkeley suggests that people who suffer from depression have low amount of serotonin, norepinephrine and dopamine in their brains. One natural antidepressant is to increase dopamine by eating protein-rich foods. such as

*Contd... Next Page*

eggs for this purpose, because they are versatile and appeal to some people who choose not to eat meat.

**Fish:** Omega-3 fatty acids are found in seafood, especially mackerel, salmon, striped bass, rainbow trout, halibut, tuna, and sardines.

These fatty acids may have many jobs in the body, including a possible role in the production of neurotransmitters. Fish have easily digestible protein, many trace nutrients, high quality essential fatty acids, low cholesterol levels and low saturated fat levels.

French scientists have shown that rats deficient in omega-3 fatty acids had more receptors for the neurotransmitter serotonin and a corresponding decrease in dopamine in the frontal cortex.

**Watermelon:** Watermelon juice is fat free and loaded with vitamins A, B6, and C! Vitamin B6 is used by the body to manufacture neurotransmitters such as serotonin, melatonin, and dopamine. Vitamin C also enhances the

immune system while protecting the body from free radicals.

**Wheat Germ:** Wheat Germ is a good source of Phenylalanine. Phenylalanine is an essential amino acid found in the brain and blood plasma that can convert in the body to tyrosine, which in turn is used to synthesize dopamine.

A healthy, balanced diet is rich in whole “natural” and unprocessed foods. It is especially high in plant foods, such as fruits, vegetables, grains, beans, seeds and nuts. Fruits and vegetables are rich in fibre, vitamins, minerals, antioxidants that protect the body cells from damaging. They also help raise serotonin levels in the brain.

Beans and legumes are rich in protein and are healthful boosters of both dopamine and nor epinephrine. Also, Protein Meat, Milk, Eggs, Cheese, fish and other seafood are very healthy, high-protein, dopamine-and-nor epinephrine-booster food.



*Author Unknown. Brought by: M.D. Hegde*



*FOSCATN meeting in progress.*



## News from our Networking Associates

### CONCERT

FOSWL India Chennai Annanagar informs that they are organizing for the first time a carnatic vocal concert (classical/devotional), on Sunday, the 20th January 2019 between 7-00pm to 8-30 pm, at Annanagar Sri Ayyappa temple, C,45, second avenue (Near Tower Park) Annanagar Chennai-40. All are welcome. For details, Please contact Dr. V.S. Sharma Vattyam - 9941328379

### TIRTH YATRA SCHEME FOR SENIOR CITIZENS

Mr. Arvind Kejriwal, Chief Minister of Delhi launched Mukhya Mantri Tirth Yatra Scheme on 05-12-2018 for senior citizens offering free travel packages on five religious circuits namely Delhi-Mathura-Vrindavan-Agra-Fatehpur Sikri-Delhi, Delhi-Haridwar-rishikesh-Nilkanth-Delhi, Delhi-Ajmer-Pushkar-Delhi, Delhi-Amristar-Bagah Border-Anandpur Sahaib-Delhi and Delhi-Vaishano Devi-Jammu-Delhi. Those above 70 years can be accompanied by one attendant of 21 years and above. 1100 seniors citizens from each constituency assembly can take pilgrimage every year. All travel expenses including boarding and lodging would be borne by Delhi Govt. Senior citizens have to fill online form after downloading from website : [www.editstrict.delhigovt.nic.in](http://www.editstrict.delhigovt.nic.in). The first journey would be started from the safdarjung Railway station after 15-12-2018. The Confederation of senior citizens Associations of Delhi (an umbrella body of 11 lakh senior citizen), has hailed the decision and complemented Delhi Govt.

*Source: Elderly News*

### THIRUKURAL CUM PONGAL CELEBRATION

Probus Club of Chennai observes Thirukural cum Pongal celebration at 3.00 p.m. on 18.01.2019 at Corporation Boys HSS, Gopalapuram.

### INAUGURATION OF SHEL

The Governor of Tamilnadu Thiru Banwarilal Purohit has kindly consented to inaugurate the senior citizen facility "Smart & Happy Elders' Lounge" (SHEL) at 68, Royapettah High Road on Oct 01 2018 at 18.30 hours. Thiru. S. Sathyamoorthy is the founder and managing trustee. Dr. Hande & Padmasri Nalli Kuppasamy are the Patrons of the SHEL.

### MUSICAL EVENING

HelpAge India organized a musical evening of "Laya Vadya Siromani" Ghatam Suresh Vaidyanathan's mRittiKA, to celebrate its 40th anniversary and in aid of Gaja cyclone relief at 5.00 p.m on 3rd January 2019. at TN Rajarathinam Pillai Muthamizh Peravai Hall, Chennai – 28. CEO of HAI, Mr Mathew Cherian presided over and Head HAI/Chennai, Mr Sivakumar welcomed the gathering. Dr. V. Chokalingam proposed a vote of thanks.

### FOSCATAN MEETING

The Federation of Senior Citizens Association of Tamil Nadu (FOSCATAN) affiliated to All India Senior Citizens confederation (AISCON) unanimously decided to convene a state conference in April 2019 in its meeting held recently. 30 delegate from Chennai participated in AISCON national conference, held recently at Hydrabad.



**Minutes of the EC Meeting held on 05.12.2018  
at the residence of Secretary General (768/1, 9th Street,  
Anna Nagar, Western Extension, Chennai – 600 101) at 4.00 P.M.**

- (1) Chairman welcomed the participants and initiated the proceedings of the meeting.
- (2) At the beginning of the meeting, all members observed two minutes silence for mourning the demise of departed members Dr. T.S. Kanaka, Mrs. Nirmala & S.R.Satagopan and praying noble souls to rest in peace.
- (3) All the participants expressed their grievances on the sudden demise of the treasure M/s.Nirmala which had created a vacuum in the post of Treasurer.
- (4) However the chairman and Secy Gen requested Thiru.Sampath Kumar Committee Member to take charge of the Treasurer Post Thiru.Sampath Kumar was kind enough to accept our request and relevant records & other papers were handed over to him.
- (5) Regarding the Publication of our magazine Linkage Chairman pointed out that as per the policy decision taken during the previous EC meeting it would be quarterly to enabling more information to be added. Again its format / also to be changed from the existing one containing more number of articles pertaining to the welfare of senior citizens. It would have the front page in double colour and providing required space for more advertisements.
- (6) To get an idea of the postage charges the Joint Secretary was requested to ascertain the source from the post office & report to Secretary General
- (7) Members would be requested to contribute relevant articles useful for the senior citizens.
- (8) It was then decided that the quarterly magazine in its format would be released our first quarterly meeting to be held on 19.01.2019.
- (9) Members felt that the function may be organized launching of the New quarterly LINKAGE MAGAZINE as well as celebrating the new year and pongal.
- (10) It was decided to arrange our first quarterly meeting on 19th January 2019 (Saturday) with Lunch.
- (11) Regarding the Chief Guest, EC Member Thiru. Namachivayam was kind enough to get a suitable guest who can impress with his speech, giving useful ideas for the Senior citizens.
- (12) Regarding the expense for the function it was discussed and agreed that around Rs.10,000/- would be required. The chairman in this context requested Thiru.Sampath Kumar to check and inform the present financial status of the Bureau so that the expenses would be planned accordingly.
- (13) Thiru Sampath Kumar was also requested to make necessary arrangements for the change of operation in the Bank A/Cs. It was agreed that Chairman, Secretary & Treasurer may be the authorized signatories and any two of them can operate.
- (14) To meet the expenses of the Linkage Publication advertisement tariffs were discussed and detailed as under.
 

a. Back Cover	- Rs.20,000
b. Inner Cover front & rear Page	- Rs.15,000
c. Full Page	- Rs.10,000
d. Half Page	- Rs. 5,000
e. Strips	- Rs.2,000

 Thiru Jayakumar agreed to get some Advertisements.
- (15) Thiru Sampath Kumar agreed to handle the Birthday greetings.
- (16) Regarding Renewal of Registration for SCB, Thiru.Namasivayam & Secretary General would follow up with the authorities.
- (17) Secretary General proposed Vote of Thanks after agreeing that the next EC meeting would be called during March 2019, One month prior to the next quarterly meeting of April 2019.



Registered with Registrar of Newspapers for India No.TN/ENG/2004/13996

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

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	Bhaskar Mukherjee	LM:907	4-Jan-1952
2	Muthuswami A Er	LM:936	4-Jan-1945
3	Poonkunran, G	LM:893	4-Jan-1967
4	Viswanathan, G	LM:779	4-Jan-1947
5	Namasivayam, R. T. Er.	LM:820	5-Jan-1938
6	Thennavan, M. Er.	LM:670	5-Jan-1946
7	Chakravarthy, A.K. Er	LM:580	7-Jan-1944
8	Sivasankaran, A, Er.	LM:428	8-Jan-1937
9	Mani, K. Dr.	LM:916	10-Jan-1951
10	Vimala Rajaram	LM:508	10-Jan-1948
11	Raja, P.S.C. Er.	LM:86	14-Jan-1937
12	Dharmalingam, M	LM:673	15-Jan-1940
13	Singaraja, M. Dr. (Capt.)	LM:3	15-Jan-1937
14	Vemana Reddy, G	LM:525	15-Jan-1944
15	Ramavadhani, J	LM:560	16-Jan-1941
16	Kannappan, M.	LM:529	18-Jan-1947
17	Sudha Ramalingam	LM:11	20-Jan-1951
18	Gopalathnam, V. R	LM: 851	21-Jan-1946
19	Kumari, G	LM:573	22-Jan-1933
20	Kothandaraman, G	LM:768	23-Jan-1940
21	Ayesha Hamid, Dr	LM:478	24-Jan-1948
22	Jayasree Balan	LM:480	27-Jan-1943
23	Kanagasabai, V, Dr.	LM:897	28-Jan-1956
24	Sriharinathan, D	JSL:378	29-Jan-1935
25	Rameeza A. Rasheed, Prof. Dr.	LM:559	30-Jan-1945

*Your liberal contribution to Sun Shine Fund is solicited.***Acknowledgment***Thanks a lot and God bless you:***I. Sunshine Fund:**

1. Captain Dr. M. Singaraja	LM 03	Rs. 1083/-
2. H. Krishnamurthy	LM 332	Rs. 500/-

**II. Gaja Relief Fund:**

1. T.V. Nagarajan	LM	RS. 500/-
2. P. Sethuseshan	LM	RS. 500/-
3. M. Kannappan	LM 529	Rs. 300/-

**National / International Days - January**

5th	Louis Braille Day	I
10th	World Laughter Day	I
12th	National Youth Day	N
15th	Army Day	N
25th	International Customs and Excise Day	I
25th	Tourism Day (India)	N
26th	Republic Day (India)	N
30th	Martyrs's Day	N
30th	Leprosy Prevention Day	I
30th	Sarvodaya Day	N

**Note: N = National / I = International****Greetings and Best Wishes**

The grandson of our Chairman Emeritus, Captain Dr. M. Singaraja, Selvan. S. G. Thilak Desingh, weds with Selvi. R. Nimisha Nigam on Sunday, the 20th January 2019, at 8.00 a.m. at Kanha Shanti Vanam, Shri Ram Chandra Mission, Chegur Village, Hyderabad, solemnized by Revered Master Pujiyashri Kamalesh D. Patel, followed by reception on 27-01-2019, Sunday at 5 p.m. at Ilara Hotels & Spa, A1, B1, 1/13, OMR, Navallur, Chennai – 603103. Our blessings to the newly married couple.

கவனிக்காமல் கைவிடப்படும் வயது  
முதிர்ந்த பெற்றோர் வாரிசுகளுக்கு  
கொடுத்த தான செட்டில்மென்டை ரத்து  
செய்யலாம் என புதிய வழிமுறைகளை  
வெளியிட்டது பதிவுத்துறை.

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To.