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# Link Age

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



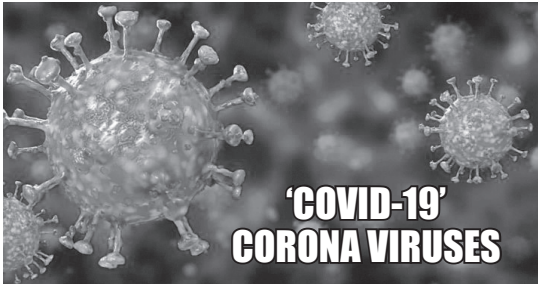
Bestow  
unconditional love

VOLUME : 15

APRIL, MAY AND JUNE 2020

ISSUE : 4

*This issue is dedicated to*  
**Pre-Silver Jubilee Year of SCB**  
**16<sup>th</sup> World Elder Abuse**  
**Awareness Day**  
**and**  
**6<sup>th</sup> International Day of Yoga**



**விழிப்புடன் இருப்போம்**  
**விரட்டியடிப்போம்**  
**மகிழ்ந்திருப்போம்**

**“நோய்நாடி நோய்முதல் நாடி அது தணிக்கும்  
வாய்நாடி வாய்ப்பது செயல்” – குறள் 948**

பொருள்: நோயையும் காரணத்தையும் தீர்க்கும் வழியையும் மருத்துவன்  
அறிந்து வெற்றியாகச் செய்க. – மூதறிஞர் வ.சுப.மாணிக்கம்

### ***Message from our Advisory Committee Member Mr. S.P. Ambrose, IAS (Retd), Former Secretary, Govt of India, New Delhi***

"COVID-19 has resulted in Lockdowns, preventing normal activities and people mostly stayed home. I am reminded of Kathleen O Meara's poem, "And people stayed home", a part of which reads, "and people began to think differently and people healed, even the earth began to heal, people made new choices, dreamed of new visions and created new ways of life".



The Senior Citizens Bureau has completed 24 years and will be celebrating the Silver Jubilee next year. At this defining moment, not only in the history of mankind, but also in the life of the Bureau, let us deeply ponder if, we as a group, should initiate desirable changes to the Bureau's Vision and Mission for suitable action to meet the challenges of the post Pandemic period. My congratulations to you and your team for all your efforts to implement the objectives of the Bureau and to inform us regularly through the Bureau's publication, LinkAge.



### ***Message From our Advisory Committee Member Mr. R.Venkatesan I.A & A.S. (Retd), Former Secretary, Cabinet Secretariat, Government of India***

This is the silver jubilee year (25th year) of the founding of the Senior Citizens Bureau, a premier institution in Chennai catering to the well-being of senior citizens in various ways. As one who had been associated with the Bureau from its inception, I had been looking forward to a Celebration of the Year which was planned for the 18th of April, 2020. Due to the Covid 19 outbreak, the event has had to be postponed till things return to normalcy. In these circumstances, it gives me great



pleasure to learn that it has been decided to bring out a Newsletter. I applaud this move as there is a great need during these difficult times to disseminate information and expert advice on various matters connected with the pandemic relevant especially to senior citizens. This News Letter coming out at regular intervals will be of great help in giving up to date information on developments. I wish and pray that we senior citizens, at present constrained and confined to our homes indefinitely, will soon be able to resume our normal activities, and that the Senior Citizens Bureau will be able to celebrate the Silver Jubilee in a befitting manner.



### ***From the Desk of the Editor / Secretary General***

In view pandemic condition prevailing in the entire World I do not want to commensurate my message with usual wishes. Yes, we have undergone the unprecedented 'LOCKDOWN' for more than 3 months in view of threat by 'COVID-19', In spreading 'CORONA VIRUS'. Even though the situation has gone out of Control, Government wants to ease the Lockdown, in view of the huge economical losses we are facing.

Hence it is my duty to indicate, the precautions we must take, as elders after the Lockdown,

1. Continue self - Isolation at home.
2. Keep the face mask on
3. Avoid unnecessary Meetings, always keep in mind social distancing.
4. Avoid Outside Food.



5. Stay away from a person who has Cough.

6. Clean your hands often.

7. In order to improve immunity, please often take Ginger, Turmeric drinks and if possible get the Sidha Medicine like, Gaba Sura Kudi Neer (கபசுர குடிநீர்), Nilavembu

கசாயம் (நிலவேம்பு கசாயம்) and drink daily.

Since, it is not possible to convene any SCB meeting in the near future, members are requested to join, 'Our Senior Citizen Bureau Whatsapp Group', by sending their Cell Number, to me (My Cell No. 9840021231) so that we can exchange our views freely.

With Regards

**P. SETHU SESHAN**



***Pre-Silver Jubilee Year Message from the Chairman Emeritus cum Hon Editor*****Warm greetings to all.**

It is heartening that Senior Citizens Bureau, SCB, has incredibly sustained long in propagating its mission and vision, since its inception on 3rd Mar 1996. True to its bye-laws, we are beyond the barriers of politics, religion, caste and creed to give some thing back to the society, to empower the senior citizens with their rights & duties and to promote inter-generational bonding. It is a movement as such with pioneering activities in the state, national, and international arenas.



Due to covid-19 pandemic, we have to drop the celebration of 24th anniversary scheduled for 17th Apr 2020 as well as the publication of our Apr-June quarterly issue of *LinkAge*. It was well planned to be a fore runner to silver jubilee event in 2021-22. However, now in the light of relaxation during stage 5 of lock out, we want to reach out to the members through the Apr-June quarterly issue of LA, being brought out in the month of June 2020.

The month of June is significant to us to observe the commemoration of 16th World Elder Abuse Awareness Day and 6th International Day of Yoga, designated by UN on 15th June & 21st June respectively. We are missing not only these, but also SCB Anniversary on 3rd Mar, International Day of Women on 8th Mar and World Health Day on 7th Apr, which are directly connected to us and to our movement. It is our proud privilege to consistently celebrate these days right from the beginning in an innovative & purposeful way, jointly with prestigious educational institutions all these years. At present, temporarily, we have to satisfy with a mention in our *LinkAge*.

The onset of pandemic, further distanced the togetherness of SCB members, in addition to the absence of our monthly meetings and monthly publication of *LinkAge*. This was worrying me. It

lead me to venture into mobilizing and activating SCB official WhatsApp group exclusively for our members. I have taken pains and time to muster about 75 of our members in the 1st week of Apr 2020, to get connected with ourselves. Still we have to go a long way to get together and help each other at the hour of need.

The aim of this group is to excel in quality and purpose. We must exchange the matter, only related to the welfare of senior citizens and family bonding as envisaged in our bye-law, mission and vision. Birthday greetings, high light of national & International days and networking with our sister forums and confederations like HAI(HelpAge India), AISCCON(All India Senior Citizens Confederation), ILCI(International Longevity Centre India), U3A(University of Third Age), AIUTA(Association of International Universities of Third Age), INIA(Inter National Institute of Ageing), InFA(International Federation of Ageing), etc, are designed as our essential regular features. You can share your experience, thoughts, reflections on these. You can photocopy of your hand written matter and share.

I therefore appeal to you to enrich the quality, not to dilute. We can make our group unique to our movement, without unrelated junk. There is no end, if you pass anything you want just like any other social media. We find it extremely easy to forward any thing we receive and extremely difficult to type English or Thamizh in the dual key board, commonly available in any smart phone. Then how to solve the problem?

The big hurdle is our mindset, with no desire to change for good as well as lack of determination to conquer the so called mysteries of smart phones and technology. It is really very easy to learn and practice. Do not feel shy and hesitant, to learn from any grand child, student, friend or volunteer. I read my interesting article, on means and ways to get out of the woods of Smart Phone and Technology, elsewhere in this issue.

With regards and best wishes.

**Capt Dr M Singaraja**



## *Message from the desk of the Chairman*

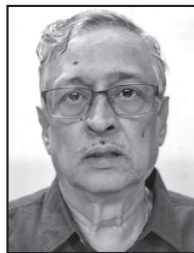
COVID19 has turned the world upside down. There is hardly any aspect of our life that has been left untouched by the pandemic. In a society that struck by deadly virus, strict maintenance of public order is most essential. India became the Fourth worst hit nation in the world due to Corona virus.

There has been increase in social distancing violations since June 1. The increase in violations could lead to more COVID19 infections. People of all ages can be infected by Corona virus and people with preexisting medical conditions (such as Asthma, Diabetes, Heart diseases) appear to be more vulnerable to becoming severely affected by the Virus.

Both Central and State governments are taking all necessary steps to ensure that we are prepared to face the challenges and the threats posed by the growing pandemic of COVID19 virus and the aftermath of the pandemic induced Economic crisis.

The most important factor in preventing the spread of the virus is to empower the citizens with the right information and taking precautions as per the advices being provided by the Ministry of Health and Family welfare. Therefore it is imperative that we learn to live with this pandemic situation for the time being till a vaccine is found for this COVID19 virus and we hope that the day is not far off and till such time we should strictly follow all health etiquettes such as washing hands frequently with soap, adhering to social distancing, wearing masks etc. Besides we should try to disseminate the information to all people to follow such practices in their own/social interests.

I sincerely feel that we could not conduct our Quarterly meeting due in April 20 for the reasons best known to you, on account of the prevailing pandemic situation, though we planned everything for conducting the meeting on 18th April. In fact, we were planning to conduct this meeting as forerunner to our Silver Jubilee Celebrations inviting all veterans of Bureau. In this context I am happy to share with



you, that we are heading for Silver Jubilee Celebrations of our SCB during next year. In this regard we will work out detailed plans for the Celebrations of Silver Jubilee in the year 2021 in a grand manner with the support and co operations of all our members. Releasing of our LINKAGE for the Quarter April to June is also delayed due to the lock down. However I am now extremely happy to communicate with you through this edition of Linkage.

During this quarter, the World elders abuse awareness Day will be observed on 15th June 20. Elder abuse is a universal problem and yet is typically under reported globally. Older people should know about their fundamental rights, make sure that their financial and legal affairs are in order. Elder abuse is preventable and every one has a role to play. We can help ensure that the elder people live in safety with out fear of being hurt, exploited or neglected.

Another important International day in the month of June is International day of Yoga, which has been celebrated annually on 21st June, since 2015. You are aware that Yoga is a physical mental and spiritual practice which originated in India. Recognising the important role of Yoga, the 'Permanent Mission of India', to the United Nations together with Yoga gurus and therapists has created a special Yoga module this year - Yoga For Health. Yoga at Home, on the occasion of International Yoga day which can be practised from home. In this Linkage, an article on "International Yoga Day" by our Chairman (Emeritus) Dr. M. Singaraja is published which will be of interest for all our readers.

Finally, I wish you all a very safe stay at home, leading a peaceful, happy and healthy life.

Thanking you,

With Regards,

**T.V.NAGARAJAN**



## ***Sixth International Day Of Yoga*** ***(Compiled by Capt Dr M Singaraja)***

Yoga originated in India around 5000 years ago and since then, this physical, emotional and spiritual practice has helped the human race maintain better health and overall well-being. If you're looking for calm, peace and tranquillity, yoga is something that you should definitely take out time for. On 21st June every year, we celebrate World Yoga Day for spreading the importance and awareness of yoga amongst people of the world. Let us find out more about International Yoga Day, its history, significance and objectives, in this article.

### **What is the History of World Yoga Day?**

On 27th September, 2014, during a UN General Assembly meeting, Prime Minister Mr Narendra Modi spoke about the invaluable gift of yoga that ancient Indian tradition has given to the world. In a very impactful and convincing speech, the Prime Minister laid emphasis on the fact that yoga would help in bringing harmony between man and nature. The initiative was appreciated and the proposal to designate 21st June as International Yoga Day was decided by 193 members of the UN General Assembly on 11th December, 2014. The yoga day proposal was supported by more than 170 countries. The following year, World Yoga Day was celebrated on 21st June for the first time. Approximately 35,000 people from all over of the world participated in the mass yoga session held at Rajpath, New Delhi. The session lasted approximately 35 minutes and 21 yoga mudras were practised during the session.

### **Why Is International Day of Yoga Celebrated Specifically on 21st June?**

Many of us wonder what is so special about 21st June that it is designated as World Yoga Day. We all know that 21st June is the longest day of the summer solstice in Northern Hemisphere, or in other words, this is the time of the year when the sun moves from north to south. It is also one of the two important days when the rays of the sun fall directly on either of the two tropical latitude lines.

It is believed that this change brings a significant impact on people. According to yoga gurus, this transition period is a good time to practise yoga. Another significant reason for choosing this day is that on this day Adiyogi, the first known yogi, embarked upon a journey towards the south with seven royal sages. These sages later became Adiyogi's first disciples and also helped in propagating the importance of yoga in other parts of the world. Therefore, it was decided that 21st June will be celebrated as International Yoga Day.

### **What are the Objectives of International Yoga Day?**

- ☞ To introduce people to the art of meditation, one of the many practices for channelizing energies of our body and mind.
- ☞ To help people of the world understand and know the many benefits of yoga in healing the mind, body and soul.
- ☞ To help people make a connection or be in sync with nature and their natural surroundings, which we tend to forgo while tending to our never-ending work or personal demands.
- ☞ To help various communities to come forward and spend a day, which is specifically dedicated to embracing the importance of health and well-being.
- ☞ To help people understand and adopt yoga for better physical and mental health and well-being.
- ☞ To help people get over or fight various medical issues by practising regular yoga.
- ☞ To help people know the benefits of yoga in maintaining higher levels of physical, mental and spiritual health.
- ☞ To help people adopt a healthy lifestyle and habits and let go of unhealthy practices.
- ☞ To maintain and strengthen a global-connect with people from different parts of the world.
- ☞ To help people get relief from everyday stress.

*P.T.O.*

- To help spread the message of love, peace and oneness amongst the people of the world.
- To help decrease mild to severe medical issues faced by the people of all age groups.
- To help gain people's attention towards the holistic benefits of practising the art of yoga.

### How Is Yoga Day Celebrated?

In India and also in many parts of the world, International Yoga Day is celebrated with full fervour and enthusiasm. There are many yoga camps, seminars, training programs, workshops, etc., that are organised by government and non-government organisations at mass levels. It is a common practice for people to gather in large groups in a park or ground and practise yoga mudras or asanas. Lectures and talks are also organised to spread the importance and significance of practising yoga in our day-to-day lives. Many yoga gurus and trainers also hold

various kinds of training programs or sessions across the country.

From time immemorial, the practice of yoga has been believed to be one of the best ways of connecting the mind with the body. It is an ancient practice of holistic healing that can help anyone in maintaining good overall health and well-being.

There are a number of yoga asanas that suit people of various age groups. Also, many asanas can be amended depending upon your health condition and age.

Therefore, yoga should undoubtedly become a part of our life as it not only helps us in keeping good physical health but also helps sustain it. However, before indulging or doing or performing any yoga asana for the first time, make sure you seek the help of a professional in understanding the correct breathing techniques and practices. Once you master the poses, you can safely perform the asanas at home. ❖

## **World Elder Abuse Awareness Day** (S. Prabhakaran, Vice-Chairman)

The United Nations (UN) has designated June 15 as World Elder Abuse Awareness Day (WEAAD). World Elder Abuse Awareness Day brings together senior citizens, their caregivers, and governments to combat the problem of elder abuse. Virtually all countries are expected to see substantial growth in the number of older persons between 2015 and 2030, and that growth will be faster in developing regions. Because the numbers of older persons are growing, the amount of elder abuse can be expected to grow with it. While the taboo topic of elder abuse has started to gain visibility across the world, it remains one of the least investigated types of violence in national surveys, and one of the least addressed in national action plans. Elder abuse is a global social issue which affects the health and human rights of millions of older persons around the world, and an issue which deserves the attention



of the international community. It represents the one day in the year when the whole world voices its opposition to the abuse and suffering inflicted to some of our older generations

### Key Facts

Around 1 in 6 older people experience some form of abuse, a figure higher than previously estimated and predicted to rise as populations age worldwide.

Rates of abuse may be higher for older people living in institutions than in the community.

Elder abuse can lead to serious physical injuries and long-term psychological consequences.

Elder abuse is predicted to increase as many countries are experiencing rapidly ageing populations.

The global population of people aged 60 years and older will more than double, from 900 million in 2015 to about 2 billion in 2050. ❖



## SENIOR CITIZENS BUREAU

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

Regd. Office : 90, Rama Street, Nungambakkam, Chennai - 600 034.



### 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.

## Counselling for Corona Covid 19

The counselling helpline of Banyan Academy of Leadership in Mental Health (BALM), a sister organisation of NGO Banyan has received around 1850 calls in the past two months.

Out of 1850, some 42 calls were from public and the remaining 1800 (approx) were made by their outpatients.

The NGO that has a unit in Mylapore began its counselling service in mid-April to help people with anxiety/ depression during the lockdown.

Says Dr Archana Padmakar, Assistant Director, Emergency Care and Recovery Centre, The Banyan, "In most cases, people would be overwhelmed due to consecutive lockdowns. Some would be worried as they were unable to meet their loved ones living on the

same street, couples who tested Covid positive would be depressed as there would be no one to take care of their children."

"There were also a number of cases where people having a common cold/ flu would associate their symptoms to that of the virus and become anxious over it."

To solve their issues, she says psychologists from their organisation would speak to the callers for hours and provide appropriate counselling. "If they are anxious about having virus-like symptoms, we tell them to consult a doctor. We also ask them to remain strong even if it is Covid."

After the counselling session, we also follow up with the concerned person at

regular intervals to ensure if they are doing well, she says

The NGO offers counselling in Tamil. It is also working to get a toll-free counselling helpline soon.

People who may need counselling may call the below-mentioned numbers in the specified timings. The services are open on all days.

24570006 : 4 pm – 8 pm

98412 26254 : 8 am – 12 pm

9840325184 : 12 pm – 4 pm

8754475532 : 12 pm – 4 pm

BALM is a mental health and social science research and teaching institution based in Kanchipuram. It can be reached at Ph: 9940592691.

*Courtesy: Mylapore Times*  
dt July 13, 2020.



## **SENIOR CITIZEN BUREAU** **Governing Council 2018-19 to 2021-22**

### **Governing council consists of:**

#### **(I) Executive Committee**

#### **(II) Social Welfare Committee**

#### **(III) Advisory Committee**

#### **(I) Executive Committee**

##### **(1) Founding Chairman:**

Late Major General Aban Naidu,  
PVSM, AVSM, M-in-D – Omni present.

##### **(2) Chairman Emeritus:**

Captain Dr. M. Singaraja,  
BE, PGDBM, FIE, FIV, MSc(Psy), PhD.

##### **(3) Chairman:**

Thiru T.V. Nagarajan

##### **(4) Vice Chairman 1:**

Thiru S. Jayakumar

##### **(5) Vice Chairman 2:**

Thiru S. Prabhakaran

##### **(6) Secretary General:**

Dr. P. Sethuseshan

##### **(7) Joint Secretary General:**

Er. T.V. Nanda Kumar

##### **(8) Treasurer:**

Thiru N. Sampath Kumar

#### **E.C. Members:**

(9) Er. S. Ranganatha Rao

(10) Er. R.T. Namasivayam

(11) Thiru R. Ramakrishnan (SBI)

(12) Thiru P.M. Pandian

(13) Thiru C. Panner Selvam

(14) Thiru M. Chandrasekharan

(15) Thiru K.P. Chandran

(16) Thiru R. Parasuraman

(17) Prof. G. Chidambaram

### **Ex-officio members (Past Charimen):**

(18) Er. V. Hariharan

(19) Padmasri Dr. V.S. Natarajan, M.D.

(20) Captain Dr. M. Singaraja, PhD.

(21) Thiru C.N. Prasad

#### **(II) Social Welfare Committee**

#### **(6 Departments viz Education, Health, Finance, Personnel, Law & Order, Youth affairs)**

(1) Tmt. Leela Srinivasan (Education)

(2) Dr. V. Chockalingam, M.D. (Health)

(3) Er. S. Murugaiyan (Finance)

(4) Er. A.K. Chakravarthy (Personnel)

(5) Brig. K. Muthulaxmi (Law & Order)

(6) Dr. V.Kanagasabai, M.D. (Youth Affairs)

#### **(III) Advisory Committee**

(1) Padmabushan Dr. M. Sarada Menon, M.D.

Ph : 044-2641 2697

(2) Thiru S. P. Ambrose, I.A.S., (Rtd.,)

Ph : 98418 32777

(3) Thiru R. Venkatesan, I.A. & A.S (Rtd.,)

Ph : 9449 65526

(4) Padmasri Dr. V.S. Natarajan, M.D.

Ph : 95000 78740

(5) Er. S. Ramalingam

Ph : 96770 11766

(6) Dr. Vayu Naidu, F.R.S.A

Ph : 98400 37068

(7) Thiru T.V. Hariharan

Ph : 94440 24609



## ***Smart Phone and Technology: Ways and Means to Conquer*** ***(Capt Dr M Singaraja)***

Many elders are finding it difficult to handle and to derive the potential benefits of a smart phone. They feel content with a tiny instrument possessed by them at a lower cost. They believe, it is enough to use it as a talking & WhatsApp machine. They are firm not to strain physically and mentally for using the other facilities. It is only our mind set. We have to change for our own good. We must break the inhibitions of fear, shy, pain, laziness, easy going and tendencies like no need, not for me, waste of money, what I am going to do in this old age etc. It is all myth.

We are denying our selves, the abundant facilities, open to us to enjoy an active and independent second innings of our life. Once you learn and practice, you will find it is extremely easy to use. The mobile phone is elder friendly. You have to master this art like any other art, you have learnt in your life span. It is yet another wonderful experience.

We find it extremely easy to forward anything we receive and extremely difficult to type English or Thamizh, in the dual key board, commonly available in any smart phone. Or you do not want to photo copy & share your illegible/ awkward hand written matter. Then what is the solution? The big hurdle is mindset, with no desire to change for good as well as lack of determination to conquer the so called mysteries of smart phones and technology. It is really very easy to learn and practice. Do not feel shy and hesitate to seek help from any grand child, student, friend or volunteer.

I therefore recommend that it is worth investing in a large size smart phone (with display of about 5 cm) of a reputed brand and to feel ease. We can learn from our grand children or neighbors (students) or friends or NGOs or institutions to type in the key board in any language we prefer. We have to support our

selves to enjoy the evening of our life. The smart phone is an essential commodity and a good companion with all-in one facility, especially in old age.

There are many wonderful applications (Apps) for Safety, Security, Emergency, Communication (such as voice, text, photo, video conferencing), Email, Radio, TV, Banking (transfer money, bill payment like phone recharge, electricity, water tax, house tax, income tax), Booking tickets (bus, train, metro, airline, entertainment), booking Door step transport facility (call taxi, call auto, call bike), and availing Home services (medical, Para-medical, grocery, vegetables, fruits, meals, medicine, courier, books, assisted living things) and plenty other, available for you to download to make use of them. There are tutorials and short videos to guide in Google search.

In this connection, you may recall my posting in WhatsApp group of our SCB and other seniors forums about step by step procedure for G Pay (Google Pay) facility. I am using G pay extensively for more than a year now, after I have learnt from my grand son. It is safe and easy to transfer money from your multiple bank accounts, unlike a specific bank app. No hassles of visiting banks, writing cheque, signature variation, correction/overwriting, insufficient fund, courier, confirmation from the recipient (you can print out the transfer receipt from G pay).

It is really a child's play. You are no longer a hapless older person. But you have to ensure that you are cautious and alert with required physical and mental wellness. We are not interested other than what is essential for simple day to day life. Then what? You are out of woods. Go ahead and enjoy active productive life with smart phone and technology. ❖

## **227<sup>th</sup> Event of Senior Citizens Bureau “Farmers Festival - Pongal” held on 18<sup>th</sup> Jan. 2020**



***A view of the head table.***



***A view of the audience.***



***Honouring Birth Day Babies.***



***Performance by Athmalaya.***



***Winner of Global Art Competition.***



***Health Monitoring by Murugan Hospital.***

227th Event of our Senior Citizens Bureau, “The Farmers Festival of Pongal” was held on 18th January, 2020 (Saturday) at Anna Nagar Western Extension Association Premises, Chennai 600 101. As usual members have attended in large numbers and made the occasion a grand success. Murugan Hospitals, Kilpauk did health monitoring tests. After invocation, a special cultural program was performed by the group “Athmalaya” – which was well appreciated and admired by all. Our Chairman Thiru.T.V. Nagarajan welcomed the

gathering and conveyed New Year 2020 and Pongal Greetings. In his welcome address, he thanked Athmalaya for having entertained our members with their splendid performance. He then introduced the Chief Guest Prof. G. Chidambaram, Former Professor of Economics, Kumbakonam Government Arts College and Presidency College, Chennai. He explained the reasons for inviting an Economist for our meeting, as it is appropriate time to get clarifications from an Economist, in the

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context of negative GDP growth and prevailing economic recession throughout the world. He made a mention about the latest book written by Prof. G. Chidambaram titled "Naadum Valamum". Later the Chairman introduced our Guest of Honour Thiru.C. Badri, Former General Manager and Chief Vigilance Officer of Indian Overseas Bank and General Manager, Canara Bank in his welcome speech he admired the involvement and dedication of our Chairman Emeritus Capt. Dr. M. Singaraja in the activities of SCB.

Our Chief Guest, Guest of Honour and our Chairman Emeritus were honoured with shawls and mementos. Participants of Athmalaya, who presented a cultural program. Members who celebrated their birthdays during the quarter were also honoured with shawls. After that, Capt. Dr. M. Singaraja spoke elaborately about the importance and significance of Agriculture in our country's economy. He explained how difficult is agriculture, narrating his own experiences in the field. Further he stressed that agriculture should be given top priority and all efforts and measures are to be focused for getting better price for their commodities, so as to make Agriculture a profitable business venture. Our Chief Guest Prof. G. Chidambaram started his speech explaining the difficulties faced by farmers in marketing their agricultural produce. He made mention that the price in the farm is far different from the price of the product sold in the market because of middlemen involved in the process. Regarding GDP, he said that GDP is 3 on an average in other countries and therefore the GDP growth of about 4 in India is not bad at all. As far as the question of whether the Indian economy is at present improving or not, the answer is "NO". The growth has to be stimulated. He also made a suggestion to our group, mentioning that many of our members are talented and we should be prepared to take up some Government projects by establishing rapport and coordination with the Government Departments. There are large opportunities with the Government for planning and implementing various Government Projects. Finally, he ended up his speech with the remarks by reiterating that

only GDP increase is not enough, there should be improvement in growth also. His speech was followed by Question and Answer Session.

Thiru. C. Badri, in his address explained in detail various cyber crimes committed. A gist of important points from his speech is appended below:

- ◆ Anybody having a smart phone is prone to lot of risks of Cyber crimes
- ◆ Anything given free of cost is dangerous
- ◆ Advised not to exchange used mobile phones, as there are software to retain all data and that can be misused.
- ◆ Don't share your e-mail address to everybody, as it can be easily hacked
- ◆ Whatsapp and Face Book of the social media are more prone to hacking.
- ◆ More number of Apps downloaded is, just like giving permission to fraudsters
- ◆ Using Anti-virus is important for smart phones also
- ◆ Many use Free Wi-Fi facilities in public places, but all Wi-Fi facilities are not free from problems
- ◆ Charging phones in public places is also not very safe
- ◆ Don't share or part with your phone with strangers

Later 10 copies of "Naadum Valamum" book written by Prof. G. Chidambaram were gifted to SCB, sold at concessional cost and the sale proceeds were donated to Senior Citizens Bureau by the Chief Guest. We are glad to inform our members that Prof. G. Chidambaram has become SCB's Life Member at the end of the meeting.

After the lunch, "Alserv Elder Services" presented a Power Point program about the door step services being offered by them to Senior Citizens at a nominal cost. The coordinators of Alserv were honoured.

The program came to end by 2.45 pm with singing of National Anthem.



## **Memorable Tour to East Coast of Thiruvallur District** (Er. T.V. Nanda Kumar, Joint Secretary General, SCB)



**திருப்பாலை வனக் கோயில் உட்பிரகாரத்தில்**

As part of our social activities a tour program was undertaken by us on 16th Feb, 2020 (Sunday) to Pazhaverkadu in Thiruvallur District, wherein 12 of our members have participated enthusiastically, by a Tempo Traveller from 6 A.M. to 6 P.M.

Pazhaverkadu is a tourist destination, located about 60 Kms., from Chennai near Ponneri. It has a large brackish water lake known as "PULIKAT LAKE", which attracts large number of migratory birds from different parts of the world. They visit during winter season and enjoy their stay. During 15th and 16th centuries, Portuguese and Dutch people reached this place through sea and Dutch people stayed back here for a longer period, built a port, church, light house, cemetery, etc. From this lake, Buckingham Canal starts and was used as a water way to transport goods till 1955. We could see all these heritage places and enjoyed its history. In Pazhaverkadu village, there are two temples – viz. Ellai Amman Temple and another Chinthamaniswarar Temple. Before reaching Pazhaverkadu, we visited a few temples and had good dharshan of the presiding deities. Incidentally, it happened to be the Birthday of Tmt. Vilasini W/o Dr. P. Sethu Seshan, our Secretary General. We all greeted her on her Birthday and prayed for her good health.

The following temples were visited on the way:

1) Gnayiru Temple – This is located in Gnayiru village at Thiruvallur District, off Kolkatta Highway, towards East from Thachur Junction. On Sundays, devotees thronged the temple to get the blessings of Lord Suryanarayana and Pushpavatheeswarar, a Suyambu Lingam on the base of a lotus flower. Though there was huge crowd, we senior citizens could get a good dharshan on special tickets.

We had break fast at 10 a.m. on the way to Siruvapuri.

2) Siruvapuri Bala Murugan Temple – It is located on the way to Palaiya Palayam at Siruvapuri village off Kolkatta



**பழவந்தாங்கல் ஏரிக் கரையோரம்.**

Highway, towards West from Thachur Junction. Despite huge Sunday crowd we had a good dharshan on special tickets.

3) Thiruppalai Vanam Eswaran Temple – On our way to Pazhaverkadu, before lunch time, we rushed to this temple. The priest of the temple was kind enough to keep the temple open and we all had a nice dharshan. We learnt from the priest that the temple is as equal to Thirukkadayur Amirtha Kadeswarar Temple and many people visits this temple for their "Sashtiabha Poorthy" (61st Birthday) and "Sadhabishekam" (80th Birthday), etc. The Shiva Lingam of the temple is unique and white in colour. The story behind the temple is that Devi Parvathy prevented Lord Shiva from swallowing poison (Aala Kaala Visham), which came out during churning of "Paar Kadal" (Ocean of Milk) for extracting "Amirtham". This temple is located between Ponneri and Pazhaverkadu.

We, for our lunch at Pazhaverkadu after making vigorous search for a vegetarian hotel settled with a Veg-cum-Non veg Hotel called "Kanda Vilas". Initially the participants hesitated to have their lunch at such a small hotel, but the food served was really satisfying and specially the Fried Fish was enjoyed by many, as it was fresh from sea and was very tasty. Boating in the lake could not be undertaken due to want of time. We took Kattupalli Road to return. We had the glimpses of Ennore Port, L&T Port and Thermal Power Stations close to bay of Bengal.

We had Snacks and Tea at Minjur. Then we visited Minjur Thiruvudai Amman Temple – one of the three famous temples – the other two being Vadivudai Amman of Thiruvottiyur and Thudiyidai Amman at Thirumullaivoyal.

We all returned around 6.00 pm rejoicing a pleasant memorable tour. Thanks to our Chairman Emeritus for organising the tour meticulously.



***Minutes of the EC meeting held on 7th March 2020, at 10 a.m.  
at Thakkar Baba Vidyalaya, 58, Venkatnarayana Road, T Nagar***



After silent invocation and mourning for the deceased members. Chairman called the meeting to order and welcomed the participants. The minutes of the previous EC Meeting held on 19.11.2019 were reviewed and the actions taken discussed and noted. Accordingly the minutes were approved.

The Quarterly Meeting of SCB was to be held on 18.04.2020 at 10.00 a.m. at Chennai Age Care Centre, Royapettah. Chairman Emeritus Capt. Dr. M. Singaraja has sent his proposed agenda for the meeting in detail, incorporating various activities to be included, with specific time frame for each activity. The Committee members placed on record their appreciation of Chairman Emeritus for the efforts taken to prepare such a detailed agenda. However, after analyzing each and every activity proposed and its time frame, the members expressed their apprehension regarding the possibility of completing the activities well within the time frame proposed. After detailed discussion, it was decided that Chairman and Secretary General would meet or discuss in detail with Chairman Emeritus and finalise the agenda, clearing the doubts raised in the meeting.

After going through the poor financial status of our Bureau based on the financial position presented by the Treasurer Thiru. Sampath Kumar, the Committee members expressed their anxiety and emphasized the need for



taking measures to augment the financial resources. In this context, Prof. Chidambaram, who was present at the meeting suggested:

By utilising expertise available with our members in the field of Agriculture / Animal husbandary / Engineering and etc. we may prepare viable proposals and send it to Government, offering our services for implementation of the proposals. He also offered his unconditional services in giving a shape to the proposals. The committee appreciated his initiative with thanks. It was decided to seriously pursue this suggestion and get it implemented.

❖ Another source of augmenting the resources though to a limited extent is the Membership Drive. Thiru. Vivekanandan, Retd. Dy. Supt. Of Police, a newly joined member of SCB has offered to bring about 100 new members, who are his friends and members of other similar association, where he is one of the Office bearers. The Committee thanked him for the offer he has made.

❖ It was also decided to transfer the SB a/c in Axis Bank, Indian Overseas Bank, Kilpauk branch as Fixed Deposit.

❖ It was also decided to by Laptop or Desktop Computer immediately to take care of the SCB office administrative work comfortably.

The Secretary General Dr. Sethu Seshan proposed vote of thanks and the meeting came to an end. ❖



**SENIOR CITIZENS BUREAU****EXTRACT OF ACCOUNTS FOR THE YEAR ENDING 31ST MARCH 2020**

NAME OF ACCOUNT	AMOUNT
<b>INCOMES :</b>	
DONATIONS RECEIVED	35,715.00
SUN SHINE FUND RECEIVED	27,773.00
ADVERTISEMENTS RECEIVED	30,000.00
IT REFUND RECEIVED	320.00
SUBSCRIPTIONS RECEIVED	12,100.00
SB INTEREST RECEIVED	2,685.00
FD INTEREST RECEIVED	53,455.00
MISC. RECEIPTS	542.00
	<b>1,62,590.00</b>
<b>LONG TERM FUNDS &amp; LIABILITIES:</b>	
GENERAL FUND	2,69,567.66
CORPUS FUND	7,35,324.00
ACCUMULATED INTEREST	16,221.00
	<b>10,21,112.66</b>
<b>FIXED &amp; CURRENT ASSETS :</b>	
FIXED DEPOSITS	8,89,910.00
STEEL CUP BOARD	1,771.47
CASH ON HAND	2,583.70
CASH AT BANK : IOB	42,201.24

CASH AT AXIS BANK	56,364.47
IT REFUND DUE : FY 2012-13	12,227.00
FY 2018-19	600.00
ACCUM. INTEREST REINVESTED	5,409.00
	<b>10,11,066.88</b>
<b>EXPENSES INCURRED :</b>	
TDS DEDUCTED	5,435.00
BANK CHARGES	43.08
PHOTOGRAPHY CHARGES	4,181.00
LUNCH EXPENSES	28,856.00
PAYMENT TO Sr.CITIZENS FEDERATION	3,000.00
MEETING EXPENSES	24,830.00
SCHOLARSHIPS & GIFTS	20,666.60
SOCIETY REGN. RENEWAL FEES	800.00
TRAVELLING EXPENSES	7,519.00
POSTAGES PAID	17,977.10
PRINTING & STATIONERY	8,405.00
LINKAGE PUBLICATION EXPENSES	46,183.00
WEB DESIGN FOR SCB WEBSITE	3,540.00
DIGITAL SIGNATURE FEES - AUDIT	1,200.00
	<b>1,72,635.78</b>

The above Extract of accounts is subject to Final Audit.

*N. Sampathkumar, Treasurer*

**Multi  
Specialty  
Hospital**



**24 Hours  
EMERGENCY  
AND  
TRAUMA CARE**

**MURUGAN HOSPITALS****HEALING HANDS**

Accident & Emergency / Laboratory / X Ray / Pharmacy, Orthopedics / Trauma & Joint replacement, Obstetrics & Gynaecology, General Surgery, Anesthesiology & intensive care, Arthroscopy & Sports Medicine, Laparoscopy & Key Hole surgery, Paediatrics & Neonatology, Urology, Nephrology & Dialysis, Plastic and Reconstructive surgery, Neurology & Neuro surgery, Dermatology & Cosmetology, General Medicine, Complete dental care, Paediatric surgery, Palliative & Elderly care Chest Medicine, Vascular surgery, Physiotherapy & Rehabilitation care, Medical & Surgical Gastroenterology, Diabetology, Infertility, Cardiology, E.N.T.

**264/125, Kilpauk Garden Road, Kilpauk, Chennai - 600 010.****Phone: 91 44 26448989; 91 44 2644 0519**

## ***Acknowledgement & Thanks a lot***

### **Donation to TN CM Public Relief Fund**

1. Thiru S. Jayakumar	Rs. 500
2. Dr. P. Sethuleshan	Rs. 1,000
3. Thiru K.P. Chandran	Rs. 500
4. Capt. Dr.M. Singaraja	Rs. 1,084
5. Major Joy Koruthu	Rs. 1,568
6. Er. R.T. Namasivayam	Rs. 500
7. Thiru T.V. Nagarajan	Rs. 1,000
8. Thiru T.V. Nandakumar	Rs. 1,001
9. Thiru N.Sampath Kumar	Rs. 1,000
10. Thiru S. Prabhakar	Rs. 847
11. Thiru C. Panneerselvam	Rs. 500
12. Tmt. Seethalakshmi	Rs. 2,500
13. Thiru M.Chandrasekharan	Rs. 500
14. Dr. C.S. Raju	Rs. 500
15. Capt. N. Krishnamurthy	Rs. 5,000

**Total Rs.18,000/-**

### **SUN SHINE FUND**

1) Er. R. Madhavan LM 419	Rs. 5000/-
2) Mr. K. Sundaravaradhan LM 947	Rs. 1000/-
3) Mr. S. Prabhakaran LM 660	Rs. 1081/-

### ***Thanks a lot and God bless you***

To keep up with SCB's tradition, irrespective of the contributions made by our members, we have donated Rs.20,000/- to Chief Minister's Public Relief Fund.

Those good hearted members who wish to contribute, may do so even now by sending your remittances to SCB's bank account:

SB No.057101000014780

Senior Citizens Bureau

Indian Overseas Bank, Kilpauk Branch

IFSC code: IOBA0000571

MICR code:600020019

***Thank you for your whole hearted participation  
and concern towards the society.***

## ***Welcome to New Members***

LM 952, Dt. of admission: 23/04/2019

**Ms. Anjana Bindish, M.Sc.,**  
B.Com., DHMCt., DCS, ILO Fellowship  
Counselling & Psychotherapy  
Flat/4G, Uma Complex,  
39, Branson Garden Street,  
Kelly's, Chennai 600 010.  
Phone : 98407 10601

LM 953, Dt. of admission:18/01/20, DOB: 13/04/1954

**Thiru V. Seetharaman, M.A.,**  
Retd. Manager, IOB, Central Office  
"Sri Nivas", 8/1, Alwar Nagar,  
3rd Street, Nanganallur, Chennai - 600 061.  
Phone: 9443976124

LM 954, Dt. of admission: 18/01/20, DOB: 04/09/1946

**Thiru L. Balasubramanian, B.Sc., MBA**  
Retd. Regional Manager, IOB  
F-9, BBC West End, 9A, K.K. Road,  
Saligramam, Chennai - 600 093.  
Phone: 044-23764403

LM 955, Dt. of admission: 18/01/2020, DOB: 08/06/1929

**Prof. G. Chidambaram, M.A., M. Litt.,**  
Whole timeMember, State Planning Commission  
No.11, Ocean Side Layout, ECR,  
Muttukkadu, Chennai - 600112.  
Phone: 9994339966

LM 956, Dt. of admission: 07/03/20, DOB: 05/05/1956

**Thiru R. Vivekananda, B.Com.,**  
Retd. Asst. Commissioner of Police, DGP Office  
GB-14, Thendral Flats, No.2, Balakrishnan Street,  
Valmiki Nagar, Thiruvannamiyur, Chennai - 600041.  
Phone: 9841060123 / 9884647373



## Congratulations



**Our Life Member Thiru S N Kolandan, Namakkal**, has won Gold Medal, under 80+ category, at the 41st National Masters Athletic Championship, held on Feb 9~14, 2020, at Imphal, Manipur. He secured first place in the Shot put event, performing 9.58 meters. He

will be participating in the Olympics to be held at Japan. He has won several medals in the State & National levels in the Shotput leading to this proud achievement.

*NB: Encouragement & support to Sr Citizens are at the lowest ebb even in the field of Sports & games by the Govts. Every thing is left to Individual.*

**Mrs. Poorani Sampathkumar**, PG Teacher (Accountancy and Auditing) in P.S. Higher Secondary School and wife of Mr. N. Sampathkumar, Treasurer of SCB, got the best teacher award from P.S. Educational Society, Mylapore, Chennai on Republic Day, 26th January, 2020.

**Mr S Prabhakaran, LM 660** has become a great grand father for the youngest grand parents Sampath and Geetha of Global Art centre, Anna Nagar and their lovely daughter Rajalakshmi and Ashwin on the birth of a new born KIARA ASHWIN on 28th January, 2020.

**“Our treasurer Mr. N. Sampathkumar** participated in 4 competition jointly organised by MTS Academy, Nehru Kendra and NSS of Ethiraj College on 29th March 2020 & won prizes. Other members Mr D.S. Ramaiah, Mr. R.T.Namasivayam and Mrs. Balambal also won in various competitions.



## Obituary

**Our Life Member, Cdr S V Iyer (97)** passed away on 31st Mar, at his Chennai Ekkattuthangal Defence Colony residence. He was ailing for some in his advanced age.

Cdr Iyer was the Life Member of Senior Citizens Bureau since 15 years & never missed important events. We felt proud & inspired with his gracious presence along with his dear spouse. He was so modest to refuse any form of recognition on birth days of our members.

He refused to receive our gesture of appreciation & honour, among a few other senior members of age 90+, from the hands of Hon Governor of Tamilnadu, Thiru K Rosiah, in a function got up on the occasion of observance of Commemoration of International Day of the Elderly, about 7 years back. He would always say that he had not done anything whereas he regularly donated to SCB, NGOs & to the needy.

**Our Life Member Thiru Rtn PDG PHF R Ramakrishna Raja (84)**, passed away suddenly on 24th Mar 2020, at his Poes Garden residence, Alwarpettai, Chennai.

He is the treasurer of Chennai Music Academy and one of the front line citizens of Chennai & Rajapalayam.

He is the noted philanthropist & industrialist. He is connected with many prestigious NGOs & VOs, including Rotary Club of Madras South right from its inception about 3 decades back.

**Our long time Associate Tmt Indrani Rajadurai (69)**, passed away at her Anna Nagar residence, on 4th Feb 2020. She is the former National director of HelpAge India at Chennai. She was involved very closely in the activities of SCB, in the past 2 decades. We had many joint programs.

**Our respectful homage & salutation to the departed great persons.**



**If undelivered please return to:**

**LinkAge**

C/O. P. Sethu Seshan  
768/1, 9th Street,  
Anna Nagar (WE),  
Chennai - 600 101.

**To**