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SCB NEWS

A Quarterly News Letter for Service and Advocacy
from SENIOR CITIZENS BUREAU
(Estd. 3/1996 & Reg. No. 370/2002)

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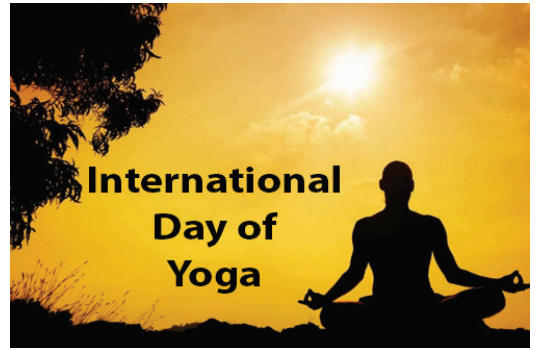
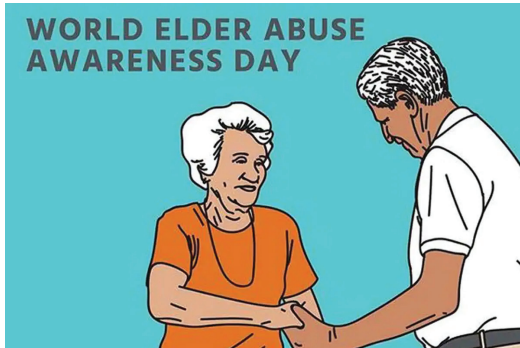
**இனிய தமிழ்ப் புத்தாண்டு
வாழ்த்துக்கள்**
*Greetings and best wishes for a
Happy
Thamizh New Year*

This issue is dedicated to

17th World Elder Abuse Awareness Day - 15th June 2021

and

7th International Day of Yoga - 21st June 2021



**233 ஆவது நிகழ்வு
மூத்த குடிமக்கள் மன்றம் நடத்தும்
வெள்ளி விழா ஆண்டின் 5ஆவது கொண்டாட்டம்**

பத்மஸ்ரீ முனைவர் வ.செ. நடராசன்

(நிறுவன தலைவர்: Dr. VSN பவுண்டேசன்) வாழ்நாள் சாதனையாளர் விருது பெற்றமைக்கு பாராட்டு
மற்றும் பொதுமக்களுக்கு தமிழில் நடத்தும் போட்டி குறித்து கலந்துரையாடல்

நிகழ்ச்சி நிரல்:

நாள், நேரம் : 07.05.21, வெள்ளிக்கிழமை காலை 11 முதல் 1 மணி வரை

காணொளிக் காட்சி அமைப்பு : எல்பேஜ் இந்தியா, சென்னை.

இணைப்புக்குறி : <https://us02web.zoom.us/j/.....>

வரவேற்புரை:

திரு. நாகராஜன், தலைவர்/மூ. கு. ம. மன்றம்

பாராட்டு உரை:

1) முனைவர் சிங்கராசா, மூத்த தலைவர் / மூ.கு.ம. மன்றம்

2) சிறப்பு விருந்தினர் கலைமகள் ஆசிரியர் கலைமாமணி **திரு. கீழாம்பூர் சங்கரசுப்ரமணியன்**

3) மருத்துவர் **திரு. வே. கனகசபை**, முதல்வர், மதராஸ் மருத்துவ கல்லூரி (ஓய்வு)

ஏற்புரை:

பத்மஸ்ரீ முனைவர் வ.செ. நடராசன்,

முன்னாள் தலைவர் / மூ.கு.ம. மன்றம்.

அடுத்து தமிழ் எழுத்தாளர்களுக்கான போட்டி குறித்து சிறப்பு விருந்தினர்

கலைமகள் ஆசிரியர் திரு. கீழாம்பூர் சங்கரசுப்பிரமணியன் அவர்கள்

மூ. கு. ம. மன்றம் வெள்ளி விழா குழுவினர்களுடன் கலந்துரையாடல்

நன்றியுரை:

முனைவர் சேதுசேசன், பொ. செயலாளர் / மூ.கு.ம. மன்றம்.

அனைவரும் கலந்து கொள்க

Congratulations

1)The Global congress of Physicians of Indian origin was conducted on line on 27th & 28th Feb 21. More than 50 Indian & International speakers delivered their speeches & 35 papers were presented.

6 eminent physicians were presented Life time achievement awards including Padmasri Dr V S Natarajan, (Our SCB past Chairman) is Sr Geriatrician for his more than 40 & years

of exemplary service.

A trophy, citation & a cheque for ₹1L were also presented. Dr Natarajan donated the cash of ₹1L to Dr VSN Geriatric Foundation.

2)We also congratulate Prof (Mrs) R Baahirathi (SCB LM 582) who was honoured as one the female writer on the occasion of IDOW by Manimekalai Prasuram.

Message from Emeritus Chairman cum Hon Editor & President/U3A Chennai

Dear Friends,

I am happy to share the good news that AIUTA (ASSOCIATION OF INTERNATIONAL UNIVERSITIES OF THIRD Age), an off shoot of World U3A (University of 3rd Age), in its Board meeting, has voted & accepted U3A Chennai as affiliated member of this prestigious world body, on 9th Mar 2021, in consideration of our application. A communication has been received from AIUTA Board to this effect on 10th Mar 2021. In this connection I would like to put the history of U3A Chennai in record for your info.



I came across AIUTA (Association of International Universities of 3rd Age) and its President Prof. Vellas, Toulouse, France, during the Seventh U3AAPA (University of 3rd Age Asia Pacific Alliance) conference held on 11th & 12th October 2016, at Asia Pacific Trade Center, Osaka, Japan. It was a Joint 99th AIUTA International Conference. I had the honour of presenting the paper and leading a six member delegation at our own cost, from U3A Chennai. We had very good interaction and exchange of information from the delegates of China, Europe and African Countries. There are about 14 Private Universities exclusively for 3rd Age in Europe and China put together. U3A Chennai has initiated to formally establish one virtual university under the guidance of our Veteran member Prof. Dr. V. Shanmugasundaram, Founder VC of Manonmaniam Sundaranar University.

U3A Chennai was established in October 2009 with 19 members and affiliated to Indian Society of U3A (ISU3A), Headquartered at Udaipur, which was founded by Late Prof. Dr. R.N. Kapoor. I had the honour of presenting the paper and leading the 4 member delegation at our own cost to a 3 day International Conference held under the auspices of ISU3A & World U3A from 8th to 10th February 2011, at Mahatma Gandhi Rural University, Chitrakut, M.P. As desired by Late Prof. Dr. R.N. Kapoor, U3A Chennai was proud to host an interactive meet at Chennai with delegates (World War II Veterans) from Ireland on 3rd and 4th February 2010, who were proceeding to Chitrakut. Again, I had the privilege of leading a six member delegation at our own cost and presenting a paper at 5th APA U3A, International Conference at Hotel Miraj Lords

Inn, Katmandu, Nepal. Apart from sharing knowledge of core issues of older persons, we have the benefit of visiting historical and tourist places around the country where the conference is held.

We came closer with AIUTA through one day conference organized by U3A Chennai on 21.01.2017 at Andhra Chamber of Commerce, Chennai to discuss on the subject of "Widening the international network of U3A". It was presided over by our Veteran Member, Prof. V. Shanmugasundaram. AIUTA President Prof. Vellas was the Chief Guest. President of U3A Mauritius Prof. Dr. Armoogum Parsuraman was the Guest of Honour, with whom we had a few interactive meetings subsequently in 2018-2020 at Chennai Cosmopolitan Club & Hotel President, under the auspices of U3A Chennai. I invite SCB members to join U3A Chennai, at a life member subscription of Rs. 1,000/- + Rs.100/- admission fee. Prof. Vellas has expressed his desire to grace our SCB Silver Jubilee Valedictory Celebration planned for October 2020-2021. Prof. Dr. Armoogum Parasuraman, President U3A Mauritius is likely to join.

You may appreciate the value and importance of networking with national organizations like HelpAge India, ILCI, ISU3A as well as International Organizations like AIUTA, U3AAPA, INIA, Pass it on Network and GEM. I have been sharing their emails and newsletters.

Recently, SCBians C.N. Prasad, R.T. Namasivayam and me, being among 98 others from all over the world endorsed the initiative of Moira Allan from Pass it on Network, for Ageing with Rights Campaign, run by GAROP (Global Alliance for the Rights of Older People), to be discussed in 11th Session of UN's Open Ended Working Group on Ageing (OEWGA). Also more than 20 short 2mts videos from various nationalities including HelpAge India CEO Mr. Rohit Prasad and me, were created and presented to UN OEWGA to draft a convention of Rights for Older Persons, during Zoom meeting held between March 29 and April 1, 2021.

We are thus privileged to have an exposure to the Worldwide issues of Older Persons and developments thereto.

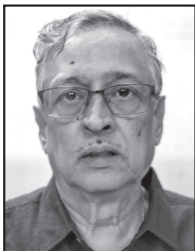
Warm Greetings and Best Wishes,

Capt. Dr. M. Singaraja.

Message from the desk of the Chairman

Dear members,

At the outset I would like to wish all members a very happy and prosperous Tamil New Year.



It causes great concern that the active cases of Corona disease is increasing day by day as we could see the fast spreading of the second wave of Covid19. Under these circumstances, it is absolutely necessary for us to follow the preventing measures with utmost care, strictly in accordance with the guidelines of the Government in letter and spirit. I hope that most of us by this time got the first dose of Vaccination and we fervently make an appeal to members who have not yet been vaccinated, to get the Vaccination done soon in their own interest and for the society at large.

As you are aware that We are middle of our Silver Jubilee Year and we have already inaugurated our Silver Jubilee Celebrations in the month of October 2020 and there on we have been conducting all our programs and meetings through Zoom in view of the prevailing Pandemic conditions. We are proceeding with all our plans for the Silver Jubilee Celebrations in the month of October 2021 coinciding with the World Elders Day at Ethiraj College for Women in a grand manner. We have also proposed

to conduct various competitions as part of our Silver Jubilee Celebrations, enlisting the cooperation and in coordination with various Institutions/Agencies like MSSW, Help Age of India, Department of Geriatric Medicine, Madras Medical College, etc and the Prize for the winners will be distributed at the Grand Function of our Silver Jubilee Celebrations. For the effective organization and successful conduct of our Silver Jubilee Celebrations, we have already formed 4 subcommittees exclusively for this purpose and we are proceeding ahead with the preparations for the concluding Silver Jubilee Celebrations in a grand manner. Ultimately our goal is to celebrate our Silver Jubilee as a magnificent event to be written in Golden letters in the annals of our SCB. Brief notes on all our programs and ZOOM meetings are periodically reported in our SCB NEWS Bulletin.

At this juncture, I appeal to our members to liberally contribute for the Silver Jubilee Celebrations and also actively participate in all our programs so that our SCB stands out as a unique and very special and significant amongst our Fraternal associates.

Thanking you,

With Regards,
T.V.NAGARAJAN

Chairman – Senior Citizens Bureau

An Appeal from S Prabhakaran, Vice Chairman

Efforts are on for bringing out a SILVER JUBILEE SOUVENIR of SENIOR CITIZENS BUREAU

in Oct, 2021. As one who had been associated with the Bureau for nearly two decades, I had been looking forward to a celebration in a very grand manner under the energetic and able guidance of our Chairman Emeritus Captain Dr M Singaraja. 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 special souvenir with full details of the growth of SCB right from inception, with the help of four committees specially formed for this purpose. I applaud this move as there is a great need during silver jubilee celebrations to disseminate information about the growth SCB in the last twenty five years on various

matters. This special souvenir 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. "COVID-19 has resulted in Lockdowns, preventing normal activities and people mostly stayed home. 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, face our challenges with courage and confidence, to spread love and affection to our dears and nears, to lead a life of success and victory, to pray to God for all those blessings on the happy occasion of our grand silver jubilee celebrations in Oct., 2021, which will be our proud day.

Change of Address

LM 742: Thiru R. Balakrishnan
C/o. Dr. P.G. Vijayakumar
2657, Sangeetha Alayam Apts.,
'Y' Block, 9th Street, 12th Main Road,
Anna Nagar, Chennai - 600 040.

LM 345: Er. S. Manickam
3/334, Devi Karuvithi Nagar,
Venkateswara Nagar Main Road,
Medavakkam, Chennai - 600 100.

LM 604: Dr. N. Rajagopalan,
No. 96, 9th Cross Street,
Majestic Avenue,
Chemman Chery (OMR),
Chennai - 600 119.

LM 953: Thiru V. Seetharaman,
Sri Nivas, 8/1, Alwar Nagar,
3rd Street, Nanganallur,
Chennai - 600 061.

LM 298: Thiru N. Sethuraman,
Plot No. 1658, New No. 8,
21st Main Road, Anna Nagar,
Chennai - 600 040.

LM 526: Dr. G. Vijayalakshmi,
183, 4th Street, Baba Nagar,
Opp. to St. John School,
Villivakkam,
Chennai - 600 049.

From the Desk of the Editor / Secretary General

Even though the 'Lock down' has been eased to an extent, by the Government, the normalcy has not been restored yet. The recent news of spreading of "corona virus", as second wave, in the States of Maharashtra, Madhya Pradesh, Punjab, Karnataka, Kerala and to some extent in our State of Tamil Nadu is disturbing us. This is the reason, why are still conducting virtual meeting.

In this connection, I take the opportunity SCBians, to get vaccinated immediately either at Government Medical Centre at free of cost, or at nearby authorized Private hospitals by paying a fees of Rs.250/-.

I would like to refer to the appeal letters to all members individually, duly signed by me as Secretary General, Thiru. T.V. Nagarajan as Chairman, Thiru.C.N. Prasad as Immediate Past Chairman and Dr. (Capt.) M. Singaraja as the Chairman, (Emeritus) calling for the full support for the successful conduct of our Silver Jubilee Celebrations as well as active



Jubilee Celebration and 'Estimated Receipt and Budget.

In response to our appeal for the members for contribution and mobilisation of funds, we have so far received Rs.57105/- for the last 3 months. List of the members & their contribution is given separately by Treasurer Mr. Sampath Kumar.

I would also like to take this opportunity to thank all the 'DONORS' and appeal to all other members to come forward with your 'contributions' at the earliest, for successful celebration of silver jubilee functions.

With regards,

Dr. P. Sethuseshan

News from Networking Associates

Pass it on Network/Paris: in the capacity as Accredited member of the United Nations Open-Ended Working Group on Ageing, recorded a video from our Emeritus Chairman, on 24th Mar 2021.

Similar video recordings are made from all over the world, for the purpose of a forthcoming UN Convention for Rights of Older Persons, under Global Alliance of Older Persons, GAOP.

Maira Allan

Co-founder and International Coordinator The Pass It On Network *

<https://www.passitonnetwork.org>

maira@passitonnetwork.org

11, rue du Champ de Mars

75007 Paris

+33 699 527 374

Skype: twilbee

* A project of the Cercle des Seniors Actifs / Too Young to Retire-Europe (we're multilingual)

* Accredited member of the United Nations Open-Ended Working Group on Ageing

HelpAge India: presented a Charter of demands for the welfare of Older Persons to all political parties to reflect in their election manifesto.

We also thank 'HelpAge India' for hosting our SCB meetings in Zoom application.

PROBUS CLUB OF MADRAS had the election of New Office Bearers on 27th Feb 2021. We congratulate the elected Chairman Thiru P. Ranganathan, Seretary Thiru M. Annathurai and other office bearers.

Minutes of 18th Annual General Meeting held as Zoom Meeting on 19th December 2020

In view of pandemic prevailing, we conducted our 18th Annual General Meeting for the year 2019-20, as webinar meeting under zoom application. We also took this year AGM, through online virtual meeting as per our request dt. 04-12.2020 and their letter ref. 11746/2020 and 19.12.2020.

Meeting was commenced with our Secretary General Dr. P. Sethuleshan, as host of the meeting at 11 a.m. on 19.12.2020. The 22 (Twenty Two) members were present for the zoom meeting.

Since quorum was not sufficient, the meeting was adjourned to 1 p.m. In spite of adjournment, there was no improvement in the attendance. Hence, meeting was commenced at 1 p.m.

a) The Minutes of 17th AGM for the year 2018-19 held on 15.06.2019 was read out by our Secretary General.

b) Annual Report for the year 2019-20 was read out by our Secretary General Dr. P. Sethuleshan and unanimously adopted.

c) Audited Balance Sheet for the Financial year 2019-20 was placed before the members and read out by our Treasurer Thiru N. Sampath Kumar and adopted unanimously.

d) It was resolved to appoint the present auditors M/s John Moris & Co. Chartered Accountants for the next term and continue to pay Rs. 5,900/- as their fees for this financial year also.

e) Since, our Senior Citizens Bureau has entered into 25th year, it was decided to celebrate our 'SILVER JUBILEE CONFERENCE' in the month of OCT 2021, in a grand manner. With the approval of members present, 4 Committees viz. (1) Organising & Management Committee (2) Resource & Reception Committee (3) Publicity and Publication Committee and (4) Competition and Catering Committee were formed with 10 members in each group. The names of members of committees were announced with the approval of the body.

Apart from the usual approval of budget for the financial year ending 31.03.2021, augmenting funds of about Rs. 7.00 Lakhs and incurring expenditure of Rs. 5,10,500 for conducting Silver Jubilee Celebration was also discussed in detail and decided in the meeting.

With the Vote of Thanks by Treasurer Thiru N. Sampath Kumar the meeting came to an end.

Get Well Soon

1) LM 538 Dr P Suresh Chander Pal, (84), Retd Member / TNEB, is recovering from memory loss, after head injury, at his residence in Chennai Peravallur. Ph. Tmt Pal 96770 16608.

2) LM 792 Thiru S Lakshminarayanan, (80), Formerly Dy Director/NCC, Chennai, is under

treatment for injury in right eye, after cataract surgery. Ph. 99621 316827.

His new address is:

1, Nachiyappan street, (1st floor)
Mylapore, Chennai-600 004
Near Sampath Hospital

We wish & pray for speedy recovery.

230 ஆவது நிகழ்வு உழவர் திருநாள் மற்றும் மாணவர் திறன் அறியும் போட்டி

Chief Guest



Thiru. K. T. SRINIVASA RAJA,
Managing Director - Adyar Ananda
Bhavan Sweets & Snacks, Chennai

ZOOM MEETING Link: <https://us02web.zoom.us/j/82238225639>

Zoom: 23/01/2020 (SATURDAY) at 11.00 am



Dr. P. NIRMALA
Assistant Professor, NSS Programme
Officer - Ethiraj College for Women



SCBian Dr. Capt. M. Singaraja,
Emeritus Chairman/SCB



SCBian T.V. Nagarejan,
Chairman/SCB



SCBian Dr. P. Sethuashan
Secretary General/SCB

Guest of Honour



Dr. S. Kothai,
Principal - Ethiraj
College for Women

மூத்த குடிமக்கள் மன்றம், எத்திராஜ் மகளிர் கல்லூரி நாட்டு நலப்பணித் திட்டத்துடன் இணைந்து, அதன் வெள்ளிவிழா ஆண்டின் மூன்றாவது நிகழ்வை, 23.01.2021 சனிக்கிழமையன்று காலை 11 மணி முதல் மதியம் 12.30 மணி வரை இணையவழியில் (Zoom) நடத்தியது.

இந்நிகழ்வின் முதற்கட்டமாக, எத்திராஜ் மகளிர் கல்லூரியின் முதல்வர் முனைவர் திருமதி செ. கோதை அவர்கள் குத்துவிளக்கு ஏற்றி நிகழ்ச்சியைத் தொடங்கி வைத்து ஒளியூட்டினார்.

எத்திராஜ் மகளிர் கல்லூரியின் நாட்டு நலப்பணித் திட்ட அலுவலர் முனைவர் பெ. நிர்மலா அவர்கள் வரவேற்புரை நல்கினார். மூத்த குடிமக்கள் மன்றத்தின் தலைவர் திரு. நாகராஜன் அவர்கள் உரையாற்றியதைத் தொடர்ந்து, மூத்த தலைவர் முனைவர் சிங்கராசா அவர்கள் விருந்தினர்களை வரவேற்று நிகழ்ச்சியின் சிறப்பைப்பற்றியும் உரையாற்றினார்.

பாடப்புத்தகங்கள் மட்டும் அல்லாது நாட்டுநலப்பணி திட்டம், என் சி சி, விளையாட்டு போன்ற 10 துறைகளில் மாணவர்களின் திறனை ஊக்குவிக்கும் வகையில் 10 சிறந்த மாணவர்களுக்கு தலா உரூபா 1000 பரிசளிக்கும் திட்டத்தையும் அவர் அறிவித்தார்.

இதனைத் தொடர்ந்து எத்திராஜ் மகளிர் கல்லூரியின் முதல்வரும், இந்நிகழ்வின் முதன்மை விருந்தினருமான முனைவர் திருமதி செ. கோதை அவர்கள் உழவர் திருநாள் கொண்டாட்டத்தைத் துவக்கி, மூத்தோரின் முக்கியத்துவத்தையும் உழவரின் சிறப்பியல்புகளையும் இலக்கியங்கள் மற்றும் நடைமுறை வழிநின்று எடுத்துரைத்து வாழ்த்துரை வழங்கினார்.

அடுத்ததாக, இந்நிகழ்வின் தலைமை விருந்தினரும் அடையாறு ஆனந்த பவன் உரிமையாளருமான திரு சீனிவாசராசா அவர்கள் மாணவர் திறனறியும் போட்டியைத் துவக்கி வைத்தார். மாணவியரை ஊக்குவிக்கும் விதமாக உரையாற்றினார்.

வாழ்வில் மேம்பாடடையும் வழிமுறைகளையும் பின்பற்றவேண்டியனவற்றையும் தமது வாழ்பனுவங்களின் வழிபகிர்ந்துகொண்டனர்.

நாம் அனைவரும் நமது பெற்றோர்களது உடைமை (Property) என்பதை எப்போதும் மறக்கக்கூடாது. அவர்கள் விரும்புவதை நிறைவேற்றுவது நமது தலையாய கடமையாகும் என்று வலியுறுத்தினார்.

இறுதியாக, மூத்த குடிமக்கள் பற்றிய கேள்விகளுக்கு மாணவியர் புத்தனுவம் பெறும் வகையில் முனைவர் சிங்கராசா அவர்கள் கூறினார்கள் மாணவியரோடு கலந்துரையாடினார். அதில் மாணவியர் தங்கள் மனதில் இருந்த கேள்விகளைக் கேட்டு, பதில்களைப் பெற்று தங்களைத் தெளிவுபடுத்திக் கொண்டனர். இந்நிகழ்ச்சியின் நிறைவில், மூத்த குடிமக்கள் மன்றத்தின் பொதுச் செயலாளர் முனைவர் சேதுசேசன் அவர்கள் நன்றியுரை கூற இந்நிகழ்வு இனிதே நிறைவுபெற்றது. எத்திராஜ் மகளிர் கல்லூரியின் நாட்டு நலப்பணித் திட்ட மாணவி செல்வி. ரா.நிவேதா (B.A. Economics) நிகழ்ச்சியைத் தொகுத்தளித்தார். சென்னை கெல்ப் ஏஜ் இந்தியாவால் இணையவழி நடத்தப்பட்ட இந்நிகழ்வில் மூத்த குடிமக்கள் மன்றத்தின் நிர்வாகிகளும், உறுப்பினர்களும், எத்திராஜ் மகளிர் கல்லூரியின் பேராசிரியர்களும் நாட்டு நலப்பணித் திட்ட அலுவலர்கள் முனைவர் கி.கவிதா, திருமதி. யு.என். மகாலக்ஷ்மி ஆகியோரும் மாணவியரும் 100 பேர் கலந்து கொண்டனர். அனுபவ வெளிப்பாட்டுத் தொகுப்பான இந்நிகழ்வு, மாணவிகளின் வாழ்வியல் சிந்தனைகளை மெருகேற்றும் வகையிலும் அதனை

மாற்றும் வகையிலும் அமைந்திருந்தது குறிப்பிடத்தக்கது.

கலந்துரையாடல் கேள்வி பதில் பின்வருமாறு:

1. முதியோர்களை கைவிடும் பிள்ளைகளுக்கு இந்திய அரசியலமைப்பு சட்டத்தில் எந்த விதமான தண்டனை இருக்கிறது?

முதியோர் பாதுகாப்பு சட்டம் 2007ஆம் ஆண்டு அமல்படுத்தப்பட்டுள்ளது. இச்சட்டத்தின் கீழ் பெரும்பாலானவர்கள் பயன் அடைந்தும் உள்ளனர். இருப்பினும் இச்சட்டம் சட்டமாக மட்டுமே இருந்துவிட கூடாது என்பதற்காக நாங்கள் வருடந்தோறும் இதனை நினைவு கூறி வருகிறோம்.

2. மூத்த குடிமகளாக நீங்கள் இந்த சமுதாயத்தில் எதிர்கொள்ளும் சவால்கள் என்னென்ன?

மூத்த குடிமக்களை சமுதாயத்தின் அங்கமாக பார்ப்பது அரிதாக உள்ளது. சாலையில் நடந்தால்கூட ஏளனமாக பார்க்கிறார்கள். தனிமையின் காரணமாக துன்புறுத்தல், உடைமைகளை அபகரித்தல் என்பன போன்ற பல காரியங்கள் நடந்து வருகின்றன. ஹெல்ப் ஏஜ் இந்தியா சர்வே மூலமாக இவை பெரும்பாலும் அவர்கள் குடும்பத்திலேயே நடத்தப்படுகின்றன என்பது கண்டுபிடிக்கப்பட்டுள்ளது.

3. உங்கள் வாழ்க்கை என்ற பாடத்தில் நீங்கள் கற்று உணர்ந்து அதில் மிகவும் முக்கியம் என்று நினைக்கும் விஷயம் எது?

பிள்ளைகளால் கைவிடப்பட்ட பெற்றோர்கள் நலன் கருதி அவர்களுக்கு முடிந்த அளவில் நீதியைப் பெற்றுத் தருவதே எங்களது முக்கிய குறிக்கோளாகும்.

4. முதியவர்களுக்கு கிடைக்கக்கூடிய அனைத்து சலுகைகளும் சரியான நேரத்தில் சரியாக கிடைக்கிறதா?

அரசாங்கத்திடம் இதற்கான பல்வேறு வழிமுறைகள் இருக்கின்றன. இருப்பினும் சரியாக சலுகைகள் முதியோர்களை சென்று அடைவது இல்லை அது சிரமமாகவே உள்ளது. எனவே மாணவர்களாகிய நீங்கள் அதற்கான வழிமுறைகளை செயல்படுத்தி சலுகைகள் சரியாக கிடைக்கும்படி செய்தாக வேண்டும்.

5. பிள்ளைகளால் கைவிடப்படும் முதியோர்கள் என்ற நிலை நீடிக்குமா அல்லது இந்நிலை மாறுமா?

ஆராய்ச்சியில், 50 ஆண்டுகளுக்குப் பிறகு பார்த்தால் முதியோர்களின் நிலை இன்னும் மோசமாகி கொண்டே இருக்கும். அவர்களுக்கான பிரச்சினைகளும் சவால்களும் அதிகரித்துக்கொண்டே இருக்கும்.

6. முதியோர்களை பாதுகாப்பதில் மற்ற நாடுகளை விட நாம் முன்னேறி இருக்கிறோமா அல்லது பின்தங்கியிருக்கிறோமா?

எல்லா நாடுகளிலும் ஏறக்குறைய ஒன்றாகவே பிள்ளைகளால் பெற்றோர்கள் கைவிடப்பட்டு வருகின்றனர். இருப்பினும் நம்நாட்டை ஒப்பிட்டு பார்க்கும்பொழுது,

பிற நாடுகள் அதாவது ஆஸ்திரேலியா அமெரிக்கா இங்கிலாந்து போன்ற நாடுகளின் அரசாங்கம் அவர்களுக்கு தேவையான உதவிகளை செய்து பாதுகாத்து வருகிறது.

7. முதியோர் இல்லத்திற்கு வரும் முதியோர்கள் தங்கள் பிள்ளைகளால் கைவிடப்பட்ட காரணங்களை கூறுகையில் தாங்கள் அதிகமாக கேட்டறிந்த காரணம் என்ன?

பிள்ளைகள், பணக்காரர் ஏழை படித்தவர் படிக்காதவர் என்ற பாகுபாடு இல்லாமல் அவர்களை கைவிடுகின்றனர். ஆகையால் குறிப்பிட்ட காரணங்கள் என்று எதுவும் இல்லை. சிலரை முதியோர் இல்லங்களுக்கு அருகிலும், பொது இடங்களிலும், சாலையோரங்களிலும் விட்டு விட்டு செல்லும் நிலைமை வந்து விட்டது.

8. பெற்றோர்களை முதியோர் இல்லங்களுக்கு அனுப்பும் பிள்ளைகளுக்கு எந்தவிதமான குற்ற உணர்ச்சியும் இருக்காதா?

எத்தனையோ பிள்ளைகள் தங்களது பெற்றோர்களை பேருந்து, ரயில், விமான நிலையங்களில் விட்டு விட்டு செல்கின்றனர். குற்ற உணர்ச்சி என்று ஒன்று இருந்தால் அவர்கள் அப்படி செய்வார்களா என்று நீங்களே ஊகித்துக் கொள்ளலாம்.

Obituary

1) Our early active LM 54, Tmt D Ambika, 85, Retd HM/Corporation HSS, passed away on 27th Mar 2021, at her residence in Mahalakshmi Nagar, near Perungalathur, after a brief illness.

2) Recently joined member Thiru K Mohaanan (LM 935) passed away on 4th December 2020

Our respectful homage & heart felt condolence.

Brain Storming Session

On 12th February 2021, we had our third Silver Jubilee Competition Zoom Meeting's 'Brain Storming Session'. This meeting was also hosted by 'Helpage India', Chennai, and the following dignitaries took active part in the deliberations.

1. Thiru V. Sivakumar, TN State Head/Helpage India.
2. Dr. G.S.Shanthi, HOD of Geriatrics, GH Chennai.
3. Prof. M. Priyamvadha, Dept. of Criminology, University of Madras.
4. Prof. P.K.Vathani David, HOD of Bachelor of Social Work. MSSW, Chennai.
5. Dr.V. Kanagasabai, V.C. Bharath University.
6. Care Finder Thiru P.S. Srikumar.
7. Dr. V. Sridhar, SCARF
8. Reps of Senior Forums, Prodn S. Gopalakrishnan.

After having long deliberations by Our Chairman (Emeritus) Dr. M. Singaraja, Our Chairman Thiru. T.V. Nagarajan & Thiru. R.Muthukrishnan, Senior Manager, Help Age India, the following decisions were made.



1. To conduct competition among students of Sociology & Criminology Colleges in Tamil Nadu on the Subject 'Intergenerational Bonding'. Two or three 'Short films' will be received from each college & two prizes will be awarded to the winners. For this Prof. P.K. Vathani David, agreed to Co-Ordinate herself with Prof. M. Priyamvedha.

2. Dr. Shanthi & Srikumar, Dr. V. Kanagasabai have agreed to invite essay from students of Medical Colleges including physiotherapy Colleges & Mental Health Colleges on "Physical & Mental health in respect of Sr. Citizens" and award 2 prizes to them.

3. Finally, Thiru Muthukrishnan & Dr. V. Sridhar (SCARF) 'Helpage India', had agreed to Co-ordinate with all 'Senior Citizens forums & Elders

homes functioning in Tamilnadu & invite interesting articles on Senior Citizens issues & identify 2 awardees on that subject.

The following final decisions were taken on the prize distribution.

1. Two prizes with Rs.7,000/- & Rs.3,000/- to the First, Second Winners.

2. The prizes will be awarded in our Silver Jubilee valedictory function to be held in October 2021. The awards to the winners will be awarded by the VVIP who is likely to the Chief Guest for that day.

3. To encourage the candidates it was decided to give all participants, the 'PARTICIPANTS' CERTIFICATES'.

The meeting came to an end with vote of thanks.

Meeting of Special Committee Members

We convened another 'Zoom Meeting' on 26th February 2021, for all the members of '4' Special Committees announced for the Celebration of our silver Jubilee function. The following are the objectives of the Zoom Meeting.

1. To introduce the member among themselves so that they will start functioning with more understanding and execute the plans smoothly.
2. To inform the members about their duties & responsibilities.
3. To get their feed back and their plans for commencing their activities, in this pandemic condition.

After the Welcome address, by Chairman Thiru. T.V. Nagarajan, Our Chairman (Emeritus) Dr. Capt. M. Singaraja, started explaining the functions of each Committee in detail.

I give below the function of the each Committee in brief.

1. Organisation & Management Committee:

As the name itself indicates the objective is to organise the Quarterly Meeting and Valedictory function in a grand manner. Secondly deciding the VVIP as Chief Guest for the valedictory function & getting his consent for the same.

Preparing clear cut 'Agenda' for the celebration, involving net work Associates like Helpage India & Probus club etc.. and if possible invite 'U3A' International leaders like M/s. TOM HOLLOWAY (U3A-UK) &

FRANCOIS VELLAS (AIVTA, President) and Armoogum Parsuramen (U3A-Mauritius).

Taking Care of entire stage, by involving the volunteers of Ethiraj College NSS.

2. Resource & Reception Committee:

Meeting personally the members who have crossed 90 years & members who had seen 1000 Full moon in their life & inviting them for the valedictory function. Mobilization of funds. internally collecting the contribution from Offices bearers & members, externally from probable advertisers & donors for the souvenir to be released on the function. In short, they should take all steps to collect the budget figure of Rs.11 Lakhs.

3. Publicity Publication committee:

Bringing out the Souvenir, by collecting details of all events of conferences, medical camps and tours conducted for last 25 years and publishing them and inviting articles from the members, publishing photos of Office bearers & Veterans of SCB.

4. Competition & Catering Committee:

Conducting competition as decided in the earlier meetings with co-ordination of Ethiraj college, Helpage India, Madras School of Social work, Dept. of Criminology (University of Madras) Dept. of Geriatrics Madras Medical College and arranging the winners to be presented in the valedictory function, to receive the award from the Chief Guest.

Taking care of catering namely Lunch and identifying the sponsor for the same.

The Meeting came to an end with vote of thanks.

We welcome New Donor Member Thiru C. Badri (Formerly CVO and GM IOB and GM Canara Bank) Vice-President Probus Club of Chennai to Our SCB.

Senior Citizens Bureau

Donations Received (After Last News Letter Published)

SL. NO.	DATE	NAME OF MEMBER	LM NO.	AMOUNT
1	20.11.2020	Thiru. A. James	LM 522	500
2	07.12.2020	Thiru. K.N. Krishnamoorthy	LM 100	1,000
3	10.12.2020	Thiru.K.V. Rajagopal	HM 917	5,000
4	10.12.2020	Thiru,K. Satyanarayanan	LM 481	1,000
5	05.01.2021	Thiru.R.T. Namasivayam	LM 820	500
6	16.01.2021	Capt. M. Singaraja	LM 003	10,085
7	19.01.2021	Thiru.G. Seshadri	LM 613	300
8	19.01.2021	Thiru.J. Ram Avadhani	LM 560	500
9	21.01.2021	Thiru. A.K. Chakravarthy	LM 580	1,000
10	21.01.2021	NEFT-SBIN12102180755	***	9,000
11	21.01.2021	Thiru.Visweswara Raju	LM 485	1,000
12	21.01.2021	Thiru.V.R. Ratnam	LM 851	1,000
13	02.02.2021	Dr. Suresh Chander Pai	LM 538	1,000
14	06.02.2021	TR.103717280896-IMPS	***	300
15	08.02.2021	IMPSPMANTCC/103717268402	***	300
16	08.02.2021	IMPSPMANTCC/103717270642	***	300
17	11.02.2021	Thiru. V. Chellappa	LM 530	1,000
18	23.02.2021	Thiru.C.P. Shanmuga Sundaram	LM 434	500
19	24.02.2021	Thiru.N. Sethuraman	LM 298	5,000
20	02.03.2021	Brig. Tmt. Muthulaxmy	LM 612	5,000
21	02.03.2021	Thiru. K.P. Chandran	LM 803	820
22	11.03.2021	Thiru.A. James	LM 877	1,000
23	15.03.2021	Thiru. V. Sudarsan	LM 677	5,000
24	18.03.2021	Thiru. K.S. Mani	LM 540	1,000
25	18.03.2021	Thiru. S. Jayakumar	LM 546	5,000
			Total	57,105

Thank you Members for overwhelming contribution towards our Silver Jubilee Celebrations. We have sent official Receipts to all the above Donors through post. Four contributions marked as *** have insufficient details regarding the Donors. Please check your records at your end and inform us the particulars like Name of the Member and their Membership Number and Date & amount contributed to help us to issue the Receipts. Wishing you all a Peaceful and Healthy Life.

Since the Silver Jubilee Celebrations are fast approaching, we request all the members and Office bearers to Donate liberally towards the cause of SCB. Please send details of your contributions either in our SCB Whatsapp or to Shri. Sethu Seshan, Secretary. Co-operation of all the members are solicited.

N. Sampath Kumar,
Treasurer, Senior Citizens Bureau



Committed to serve

SENIOR CITIZENS BUREAU

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

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



Bestow unconditional love

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.



Committed to serve

SENIOR CITIZENS BUREAU

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

(A Free information and guidance centre for service and advocacy to all age groups)

(A.O) 768/1, 9th Street, Anna Nagar Western Extn., Chennai - 600 101.

Website: seniorcitizensbureau.orgPh: 044-2615 2331 / Mob. : 9840021231 E-Mail: scbch96@gmail.com

Bestow unconditional love

Dear Respected Members,

Warm Greetings and Best Wishes for a very purposeful & Happy 2021 and Thai Pongal.

Our Senior Citizens Bureau was founded on 3rd March 1996 by a group of Elders, imbued with the spirit of selfless service to the society, belonging to Probus Club and several Senior Citizens Associations. Many stalwarts like Late Major General Aban Naidu, Er. V. Hariharan, Dr.V.S.Natarajan, Thiru S.P.Ambrose, IAS Retd, Thiru R.Venkatesan, IA&AS, Dr.Captain M.Singaraja, Thiru C.Nagendra Prasad were at the helm of affairs and steered the Bureau. With sincere and dedicated efforts of these veterans, our SCB had grown to the present status and stature. Today we have an unique standing in the society and net working associates.

Since its inception, SCB has been functioning very effectively to implement various programs as per our well defined Mission and Vision. SCB is now positioned in Silver Jubilee Year 2020-21. We had held virtual inaugural celebration of Silver Jubilee Year on Oct 14, 2020, coinciding IDOP (International Day of Older Persons). We are preparing to conduct the valediction of our Silver Jubilee Celebrations in October 2021, again coinciding IDOP, in accordance with deliberations & decisions unanimously taken in our AGM, held virtually on Dec 19, 2020. The celebrations are spread over the entire year with quarterly events.

In the AGM, 4 Silver Jubilee (SJ) Special Committees (SC), were approved to implement programs as per the list attached. The members are drawn from the present & past Office bearers and EC members. Also members volunteering to serve in the committee are most welcome. Each Committee is consisting of ten experienced members headed by one Team Coordinator. The overall coordination for all the 4 committees will be lead by the Emeritus Chairman, Immediate Past Chairman and the Chairman. The chief coordinators, heads and members present in the AGM and ECs have consented. We request the other committee members to kindly confirm their acceptance. It is proposed to convene a separate Zoom meeting, for SJ Committees to periodically discuss the ways and means to conduct the Silver Jubilee Celebrations in a grand manner. The date and ZOOM ID will be shared in WhatsApp / Email to be updated by you.

The approved estimated Budget for Rs 8.75L and Receipt (Resource mobilization) for Rs 10L towards Silver Jubilee year, particularly for the closing ceremony are attached for your valuable consideration. This was deliberated in every EC meeting and finally in the AGM with utmost care. We are proud and happy to announce spontaneous contribution of Rs 10K each, by our Chairman Emeritus and Secretary General, in the AGM. Our networking associate and well wisher Probn Panchalam has announced to donate Rs 10K. We are sure that the funds will start trickling in. We need your contribution and mobilization.

OUR BANK DETAILS ARE: Bank and Branch : IOB, Kilpauk Branch (0571),

SB A/C #: 057101000014780, IFSC: IOBA0000571.

Our next SJ event will be held on 23rd January 2021 from 11am to 1 pm, virtually through ZOOM platform. We had to change physical meeting scheduled to be held on 22-01-21 at Ethiraj College due to prevailing Pandemic condition. The invitation and the agenda for the same are attached. To participate in the virtual meeting, pl down load zoom App from Google play store and click the link given in the invitation as well as in your personal & group WhatsApp / Email.

We hope that your rich experience and expertise will definitely be benevolent to the organization for the successful conduct of our Silver Jubilee Celebrations as well as for active involvement and participation in the quarterly functions. Your whole hearted support will easily augment the resources. Our ultimate goal is to celebrate our Silver Jubilee Closing Ceremony magnificently in a purposeful manner, to be written in Golden letters in the annals of our SCB. We look forward to your valuable cooperation.

With regards,

Sincerely yours,

Dr. P. Sethushan
Secretary General

T.V. Nagarajan
Chairman

C.N. Prasad
Immediate Past Chairman

Dr. Capt. M. SINGARAJA
Emeritus Chairman

Birthdays - January to March 2021

Wishing you a Cheerful, Peaceful and Prosperous life

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB				
1	Bhaskar Mukherjee	LM:907	4-Jan-1952	33	Dakshinamurthy, K.N	LM:595	7-Feb-1934
2	Muthuswami A Er	LM:936	4-Jan-1945	34	Venkatesan, P.K	LM:590	9-Feb-1940
3	Poonkunran, G	LM:893	4-Jan-1967	35	Gajendra Rao, B	LM:377	10-Feb-1936
4	Viswanathan, G	LM:779	4-Jan-1947	36	Rajagopal, A. S	LM:871	12-Feb-1930
5	Namasivayam, R.T. Er.	LM:820	5-Jan-1938	37	Radhakrishnan, V	LM:781	14-Feb-1938
6	Thennavan, M. Er.	LM:670	5-Jan-1946	38	Shanmuga Sundaram .P	LM:434	14-Feb-1943
7	Chakravarthy, A.K. Er	LM:580	7-Jan-1944	40	Amrit Agarwal	LM:532	18-Feb-1948
9	Mani, K. Dr.	LM:916	10-Jan-1951	41	Rajagopalan, S.S. Dr.	LM:597	19-Feb-1931
10	Vimala Rajaram	LM:508	10-Jan-1948	43	Suresh Chander Pal, P. Dr.	LM:538	20-Feb-1937
11	Raja, P.S.C. Er.	LM:86	14-Jan-1937	44	Ramachandran, S	LM: 861	22-Feb-1950
12	Dharmalingam, M	LM:673	15-Jan-1940	46	Sadasivam, K	LM:454	27-Feb-1935
13	Singaraja, M. Dr. (Capt.)	LM:3	15-Jan-1937	47	Sethuraman, R	AM:842	1-Mar-1949
14	Vemana Reddy, G	LM:525	15-Jan-1944	48	Ramakrishnan, K.V.K	LM:584	2-Mar-1938
15	Ramavadhani, J	LM:560	16-Jan-1941	50	Ponnuswamy, K. Er	LM:461	6-Mar-1931
16	Kannappan, M.	LM:529	18-Jan-1947	51	Arumugam, S. Er	LM:371	8-Mar-1947
17	Sudha Ramalingam	LM:11	20-Jan-1951	52	RajaGopal, V	LM:159	9-Mar-1949
18	Gopalarathnam, V. R	LM: 851	21-Jan-1946	53	Balasubramaniam, R	LM:679	10-Mar-1944
19	Kumari, G	LM:573	22-Jan-1933	54	Muthu Chidambaram, P	LM:543	13-Mar-1943
20	Kothandaraman, G	LM:768	23-Jan-1940	56	Jagadeesan, S	LM:464	14-Mar-1935
21	Ayesha Hamid, Dr	LM:478	24-Jan-1948	57	Krishnamoorthy, P. Dr	LM:72	14-Mar-1931
22	Jayasree Balan	LM:480	27-Jan-1943	58	Subbiah, M	LM:906	15-Mar-1951
23	Kanagasabai, V, Dr.	LM:897	28-Jan-1956	59	Sarma, VSN Dr.	LM:881	16-Mar-1938
25	Rameeza A. Rasheed, Prof. Dr.	LM:559	30-Jan-1945	60	Venkatraman, S.S	LM:425	16-Mar-1925
26	Balakrishnan, R	LM:668	2-Feb-1940	61	Jayaraman, V, Er	LM:473	18-Mar-1936
27	Prakash H. Lulla	AM:41	4-Feb-1946	62	Balasubramanian, M.K	LM:196	20-Mar-1954
28	Balakrishna Raja, V.S. Er	LM:567	5-Feb-1934	63	Kalaiselvan, R	LM:804	20-Mar-1949
29	Sivaraman, D	LM:812	5-Feb-1953	64	Mannar, B. Er	LM:690	22-Mar-1952
30	Subramanian, K	LM:865	5-Feb-1961	65	Srihar, M	LM:281	22-Mar-1954
31	Ambika, D	LM:54	6-Feb-1936	66	Ameer Ali, M.A. (Capt)	LM:799	23-Mar-1933
32	Kamala, V	LM:747	6-Feb-1932	67	Chandran, K.P	LM:803	23-Mar-1940

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

If undelivered please return to:

SCB NEWS

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

To