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# Link Age

(R.O.) "Rohini", 9, Red Cross Road, Egmore, Chennai - 600 008.

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



Bestow  
unconditional love

VOLUME : 14

FEBRUARY 2018

ISSUE : 08

## **212th Programme - SENIOR CITIZENS BUREAU & U3A, Chennai NEW YEAR, PONGAL AND REPUBLIC DAY CELEBRATIONS**



**Lighting the kuthuvilakku.**



**Prayer Song.**



**Padmasri Dr V S natarajan addresses  
the members.**



**Dr V Chockalingam honouring the  
Editor of SCB's Linkage.**



**Lady members thronging the hall.**



**Another group of participants.**

Senior citizens bureau and U3A Chennai jointly organised a grand family function with its members on Sunday the 21st January, 2018 at Tower's Club, Anna

Nagar, 47-X, Third Main Road, as its 212th programme from 10.30 am to 1.30 pm, to usher in the New Year, Pongal and Republic day celebrations. It was well attended by

many members with their family members, There was a galaxy of gathering from all walks of life and among those were Padmasri Dr V S Natarajan, Father of the Geriatrics, Dr V Chockalingam, Consultant Cardiologist, and Dr V S Sarma, President of Friends on same wavelength (Foswl).

We missed Captain Dr M Singaraja, Chairman Emeritus, Senior Citizens Bureau as he was away with his family function. The work of the fellowship and registration was taken care by Mrs. Kavitha Srinivasan, daughter of Mr S Prabhakaran, in a well organised manner.

Each participant was given a sticker with our National flag which our members pinned on their colorful attire, besides a lunch coupon. The programme commenced with lighting of Kuthuvilakku by the dignitaries followed by a welcome address by Sri C Nagendra Prasad, Chairman, SCB. The programme highlights were, after the fellowship and registration, was self introduction of the members present which was well applauded and appreciated by the enthusiastic gathering of members and their family. The Master of ceremony was none other than our Vice Chairman Sri Prakash H Lulla who asked the members in his own and inimitable style to be ready for Interactive family games such as Musical quiz, Dumbsharade, Ek

minute, cinema quiz. After this the game of Thambula was organized and it captured the hearts of every one present. All the winners were given some presents.

A major highlight of the day was two enlightening talks - one by Padmasri Dr V S Natarajan who emphasised all to adjust to changing trends around and lifestyle for a harmonious family life. The second talk was by Dr V. Chockalingam, who in a lively style wished all to adopt three mantras - E 1 - Emotion. Be Positive in thinking; E 2 Eating - Be healthy in eating and E-3 Exercise - Be adequate in exercising. He added to implement E three as three mantras in day to day life, to make the journey "Healthy Heart for Hearty Health" Some of the distinguished guests like Dr. V.S. Sarmaji and senior members with their spouses exchanged happy memories in fellowship. We are indebted to the family members of Mr. S. Jayakumar and Mr. S. Prabhakaran, Mr. Prakash H Lulla who along with Mr. K.S. Ganesan our member and an Iobian joined together in helping conduct the programme in a nice manner. In short it was a great day of togetherness, sharing happiness and warmth in heralding the New Year, Pongal and ensuing Republic day. At the end, a tasty and navarasa buffet was served to all the participants which was relished by one and all.

### ***A message from the Editor in Charge***



It is a great joy and privilege to bring out FEBRUARY Issue of LINKAGE. Members of SCB are "committed to serve" and "bestowing unconditional love" with key members of the SCB family, working in hand in hand with all Senior citizens. SCB's LINKAGE is an effective communication tool for

all the members of Senior Citizens Bureau .Linkage is paving way for better understanding between its members by creating healthy interaction. Their joining our New Year and Pongal utsav last month on 21st January, 2018 at Tower's club, Anna Nagar in large numbers is really a welcome sign for the growth of SCB in the years ahead. Our mission is to give back to Society something in return of all that it has done for us, and exemplifying it through our commitment to serve. Our vision is to raise and pool resources for the economic, physical and mental welfare of the elderly. All young adults, who are becoming business leaders or professionals, are encouraged to get involved to highlight the worldwide movement on Ageing and its objectives and programmes. Let us all join and promote the well being of the elderly in body, mind and spirit and 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.

### ***INVITATION - 213th Programme***

#### **SENIOR CITIZENS BUREAU - U3A CHENNAI**

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

Phone: 044 - 2855 3031

Email id : chairman@seniorcitizensbureau.org

in association with

**KOLA SARASWATHI VAISHNAV  
SENIOR SECONDARY SCHOOL,**

"Brindavan" 41, Barnaby Road, Kilpauk, Chennai - 600 010  
Phone: 044 - 26411512.

***cordially invite you for a power point presentation by***

**Dr. BHUVANA PASHUPATHI**

Soft Skills Trainer and Coach

**on " Value Education vs Marks Achievement"  
on Saturday, the 17th February, 2018 at 10.30 AM**

***Presided over by***

**Shri C. NAGENDRA PRASAD**

Chairman, Senior Citizens Bureau

**All are welcome**

**Dr. P.N. Sundari,**

Principal,

KSV Senior Secondary School

**S. Jayakumar,**

Secretary General

Senior Citizens Bureau

### ***Announcement***

News from Captain Dr M Singaraja, Chairman Emeritus, SCB  
There is Raw Deal for Mauritius Tour Mauritius Senior Tour.  
Our Good Friend Prof Prasuramen, President of U3a Mauritius,  
Was Insisting to Visit. If There is a Good Number, We Can  
Proceed Further. Pl Reply.





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### **Birthdays : February**

*Wishing you a Cheerful, Peaceful and Prosperous life*

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

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

### **National / International Days - February**

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

**Note: N = National / I = International**

### **New Life Member**

Mr. C. Murali - LM: 946 - DOB: 11/06/1954  
S/O Mr Chandrasekaran.  
13, Akbarabad, 2nd Street,  
Kodambakkam, Chennai - 600 024.

Mr R. Balakrishnan - LM 945  
"SAMRDHI", 3, IVth Trust Cross Street,  
Mandavalipakkam, CHENNAI - 600 028.

### **Acknowledgment**

*Thanks a lot and God bless you:*

Donation:	Mem.No	Rs.
Mr. K S Ganesan	LM: 894	Rs.5,000/-

### **Congrats**

Betrothal ceremony of Ve.R.Ramana Krishna with S.A.Vanathi, was held in a grand traditional manner on 19-01-2018, at Rajapalayam. The bride groom is the son of N.R.K. Venkatesh Raja and grandson of Late: N.R. Krishnama Raja. The bride is the daughter of S.S.Arul Jyothi Raja and grand daughter of Capt. Dr.M. Singaraja. The wedding is scheduled to take place on 31st August 2018, at Rajapalayam.

### **Change in Address**

Prof.B. Augustine, LM 250, Ph : 97104 81284  
Plot No. F, Door No 1/423-C, Shalimar Garden,  
Injambakkam, Chennai - 600 115.

K.Manivannan, LM 872, Ph: 0 98688 66922  
C/O Dr. Chitra Rajagopal,  
C.2/21, Tilak Lane, New Delhi - 110 001.

### **News from Net Working Associates**

FOSWL India, Anna Nagar, Chennai invites you for its monthly meeting at 5 PM on Sunday, the 25th February, 2018 at Karuna Enclave, Shanti Colony, Anna Nagar to listen to the talk of Mrs Uma Seshadari on Nature and Mathematics.

Dr. V.S.Natarajan, geriatric foundation - first annual day celebrations on Saturday, the 3rd february, 2018 at Vani Mahal, 103, G N Chetty Road, T Nagar, Chennai - 600 017. at 4.30 pm., followed by inaugural of the foundation anniversary function at 6 PM.

### **Obituary**

Mr G.VISWANATHAN, LM 779. We regret to record the sad demise of Thiru G Viswanathan, formerly free lance consultant services, residing at 5/376, Dr Ambedhkar Salai, Nanmangalam, Chennai - 600 129. Our heartfelt condolences to the bereaved family members.

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To.