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# Link Age

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



Bestow  
unconditional love

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*Senior Citizens Bureau Wishes all its members  
A Very Happy Deepawali*



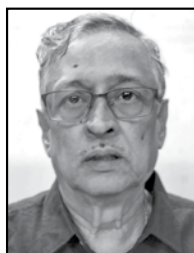
## Message from the Chairman, SCB

I am extremely happy to share with you that the function organized jointly with NSS, Ethiraj College for Women in commemoration of World Elders Day held on 15.10.2018 at Library Auditorium Ethiraj College For Women Chennai was a grand success and it was well appreciated and had earned many accolades. I owe my sincerity and gratitude towards our chief guest Dr. V.Kanagasabai, Vice Chancellor, Bharath University who has delivered an excellent speech on that occasion and remained with us till the end of the function. I also sincerely thank our special invitees Dr.V.Chokkalingam, Cardiologist Chennai, Thiru.R.Venkatesan, Former Cabinet Secretary New Delhi and Thiru. T.V.Hariharan, President Chennai District Small Industries Association, for having participated and addressed the gathering. Our Special thanks to Thiru. T.V.Hariharan for hosting the lunch for all the participants. I take this opportunity to thank the Principal, Vice Principal and the NSS of Ethiraj College for Women especially Dr.K.Navaneethalakshmi, NSS Senior Program Officer for their active involvement and dedicated efforts but for which the function would not have been that successful. Thanks to our members who have attended the function in large numbers and have made it a grand success. Here I have to mention that everybody were conspicuous of the absence of our Chairman Emeritus Dr. Captain M. Singaraja who could not attend the function because of his health condition.

We are planning to organize / conduct many more such functions for the benefits of our Senior citizens as per our Mission and Vision. As per the decision of our executive committee hereafter we will be conducting our meetings once in a quarter and our House Magazine **LINKAGE** will also be published quarterly with a new look consisting of more articles relevant to the welfare of Senior citizens mostly on current topics and developments. We have proposed to have our first quarterly meeting preferably at a tourist center within the outskirts of the city with Lunch and more Fun fare in the month of January 2019, mostly before Pongal festival, The date and venue of the program will be advised later. We look forward to the support and cooperation of all the members. Wish you all a **Very Happy DEEPAWALI**.

With Regards,

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



## A message from the Editor in Charge

At the outset I want to convey my thanks to all members of SCB (with special thanks to all committee members) and NSS of Ethiraj college for making **WORLD ELDERS MEETING** on 15th October a grand success. I would also like to take this opportunity to wish all a very **HAPPY DEEPAWALI**.



**Extract of speech delivered by  
Dr. V. Kanagasabai  
Vice Chancellor BIHER, Chennai at the  
World Elders Day Held on 15-10-2018**

Greetings to members of Senior citizens Bureau. All of us should maintain our mental and physical health. Mental health can be maintained by few minutes of meditation twice a day, be calm and peaceful and have a good sleep at night. Develop some hobby which is quite new to you like photography (using cell phone) which would prevent memory loss. Think of all the good things you have been endowed in your life which would increase your joy. Physical health can be maintained by one hour of physical exercise like walking, cycling or swimming. All of your joints should be mobilized. Eat more quantities fruits and vegetables with reduced amounts of rice, sugar, salt and oil. Do get trained and practice simple exercises for neck, back and knees. If tolerance is strengthened peace will prevail. Good Luck.



## **CHAIRMAN SPEECH ON World Elders Day Held on 15-10-2018**



***Pledge against elders abuse***



***Chairman honoring the Chief guest with a flower bouquet.***



***A Section of the audience***



***Health monitoring test by Kauvery Hospital in program***



***Launching 'LinkAge' World Elders Day Special***



***Chief guest presenting an award to best sport student of Ethiraj college for women***

We are proud and privileged to be associated with the NSS of Ethiraj College for women to celebrate the World Elders Day today. Our Senior Citizens Bureau was established in the year 1996 and we have been organizing various camps seminars and functions for welfare of the senior citizens. For the past five years World Elders Day is being celebrated at Ethiraj College Chennai and we hope to continue the same in the years to come also.

As you all know that World Elders Day is observed every year on 1st October by the United Nations. It was first established on 14th December 1990 by the UN General Assembly. It was started celebrating for the first time on 1st October 1991. This year world elder's day theme is celebrating "Older human rights champions".

It is a day to recognize and appreciate the contributions of the older people made to the society and to make aware people especially the younger generation about issues which affect the elders. The ultimate goal should be to provide the necessary atmosphere where older people can find the encouragement, acceptance, assistance and services that are needed to continue their lives of independence with dignity.

The main aim of observing the World Elders Day is to raise awareness of the condition of older people and support them through the process of senescence. As people grow old they begin to lose their ability to do their basic everyday tasks. They begin to rely on others for help throughout their senescence. India is a young country 50% of the populations

is below 25 years of age, 65% of below 35 but 8.6% of Indians are above 60 according to 2011 census that works out to over 110 million people today, and the number is expected to increase year by year. They are not a very well educated lot. Literacy among the 60 pluses is 44%, up from 27% in 1991. As regards rural and urban areas 71% of elderly population resides in rural areas while 29% is in urban areas. In rural areas 66% older men and 28% older women are working while in urban only 46% of elderly men and about 11% of elderly women are working. The problems faced by these elderly people are so many. Too many old people in our country lack good health, financial and social ties. Due to advances in Health and Medical Science people are living longer and as growing older and older they are facing various problems viz., Physiological, Psychological, Emotional, Social and Financial problems.

And at this stage they are in need of special attention and care and it is the bounden due of the younger generation to reciprocate for their great parenting which has shaped up their lives.

Common grace and manners are to treat our elders with dignity and respect. In Reality what is happening today, instead of treating our elders with the appreciation and respect many are often either too busy mainly due to persuasion of their material comforts or simply dismiss them and their contributions to their community and their family.

The reason for celebrating this day is to thank and acknowledge elders for all that they have done for their children. They sacrifice their entire life nurturing the relationships. Such a selfless services rendered throughout their life for their family deserves importance. It a day for grand children to make their grandparents and parents feel that how grateful they are for having such lovely elders. It is to honor elder people. We should always remember that Senior Citizens are knowledgeable persons whose wisdom and experience have occurred over the years and it should be cherished by younger generations.

We should also keep it in mind that growing older does not diminish a person's inherent dignity and fundamental rights. Ageing is part of life to all of us and no one can escape from it.

Younger generation must learn the importance of respecting their elders and make time to listen and spend quality time with them. Finally I appeal to all the youngsters who are assembled here to respect their elders and be polite to them. As elders have many decades of experience, listen more from them and ask for their advice wherever necessary, visit them whenever you find time to show your respect and concern tell them that you value their relationship and appreciate them. It is not that we recognize the importance of elderly people on this world elders day alone but each and every day is important to make our elderly people feel special.

Thank you for having given me an opportunity to address this august gathering on this momentous occasion.

### **National / International Days - November**

9th Nov	World Toilet Day	(I)
14th Nov	Children's Day	
	(Birth anniversary of Jawaharlal Nehru)	(N)
16th Nov	International Day for Endurance	(I)
17th Nov	World Students Day	(I)
17th Nov	National Journalism Day	N
18th Nov	World Adult Day	(I)
19th Nov	World Citizen Day	(I)
20th Nov	Universal children's Day	(I)
21st Nov	World Television Day	(I)
25th Nov	World Non- Veg Prevention Day	(I)
26th Nov	World Environment Protection Day	(I)
26th Nov	National Law Day	(N)

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

### **Acknowledgment**

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

**Donations received on World Elders Day:**

- |                         |          |
|-------------------------|----------|
| 1. Shri. Ranganatha Rao | Rs. 500  |
| 2. Shri. Sethuraman     | Rs. 500  |
| 3. Shri. Venkatesan     | Rs. 1000 |
| 4. Shri. R.Thangaraj    | Rs. 200  |
| 5. Smt. Krishnaveni     | Rs. 300  |

**We welcome new members**

- Shri. Sethumadhavan
- Shri. A.K.Kanagaraj

### **Birthdays : November**

**Wishing you a Cheerful, Peaceful and Prosperous life**

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	Kumaran Thambi, N	LM:837	1-Nov-1943
2	Gurumurthy, J	LM:506	2-Nov-1950
3	Manickam, S. Er.	LM:345	3-Nov-1938
4	Manivannan, K	LM:872	4-Nov-1926
5	Mathinirai Chelvan, L.K	LM:558	4-Nov-1937
6	Narendra, J. Dave	LM:687	4-Nov-1948
7	Subbaiah, K	LM:413	5-Nov-1927
8	Chandrasekar Raja, M.S.D.	JSL:698	7-Nov-1927
9	Selvaraj, R	AM:459	7-Nov-1943
10	Seshadri, R	LM:575	7-Nov-1930
11	Rajendran Raja, K.V.	LM:376	8-Nov-1950
12	Loganathan, R	LM:821	9-Nov-1944
13	Agarawal, R.K.	LM: 483	10-Nov-1945
14	Pandian, P.M.	LM:805	10-Nov-1947
15	Dominic, A	LM:522	13-Nov-1939
16	Anantharaman, VV, Dr.	LM: 915	15-Nov-1956
17	Kokila, D	LM:774	18-Nov-1933
18	Manoharan, K	LM:883	18-Nov-1935
19	Tharakaram, G.N	LM:823	19-Nov-1949
20	Balakrishnama Raja, A. K	JSL: 848	21-Nov-1934
21	Yashodha	LM: 908	23-Nov-1938
22	Krishnamoorthy, K.N	LM:100	30-Nov-1932

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To.