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



Bestow  
unconditional love

VOLUME : 15

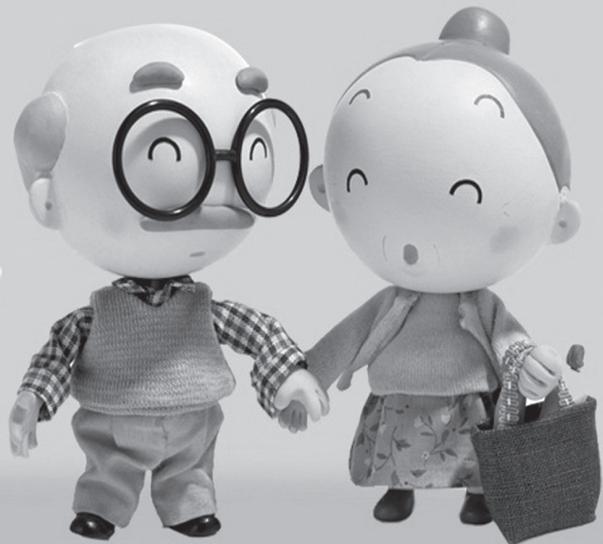
OCTOBER, NOVEMBER, DECEMBER 2019

ISSUE : 2

## ***SPECIAL ISSUE ON WORLD ELDERSDAY (01/10/2019)***

HIOX

# **World Elders Day**



 **Greetings.Pics**

***Warm greetings and best wishes for  
a very Happy DEEPAVALI  
May the Divine light bring in your life peace,  
prosperity, happiness and good health***





**226<sup>th</sup> Event**



**NATIONAL SERVICE SCHEME (NSS)  
ETHIRAJ COLLEGE FOR WOMEN  
(Autonomous)**

70, Ethiraj Salai, Egmore, Chennai - 600 008

and

**SENIOR CITIZENS BUREAU (SCB)**

Administrative Office: No. 768/1, 9th Street,  
Anna Nagar Western Extn., Chennai - 600 101.  
Ph: 044-26152331; E-Mail: sethuseshan@gmail.com

*Solicit your august presence for observing the  
commemoration of*

**WORLD ELDERS DAY - 2019**

at 09.30 am

on 4<sup>th</sup> October 2019 (Friday)

at Library Auditorium,

Ethiraj College for Women

**Chief Guest:**

**“Kalaimamani” Keezhambur**

**Thiru S. SANKARA SUBRAMANIAN**

Editor, “Kalaimagal”, Chennai

**Guest of Honour:**

**Dr. Tmt. S. KOTHAI, Ph.D.**

Principal, Ethiraj College for Women, Chennai

**Preside Over by:**

**Thiru T.V. NAGARAJAN**

Chairman, Senior Citizens Bureau, Chennai

**All are welcome.**

**Dr. Tmt. A. Kavitha**

Senior Program Officer  
Ethiraj College NSS

**T.V. Nandakumar**

Joint Secretary  
Senior Citizen Bureau, Chennai

**AGENDA**

**09.30 am** : Registration / Health Monitoring Test by  
Apollo Medical Centre, Anna Nagar / Tea

**09.50 am** : Receiving Chief Guest  
and Guest of Honour

**10.00 am to 11.30 am**

Invocation

Welcome address by :

**Dr. Tmt. A. KAVITHA**, Senior Program Officer, NSS

Pledge against Elder Abuse by :

**Thiru T.V. NANDAKUMAR**, Joint Secretary, SCB

Presidential Address by :

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

Honouring of SCB Members of age 90+

Honouring Best NSS Volunteer, Deserving Poor  
Student & 3 Physically Challenged Students

Presentation of Theme of

“World Elders Day-2019” by :

**Dr. Capt. Thiru M. SINGARAJA**,

Chairman Emeritus, SCB

Address by the Chief Guest :

**“Kalaimamani” Keezhambur**

**Thiru S. SANKARA SUBRAMANIAN**,

Editor, “Kalaimagal”

Address by the Guest of Honour :

**Dr. Tmt. S. KOTHAI**,

Principal, Ethiraj College for Women

Special address by :

**Thiru T.V. HARIHARAN**,

Governing Council Member, SCB &  
President, Chennai District Small Industries  
Association, Chennai

**Dr. V. CHOCKALINGAM**, Governing Council  
Member, SCB & Consultant Cardiologist, Chennai

Group Photo

**11.30 am to 12.30 pm**

Cultural program by the NSS students

Vote of thanks by : **Thiru N. SAMPATH KUMAR**,

Treasurer, SCB

National Anthem

Lunch



**“Helpage India recognised some of our members including our Chairman Emeritus  
Captain Dr M Singaraja in the function on 1st October 2019”**

**முதியோருக்கு இழைக்கப்படும்  
கொடுமைகள் ஒழிய,  
எடுத்துக் கொள்ளும் உறுதிமொழி**

முதியோருக்கு எதிராக, வாய்மொழியாகவோ, வன்முறையாலோ, பொருளாதார ரீதியிலோ அல்லது வேறு எந்த உருவிலோ இழைக்கப்படும் அனைத்து வகை கொடுமைகளையும் அறவே ஒழிப்பேன். அவற்றை முளையிலேயே அடையாளம் கண்டு தடுப்பேன். அதற்காக என் சொந்த முயற்சியில் முழு மூச்சுடன் பாடுபடுவேன். தேவைப்பட்டால் அரசு மற்றும் தொண்டு நிறுவனங்களின் துணையோடு செயல்படுவேன்.

மேலும் முதியோர்களின் உடல் நலத்திற்கும், பாதுகாப்புக்கும், அன்புக்கும், மனவளத்திற்கும், மதிப்புக்கும், மரியாதைக்கும், அங்கீகாரத்திற்கும் மற்றும் அவர்களது ஏனைய தேவைகளுக்கும் இடையூறு ஏற்பட்டால் அவற்றைத் தடுத்து நிறுத்தி பாதுகாப்பேன் என்றும் உறுதி அளிக்கிறேன்.

குறிப்பு: இந்த உறுதிமொழி உலக நாடுகள் அவையின் வழிகாட்டுதல் அடிப்படையில் எழுதப்பட்டது. இதை மூத்த குடிமக்கள் மன்றத்திற்கு கையொப்பமிட்டு அனுப்பவும்.

**PLEDGE AGAINST  
ELDER ABUSE**

I hereby solemnly pledge that I will not be a party to any type of Elder Abuse, such as, oral, physical, financial, etc. against their needs of any form, as Biological, Emotional, Safety, Love, Belongingness, Esteem, Self-fulfilment etc.

Further, I pledge that I will undertake all steps, to detect, intervene, prevent and stop "Elder-Abuse" through my own efforts and if necessary with the help of Govt. and Non-govt. organisations, in an effective manner.

*Note : The text of this pledge is based on guidelines of UNO. The pledge may be duly signed and forwarded to Senior Citizens Bureau.*

**Message From Mr. R.Venkatesan I.A & A.S. (Retd),  
Retired Secretary to the Government of India, Cabinet Secretariat**

It gives me great pleasure to felicitate the Senior Citizens Bureau, Chennai, on the occasion of the celebration of the International Day of the Elderly on 4th October, 2019. The Senior Citizens Bureau, from its very inception has unfailingly been celebrating this day in a most fitting manner. This Day serves to remind members of society, especially the younger sections, of their responsibility towards senior citizens. In keeping with this objective, the Bureau has for several years been holding the celebration in association

with an educational institution of eminence in the City. One of the highlights of the celebration is a Pledge taken by the youngsters to respect and cherish the elders and protect them against abuse.

The Bureau has set for itself a clear Vision and Mission which it has consistently tried to achieve and adhere to. I wish the Bureau all success in its endeavours in the years .



***Message from Mr. S.P. Ambrose, IAS (Retd),  
Secretary, Govt of India, New Delhi (R)***

My congratulations and best wishes to the Executive Committee members of Senior Citizens Bureau on the occasion of World Elders Day 2019. A small group of



dedicated senior citizens, has been taking forward the activities of Senior Citizens Bureau, despite health impediments. We, the senior citizens, owe a debt of gratitude to this dedicated group for their selfless service. It is our humble prayer that the almighty grants them good health.

***ELDER ABUSE***

***By (Capt. Dr. M. Singaraja)***

Growth in this number of OP (Older Persons) as well as in the amount of elder is witnessed in spite of better visibility of Elder Abuse.

So elder abuse still remains as

- ❖ Least investigated type of violence
- ❖ Least addressed action plan
- ❖ Social issue affecting wealth & human rights of OP
- ❖ Least attention by the community

**Key Factors about Elder Abuse (EA)**

- ❖ EA increasing than estimated & predicted
- ❖ EA in Institutions more than in community
- ❖ EA leads to serious physical injuries & long term psychological consequences
- ❖ EA is increasing & population ageing increases. It doubles to 2 Billion in 2050 from 900 Million in 2015
- ❖ EA under diagnosed & over looked weak & ill equipped primary health care & social service sector.

Intergenerational understanding bonding and working together are very important in every sphere.



Central goals of the 2015 to 2030 after for sustainable develop by

1. Focus on ending poverty
2. Promoting shared economic prosperity
3. Social Develop
4. People well being
5. Protecting the environment

Family oriented policies can contribute to the achievement of sustainable develop goal

1. To do away the poverty & hunger
2. Ensuring healthy lives
3. Promoting of well being for all ages
4. Ensuring educational opportunities
5. Achieving genders equality

Political authorities and community developers must have a will and commitment to uplift the social economic & political equality upwards from family level.

## உலக முதியோர் நாள் அக்டோபர் 01, 2019 Chairman Emeritus, Capt. Dr. M. Singaraja

உலக நாடுகள் அவையின் 2019ஆம் ஆண்டு உலக முதியோர் நாளுக்கான கருப்பொருள் என்னவென்றால்

“எல்லா வயதினருக்கும் ஒத்த சமத்துவம், ஒரே சம உரிமை என்ற இலக்கை நோக்கி நாம் பயணிக்க வேண்டும்.” என்பது.

இதன் அடிப்படை “SDG -10, Sustainable Development Goal - 10” ஒருங்கிணைந்து நிலைத்து நிற்கும் முன்னேற்றம் - 10 என்ற அம்சத்தில் அடங்கும். அதாவது ஏற்றத் தாழ்வு என்பது:

1. வயது வித்தியாசத்தில் சிறுவர், இளைஞர், முதியவர் என்ற பாகுபாடு.
2. ஆண், பெண், ஊனமுற்றோர் என்ற பாகுபாடு
3. சாதி, மத, இனம், நாடு என்ற பாகுபாடு.
4. பொருளாதார, சமூக முன்னேற்றம் என்ற பாகுபாடு

என்று எந்த உருவில் இருந்தாலும் அதை அடையாளம் கண்டு அகற்ற வேண்டும். இவற்றில் வயது பாகுபாட்டால் ஏற்படும் அச்சுறுத்தக் கூடிய விளைவுகளை நாம் கவனிக்க வேண்டும்.

ஆசியக் கண்டத்தில் முதியோர்களின் தொகை அதிக அளவிலும், அதி வேகமாகவும் உயர்ந்து வருகிறது. அதனால் அவர்களுக்கு எதிரான கொடுஞ் செயல்களும் அதிகரித்து வருகின்றன.

எனவே முதியோர் எதிர் கொள்ளும் சவால்களும் அவர்களுடைய தேவைகளும் யாவை என்பதில்

அரசியலாளர்களும் சமூக ஆர்வலர்களும் அதிக கவனம் செலுத்த வேண்டியது மிக அவசியமாகிறது. மேலும் அவற்றை சரிக்கட்டும் நடவடிக்கைகளை உறுதிப்படுத்த வேண்டியது மிக மிக அவசியம்.

“சமூகத்தில் எவரையும் புறக்கணிக்கக் கூடாது” மற்றும் “மக்கள் தொகை வளர்ச்சியும் அதன் தாக்கமும்” என்ற கருத்துக்களை நாம் நமக்காக எதிர்காலத்தை உருவாக்குவோம் என்ற இலக்கில் முக்கிய பங்காகக் கொள்ளவேண்டும்.

இந்த முயற்சியில் மூத்த குடிமக்கள் மன்றமும் எத்திராஜ் மகளிர் கல்லூரி தேசிய மாணவர் சேவை அமைப்பும் இணைந்து தொய்வில்லாமல் பல ஆண்டுகளாக சிறப்பாக செயல்பட்டு வருகிறோம். எத்திராஜ் கல்லூரி சென்னையிலும் தமிழகத்திலும், கல்வி, விளையாட்டு, அறிவுத்திறன், ஒழுக்கம் என்பவற்றில் எப்படி விளங்குகிறதோ அதே போன்று சமூக சேவையிலும் முன்னிலை வகிக்கிறது என்று குறிப்பிட்டுச் சொல்வதில் பெருமகிழ்ச்சி அடைகிறேன்.

கல்லூரி அறக்கட்டளை, முதல்வர், ஆசிரியப் பெருமக்கள், மாணவச் செல்வங்கள் யாவரும் மூத்த குடிமக்களைப் பேணிப் பாதுகாப்பதிலும், உயரிய மரியாதை மற்றும் அன்பு செலுத்துவதிலும் முதலிடத்தில் உள்ளார்கள் என்பதைப் பெருமையுடன் குறிப்பிடுகிறேன்.

யாவருக்கும் எனது பாராட்டுக்கள். வாழ்த்துக்கள். நன்றி, வணக்கம்.

## உலக நாடுகள் அவை அறிவிக்கும் உலக நாடுகள் நாளை ஏன் கொண்டாட வேண்டும்?

1) மக்கள் பிரச்சினைகளைப்பற்றி பொதுமக்கள் கவனத்தைத் திருப்பும் வகையில் விழிப்புணர்வு ஏற்படுத்த இது ஒரு நல்ல வாய்ப்பு.

2) அரசியலாளர்களை நோக்கி அவர்களின் கடமையை உணர்த்த இது ஒரு இன்றியமையாத தேவை.

3) மக்கள் பிரச்சினைகளுக்குத் தீர்வு காணத் தேவையான கட்டமைப்பு மற்றும் பொருளாதார வசதிகளை மேம்படுத்தும் வழிமுறைகளை

நடைமுறைப் படுத்துவதில் எல்லோருடைய கவனத்தை ஈர்க்க இந்நாள் மிக உகந்த நாள்.

4) மனித வளர்ச்சியின் சிறப்புகளை உணர்த்தவும் வலிமைப்படுத்தவும் இது ஒரு அரிய வாய்ப்பு.

5) உலக நாடுகள் அவையானது தொன்றுதொட்டு வரும் சிறப்பு நாட்களைத் தொடர்ந்து கையாள ஒரு வலுவான வழிமுறையைப் நடைமுறைப்படுத்தி வருகிறது. அதை யாவரும் நமது சமுதாய மேம்பாட்டிற்காகப் பின்பற்ற வேண்டும்.

**THEME FOR WORLD ELDERS DAY - 2019**  
**THE JOURNEY TO AGE EQUALITY**

**கருப்பொருளின் நோக்கங்கள்**  
**(கேப்டன் பாக்டர் ஞ. சிங்கராஜா)**

1) மூத்த குடிமக்கள் தங்கள் உரிமைகள் பறிக்கப்பட்டு, மேடு பள்ளங்கள் நிறைந்த வாழ்க்கையில் அல்லல் படுகிறார்கள் என்ற உண்மையை உணர்த்துவது.

2) இந்த அவல நிலைக்குக் காரணமான சம்பந்தப்பட்ட அனைவருக்கும் விழிப்புணர்வு ஏற்படுத்துவது.

3) இந்த அவல நிலை நாளுக்கு நாள் மோசமடைந்து வருவதை உணர்த்த விழிப்புணர்வு ஏற்படுத்துவது.

4) வாழ்க்கையைச் செம்மைப்படுத்தும் கொள்கை முடிவுகள் பலவற்றில் முக்கியமாக சமுதாயக் கூட்டமைப்பும், கட்டமைப்பும்

எப்படி மாற வேண்டும் என்பதைத் தீவிரமாக ஆராய வேண்டும். அவற்றில் குறிப்பாக உயிருள்ள வரை கல்வி கற்க, உதவக்கூடிய தொழிற் முறை, சமூக நீதியும் பாதுகாப்பும், ஒரே சீரான உடல் மற்றும் மனவளத்துக்குரிய நடைமுறை ஆகியவை உள்ளடங்கும்.

5) முதுமை என்றால் இப்படித்தான் இருக்கும் என்ற பத்தாம்பசலி எண்ணத்தை விடுத்து, முதியோருக்கு உகந்த இணக்கமான நடைமுறைகள், ஏற்றத் தாழ்வுகள் இல்லாத, உரிமைகள் பாதிக்கப்படாத விதிமுறைகள் ஆகியவற்றை நிலைநாட்ட நமது எண்ணங்களும் செயல்பாடுகளும் உணர்த்த வேண்டும்.

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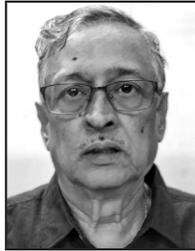
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## *Message from the desk of the Chairman*

At the outset, I would like to wish all our members a very happy Deepavali.



I am happy that this Quarterly issue of LINKAGE is brought out as a Special issue on World Elders day 2019. Here I wish to share with you that the function held on 4th October at Ethiraj College for Women in commemoration of World Elders day in Association with NSS of Ethiraj College was a grand success and appreciated by all participants. In this context, we are very grateful to the Principal, Programme director NSS, Staff, students especially the NSS Volunteers of Ethiraj College for the successful conduct of the programme. We're also thankful to Apollo Medical Centre, Annanagar, Chennai, their Physicians and Paramedics for their services at the medical camp organised at the venue.

All the Dignitaries, who spoke on the occasion, emphasised the importance and the need for respecting the Elders, appreciating their contributions towards the society. They have also talked about the importance of observing the World Elders day which is aimed to create awareness and to focus on the responsibility of younger generations towards life of older people to live their life happily with dignity and self respect.

We're arranging the functions in commemoration of World Elders day, World Elders Abuse Awareness Day etc at Schools and Colleges so that the message should be percolated down to younger generations and they should be made aware/appreciate the contributions made by Elders for their families and society at large and ensure that the Elders are treated with humanity.

We were conspicuous of the absence of our Chairman Emeritus, Captain Dr.M.Singaraja, who couldn't attend the meeting as he had left abroad. However the message received from him on the theme of World Elders day 2019 was read out by our Secretary General Dr.P.Sethuseshan who has just returned from abroad, preponing his USA visit due to some unforeseen circumstances.

On 29th September WORLD HEART DAY was observed and it was appropriate that Dr.Chokkalingam, Senior consultant Cardiologist has spoken on the occasion and enlightened the audience by his witty, humorous speech. I personally thank all our members who have attended the function at large numbers and made the event a grand success. We look forward to your continued support and cooperation.

With Regards,  
**T.V.NAGARAJAN**  
Chairman – Senior Citizens Bureau

## *Message from the Secretary General*

First of all, I would like to wish all the members of SCB a very Happy Deepavali.

I would also like to inform the members that I have come back to India from USA on 17th September itself due to unforeseen circumstances. Fortunately I could attend the important event of World Elders Day on 4th October, 2019 at Ethiraj College. In fact, I have not missed any of our programmes as I attended World Elders Abuse Awareness Day and the 17th AGM at Annanagar Tower Club on 15th June, 2019 before leaving



India. I take this opportunity to thank Captain Dr M Singaraja, Chairman Emeritus for his valuable guidance and suggestions in bringing out this special issue. My special thanks to Mr.S. Prabhakaran, Vice Chairman and Mr T V Nandakumar, Joint Secretary for their support and cooperation to bring out this issue on time.

**Dr. P. Sethu Seshan**

## Event No: 226: World Elders Day - 2019



**Chairman addressing the Gathering.**



**NSS Co-ordinator addressing the Gathering.**



**Chief Guest addressing the Gathering.**



**Honoring Dr. V. Chockalingam**



**Honouring 90+ members - we honoured Thiru N. Balakrishna Rao (LM593) & Dr D.S. Ramaiah (LM739) who were present on the day.**



**Honoring T.V. Hariharan who sponsored the Lunch for the meeting.**

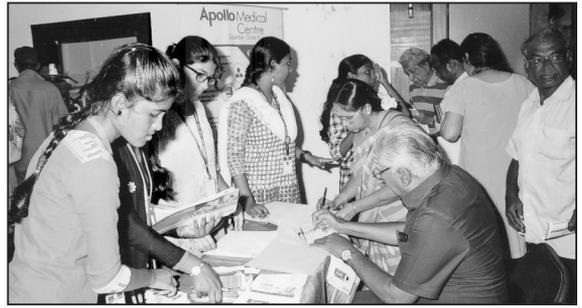
Senior Citizens Bureau and NSS Ethiraj College for Women jointly organised to commemorate World Elders Day at 10 AM, on Friday, the 4th October, 2019 at the Library Auditorium, Ethiraj college for Women, Chennai. After registration, and health monitoring tests by Apollo Medical Centre, Anna Nagar, the Chief Guest and the Guest of Honour were received and the NSS volunteers escorted them to the dais with affection, respect and dignity. After invocation, Dr Smt A. Kavitha, Senior Programme officer, NSS extended a warm welcome to the dignitaries and the audience. She expressed her happiness and pride of honour to be associated with Senior Citizens Bureau in commemorating the World Elders Day. Sri T.V.Nadakumar, Dy.Sec.General, read out the pledge against the the elder abuse along with the entire audience.



In his presidential address, our Chairman Sri T.V.Nagarajan has expressed his deep sense of satisfaction to be associated with the prestigious Ethiraj College for



**Honoring Ethiraj College NSS Co-ordinator and our staff.**



**Conduction of Medical Team.**



**Getting awards Ethiraj College Students.**



Women for celebrating the World Elders Day every year in association with their NSS. He also informed that our Senior Citizens Bureau has been extending yeoman services to the senior citizens since its inception from 1996. He explained the significance and the importance of world elders day which is to create awareness amongst the younger generation about the contributions made by the older people to their homes and to the society at large. He also went on further to say that there are various reasons for the neglect of older people, mainly due to shifting of joint family system to nuclear family on account of migration to cities or even abroad for their better prospects. Ultimately the elders are facing various problems, physically, mentally and financially. He also recalled that in olden days, elderly people at the house were respected and revered on account of their vast experience, their advices are being sought after and carried out sincerely. But in today's modern world, the importance of older people gets reduced and deteriorated and even in many cases. They are being neglected or even abandoned. He appealed to the younger generation that it is their bounden duty to take care of the older people who gave their life and status in the society. He also pointed out the problem of older people is not only in our country but exist throughout the world. Hence the need for celebrating International Days like WORLD ELDERS DAY gained importance. In our country, the National Policy of Older Persons (NPOP) was introduced

in the year 1999 and later in the year 2007, an ordinance was enacted - 'Maintenance and Welfare of Parents and Senior Citizens Act (MWPSCA 2007) for the welfare and protection of older people. But in spite of these acts, still the conditions of the older people has not been improved which is evident from the mushroom growth of the 'Aged Homes' in our country. Finally he appealed to all the students to convey this message to younger generation so as to take care of the older people with humanity and respect.

In the absence of Chairman Emeritus Captain Dr.M.Singaraja, the Theme of the World Elders Day was presented by Dr.P.Sethuseshan, Secretary General. Mrs S.Harinath, DGM of Apollo Medical Centre, in her speech felt proud and honored to participate in function, recalling sweet memories of her student days in the same college 30 years back. Two members of 90+age Thiru Balakrishna Rao and Dr D.S.Ramiah were honoured. NSS volunteers, Best NSS volunteer, deserving poor student of the college and three physically challenged students from Guild of Service were honoured and supported amidst thunderous applause by the audience.

The Chief Guest, Guest of Honour and our Governing Council Members were honoured by the Chairman and Secretary General. The chief guest Kalaimamani Kizhambur Sri S.Sankarasubramanian, grand son of



**Cultural Programme by NSS Volunteers of Ethiraj College.**



**Honoring Physically handicapped students of Guild of Service.**



**Ethiraj Students getting an award.**



**Members in the hall in full swing.**

the popular editor of prestigious Dinamani Daily. Late Thiru A N SIVARAMAN, in his special address recalled his long association with Dr A.M.SWAMINATHAN, IAS (Retd) who contributed a lot as Chairman of the Board of the college. He appreciated the service rendered by the college students right from receiving the participants at the entrance and leading them to the venue. He also observed that the members of the bureau though aged yet they are very active. The elder members were keen to visit the Library when they knew that the venue was Library Auditorium. Such should be the enthusiasm of the older people to keep reading books to overcome the age. He referred to various members present in the auditorium by calling names like Tmt. Balambal, spreading nattu pura games, Thiru S. Ranganatha Rao who gives dancing programs even at this age (programs should be added).

Thiru Namasivayam who gave him Thruvilayadal Puranam book which highlights how God Sivan himself was the first to serve an elderly lady by working to strengthen the bank of river Vaigai in Madurai just for puttu as wages. He also referred to Dr V.S.SARMA in the audience as embodiment of activeness by conducting a meeting every month, thus connecting all the Friends on the same wave length. He pointed out that his grand father Thiru SIVARAMAN was in jail for 8-1/2 years during independence struggle. He also

talked about Dr.P. Sethuleshan and about his grand father 'Jaihind' Dr Shenbagaraman. He had published his story in Dinamani Kadir for 14 weeks continuously.

The guest of honour Dr.Kothai, Principal of the College advised the students to take care of their parents and other elders. She further said that all the staff make it a point to highlight these aspects during their teachings. She also addressed the audience that she always treat her students as her family members and give them advice of sheeded her speech by saying: "There is no short cut for experience" Then Dr.V.Chockalingam, the famous senior cardiologist advised to treat youngsters as friends and give suggestions and not advice. He stressed to keep healthy by taking proper food and exercise.

Afterwards, cultural programmes including bharathanatyam were presented and the same were appreciated and applauded by all. Treasurer Sri Sampathkumar proposed a vote of thanks. Lunch was sponsored by Mr. T.V.Hariharan which he has been graciously doing during all our World Elder Day functions. Prior to the event, Jaya TV and other TV channels interviewed the Chairman, Chief guest and Dr Chockalingam to highlight the significance of the celebrations so that wide publicity can be made to spread the importance of the message and its objectives.

## ***Sending Wishes to Following 90+ Members who are not present that day***

- 1) Dr. Prof. S Ramasamy LM 539 Born on 20-07-1924 95 yrs.
- 2) Er. K.P. Mahalingam LM 320 Born on 12-08-1922 97 yrs.
- 3) Dr. Vedhagiri Shanmugasundaram LM 869 Born on 16-09-1926 93 yrs.
- 4) Tiru P.E. Chaco LM 423 Born on 26-09-1926 93 yrs.
- 5) Tiru Ramesh.S Chikasamane LM 216 Born on 01-06-1928 91 yrs.
- 6) Tiru T. Raja Rathanam LM 465 Born on 07-09-1928 91 yrs.
- 7) Tiru G. Rangasamy LM 114 Born on 18-05-1926 93 yrs.
- 8) Advocate V.S. Venugopalan LM 576 Born on 15-10-1928 91 yrs.
- 9) C&R. S.V.Iyer LM 367 Born on 12-05-1924 95 yrs.
- 10) Tiru. R.T. Vasudevan LM 511 Born on 10-04-1929 90 yrs.
- 11) Tiru. R. Venkatraman LM 425 Born on 16-03-1929 94 yrs.
- 12) Padmabushan Dr. Sarada Menon governing Council Member Born on 05-04-1923 96 yrs.

## ***Minutes of the EC Meeting***

Date: 3rd August, 2019 Venue: K Block No: 44/9, 13th street, Anna nagar east, Chennai, 600102:

Silent invocation Prayer . Then the Chairman calling the meeting to order. In his welcome address, Chairman pointed out the following:

Our plan to celebrate the World Elders Day falling on 1st October, 2019 - Date venue, Chief guest, Guest of Honor and other connected aspects to be discussed and decided. The minutes of the previous meeting was read out and review of the actions taken on the points was done. Birthday greetings were being posted to all the members well in advance. Regarding Linkage format, Captain explained the format to be followed so that all the informations are well covered with relevant photos.. Account statement was presented as on date by the Treasurer and he clarified all the points raised. He added that funds position was not healthy and needs augmentation. Treasurer confirmed that the Income Tax return was filed. Same way, Society registration was also done. Regarding purchase of laptop, Joint Secretary presented three quotations received. However, Chairman Emeritus wanted to consult a consultant to go in for a lap top suitable for our requirements. Treasurer was entrusted with the job of consulting

and for doing the needful. Regarding celebration of World Elders Day. Usual precautions and arrangements have to be made for celebrating the WED function and for Lunch, it has been decided to have a word with Mr.T V Hariharan, Governing Council member who has been regularly helping us in this regarding. It was also decided to present 5 certificates to the members sighted 1000+moons and those who have been missed last time are identified as under:

1. Mr.S N Kolandan LM 680 - 15/08/1937
2. Mr Balaraman LM 681 04/07/1938
3. Mr M.L.Amarnath LM 515 14/08/1934
- 4, Mr R.Ramakrishnan LM 791 13/12/1936
5. Mrs.Leela Srinivasan LM 71 10/06/1934

Decided to print certificates for students participating in our celebrations.

Decided to make source augmentation, effective drive to enlist new members, appeal for Donations/ Sunshine Fund and concentrate on getting more and more advertisements in Linkage.

Joint Secretary may be designated as Dy Secretary General

The EC meeting concluded with a vote of thanks by the Joint Secretary.

## ***Minutes of the AGM held on 15th June, 2019 at Tower Club, Anna Nagar***

After the Chairman Emeritus called the meeting to order, the meeting commenced with an invocation. Homage was paid to the deceased members by observing one minute silence. In his welcome address, the Chairman explained the various activities being carried out by the Bureau, stressing on the importance and requested the cooperation of all the members for the smooth conduct of the AGM.

### **Activities:**

1. Minutes of the 16th AGM conducted during the year 2017-18 were adopted.
2. Secy General Dr P.Sethuseshan presented the Annual Report which was adopted.
3. Accounts for the financial year 2018-19 was presented by the treasurer Mr.N. Sampathkumar, explaining the salient features and the accounts were approved and adopted.
4. Appointment of the auditors: The present auditor M/S A. John Morris & Co were approved to continue during the financial year 2019-20. Auditor fees was also approved.
5. Election for the post office bearers for three years term ending 2022.
6. Chairman Emeritus, as the election officer conducted the election for the post of office bearers including EC MEMBERS.
7. The election officer presented the list of office bearers nominated and approved by the Executive meeting on 1st June, 2019.

8. Since there were no nominations received from the members for the election of any post, the election of the office bearers including EC members approved by the EC on 1st June, 2019 were declared to have been elected as shown below:

New list of office bearers and EC members as approved by the current ECon 01/06/2019:

### **Office bearers:**

- |                     |                    |
|---------------------|--------------------|
| 1. Chairman         | Mr. T.V.Nagarajan  |
| 2. Vice Chairman 1  | Mr. S.Jayakumar.   |
| 3. Vice Chairman 2  | Mr. S.Prabhakaran. |
| 4. Secy General     | Dr. P.Sethuseshan. |
| 5. Dy, Secy.General | Mr. T.V.Nandakumar |
| 6. Treasurer        | Mr. N.Sampathkumar |

### **EC Members:**

1. Mr. S.Renganadha Rao
2. Mr. RT.Namasivayam
3. Mr. P.M.Pandiyan.
4. Mr. C.Panneerselvam.
5. Mr. M.Chandrasekaran.
6. Mr. R.Parasuramen
7. Mr. R.Ramakrishnan
8. Mr. K.P.Chandran

Since there were no other points came for discussion, the AGM came to an end, with our Treasurer Mr N Sampathkumar proposing a hearty vote of thanks, followed by National Anthem.

## ***News from Networking Associates***

Announcement on the change of venue of FOSWL meeting effective from OCTOBER, 2019. The monthly meeting of FRIENDS ON SAME WAVE LENGTH ( FOSWL) Anna Nagar Chapter, will be conducted henceforth at the following address with effect from 20th October, 2019, at 5 PM:

FRONTIER LIFE LINE DR.K.M.CHERIAN FOUNDATION, 3rd Floor Conference Hall

(Lift available), Ambattur Industrial Estate Main Road, Mogappair, Chennai - 600101.

Foswl India, Anna Nagar, Chennai invites you for the 113th meet at 5 pm on Sunday 24th November, 2019 - Speaker: Mrs Marita of Dignity Foundation Topic: Dementia. Venue : Dr KM.Cherian Heart Foundation Conference Hall, Mogappair.

## ***Have A Blessed Time - Every Day Is A Bonus***

Beautiful message explaining how Happiness is a State of Mind. All of us should try to develop such attitude. A man of 92 years, short, very well-presented, who takes great care in his appearance, is moving into an old people's home today. After waiting several hours in the retirement home lobby, he gently smiles as he is told that his room is ready. His wife of 80 has recently died, and he is obliged to leave his home.

As he slowly walks to the elevator, using his cane, I describe his small room to him, including the sheet hung at the window which serves as a curtain.

"I like it very much", he says, with the enthusiasm of an 8 year old boy who has just been given a new puppy. "You haven't even seen the room yet, hang on a moment, we are almost there."

"That has nothing to do with it ", he replies.

"It is already decided in my mind that I like my room. It is a decision I take every morning when I wake up." "Happiness is something I choose in advance. Whether or not I like the room does not depend on the furniture, or the decor rather it depends on how I decide to see it."

"I can choose. I can spend my day in bed enumerating all the difficulties that I have with the parts of my body that no longer work very well, or I can get up and give thanks to heaven for those parts that are still in working order."

"Every day is a gift, and as long as I can open my eyes, I will focus on the new day, and all the happy memories that I have built up during my life."

"Old age is like a bank account. You withdraw in later life what you have deposited along the way."

So, my advice to you is to deposit all the happiness you can in your bank account of memories.

Thank you for your part in filling my account with happy memories, which I am still continuing to fill.

Remember these simple guidelines for happiness.

1. Free your heart from hatred.
2. Free your mind from worry.
3. Live simple.
4. Give more.
5. Expect less.

If you have been blessed by this message, send it to your loved ones and your friends. It is the way we touch each other with simple truths that spread goodness in the world. Who knows, a miracle may happen as a result.

Have a Blessed time. Every day is a Bonus.

*Source: Whatsapp*

### ***Obituary***

Thirumathi H. Sushila (age 80) wife of our Governing Council Member Thiru T.V. Hariharan passed away on 28th August. We pay our respectful homage to the bereaved family members.

### ***Change of Address***

Mrs Kousalya Sarathy LM: 19  
No: 105, AE Block, (Ground Floor)  
6th street, 10th Main Road,  
Shanthy Colony, Anna Nagar,  
Chennai - 600 040.

## ***Are You Getting Enough Sleep?***

We have always heard that a normal human being needs around 8 hours of sleep a day. Getting sufficient sleep is said to be very important for a human being to remain healthy, as well as alert. Many jobs that require extreme caution, also mean that the people in such jobs, must get the required amount of sleep every day. There have been enough mishaps because of people falling asleep on their jobs, especially while driving. However, we do see that many around us hardly get any sleep and still survive.

With modern lifestyles, and extremely stressful jobs, more time spent on screens like mobile devices and laptops, sleep is mostly elusive. Also, people are easily willing to cut down on sleep for other things. But, what most people do not know is that in the long run, lack of sleep can prove extremely dangerous. It can cause diabetes, obesity, high blood pressure, heart disease, poor mental health, and even death. So, how much sleep is good enough or optimum to maintain a good, healthy life. Does the sleep quantity vary as you age? These are the questions that we attempt to answer through this article.

### **Reasons for sleeplessness**

The American Academy of Sleep Medicine and the Sleep Research Society recommends that while infants need around 12 to 16 hours of sleep a day, adults in the 18-60 years range can make do with 7 or more hours of sleep. So, in terms of need for sleep, seniors are no different from the average adult. However, the issue is that most seniors may not get the required amount of sleep due to many issues.

Insomnia is a common thing among seniors. At times, due to anxiety, at others, some illness or aging concerns, or even at times few medications may result in sleeplessness. Also, even if you sleep for 7 to 8 hours, there is the possibility that you did not get good quality sleep. At times, you find a few seniors, who doze off in places, perhaps because of this. Issues like arthritis pain, wanting to urinate, restless leg syndrome, are all contributors to seniors getting less sleep.



### **Tips for getting good sleep**

As we age, it is important to try and follow a set pattern in life to the extent possible. The body's needs changes and it may not be able to take much pressure as in the younger days. Hence, it is important to eat on time and also sleep on time. Try to follow a routine, for waking up as well as going to sleep. Follow a healthy routine, wherein you practice some yoga or meditation or do some form of physical activity every day.

Try to avoid watching too much TV before going to sleep or spending time with devices even. This can hinder the sleep. Try to get some amount of sunlight everyday as that can help maintain health and also help sleep. Discuss with your doctor if you have too much of a sleep issue. Depending on the need, the doctor may prescribe some relaxants, especially, if pain and some discomfort are the issues. Do not take too long a nap in the afternoon, as that too can hinder your night's sleep. Try to eat your dinner slightly early and make sure to have at least an hour gap in between dinner and sleep time.

### **How much sleep should I get?**

So, in conclusion, seniors should try to get at least 7 to 8 hours sleep every night. However, if they are comfortable with one or two hours less or more, and remain healthy and active, that should not be an issue. Only continuous sleeplessness, especially the kind that leads to other health issues, should be tracked and treated. Ensure to follow a pattern so that the body gets used to it and sleep too will fall in line.

*Source: whatsapp*



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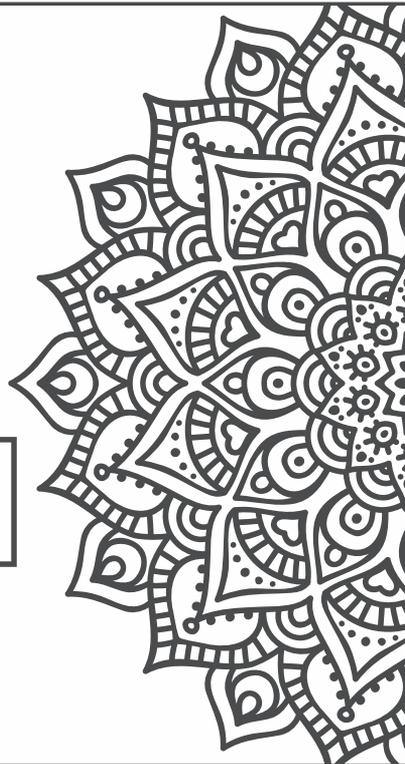
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**Acknowledgement****Thanks a lot and God bless you:****I. Sunshine Fund:**

Dr. P.Sethuleshan	LM: 866	Rs.1075/-
Mr. S. Jayakumar	LM: 646	Rs. 830/-
Captain Dr. M.Singaraja	LM: 03	Rs. 1000/-
Mr. Challagala N.Prasad	LM: 846	Rs. 1000/-
Mr. S.N.Kolandan	LM: 680	Rs. 1234/-

**II. DONATIONS:**

T.V. Nagarajan	LM: 902	Rs.1000
Mrs. Chandra Veeraraghavan	LM: 617	Rs.2000
Mr. R.T. Namasivayam	LM: 820	Rs.1000
Mr. K.S. Shanmugam	LM: 665	Rs.1000
Mr .S. Ranganatha Rao	LM: 29	Rs.1000/-
Mr. A.James	LM: 877	Rs.1000/-
Mr. N. Balakrishna Rao	LM: 593	Rs. 200/-

Your contribution towards sunshine fund/donations if any, may kindly be sent either by cheque (at par) or DD, drawn in favour of senior citizens bureau.

Alternatively, you can also remit to our bank account, the details of which, are as follows:

INDIAN OVERSEAS BANK,  
KILPAUK BRANCH (0571)

477, Kilpauk Garden Road, Chennai - 600 010.

IFSC Code: IOBA 0000571

MICR Code: 6000200 19

SB ACCOUNT: 057101000014780

(Mentioning the Remitter's Name)

**Bon Voyage**

Captain Dr M.Singaraja, Chairman Emeritus and Hony Editor of Linkage, who had a bon voyage to London, via Dubai on 4th Oct 2019, has since returned to Chennai. All the members of SCB convey their heartiest greetings for his entire family for their wonderful trip.

**Dr. P.Sethuleshan**

We are happy to inform our members that our Secy General, Dr P.Sethuleshan met Tamil Nadu Chief Minister Hon'ble Edappadi K Palaniswami at a function at San Jose, USA and thanked him for referring Dr Chenbagharaman's name in his independence day speech.

**Congratulations**

Senior Citizens Bureau congratulates Prof.V.B.Narayanamurthy, our staunch supporter and son of our former Vice President Er.V.S.Balakrishna Raja, on his getting the Royal College of Surgeons of Edinburgh & International Confederation of Plastic Surgery Societies, 2019 Sushrata Professorship in Plastic Surgery on 21st September, 2019 in Columbia, USA. We wish him many more feathers in his cap.

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To.