



Committed to serve

Link Age

(R.O.) New No.90, Rama Naicken Street, Nungambakkam, Chennai 600 034.

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



Bestow unconditional love

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UNIQUE INITIATIVE OF SCB

A day with TN Police, at F3 Nungambakkam Station on Safety & Security of Senior Citizens



ACP and Chairman/SCB with other Police officers and Senior Citizens

It was an excellent programme on Wednesday, November 14, 2012. The officials of Tamil Nadu Police attached to F-3 Nungambakkam Police Station and the Senior Citizens Bureau jointly organised an interface session to sensitise the senior citizens of their rights and to highlight the role of police to ensure their security and peaceful living. That the programme was held at the premises of the Police Station itself was a confidence building exercise.

The participation of a good number of senior citizens, men and women and enthusiasm of Police in the programme indicated that police are friends of people went well with them. It is no wonder that almost all of them expressed a sense of confidence to ensure safety & security from the Policemen. It was the first time that they entered a police station, that too in such a pleasant and friendly atmosphere. Naturally, the credit goes to Capt Dr. M. Singaraja (Chairman, Senior Citizens Bureau), Thiru S.Saravanan (Asst Commissioner of Police), Thiru T.Thyagarajan (Inspector of Police,

F3 Nungambakkam) and Thiru B. Balakrishnan (S.I. of Police, F3 Nungambakkam).

Capt. Dr. M. Singaraja (Chairman, SCB) in his presidential address lauded F-3 Nungambakkam police station, for agreeing an interface with senior citizens. He expressed a desire that more police stations take such initiatives. He briefly mentioned about the provisions of Parents & Senior Citizens Maintenance Act and wanted the Police to provide a safe and peaceful living.

Encroachment of pavements, extortion by auto drivers & domestic service providers, traffic indiscipline, disrespect to senior citizens, unfriendly public transport system and crimes were highlighted by participants both men and women. Thiru S. Saravanan (ACP), who was the Chief Guest on the occasion, said that his team and he would always be available for any sort of service to senior citizens and a telephone call from them any time would never be a disturbance. Quoting certain real instances, he exhorted the senior citizens to take simple

to continue in p-5

Message from the Chairman cum Editor**INVOLVEMENT**

This year, commemoration of IDOP (International Day of Older Persons) or WED (World Elders Day) has been observed in 3 parts on September 29, October 20 and November 14, 2012 focusing the beneficiaries differently.

I am always aiming to give them positive results directly and perfectly with an eye for details, quality and standards. I have to ponder over deeply, work out options and then prioritise to execute. In spite of several constraints facing the Bureau, the degree of success is fairly good.

The first part on 29.09.12 was to promote inter generation bond, to arrest elder abuse and to ensure dignity, in the august presence of a High Court Judge. The second part on 20.10.12, was to provide multi speciality health care screening tests in the august presence of Geriatric and mental health stalwarts. The third part on 14.11.12, was to have an interface with Police Friends on safety and security. My experience is positive vibration with contact persons, the cause being, plain public interest. The results have been acknowledged, accepted and applauded, equally for a small and large budgeted programmes and projects.

I am very happy to convey my appreciation, compliments and thanks to my team, Bureau members, supporters and well wishers. There is always willing co-operation to help "march forward". I have to under line here, that it is the same individuals, or institutions repeatedly extending the helping hand, generously. This number is small while a majority is sitting tight whether it is physical contribution or financial contribution.

I appeal to appreciate that drops only make a mighty and resourceful ocean. Please come forward to strengthen the organisation and to help the needy, in line with our well defined mission and vision.

Seasons greetings and best wishes. ❖

(Dr. Capt. M. SINGARAJA, SM, C.Eng.)

ஈடுபாடு

ஆழமாகச் சிந்தித்து, திட்டமிட்டு முறையாக செயல்படுத்தப்படுவதால் நமது சாதாரணக் கருத்தரங்கமானாலும், பெரிய விலை மதிப்புள்ள கருத்தரங்கமானாலும் உரியவர்கள் மத்தியில் நல்ல தாக்கத்தையும் விளைவையும் ஏற்படுத்துகிறது. நேரடிப் பயன்பாடு காரணமாக இவை வரவேற்கப்படுகின்றன, பாராட்டப்படுகின்றன.

எந்த ஒரு திட்டமும் சுயநலம் கருதாமல் வெளிப்படையான அணுகு முறையோடு அமையும் போது பல இடப்பாடுகளுக்கிடையேயும் வெற்றி காண முடிகிறது. கடந்த 3 மாதங்களாக உலக முதியோர் நாளை முன்னிட்டு சிறப்பான

Invitation

136th Programme

SENIOR CITIZENS BUREAU

[R.O.] 90, Rama Street, Nungambakkam, Chennai - 34.
Ph : (044) 2823 1388 E-mail : m.s.raja@sify.com



*cordially invites you to
observe the commemoration of*

WORLD PNEUMONIA DAY

Date & Time : December 15, 2012,
Saturday, 11.00 AM.

Venue : Saraswat Association,

89/28, Ormes Road, Kilpauk, Chennai - 10

(Ph : (044) 2641 2039. Opp : Bains School and near ICICI Bank)

Padmasri Dr. V.S. Natarajan, MD, FRCP, DSc. (Hon.),
(Senior Geriatrician & Patron, SCB)

*will speak on***"How to prevent Infectitious Killer Diseases in Old Age."****Capt. Dr. M. Singaraja, SM, C.Eng.**

(Chairman/SCB)

*will preside over.***All are welcome.** ❖

Note : Pneumococcal Conjugate Vaccine against Pneumonia can be taken at the venue for Rs.3,200/- (MRP:Rs.3,800/-). Tea and Lunch will be served. Admission is free. Be happy to be together and empowered.

தனித்துவம் வாய்ந்த கருத்தரங்க விழாக்களை நீங்கள் அறிவீர்கள். இளைஞர்களுக்கும் முதியோர்களுக்கும் நல்லிணக்கத்தை ஏற்படுத்துவது, முதியோர்க்கு எதிரான கொடுமையை ஒழிப்பது, முதியோரின் நன்மதிப்பையும் சக்தியையும் உயர்த்துவது (29.09.12), முதியோர்களின் உடல் நலத்தை ஆய்வு செய்து பேணுவது (20.10.12) முதியோர்களுக்கு பாதுகாப்பும்தான் அரணும் ஏற்படுத்துவது (14.11.12) என்று குறிப்பாகப் பார்க்கலாம். இப்படி ஒவ்வொரு கூட்டத்திலும் விழாவிலும் நாயகர்களாக கலந்து கொண்ட புகழ் பெற்ற மேதைகளின் சிறப்புரைகள் பெருமை சேர்க்கின்றன.

இதற்கெல்லாம் எனக்கு உறுதுணையாக செயற்குழுமும், மன்ற உறுப்பினர்களும், ஆதரவாளர்களும், நன்கொடையாளர்களும் இருப்பது பெரும் பேறு. அவர்களுக்கு எனது நன்றி கலந்த வணக்கத்தையும், பாராட்டுதலையும் பெருமையுடனும் பேருவகையுடனும் சமர்ப்பிக்கிறேன். இதில் ஒரு பேருண்மையும் உண்டு. உடல் உழைப்பு உதவியானாலும், பொருளுதவியானாலும் நம்மில் வழக்கமாக ஒரு சாரார் தான் முன்னிலை வகிக்கிறார்கள். பெரும்பாலோர் வாளா இருக்கிறார்கள். என்னுடைய ஆதங்கமும் வேண்டுகோளும் பெரும்பான்மையானவர்கள் ஈடுபட வேண்டும். பல சிறு துளிகள்தான் பெருவெள்ளமாகும். நாம் அனைவருமே நம்முடைய தெளிந்த குறிக்கோளும் பார்வையும் முதியோர்களுக்காகவும் நலிந்தோர்களுக்காகவும் காட்டுகிற சமூக சேவையில் ஈடுபட வேண்டும். நம்மால் இயன்றதைத் தாமதின்றி செய்வோம். ஒன்று கூடிச் சக்தி பெறுவோம்.

நல்வாழ்த்து. நன்றி வணக்கம்.

**Text of the Speech by Padmabushan Dr. M. Sarada Menon, MD, DPM
on World Elders Day - 2012, organised by SCB at Chennai on 29.09.2012**



President of India, Pranab Mukherjee presenting the Golden Award to 88-year-old Dr. M. Sarada Menon at a function organised by HelpAge in India in New Delhi on 01.10.12.

I am indeed very pleasantly surprised and deeply grateful to be honoured today on the occasion of World Elders Day. Living long has become the pattern now with life span increasing as technology has assisted this process. Sociological changes - break up of joint family system, increasing nuclear family structure, migration of younger generation from rural to urban and urban to abroad, life style changes with tech. advances, the computer and the mobile phone render the aged disabled with no family or social support. We need to develop paid support system and paid caregivers, policies with multi disciplinary models.

All problems related to old age have increased due to sociological changes. Technological advances have increased the gap between the young and the old. All these have resulted in the fact that older citizens are left destitute, physically, financially, emotionally and morally.

The burden of responsibility for caring Senior Citizens has shifted from the family and community to policy makers and the Government. The Government of India announced its national policy to older person, 50 year after Independence. It is a comprehensive document covering all aspects of elder care. Unfortunately it has not been implemented as expected, nor has it fulfilled all the promises. It now needs to be revised.

There is no doubt that care of the elderly is the family responsibility with support from the community but the family and the community have to be assisted to achieve results. Incentives for families that care for their elders, and funds for improving community health and social welfare and assistance to voluntary organisations dealing with the concerns of the elderly are necessary. A review of India's population census shows that the population of the elderly was 24 million in 1961, 43 million in 1981, 57 million in 1991 and 77 million in 2001. In terms of

percentage of the total population it was 5.63% in 1961, 6.58% in 1991 and 7.5% in 2001. Currently there should be 100 million people in India under Senior Citizens category.

The elderly suffer from communicable diseases - sensory deficits (vision and hearing) frailty and disability accompany old age. Disability increases with age 60 to 64 - 36%; 65 to 69 - 51%; 70 to 74 - 61%. Falls are a very common problem causing disability.

The problem in rural areas is worse. 2/3 of elders living in rural areas, are illiterate and depend on physical labour. Most live below poverty line - without proper food clothing or shelter. Insurance cover is non-existent. These factors need remediation. Quoting from the Hindu "The elder Citizen is a natural treasure one who has contributed to national growth and family development. As they approach the autumn of their lives, they experience diminished income, increasing vulnerability to illness and disability and increasing dependency on their families and communities. Viewing this dependence as a burden is to be endured. We as a society must embrace it whole heartedly as a pay back opportunity to thank senior citizens for their many unconditional contributions:.

We, the aged need considerable understanding and help from our younger brethren. There are a number of organisations dealing with concern about the elderly and their problem and doing well and effectively. But should we not do something for ourselves. Should we not 'prepare' for old age since it has come to be? The present and future young old must prepare for the days when they will not be able to function as well, as now and so mentally gear themselves for the days to come. Keep in touch with your family doctor to keep as well as possible, engage yourself usefully, cultivate hobbies, join organisation/association of like minded people. Healthy life styles, yoga, physical exercises and discipline must be practised. ❖

Additions

1) LM 812 Ph : 9443320803 D.O.B. : 05.02.1953

Mr. D. Sivaraman, DCP

Annapoorna Apartments, No.1004, T.V.S Colony,
50th Street, Anna Nagar West Extn., Chennai - 600 101.

Changes

1) LM 669 Ph : 42624182 D.O.B. : 02.07.1937

Mr. V.A. Balasubramanian, CPCL (Retd.)

F-1, Swetha Paragon, Plot 10, 5th Street, Sarathy Nagar,
Velachery, Chennai - 600 042.

2) LM 664 Ph : D.O.B. 01.05.1943

Tmt. L. Lalitha (C/o. Mr. V. Kalyanaraman)

S.J.R. Park Vista, Palm 212, Haralur Road,
Ambalipura, Bangalore - 560 120.

3) LM 796 Ph : 98402 28860 D/o. Late Mr. K.S.Krishnamurthy

Mrs. Vasantha Viswanathan (C/o. Mr. P.R. Viswanathan)

Old No.162A, Eldams Road, Teynampet, Chennai - 600 018. ❖

From Senior Geriatrician and the Patron

BEREAVEMENT

What is bereavement?

As people grow older, there may be many changes in their lives which involve some degree of loss – of employment, of income, or physical health. But bereavement is likely to be the biggest loss any of us will experience – the death of someone close can be described as the most traumatic event in a person's life. If it happens when the person has another major problem – the older person's own poor health, for example, it may be even harder to deal with.

How to cope up with bereavement?

How one copes with bereavement depends on the nature of the individual and on his/her attitude towards life. It is impossible to prescribe a set course of action which would help one to cope with bereavement. The following guidelines may be of use in assisting an individual to cope with the death of a loved one.

- Accept the fact that death is inevitable and an inseparable corollary to life.

- A person undergoing the grieving process should not become isolated from the society. In fact, access to a strong network of friends and relatives is an essential aspect for any grieving person. Even though brief periods of isolation may help a bereaved person to reflect on life, prolonged isolation may be harmful. It is in this situation that friends and relatives can coax the grieving person to slowly reorganise his or her life.

- It is commonly believed that many of the socio-religious ceremonies associated with the death of an individual are intended to allow a person to grieve openly and enable friends and relatives to support such

a person till he/she stabilises.

- Suppression of emotions during the grieving period may lead to health problems including psychological disorders.

- As soon as possible, after the death of a loved one, a grieving person should take to his/her customary routine life (modified suitably to compensate for the absence of the departed person). Activity in any form may help the individual to slowly reorganise his/her life. Close friends and relatives can play a significant role in this process.

- Life must go on, and there is no use crying over spilt milk. The individual who has lost someone dear must reorganise his/ her lifestyle to suit the new situation in life. There is nothing wrong if young persons who have lost their spouse remarry - this concept is more accepted today than a decade ago.

- From the medical point of view, tranquillizers may be given to grieving persons who are affected badly by the death of someone close. But it is important that tranquillizers are administered only for a short duration.

For all of us, there is :

'A time to be born and a time to die...

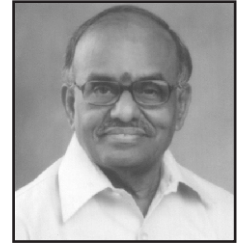
A time to weep and a time to laugh...

A time to mourn and a time to dance...

A time to seek and a time to lose'.

In helping the bereaved we must be sensitive to their 'times' and walk each step with them. ❖

Dr. V.S. NATARAJAN,
MD, FRCP(Edin), D.Sc.(Hon)



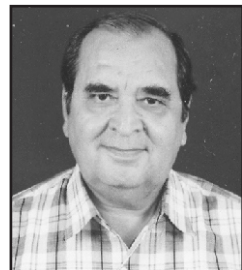
Random Thoughts

Many elderly persons feel they are living on bonus time now. They feel helpless and unmotivated. The most successful people are those who walk with change and adopt to changed circumstances. Most of us postpone our dreams to a later date. God gives a chance to reinvest ourselves each morning. Life gives us indications that it is time for Change. "Even if you do not seek change, change will find you. When this happens you better be prepared".

If a house is kept locked for long time, it acquires negative vibes. Open windows and doors allow the fresh breeze to sing through, a new life force takes over.

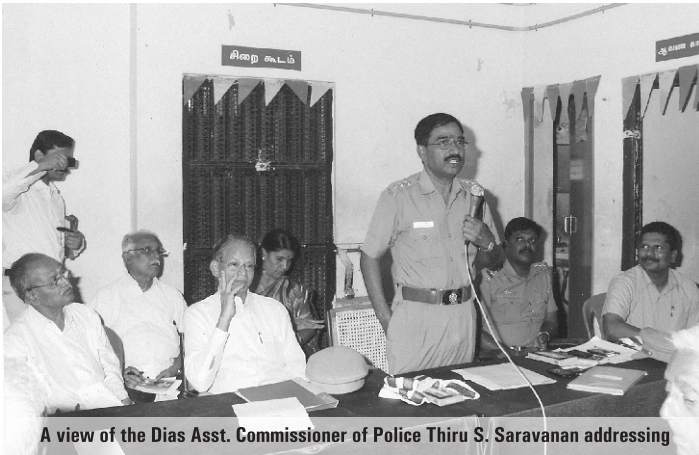
Movement attracts energy, happiness and prosperity. Life becomes beautiful if we focus on stagnant energies wither and release them and ride the change in our Life. Let us increase our field of activities, automatically over mental, physical and spiritual faculties build up, making us more flexible. The Golden time is now, and now. Today never comes again, one has so many choices today. ❖

Prakash H. Lulla, VC/SCB



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precautionary steps. Those living alone were advised to register their names and addresses with the nearby police stations for ensuring periodical friendly visits by policemen and to give them a sense of security. Thiru T.Thyagarajan (Inspector) was seen highly enthused by the presence of so many senior citizens in the programme. He reassured them of taking all necessary efforts to make the locality a more friendly and peaceful place for them to live in. He proposed the Vote of thanks.



A view of the Dias Asst. Commissioner of Police Thiru S. Saravanan addressing

Thiru B. Balakrishnan (S.I.) and other staff members of F-3 Police Station welcomed the participants individually with smiling face. They arranged all the logistics for the programme. The interactive session went about for 90 minutes. After a group photo, the senior citizens went back to their homes with a lot of confidence and satisfaction. In fact they were seen off by the ever smiling policemen and some were escorted in the police vehicle. A rare phenomenon indeed. ❖

-Report filed by E.C. Member Thiru J.Gurumurthy (LM 506)



A section of the participants

சென்னை போலீஸிடம், குறைகளைக் கொட்டித் தீர்த்த முதியோர்கள்

குழந்தைகள் தினமான 14.11.12 அன்று நுங்கம்பாக்கம் போலீஸ் நிலையம் விழாக்கோலம் பூண்டிருந்தது. சீனியர் சிட்டிசன் பீரோ என்ற அமைப்பு முதியோர்களுக்கு ஏற்படும் பிரச்சினைகள் குறித்து பேசுவதற்கும், அவர்கள் போலீஸுடன் தங்கள் பொழுதை கழிப்பதற்கும் இந்த நிகழ்ச்சிக்கு ஏற்பாடு செய்திருந்தது.

11 மணி அளவில் தொடங்கிய விழா, 2 மணி நேரம் நடைபெற்றது. நுங்கம்பாக்கம் உதவி கமிஷனர் சரவணன், இன்ஸ்பெக்டர்கள் தியாகராஜன், செந்தில் குமார், சப்-இன்ஸ்பெக்டர் பாலகிருஷ்ணன், சீனியர் சிட்டிசன் அமைப்பின் சேர்மன் சிங்கராஜா, பொதுச் செயலாளர் முத்துலட்சுமி, செயற்குழு உறுப்பினர்கள் குருமூர்த்தி, V.S.பாலகிருஷ்ணராஜா, லட்சுமி நாராயணன் மற்றும் 60 முதியோர்கள் இதில் கலந்து கொண்டனர்.

குறைகளைக் கூறிக் குழறினர்

விழாவில் பங்கேற்று பேசிய முதியோர்கள் அனைவரும் இளம் தலை முறையினரால், தாங்கள் அவமானப்படுத்தப்படுவதாகவும், பொது இடங்களில் ஒரு சிலரை தவிர மற்றவர்கள் யாரும் ஒரு பொருட்டாகவே தங்களை மதிப்பதில்லை என்றும் கூறி வேதனைப்பட்டனர். இளைஞர்கள் பலர் எங்களைப் பார்த்து 'யோவ் பெரிசு' என்று அழைக்கிறார்கள். இது போன்ற நேரங்களில் எங்கள் மனசு படும்பாட்டை வார்த்தைகளால் விவரிக்க முடியாது என்றனர் அவர்கள்.

'கியூ சிஸ்டம்'

சென்னையில் பஸ் நிறுத்தங்களில் காத்திருந்து பஸ்ஸில் ஏறுவதற்கு போதும்.. போதும்.. என்றாகி விடுகிறது. கூட்ட நெரிசலால், நீண்ட நேரம் கால் கடுக்க காத்திருக்க வேண்டியுள்ளது. பல ஆண்டுகளுக்கு முன்பு சென்னையில் பஸ் நிறுத்தங்களில் 'கியூ'வில் நின்று பஸ் ஏறும் பழக்கம் இருந்தது.

அதனை மீண்டும் நடைமுறைப்படுத்தினால் நன்றாக இருக்கும் என்று முதியவர் ஒருவர் கூறினார். மேலும் சாலைகளில் போடப்பட்டுள்ள வேகத் தடைகளை ஏற்றம் இறக்கம் இல்லாமல் போட வேண்டும் என்றும் முதியோர்கள் கோரிக்கை விடுத்தனர். குறிப்பாக சென்ட்ரல் ரெயில் நிலையம், பஸ் நிலையத்தில் போடப்பட்டுள்ள வேகத் தடையில் ஏறி இறங்கும் போது பஸ்ஸின் ஆட்டத்தால் மிகவும் அல்லப்படுவதாக வயதான பெரியவர் ஒருவர் கூறினார்.

காணாமல் போன நடைபாதைகள்

சென்னையில் பரபரப்பான சாலைகளின் ஓரமாக போடப்பட்டுள்ள நடைபாதைகள் ஆக்கிரமிப்பு காரணமாக பல இடங்களில் காணாமல் போய் விட்டதாகவும், இதற்கு யாரிடம் புகார் செய்ய வேண்டும் என்றும் முதியவர் ஒருவர் கேள்வி எழுப்பினார்.

இவர்களின் குறைகளை குறித்து வைத்துக் கொண்ட உதவி கமிஷனர் சரவணன் பின்னர் பேசும்போது, அவற்றுக்கு பதில் அளித்தார். உங்களது பிரச்சினைகள் அனைத்தும், சம்பந்தப்பட்ட துறை அதிகாரிகளுடன் கலந்து பேசிய பிறகு தீர்த்து வைக்கப்படும் என்று உறுதி அளித்தார்.

பாதுகாப்பு

மேலும் தனியாக இருக்கும் முதியோர்கள் எப்போது வேண்டுமானாலும் பாதுகாப்புக்காக போலீஸாரை அழைக்கலாம் என்று கூறி போன் நம்பர்களையும் அவர் வழங்கினார். அனைத்து முதியோர்களுக்கும் சுகர் இல்லாத இனிப்புகளும் பரிசுப் பொருட்களும் வழங்கப்பட்டன.

குழந்தைகள் தினத்தில் முதியோர்களையும், குழந்தைகளாக பாவித்து இந்த விழாவுக்கு ஏற்பாடு செய்வதாக போலீஸார் தெரிவித்தனர். ❖

நன்றி : மாலைமலர்

Mail Box

Lr. dt. 25.11.12 from Prof. CVP. Rao (95), LM 570, Retd. Principal, Polytechnic College, AP Nerkundram, Chennai - 107.

Sir, Namaste. This is to bring to your kind notice that I have not yet received the Nov. issue of LinkAge. The reason for non-receipt of the same is not known. I am in the habit of reading the Journal, every month, regularly with curiosity to know all about SCB's activities in the noble service of the Senior Citizens, who are badly in need of help and care.

I herewith enclose a DD for Rs.500/- as my humble birthday contribution towards Sun Shine Fund of the SCB. My birthday fell on 18.11.12.

As I am very old and unable to do any active service to the organisation, the only contribution that I can extend is to pay some donation, to the organisation, in order to justify my being a member of the SCB, which is the august body of service to humanity. I feel humble for rendering little service only this way.

May God give you added strength and long life to serve the poor and the suffering humanity at large and particularly the Senior Citizens of Chennai.

Yours Sincerely, **CVP. Rao, LM 570**

Copy of reply dt. 29.11.12

Dear Sir, Namaskar and warm greetings.

Nov'12 issue of LinkAge was posted to you through Patrika Channel, Egmore as usual. These days the postal service is very erratic. Let us take up the matter of delay separately.

But I feel sorry to disappoint you w/o. LinkAge in time. I have high regard and appreciation for your humility. Despite this ripe age of 95 and difficulty, you are committed and involved in public service & humanity.

I bow and salute you for your regular contribution to Sun Shine Fund and donation in appreciation of our service. Thanks for a DD of Rs.500/-, God bless you and your family members. There is a reference to your longevity in my editorial for the month of Nov. 2012. People at large have to emulate your great mind and thought, for public cause.

Your letter in your own handwriting and noble thought of public service in this advance age are great and inspirational for all. You are gifted with active mind and clear selfless thoughts. Long live your well conditioned physical and mental faculties.

Homage**E-mail from Mrs. Vasantha Viswanathan**

Regret to inform that my father K.S. Krishnamurthy, 93, a member of your Senior Citizens Bureau passed away on 17.11.2012 peacefully.

He received "SCB award of recognition - 2012 from you on 29.09.2012

Reply from Chairman

I AM SHOCKED TO READ THE SAD NEWS. Mr KSK WAS AGILE AND ACTIVE IN SPITE OF HIS RIPE AGE OF 93, DURING THE COMMEMORATION OF INTERNATIONAL DAY OF OLDER PERSONS HELD ON SEP 29, 20012.

I WAS HAPPY TO SEE HIM SMARTLY SMILING IN HIS BEAUTIFUL ATTIRE, ACCOMPANIED BY U. I WAS FORTUNATE TO HONOUR SUCH A GREAT PERSONALITY AND TO RECEIVE HIS BLESSING IN AWARD PRESENTATION CEREMONY. I CHERISH THE FOND MEMORY OF HIS ASSOCIATION WITH SENIOR CITIZENS BUREAU AS WELL AS A

Your oral and written communication are exemplary despite age. I have spoken to you on several occasions. Many more happy return of the day. Receipt & back issue of LA are posted separately.

God bless you,

With regards and best wishes.

Congrats and best wishes for many more feathers

Er. K.P. Mahalingam (91), our LM 320 and supporter was in the company of several dignitaries including Mr. Ratan Tata. Head/Tata Group, Mr. B. Muthuraman, Vice Chairman / Tata Steel, Mr. Sagmmal Gupta, Chairman/Tata International during his 91st Birthday celebration, got up by his family at Taj Coromandel recently. It is no surprise that Mr. Ratan Tata, who was then Technical Assistant to then Chief Engineer K.P. Mahalingam, graced the occasion to felicitate his boss, for his valuable contribution to M/s. Tata Steels. Our Bureau had the privilege of honouring him for completing 90 years of age on the occasion of International Day of the Elderly celebrated on September 29, 2012, at Chennai. Thiru K.P. Mahalingam retired from Tata Steels, Jamshedpur after a distinguished service for 37 years. ❖

Dr. T.S. Kanaka, (80) LM 09 our EC Member and first lady Neuro Surgeon of Asia was honoured with "Life Time achievement Award" on 24.11.2012 at the National Convention of Indian Academy of Geriatrics, held at Jodhpur, by Hon'ble Chief Minister of Rajasthan. ❖

Padmasri Dr. V.S. Natarajan (74), LM 02 our Patron and first Geriatrician of India, was presented "Prof. K.V. Thiruvengadam Award for Health Care on October 11, 2012 on the occasion of 86th birthday celebration of Prof. K.V. Thiruvengadam at Hotel Chola Sheraton. ❖

Mr. T.V. Hariharan (75), LM 25 our EC Member and Philanthropist, was unanimously elected as National Hon. Secretary (SR) to FASII, Federation of Associations of Small Industries of India, New Delhi - 5, for 2012-14. ❖

RECENT GENEROUS DONATION OF Rs 10K. PL REFER OCT AND NOV ISSUES OF OF OUR JOURNAL LINKAGE. I WILL ALSO PUBLISH OUR HOMAGE IN THE NEXT ISSUE. IF U WANT TO CONTINUE THE RECEIPT OF HARD COPY OF LINKAGE. PL GIVE ME THE NEW ADDRESS AND NAME.

SOME TIME BACK I CONTACTED YR ABHIRAMA PURAM PHONE. THEN I WROTE A LETTER TO ANOTHER C/O ADDRESS, TEYNAMPET. THERE WAS NO RESPONSE. I THOUGHT HE WAS IN BANGALURU WITH U, AS U WERE TELLING ME,

ON BEHALF OF SCB AND ON MY OWN BEHALF, I CONVEY MY HEARTFELT CONDOLENCE TO U AND OTHER FAMILY MEMBERS,

GOD BLESS U ALL.

NB : New address has been received and noted in all records. ❖

Thiru JWS Pushparaj, Founder Secretary of Pozhichalur Senior Citizens Forum passed away recently. Our heartfelt condolence to the bereaved family. ❖

News from Net Working Associates

12th Annual Conference of All India Senior Citizens Confederation was held at Thiruvananthapuram on 2nd and 3rd November 2012 hosted by Senior Citizens Service Council, Kerala. Over 2600 delegates from 21 States and 3 Union Territories attended.

The Conference was inaugurated by Shri Oommen Chandy Chief Minister of Kerala. He announced that the Senior Citizens Policy of the Kerala State would be released by the end of this month. Steps would be taken to establish a separate State Department for the welfare of the elderly before December. Social Welfare Minister of Kerala, Shri M.K. Muneer said that Kerala could be an old age society. The Vayomithran project which aimed at the welfare of elderly would be revamped, he said. Felicitations were offered, among others, by Shri M.P. Achuthan, M.P., Shri. T.J. Chandrachoodan, Genl. Secretary RSP, and Shri Johny Nelloor, Ex MLA and Chairman Oushadhi. V.S. Achutanandan, former Chief Minister of Kerala and present Opposition Leader delivered the valedictory address.

The Inaugural Ceremony was followed by six technical sessions. The topic and Chairman for each of 6 Tech. Session were : 1) Human Rights of Senior Citizens Chaired by Mr. Ramesh Chennithala MLA & President / KPCCC; 2) Right to Universal Pension, Chaired by Mr. Mathew Cherian, CEO/HAI; 3) Issues and Concerns of Elders chaired by Prof. N.R. Madava Menon; 4) Ageing in Kerala chaired by Dr. K.M.Chandrasekar, Vice Chairman, Planning Board Kerala; 5) Madrid International Plan of Action on Ageing chaired by Dr. Sugan Bhatia, President / UAFCE and 6) Palliative Care and Generic Drugs chaired by Dr. V. Raman Kutty, Specialist/Public Health Cultural Programme and Local Tours were organised. ❖

HelpAge India / Tamilnadu & Karnataka, jointly with Retired Officials Association / Tiruvallur conducted a half a day Work Shop on Maintenance and Welfare of Parents & Senior Citizens Act 2007, at Thiruvallur on November 20, 2012. SP/ Thiruvallur Dist, DSWO/Thiruvallur Dist., Chairman & Vice Chairman/Thiruvallur Municipality graced the occasion. The serving and retired employees participated in large number. ❖

Sri Santhanakrishna Padmavathi Health Care & Research Foundation of Dr. T.S. Kanaka organised

their Twentieth Anniversary & Elders Day Celebrations on Monday the 3rd December 2012, at Chrompet, Chennai - 44. Sri V. Santhanam, Smt. Savithri Vaithi, Lion C.R. Narasimhan and Dr. Sivasubramaniam participated. A book entitled 'முதியோர்களுக்கு யோகா' was released. A large gathering of Senior Citizens attended the meeting. ❖

Probus Club of Chennai in association with Russian Cultural Centre celebrated the Childrens Day on December 16, 2012, at Ethiraj College, Chennai. Dr. Sekhar, Dean/ Guindy Engg. College was the Chief Guest. Awards and gifts were presented to the winners of various competitions held for the school students. Bharata Natyam recital & fancy dress show were held. An innovative musical feature, concept, lyrics and music by Tmt. Kalpakkam Srinivasamurti on 'அவ்வைவாக்கு' was classical and enchanting. ❖

Celebrating Age-India Expo - 2012, exhibition was held at Annai Teresa Complex, near Valluvar Kottam, Chennai on October 6 & 7, 2012 from 11 am to 6 pm. It is an active ageing retirement Expo series, organised at various state capitals throughout India. It was inaugurated by Mr. Mohan Sharma, a popular TV/Cine artiste and director. Our Chairman Capt. Dr. M. Singaraja was the guest of honour and spoke on "Wellness of Senior Citizens - Physical, Emotional and Financial". SBI, Met Life, and Paranjape Athashri participated. In the second day, our patron Padmasri Dr. V.S. Natarjan was the Chief Guest and addressed the gathering. Our members Dr. S. Ramaswamy, MD, Mr. K. Srinivasamoorthy and VC Mr. Prakash H. Lulla presented entertainment programme. The exhibition stalls on active ageing, free health check-up, Dance, Music, Yoga Demo, Songs, Reiki, Film Show, Taichi etc. were organised. ❖

The Central and State Pensioners Association celebrated their Silver Jubilee Year and 25th AGM on November 18, 2012 at Korattur. Our patron Padmasri Dr. V.S. Natarajan was the Chief Guest. ❖

31st meeting of FOSWL will be held at 5.00 p.m. on 09.12.12 at Natesan Institute of Co-operative Management, 4th Avenue, 2377A, Santhi Colony, Anna Nagar (W), Chennai - 40, near Sundaram Medical Foundation. Dr. Sid Gowtam, MA, Ph.D, Prof. of Economics, USA will speak. ❖

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Birthdays : December*Wishing you a Cheerful, Peaceful and Prosperous Life*

Sl. No.	D.O.B	Memb No.	Name
1.	01-12-1932	LM 748	Thiru V.S. Kandasamy
2.	01-12-1942	LM 604	Dr. N. Rajagopalan
3.	02-12-1946	LM 788	Thiru M.D. Menon
4.	03-12-1931	LM 363	Thiru S. Aravamudachary
5.	03-12-1933	AM 426	Tmt. S. Sakuntala
6.	05-12-1948	LM 689	Dr. Lalitha Govindan
7.	07-12-1946	AM 605	Thiru V. Lakshmi Narayanan
8.	07-12-1939	LM 659	Dr. K. Sampath Kumar
9.	12-12-1923	LM 451	Miss P. Sathyapriya
10.	12-12-1941	LM 481	Rtn. K. Sathyanarayanan
11.	13-12-1936	LM 791	Thiru R. Ramakrishnan
12.	14-12-1931	AM 507	Thiru A. Kanthimathinathan
13.	17-12-1923	LM 13	Thiru P.S. Santhanakrishnan
14.	20-12-1939	LM 87	Thiru S.P. Rajah
15.	22-12-1965	LM 568	Dr. Neela Patel
16.	23-12-1940	LM 257	Capt. N. Krishnamurthy
17.	25-12-1943	LM 777	Thiru M. Murahari
18.	26-12-1917	AM 601	Thiru T.S.K. Rama Rao
19.	30-12-1950	LM 742	Thiru A. Balakrishnan

Your liberal contribution to Sunshine Fund is solicited**National / International Days - December**

01-12	World Aids Day	(I)
02-12	International Day for the Abolition of Slavery	(I)
02-12	National Pollution Control Day	(N)
03-12	World Disabled Day	(I)
03-12	National Conservation Day	(N)
04-12	Chemical Accidents Prevention Day	(N)
04-12	Navy Day	(N)
05-12	International Volunteers Day for Economic & Social Development	(I)
07-12	International Civil Aviation Day	(I)
07-12	Armed Forces Flag Day	(N)
08th to 15th	All India Handicrafts Week	(N)
09-12	Girl Child Day (Balika Divas) (India)	(N)
10-12	International Human Rights Day	(I)
11-12	World Children's Fund Day	(I)
11-12	World Asthma Day	(I)
14-12	National Energy Conservation Day	(N)
14-12	Liberation Day of Goa	(N)
23-12	Kisan Divas (Birthday Charan Singh)	(N)
25-12	X-mas Day	(I)
26-12	Central Reserve Police (CRPF) Foundation Day	(N)

Note : (N) = National (I) = International

Welcome to Our Family Fold**I NEW MEMBERS**

1. Mr. D. Sivaraman LM 812

Acknowledgment*Thanks a lot & God Bless You***I. Donation - WORLD ELDERS DAY**

1. New India Insurance Company	₹ 5000/-
2. Mrs. R. Sundari Bai, LM 602	₹ 5000/-

II. Sunshine Fund

3. Thiru A. Dominic, LM 522	₹ 200/-
4. Thiru C.V.P. Rao, LM 570	₹ 500/-

Note : AM/LM = Annual / Life Member - JSL = Journal Subscriber Life PM/DM/HM = Patron/Donor/Honorary Member

Copy of the Letter from Department of Posts

From Senior Superintendent of Post, Chennai City Central Division, Chennai - 600 017.	To The Publisher, M/s. "LINK AGE" No.90, Rama Street, Nungambakkam, Chennai - 34
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G/RNP/Renwl/37/2013-2015 Dt @ Chennai - 600 017, the 16.11.2012

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With reference to your application dated 01.09.2012, your Publication mentioned below has been granted Renewal for posting under the following Regn. No. under the category of Registered Newspaper. This renewal is valid upto 31-12-2015. You may post the copies at Patrika Channel, Egmore RMS 7th & 8th of every MONTH

Name of the Publication	Language & Periodicity
LINKAGE	ENGLISH/MONTHLY

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Where application for the renewal is received after the date of expiry of previous registration, a late fee of Rs.100/- shall be charged i.e., after 31st December of the third calendar year.

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