



# 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**



VOLUME : 08

JANUARY : 2012

ISSUE : 07

## From the Editor cum Chairman

### வரவேற்கிறோம் வாழ்த்துகிறோம்

2011 இறுதியில் தமிழக அரசின் ஒருங்கிணைந்த சிறப்பு விடுதிகள் திட்டம் பற்றிய செய்திக் குறிப்பு நாளிதழ்களில் வெளியாகியுள்ளது. முதியோர், சிறார், கடும் நோயாளிகள், மாற்றுத் திறனாளிகள், புலம் பெயர்ந்தவர்கள், புறக்கணிப்பட்டவர்கள் முதலான பிரிவைச் சேர்ந்த ஆதரவற்றவர்கள் (அனாதைகள்) எல்லோருக்குமாக மருத்துவம், கல்வி, விளையாட்டு போன்ற தன்னிறைவான சிறந்த விடுதிகள் கொண்ட, ஒருங்கிணைந்த வளாகங்களை இந்த நிதியாண்டுக்குள் அமைக்க இருப்பதாகவும் தெரிவிக்கப்பட்டுள்ளது. (மாவட்டத்துக்கு 2 வீதம் மொத்தம் 64 வளாகங்கள். திட்ட மதிப்பீடு சுமார் 12.18 கோடி).

இது ஒரு முன்னோடியான சிறப்பு வாய்ந்த திட்டமாகும். ஆதரவற்ற பல பிரிவினர்கள் குறிப்பாக முதியோர்களும் சிறியவர்களும் ஒருவருக்கொருவர் உதவும் வகையில் கூடி வாழக் கூடிய உன்னதமான திட்டம். இதை நாம் வரவேற்கிறோம். மாண்புமிகு முதல்வரையும் சமூக நலத் துறையையும் பாராட்டுகிறோம். வாழ்த்துகிறோம்.

இத் தருணத்தில் கீழ்க்கண்டவற்றை அரசின் கவனத்திற்கு கொண்டு வருகிறோம்.

- சர்வதேச அடிப்படையில் ஒரு நபருக்கு தேவையான சதுர அடி பரப்பளவு வீதம், கட்டிடம் மற்றும் திறந்த வெளியின் பரப்பு, மொத்த நபர்களின் எண்ணிக்கை நிர்ணயிக்கப்பட வேண்டும். இந்த வளாகம் கிராமப்புறங்களுக்கு அருகில் அரசு

மருத்துவமனையுடன் இணைந்து இருப்பது பொருத்தமாக இருக்கும்.

- அரசின் முதியோர் இல்லங்கள், சிறுவர் இல்லங்கள், விடுதிகள் போன்றவை பணம், கட்டமைப்பு, ஊழியர் முதலிய தட்டுப்பாடுகளால் தவிக்கும் அவல நிலையைப் போக்க நிரந்தர ஏற்பாடு கட்டாயமாக்கப்பட வேண்டும்.

- இந்த வளாகங்களை அமைக்கவும், பராமரிக்கவும், நிர்வகிக்கவும் தெளிவான அளவுகோள்களும், கண்காணிப்பாளர்களும் இருக்க வேண்டும். தொண்டு நிறுவனங்களை ஈடுபடுத்த வேண்டும்.

- தனியார்-அரசு கூட்டமைப்பு, அரசியலுக்கு அப்பாற்பட்டு, அந்த வட்டார தெழில் வர்த்தக சங்கங்களுடனும் தொண்டு நிறுவனங்களுடனும் இணைந்து செயல்பட வேண்டும்.

- அரசு மற்றும் பொது நிறுவனங்களில் விநியோகமாகாமல் தேங்கிக் கிடக்கும் பணத்தையும், சர்வதேச நிறுவனங்கள் மற்றும் மைய அரசின் பல்வேறு அமைச்சக திட்ட ஒதுக்கீடுகள் மூலம் திரட்டும் நிதி ஆதாரத்தையும் பெற, ஒப்பந்தங்கள் செய்து கொள்ள வேண்டும்.

அறிவிப்போடும் ஆரவார விழாக்களுடனும் நிற்காமல், ஒரு குறிப்பிட்ட காலகட்டத்திற்குள் மாதிரி வளாகமும், அதைப் பின் பற்றி மற்ற வளாகங்களும் வரவேண்டும்.

### A Pioneer and Laudable Scheme

We welcome and appreciate the recent announcement of Tamilnadu Govt., to construct 64 integrated centres (2 per district) to house the destitutes of various categories like older persons, children, disabled, critically ill, displaced persons with medical, education, recreation & other facilities, during this financial year. The allocation for this project is Rs.12.18 crore. This is a novel and pioneer scheme to enable the different groups to help each other. For example the older persons & children will look after each other in a family atmosphere. We applaud the Hon. Chief Minister and Social Welfare Dept.

In this context, we bring the following points to the notice of the Govt.

- International standards must be followed to determine the strength of the inmates of different categories depending upon index for living space and open space of adult/child/disabled/sick etc. The centre must be located nearer to villages along with Govt. Hospitals.

- Unlike pathetic condition of existing Govt. old age

homes, orphanages, hostels, etc, permanent measures of building up resources must be established.

- Construction, operation, maintenance and inspection of the centre must be in accordance with standardised specifications. Voluntary organisations must be involved.

- Private public partnership must be non political with a mix of representatives from Industry, Business & NGO of the earmarked area.

- Unclaimed and undisbursed funds from Govt. & its agencies must be tapped along with resources from international organisations and GOI departments.

We earnestly hope and trust that this project will not stop with publicity and fanfare. A model centre and time frame to complete the project are a must.

(Dr. Capt. M. SINGARAJA)

BE, PGDBM, FIE, FIV, MSc (Psy), Ph.D.

**Wish you all A HAPPY PONGAL**

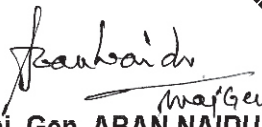
**HAIL, THE NEW YEAR - 2012 - Chairman Emeritus**

"I would like to see this world as one nation, one people, one language, one governess and one religion, the religion of love".

- **Gandhiji**

This is laudable, let us therefore set this example in our country, discarding ethnic/caste, language, religious differences and so on. We are Indians first.

I take pleasure wishing all, a very happy new year brining about prosperity, growth, contentment, happiness and peace everlasting. God bless.

  
(Maj. Gen. ABAN NAIDU)  
PVSM, AVSM, M-in-D

**Invitation****126th Programme****Senior Citizens Bureau**

([R.O.] 90, Rama Street, Nungambakkam,  
Chennai - 34. Ph : 2823 1388)



Cordially invites you with your family and friends to cheerup the inpatients of Geriatric Ward # 241 at Tower 2, IV Floor, Rajiv Gandhi Govt. General Hospital, Park Town, Chennai - 600 003, on January 26, 2012 at 11.00 Hrs.

On behalf of the Bureau, the Chairman, Dr. Capt. M. Singaraja will present a few needful items to the Hospital as well as some gifts to the inpatients of Geriatric Wards through Dr. B. Krishnaswamy, Head, Geriatric Dept., GH in commemoration of our 62nd Republic Day and Thai Pongal. All are welcome.

**V. Rajagopal**  
Treasurer

**NB :** For details please contact Mr. Prakash, Ph : 98418 66747  
Mr. G.S. Raghupathi, Ph : 94441 05398. EC meeting will be held thereafter. EC Members are requested to attend.

**Congrats**

நமது ஆயுள் உறுப்பினர் (739), முனைவர் அரிமா கவிமாமணி, திரு. து.சி. இராமையா அவர்கள் 84ஆவது வயதில், 'மனதை சுட்டதும் தொட்டதும்' என்ற பல்சுவை நூலை (பக்.192, ரூ.125/-) அண்மையில் படைத்துள்ளார். இது அவருடைய மூன்றாவது படைப்பு. பல அறிஞர் பெருமக்களால் பாராட்டப்பட்டுள்ளார். அவரது தொண்டு தொடர நமது வாழ்த்துக்கள். தொ.பேசி. 99412 32247

Thiru S.T. Krishnamurthy, (LM 741), Ph : 92834 58848, representing Tamilnadu, has won 3rd place in 100 M Free Style Age Group 75-80 years, at the 8th Masters National Aquatic Championship - 2011, held at Bangaluru, from 22nd to 24th December 2011. We wish him many more laurels.

**News from our Networking Associates****AISCCON**

11th Annual Conference of AISCCON (All India Senior Citizens Confederation) was held at Vishakapatnam on November 21/22, 2011. The following members of our SCB team attended the conference :-

Shri V.Rajagopal, Dr. G.Vijayalakshmi, Dr.R.Nirmala, Dr. Santhakumari. Dr. P.S. Rajam, Mrs. Kamala Bai, Shri A.G. Arumugam & Shri Srinivasa Murthy, Our Chairman Dr. Capt. M. Singaraja and Brig. Muthulakshmi had to cancel their programme in the last moment due to bereavement in their families. Our member Shri Srinivasa Murthy performed a dance. It was appreciated by the organisers and delegates. The central council meeting was held on Nov 20. Our Bureau is affiliated to the federation since a long time. We have the privilege of representation in the central council.

More than 1700 delegates attended the conference. It was organized by Sneha Sandhya in extra ordinary manner and all delegates enjoyed their hospitality with good food, pleasant stay and memorable thoughts. Our group went for sight seeing on 23rd and 24th as programmed and arrived safely on 25th morning.

**10th Anniversary of AISCCON** was held at AISCCON premises in Nerul, Navi Mumbai on December 28, 2011. Mr. R. Chinraj, LM-278, from Navi Mumbai represented our Central Council Member Dr. Capt. M. Singaraja.

**PONDY SCWA**

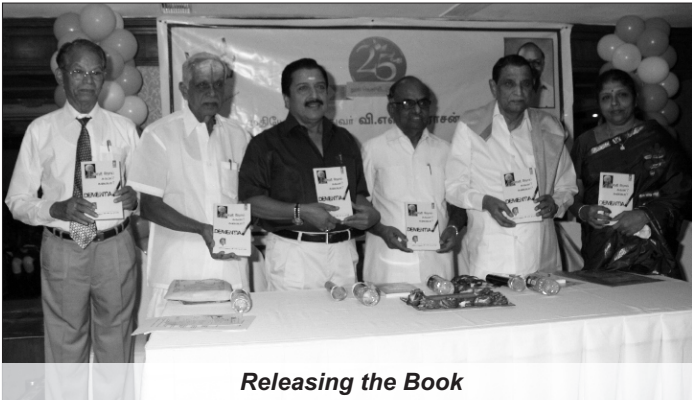
The 13th year of Pondicherry Senior Citizens' Welfare Association was celebrated on 24.12.2011 at Vivekananda Hr. Secondary School, Laspeth, Puducherry. S.V. Iyer, President of the assn, in his welcome address put forth demands of the elders. Cash prizes to the grand children of the members who had secured highest marks and prizes to senior citizens and grand children who had won various competitions were given away by Thiru V. Sabhapathy, Hon ,Speaker, Leg. Assembly. Dr. Muthamma, I.A.S., Sub Collector, Thiru. M. Ramdas, Director of Studies and Pro-Vice Chancellor, Pondicherry University, Thiru D. Ramabhadran, District Judge, Member Secretary, Legal Services Authority, Thiru Arulmani, Chief Manager, SBI, Tmt. Kala Visu, Editor - Puduvai Kavithai Vanil, spoke on the occasion lauding the activities of the association. Thiru M. Natarajan, Secretary (GN) of the association presented Annual Report. Thiru N. Udayabhaskaran, Vice President proposed a vote of thanks.

Dr.V.S.Natarajan, Senior Geriatrician & Patron, Senior Citizens Bureau attended the "**Walkers International Convention**" on 10th & 11th of December 2011 at Visakhapatnam. More than 1500 delegates from different parts of the world attended. Dr.V.S.Natarajan spoke on "Keep Moving", which explains various benefits of exercise.



## **Activities Report for December 2011**

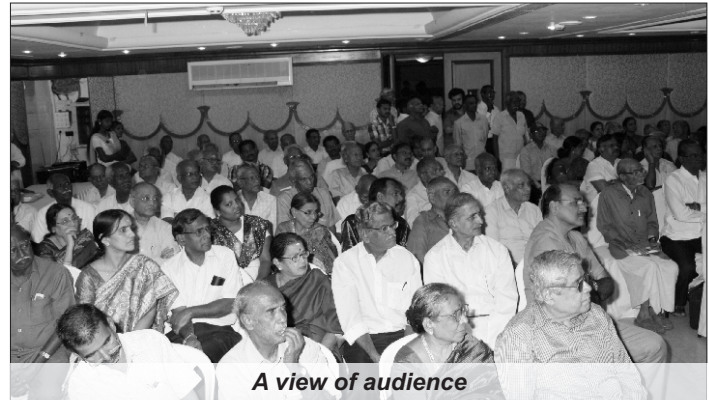
### **125TH PROGRAMME - LAUNCH OF PUBLICATION**



**Releasing the Book**

A function was got up on December 24, 2011, to launch the Book titled Dementia (Mudumai Sugama Sumaiya - in Tamil) authored by Dr. V.S. Natarajan, at Hotel Rajpark. The book was released by Dr. Prof. Silamboli Chellapan. The first copy was received by the Cine Artiste and writer Thiru R. Sivakumar.

Dr. Capt. M. Singaraja, Chairman/Senior Citizens Bureau in his welcome address, highlighted the contribution made by the Bureau, Dr. V.S. Natarajan and other guests. Dr. Chellapan while releasing the book focused on importance of forget fullness and related to the references in Tamil literature. Thiru R. Sivakumar in his felicitation, paid rich tribute to the author and



**A view of audience**

recalled his personal experience of reviving the memory of his colleagues in the cine field while they were hospitalized. Dr. S. Ganapathy Raman, President/Thenkasi Thiruvalluvar Forum, felicitated the author for giving the details of the disease and remedies.

Dr. V.S. Natarajan in his acceptance speech focused his experience with the patients of forget fullness. He also explained the seriousness of dementia, if not attended in time, by the family members. Er. S. Murugaiyan proposed a vote of thanks. Dr. Manimegali Pushparaj was the master ceremony. The book is published by Vikatan Prasuram. ❖

### **124TH PROGRAMME - FREE SCREENING CAMP FOR TREATMENT OF DEMENTIA AND DEPRESSION**



**A view of the dias**

Senior Citizens Bureau/Chennai, Jointly with HelpAge India/Chennai, organized a Free Screening Camp for Treatment of DEMENTIA AND DEPRESSION from 10.00 a.m. to 1.00 p.m. on Dec 16, 2011, at Saraswat Association, Kilpauk, Chennai. The Chief Guest, Padmabushan Dr. M. Sarada Menon, MD., DPM., in her inaugural address, highlighted the need for combined survey to identify the sufferings of Senior Citizens from Dementia / Depression in different pockets by all Senior Citizens Forums together. It is a Social Problem to be taken care of, by the family members, society and Governments.

Dr. V. Muthukrishnan, MD., DPM. Consultant Psychiatrist-Apollo Hospital, Chennai, in his power point presentation focused the increase of Dementia and Depression among Senior Citizens, in India and World over with statistics. This is the problem of public health and is to be tackled by family care, well being and medication.

Dr. V.S. Natarajan, MD, FRCP, DSc(Hon.), Senior Geriatrician and Chief Patron/SCB, Dr. W.J. Alexander



**Dr. Sarada Menon, presenting a memento to Dr. V. Muthukrishnan**

Gnanadurai, MD, DPM, Deputy Director, Institute of Mental Health, Kilpauk, Chennai and Mr. P.R. Anbazhakan, Director-HelpAge India (TN&KA), Chennai spoke on the occasion.

Dr. Capt. M. Singaraja, Chairman/SCB, in his welcome address, highlighted the importance of such camps and contribution of Senior Citizens Bureau/HelpAge India, to serve the community, in particular Senior Citizens. More than 60 participants in the Camp got benefitted. Screening tools were used by the counsellors from Empower, School of Health. HelpAge India sponsored the programme for improving the quality of life for elderly (IQLE). ❖

#### **EC MEETING**

EC Meeting for the month of December 2011, was held at Saraswat Association from 1 to 2 PM on December 16, 2011 immediately after the camp. 8 Members attended. Fruitful discussions on various matters, were held and decisions were taken. ❖

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

Sl. No.	D.O.B	Memb No.	Name
1)	01-01-1939	LM 763	Thiru R.N. Amala Sundaram
2)	03-01-1947	AM 444	Thiru T. Dayalan
3)	05-01-1936	JSL 198	Thiru M.N. Somayajulu
4)	05-01-1946	LM 670	Thiru M. Thennavan
5)	07-01-1944	LM 580	Thiru A.K. Chakravurthy
6)	10-10-1948	LM 508	Tmt. Vimala Rajaram
7)	12-01-1940	AM 657	Tmt. N. Dhanalakshmi
8)	14-01-1937	LM 86	Thiru P.S.C. Raja
9)	14-01-1937	LM 305	Thiru A. Joseph Vincent
10)	15-01-1937	LM 03	Dr. Capt. M. Singaraja
11)	15-01-1940	LM 673	Thiru M. Dharmalingam
12)	15-01-1944	AM 525	Thiru G. Vemana Reddy
13)	16-01-1941	LM 560	Thiru J. Ramavadhani
14)	16-01-1941	LM 379	Thiru Chidambaram Alagappan
15)	18-01-1947	LM 529	Thiru M. Kannappan
16)	18-01-1932	AM 246	Thiru V. Sivaswamy
17)	20-01-1951	LM 11	Tmt. Sudha Ramalingam
18)	21-01-1932	LM 364	Thiru V.M. Annamalai
19)	22-01-1933	LM 573	Dr. G. Kumari
20)	23-01-1940	LM 768	Thiru G. Kodandaraman
21)	24-01-1948	LM 478	Dr. Ayesha Hamid
23)	27-01-1923	LM 01	Maj. Gen. Aban Naidu
24)	27-01-1943	LM 480	Tmt. Jayshree Balan
25)	29-01-1935	JSL 378	Thiru D. Sriharinathan
26)	30-01-1945	LM 599	Dr. Rameeza A. Rasheed ❖

*Your liberal contribution to Sunshine Fund is solicited***Welcome to our Family Fold****Additions**

- 1) LM 773- **Mr. G.S. Raghupathi, IIS.**  
No.22, Flat No.I-B, Balfour Road, Sanjay Manor, Kilpauk, Chennai - 600 010. Ph : 94441 05398.
- 2) LM 774 - **Tmt. D. Kokila**  
Old No.17, Wahab Street, Choolaimedu, Chennai - 600 094.
- 3) LM 775 - **Mr. C.P. Shanmugam**  
Asst. Exe. Engineer P.W.D. (Retd.)  
3, Iswarya Nagar, Nemilicherry, Chrompet, Chennai - 600 044.  
Ph : 2265 0644, 95500 118981
- 4) LM 776 - **Mr. M.S. Varatharajan,**  
Old No.179/New No.35, Park Road, Ambattur, Chennai - 600 050. Ph : 98400 80221
- 5) LM 777 - **Mr. Murahari, B.E.,**  
Asst. Commissioner, Corporation of Chennai,  
5/3A, Vasan Street, T. Nagar, Chennai - 600 017. Ph : 98400 83443

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

1.	Thiru G.S. Raghupathi, IIS	LM	773
2.	Tmt. D. Kokila	LM	774
3.	Thiru C.P. Shanmugam	LM	775
4.	Thiru M.S. Varatharajan	LM	776
5.	Thiru Murahari	LM	777
6.	Thiru Mathinulla Khan	LM	778
7.	Thiru G. Viswanathan	LM	779

**II CONVERSION**

1.	Thiru C. Umakanthan	AM to LM	596
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**Acknowledgment***Thanks a lot & God Bless You***I. Sunshine Fund**

1.	Thiru P.S. Santhanakrishnan	LM 13	₹	200/-
2.	Thiru S.R. Satakopan	LM 598	₹	100/-
3.	Rtn. K. Sathyanarayanan	LM 481	₹	101/-

**II. DONATION**

1.	Thiru V.R. Vaidyanathan	LM 125	₹	3000/-
2.	Dr. M. Sarada Menon	DM 558	₹	1000/-
3.	Dr. S.S. Rajagopalan	LM 597	₹	2000/-
4.	Thiru S.R. Satakopan	LM 598	₹	300/-
5.	M/s. HelpAge India, Chennai (Sponsor)		₹	5000/-

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

**National / International Days January**

11-01-2010	National Laughter day	(N)
12-01-2010	National Youth Day	
(N)15-01-2010	Army Day	(N)
26-01-2010	World Customs day	(I)
26-01-2010	Republic Day (N)	
30-01-2010	Martyr's Day / Mahatma Gandhi Remembrance Day	(N)

Note : N = National I = International

**6) LM 778 - Mr. Mathinulla Khan**

2nd Floor, Firdous Apartment, 25/11, Cenotaph First Street, Seethamma Extension, Chennai - 600 018.  
Ph : 4203 0094, 96001 29672 E-mail : ememkhan@yahoo.com

7) LM 779 - **Mr. G. Viswanathan,** Management Consultant  
4/53, Dr. Ambedkar Salai, Nanmangalam, Chennai - 600 117.  
Ph : 98847 17667, (044) 22681052  
E-mail : g\_viswanathan\_04@yahoo.co.in

**Changes**

- 1) LM 596 - **Mr. C. Umakanthan**  
27 (1), I Cross Street, United Indian Colony, Kodambakkam, Chennai - 600 024. Ph : 94446 26078, 24721423
- 2) LM 598 - **Mr. S.R. Satakopan,**  
28/76, R.P. Road, Nehru Nagar, Chrompet, Chennai - 600 044. Ph : 98404 76239, 2222 3001
- 3) AM 503 - **Mr. K.G. Poornachandraiah,**  
18/8, Elakandappam Street, 3rd Floor, Park Town, Chennai - 600 003.  
Ph : 92836 91544 ❖