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SCB NEWS

A Quarterly News Letter for Service and Advocacy
from SENIOR CITIZENS BUREAU
(Estd. 3/1996 & Reg. No. 370/2002)

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**இனிய தமிழ்ப் புத்தாண்டு
வாழ்த்துக்கள்**
*Greetings and best wishes for a
Happy
Thamizh New Year*

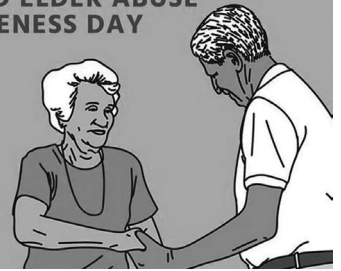
This issue is dedicated to
**18th World Elder Abuse
Awareness Day
and
8th International Day of Yoga**

8 MARCH

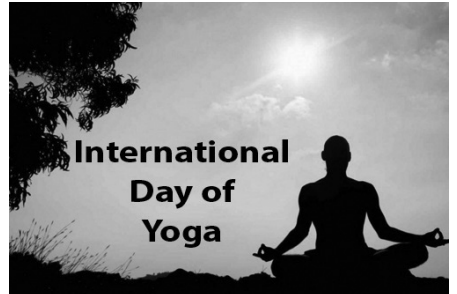
**Happy
Women's
Day**



**WORLD ELDER ABUSE
AWARENESS DAY**



**International
Day of
Yoga**





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SENIOR CITIZEN BUREAU, CHENNAI (Silver Jubilee Year 2021-2022)

Cordially invites you to attend the Function
organised to celebrate

THAMIZH NEW YEAR and to commemorate the
observance of **INTERNATIONAL WOMEN'S DAY**
to be held on 20th April 2022 (Wednesday)
at 3.30 pm.

Venue: **Thiru. Vi. Ka Higher Secondary school,**
38/39, First Main Road, Shenoy Nagar,
Chennai - 600 030.

Presided by:

Shri T.V. NAGARAJAN,

Chairman, Senior Citizens Bureau, Chennai.

Inauguration by:

Shri K. JOHN, M.Sc., M Phil., B.Ed.

Head Master,

Thiru.Vi.Ka Higher Secondary School,
Shenoy Nagar, Chennai - 30.

Chief Guest:

Brigadier K. Muthulakshmi,

Advocate, Madras High Court, Chennai.

Staff, Teachers and students of Thiru. Vi.Ka
Higher Secondary School,
Chennai will participate.

All are welcome.

Dr. P. SETHUESHAN,
Secretary General, SCB

PROGRAMME

(Event No. 239)

1. Invocation
2. Welcome Address : **Dr. P. Sethuëshan**
Secretary General, SCB
3. Presidential Address : **Shri .T.V. Nagarajan,**
Chairman, SCB
4. Inaugural Address : **Shri K. John**
MSc, M Phil, B Ed.,
Head Master,
Thiru.Vi.Ka Higher
Secondary School
5. Special Address : **Brigadier**
K.Muthulakshmi
Advocate,
Madras High Court,
Chennai.
6. Speech by winner of
Competitions : Students of
Thiru. Vi.Ka Higher
Secondary school
7. Distribution of prices
to the students and
Momentos to
Lady Teachers for
International : **Brigadier**
Women's Day **K.Muthulakshmi**
8. Vote of Thanks : **Shri N. Sampath Kumar**
Treasurer, SCB

Chairman's Message

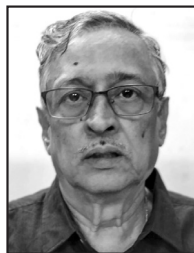
At the outset I wish you all a wonderful happy THAMIZH NEW YEAR.

You all know that we have come out of the Pandemic and normalcy is restored. For the past two years we have been put under lot of stress and hardships, some of us would have even lost our kith and kin succumbed to the dreadful Covid 19. During the Pandemic many lives were snatched by the cruel Corona disease, economy had been shattered and many have lost their livelihood. Due to the intensive Vaccination drive and other effective preventive measures undertaken by both Central and state governments, the pandemic had been controlled and normalcy has been restored. We should thank our Governments for their untiring efforts and effective steps taken to bring back the situation to normalcy. From April first onwards, the restrictions of the lock down have been lifted completely. However we should not be complacent with this situation, as it is predicted that there may be a fourth wave of Corona in the offing. But the effect of that wave may not be very serious as most of the population already got vaccinated. However it is imperative on our part and in our own interest, We should meticulously follow all precautions and preventive measures like washing hands frequently, wearing of mask, using of sanitizer etc.

INTERNATIONAL WOMEN'S DAY

Theme for 2022

Every year March 8 is celebrated as International Women's Day. This year the goal is to create a gender equal world. It is about celebrating a woman's success and rising awareness against bias. So we all should choose to challenge to bring the change. In this modern times, Women have been making the world a better place with their infinite strength, determination and belief whether they are Home makers, teachers, economists or engineers. Women are rising above social hurdles every single day making them a stronger force to reckon with. This International day, we are celebrating and rejoicing the social, economical, cultural and political achievements of women all over the world. Woman's day marks a call for action, accelerating gender parity. We all should bring our part in bringing gender parity. I wish a very Happy WOMEN'S Day to all ladies.



SILVER JUBILEE CELEBRATIONS.

We are pleased to inform our members that We have already started the execution of our planning for conducting the Valedictory Function of our Silver Jubilee Celebrations during the month of October 2022, coinciding with World Elders Day in coordination with the NSS of ETHIRAJ COLLEGE FOR WOMEN, CHENNAI. From April onwards we will start with the mobilization of funds for the Silver Jubilee Celebrations besides attending to all preliminary functions like preparation of Souvenir for releasing at the function, and other works as planned for the successful conduct of our Silver Jubilee Celebrations. We fervently appeal to all our members to contribute liberally for the Silver Jubilee Celebrations and also assist us in getting Advertisements for our Souvenir. If all of us work together with dedication and commitment towards achieving the goal of successful conduct of our Silver Jubilee Celebrations, We hope that our Silver Jubilee Celebrations will be a grand finale and definitely inscribed in Golden letters in the annals of our Senior Citizens Bureau. In this regard, a separate appeal from Senior Citizens Bureau will be sent individually to all our members seeking their support and cooperation both physical and financial.

Our next program (Event number 239) will be held on 20th April 2022 (Wednesday) at Thiru. Vi. Ka Higher Secondary school, Shenoy Nagar, Chennai 30 to celebrate THAMIZH NEW YEAR DAY and to commemorate International Women's Day. Since we are now free from the lock down restrictions, we have convened the above program as physical meeting and therefore, we request all our members to attend the function in large numbers and make this event a grand success.

I once again wish you all a very Happy THAMIZH NEW YEAR DAY.

With Regards,
T.V. NAGARAJAN
CHAIRMAN, SCB.

From the Desk of the Editor / Secretary General

Dear Scbians,

Let me commence my message with “தமிழ் புத்தாண்டு வாழ்த்துக்கள்”. I am also happy to share with you that due to efforts of our Central and State Government, in controlling the spread of Covid by proper introduction of Vaccination and conduction of camps we have come out Pandemic situation to some extend.



During this quarter we had 238th event on 29th January 2022 (Saturday) at 11 Am through zoom. The chief guest for the meeting was Thiru.Udayam Ram, Editor Thamizh monthly magazine “NAM URATHA SINTHANAI”.

The welcome address was given by the Secretary General Dr.P.Sethusesshan. Our Chairman Thiru.T.V.Nagarajan in his speech wishes Pongal Greetings/Thiruvalluvar Day/Our Chief Guest Thiru. Udayam Ram, who is good speaker, poet and writer, took us back to our younger days when we celebrated Bogi, Pongal, Kanum Pongal to get the blessings of our elders. He also remarked, that this festival is being celebrated throughout India, with different names. He also praised our Thiruvallvar and recommended to read one poem per day. Mr.Prem Kumar an official from Kotak Mahendra Bank (Insurance Wing) gave financial advise to members. Our Treasurer Thiru.Sampath Kumar presented the details of accounts followed by vote thanks by our E.C.Member Thiru.K.Balasubramaniam.

After this we had our zoom E.C meeting on 27th February 2022 and followed by our AGM on 5th March 2022 (Zoom Meeting). The minutes of both the



meetings are given separately in this 'SCB NEWS'.

Since Tamilnadu Government in planned to form a Directorate for Welfare of Senior Citizens, Geriatric Care, they have invited all the Senior Citizens Forums to send them comments and

suggestions, before 28th February. Accordingly we have sent our comments to them before the due date and copy of the same is also given in this SCB News.

After long gap in conduction of Physical meeting, we had our E.C Meeting at my residence on 20th March 2022 evening at 4 Pm. Even though only 7 members attended, everybody enjoyed the personal meetings after long time. In the meeting it was decided to go ahead from the first week of April 2022 with all the plans of conducting the valedictory function of our Silver Jubilee in October 2022. The committee nominated our EC Member Thiru. R.T.Namasivayam as chairman for Silver Jubilee Committee and he was requested to co-ordinate with all other committee members for successful completion and valedictory function, as he had experience of conducting successfully Probus Club Silver Jubilee celebration as Chairman. With discussion about the Tariff for advertisement, in the proposed souvenir and Chief Guest for the function, the meeting came to and end with the vote of thanks by Treasurer Thiru.N.Sampath Kumar.

With this I conclude my Message.

JAIHIND!

Dr. P. Sethusesshan
Secretary, General SCB

News from Networking Associates

Helpage India, had their online digital literacy work shop for Senior Citizens - The topic was News App, online banking, Health Apps etc., at 11 Am, 12.30 Pm on 10th March 2022.

IOBIANS 6070 are going to conduct their Physical meeting at South India Hire Purchase Hall, Whites Road, Royapettah on 17th April 2022 (10 am to 2 pm)

with Kalamamani Ervadi S.Radhakrishnan as Chief Guest.

Probus Club celebrated Pongal Vizha and International Womens day on 22nd February 2022 and 24th March 2022 respectively at Thakkar Baba Vidhyalaya, T. Nagar.

Minutes of our SCB 19th AGM held on 5th March 2022 at 11 A.M under Zoom Application

Meeting commenced at 11 A.M with only about 14 members signed in, in the zoom application. Since the required forum was not there to conduct the Annual General Body meeting, our chairman Thiru.T.V.Nagarajan postponed the meeting by an hour. Since there was no improvement in the attendance, the meeting again commenced at 12.30 Pm.

1. As per the Agenda, Secretary General Dr.P.Sethuleshan read out the minutes of our 18th AGM held on 16th December 2020 under zoom. It was adopted, unanimously.
2. Annual Report for the year 2020-21 was also read out by our Secretary General and adopted.
3. Audited balance sheet for the financial year 2020-21 was placed before the members and read out by our Treasurer Thiru.N.Sampath Kumar and adopted unanimously.
4. It was unanimously decided continue the service of our regular Auditor M/s.A.John Moris & Co with annual fees of Rs.5,900/- (Rupees Five thousand and nine hundred only).
5. Two minute silence was observed after paying tributes to the departed Padmabhushan Dr.Saradha Menon, (Our Governing Body Member), S.Prabhakaran (Our Vice. Chairman) and our active E.C members K.P.Chandran & Ramakrishnan.
6. In this AGM, the Executive Committee's earlier decision to defer the Election of Office bearers for another 12

month due to the prevailing pandemic situation was unanimously approved.

7. AGM also approved committee the decision of changing name of our Home Magazine LINKAGE TO SCB NEWS.

8. Finally AGM approved induction of Thiru.C.N.Manoharan, Dr.V.Kanagasabai, Thiru.C.Badri and Thiru.L.Balasubramanian as E.C Members in the place of demised office bearers.

9. After useful discussion it was decided to celebrate the valedictory function of Our Jubilee Celebrations in the month of October 2022. The exact date will be decided as per availability of Ethiraj College auditorium and consent of the Chief Guest.

10. Since situation is improving it was decided to conduct our E.C Meeting and other meetings physically. As a beginning it was decided to have next committee meeting at the residence of our Secretary General Dr.P.Sethuleshan on 20.03.2022.

11. AGM also authorised to hand over the necessary old records of on SCB, to our Committee member Thiru. Ranganath Rao to commence the work of Souvenir, since he has successfully completed the release of Souvenir for Probus club for their silver jubilee celebration.

The AGM came to an end with vote of thanks by our E.C Member Thiru.L.Balasubramanian.

Dr. P. Sethuleshan
Secretary, General SCB

Congratulation

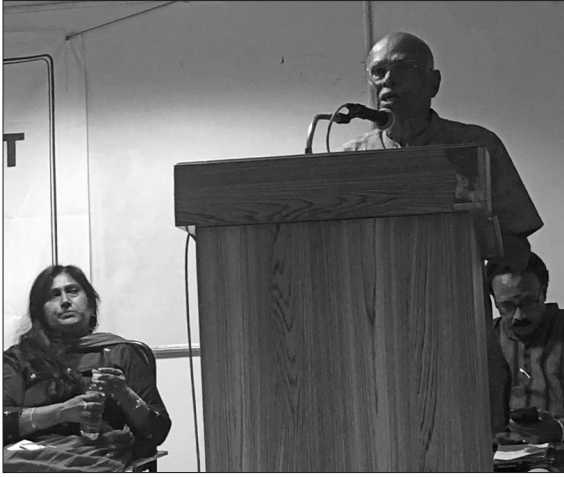


We congratulate our Patron member Dr.R.Vivekanandan (LM 956) for having been felicitated by Cyber Society of India on 27th February 2022 at Hotel Raj Palace Sundar, Chennai.

List of Donors for SCB - Jan to March, 2022

Acknowledgement of Donations received from Jan - Mar, 2022 towards Sun Sine Fund:

1. Thiru.R.T. Namasivayam	LM 820	Rs.500
2. Thiru.A. Dominic	LM 522	Rs.500
3. Thiru.T.V. Nandakumar	LM 942	Rs.1,001
4. Capt. M. Singaraja	LM 3	Rs.1,086
5. Dr.S.S. Rajagopalan	LM 597	Rs.2,000
6. Dr.Suresh Chander Pai	LM 538	Rs.1,000
7. Thiru.R. Bala Subramanian	LM 679	Rs.1000
8. Thiru.C.P. Shanmuga Sundaram	LM 434	Rs.501
Total		Rs. 7588



பவித்திரம் டிரஸ்ட் “அன்பிற்கும் என உண்டோ அடைக்கும் தாழ்” என்ற தலைப்பில் பி.எஸ். உயர் நிலைப் பள்ளி, விவேகானந்தா ஹாலில் 27/3/2022 அன்று நடத்திய கருத்தரங்கில் “முதியோர்கள் எதிர்பார்க்கும் அன்பு” என்ற தலைப்பில் பேசி அனைவரையும் கவர்ந்த நமது உறுப்பினர் திரு. ஆர்.டி. நமசியவாயம் அவர்களுக்கு பாராட்டுக்கள்.

Photos taken on the committee meeting held on 20th March 2022



Minuets of E.C. Meeting Date 27th February 2022

The Zoom meeting commenced at 11/15 AM with the strength of 11 members, including Dr. Badri who is in US. All Members praised him for his involvement since it was mid night there. The chairman Thiru TV Nagarajan welcomed the members

- 1) Minutes of last EC Zoom meeting held on 18th September was read out and adopted
- 2) It was decided to have next EC meeting physically on 20th March 2022 at the residence of our Secretary General.
- 3) Secretary General requested all EC members to attend with other members of SCB, Zoom AGM on 5th March 2022 and make it a grand success.
- 4) Since Draft Policy for improving the benefits of the Senior Citizens have to be submitted to Government

of Tamil Nadu, members expressed their views and Chairman noted all point and agreed to submit the same before due date.

- 5) Since situation is improving it was decided to have our next Quarterly meeting physically in April. The venue and Chief Guest will be decided in due course. We also decided to release our quarterly SCB NEWS by April 2022

- 6) Since it was decided to have our Valedictory function of our Silver Jubilee celebrations in the month October 2022, we drafted out the plan of commencing the work immediately for successful completion of the function. With the vote of thanks by Thiru Balasubramanian the meeting came to an end.

- By **Dr. P. Sethuseshan**, Secretary General SCB

Our Recommendations Submitted to the committee formed by Tamilnadu Government

A person's mobility and dexterity will naturally decline as they age, which makes completing everyday task more difficult. More support is needed to enable elderly people not only to live independently through products and programs which focus on safety, balance, fitness and mobility but also to ensure that they can continue to thrive as an individual. When complete Independence is no longer practical, many elderly people require additional care. Sometimes this can be provided by family members, but this can place a lot of strain on the care giver in terms of balancing with their work and family responsibilities.

Health care can be complicated and disjointed for elderly people especially for those struggling with long term conditions. Ageing comes with many challenges like loss of financial independence, diminished physical activity, age discrimination and abuse and health care.

In the above circumstances it is imperative on the part of the Governments both Central and state to formulate policies enabling Senior citizens to live a safe, healthy, active and dignified life. Taking into account all the above aspects our Senior Citizens Bureau is forwarding the following points with a request to consider them in the draft policy on Senior Citizens.

1. It should be made available in all government hospitals a comprehensive GERIATRIC health check up including Vaccination for pneumonia and flu at free of cost.
2. Training/Counseling should be given to care givers of the old people on the resources and emotional support necessary to help them deliver the best care of the loved ones and themselves.
3. Establishment of specialized centers (Day Care Centers) exclusively for older people like

Anganvadies. It is necessary because in many families both husband and wife are working leaving behind the older people alone at home.

4. Establishment of Old Age Homes in all districts and taluk headquarters.
5. Consider the increase of monthly pensions to old people which will take care of them independently, enabling to live with dignity.
6. Complaints filed by older people with the police stations/ cases filed with courts are to be attended on priority basis with time bound and monitored by district courts/ Collectors office. Separate courts to deal with the problems of Elders like elder abuse, property disputes etc.
7. Patrolling of houses of older people / couple who resides alone as those are Main targets of the miscreants.
8. Health insurance policy - the premium is much higher with age. Concession on premium for older people should be considered with waiver of GST. This can be taken up with the GST council for action.
9. There is mushroom growth of private old age homes. Controlling on their functioning to be exercised by the GOVERNMENT including the cost of food and other amenities which can also be subsidized by the Government.

The above are some of the points which have to be considered by the Government sympathetically with commitment for the protection and welfare of the Senior Citizens.

We request you to kindly highlight these points in your policy document to the Tamil Nadu Government.

Yours Sincerely

T.V. Nagarajan
Chairman

Dr. P. SethuSeshan
Secretary General

SENIOR CITIZENS BUREAU

Birthdays - April, May, June 2022

SL NO	LMNO	DOB	Name			
1	LM 313	01-Apr-36	Thiru Sarweswara Rao S	21	LM 798	24-May-51 Tmt Seethalakshmi S
2	LM 730	01-Apr-41	Thiru Govinda Rajan V R	22	LM 80	24-May-24 Thiru Xavier Pillai T.J. C/O S. Kumar
3	LM 943	04-Apr-40	Thiru Anandaram, O	23	LM 904	25-May-45 Tmt Vimala Daisy, A
4	LM 688	04-Apr-45	Thiru Joshuva J.Singh	24	LM 20	27-May-41 Dr. Ramasubramaneya H
5	LM 157	06-Apr-36	Thiru Manuel A.G	25	LM 868	28-May-59 Thiru Ulaganathan G
6	LM 891	06-Apr-48	Thiru Damodaran T.N	26	LM 745	28-May-30 Thiru Maniam AGS
7	LM 942	06-Apr-38	Thiru NandaKumar T.V	1	LM 603	01-Jun-47 Wing Cdr Murugesan, C. V.
8	LM 898	07-Apr-43	Col Mali S	2	LM 358	01-Jun-36 Thiru Sundara Murthy D
9	LM 870	07-Apr-51	Thiru Loganathan S	3	LM 310	01-Jun-44 Thiru Sankara Raju B
10	LM 884	09-Apr-52	Maj. Joy Koruthu	4	LM 216	01-Jun-28 Thiru Ramesh S.Chickermane
11	LM 900	10-Apr-50	Thiru Hieronimus SP	5	LM 835	01-Jun-46 Thiru Perumal, T.K
12	LM 14	11-Apr-28	Thiru Ambrose S.P.	6	LM 853	03-Jun-39 Thiru Shahul Hameed U
13	LM 953	13-Apr-54	Thiru Seetharaman V	7	LM 756	03-Jun-50 Tmt Santhakumari E
14	LM 554	14-Apr-37	Thiru Radhakrishnan K S	8	LM 782	04-Jun-44 Thiru Bashyam J.R
15	LM 420	15-Apr-41	Thiru Krishnamoorthy K	9	LM 462	05-Jun-37 Thiru Sundaravaradan K
16	LM 544	15-Apr-37	Thiru Ramachandran V	10	LM 937	05-Jun-47 Thiru Sampath Kumar G
17	LM 27	17-Apr-47	Thiru Panneer Selvam C	11	LM 894	05-Jun-43 Thiru Ganesan K.S
18	LM 306	19-Apr-39	Thiru Ramakrishnan V	12	LM 731	05-Jun-46 Thiru Ponnambalam P
19	LM 160	19-Apr-39	Thiru Mahadevan, M	13	LM 612	06-Jun-38 Tmt Muthulakshmi K(Brig)
20	LM 729	19-Apr-38	Thiru Marimuthu M	14	LM 185	07-Jun-34 Thiru Joseph G
21	LM 792	21-Apr-41	Thiru Lakshmi Narayanan S	15	LM 787	08-Jun-40 Thiru Pandurangan K DCTO (Retd)
22	LM 816	27-Apr-43	Thiru Kumaravel D	16	LM 955	08-Jun-29 Prof Chidambaram G
23	LM 616	27-Apr-26	Thiru Chellam N	17	LM 876	08-Jun-40 Er. Agamudai Nambi K.C
				18	LM 786	09-Jun-30 Tmt Jean Canthaswamy C/o.V.Prakash
1	LM 664	01-May-43	Tmt Lalitha L	19	LM 793	09-Jun-47 Thiru Rajendran , R. D.M.E.
2	LM 860	01-May-43	Thiru Rangasami P.M	20	LM 71	10-Jun-34 Tmt Leela Srinivasan V
3	LM 773	02-May-48	Thiru Raghupathi G.S	21	LM 2	10-Jun-39 Dr. Natarajan, V.S
4	LM 956	05-May-56	Thiru Vivekananda R	22	LM 591	12-Jun-39 Thiru Anantharaman T.L.
5	LM 487	05-May-44	Dr Venkataswamy S	23	LM 555	14-Jun-48 Thiru Gandhi Raja, A.K.
6	LM 139	07-May-36	Thiru Narasimhalu S.	24	LM 488	15-Jun-48 Er. Anandan K
7	LM 885	07-May-50	Thiru Padmanaabhan S	25	LM 947	15-Jun-56 Thiru Sampathkumar N
8	LM 678	09-May-50	Thiru Ramakrishnan K	26	LM 802	15-Jun-43 Tmt. Rukmani, V W/o.Venkataraaju
9	LM 514	10-May-38	Dr Padmanabhan P N	27	LM 911	15-Jun-35 Thiru Natarajan T.S
10	LM 463	10-May-39	Dr. Vimala Rajappa	28	LM 29	15-Jun-34 Er. Ranganatha Rao S , Retd S E, TNEB,
11	LM 319	12-May-39	Thiru Appa Rao P	29	LM 683	16-Jun-31 Er. Kandappan A.P
12	LM 950	14-May-56	Thiru Chandran R P	30	LM 165	16-Jun-40 Tmt. Chandra Sashi Kumar Bethel
13	LM 109	17-May-33	Er. Sadasivam M.	31	LM 880	16-Jun-45 Thiru Chandra Bose P
14	LM 418	18-May-46	Thiru Aarumugam A G	32	LM 221	18-Jun-36 Thiru Kuppusami M
15	LM 114	18-May-26	Thiru Rengaswamy G.	33	LM 875	18-Jun-53 Thiru Padmanabhan P N
16	LM 895	19-May-64	Lt Col Nallathambi P	34	LM 211	18-Jun-36 Thiru Kuppusami, M
17	LM 795	19-May-43	Tmt Krishnaveni N	35	LM 890	23-Jun-50 Thiru Bakthavatchalu S
18	LM 419	19-May-38	Er. Madhavan R	36	DM 327	23-Jun-34 Prof. Aludiapillai K. IAS (Retd)
19	LM 877	20-May-35	Thiru James A	37	LM 526	26-Jun-49 Dr Vijayalakshmi G
20	LM 836	23-May-40	Thiru Sivaramakrishnan, P	38	LM 737	29-Jun-31 Dr Ramaswamy T S

If undelivered please return to:

SCB NEWS

C/O. P. Sethu Seshan
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Anna Nagar (WE),
Chennai - 600 101.

To