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Committed to serve

# 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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VOLUME : 20

APRIL, MAY AND JUNE - 2023

ISSUE : 2



*Greetings and best wishes for a Happy Thamizh New Year*

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

WORLD ELDER ABUSE AWARENESS DAY

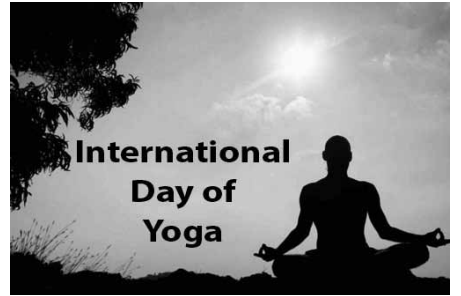


8 MARCH

**Happy Women's Day**



**International Day of Yoga**





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## SENIOR CITIZEN BUREAU CHENNAI

Cordially invites its members to attend our Quarterly Meeting organized to commemorate the observance of **WORLD WOMEN'S DAY, INTERNATIONAL DAY OF YOGA** and **TAMIZH NEW YEAR** to be held on **27th April 2023 at 10 am.**

VENUE: **Andhra Chamber of Commerce**  
No 23 , 3rd Cross Street, West CIT Nagar,  
Nandanam, Chennai - 600 035.  
(Opp to Saidapet Bus Station and  
behind Amrita Catering Institute)

Chief Guest:  
**Dr. J. JOICE THILAGAM,**  
Trustee, Pavithram Foundation, Chennai.

Special Address by:  
**Smt. N. TEJESVINI**  
Yoga Therapist / Yoga Exponent

Presided by:  
**SHRI. T.V. NAGARAJAN**  
Chairman, SCB

We request you to please attend the meeting with your spouse.

With regards,  
**Dr. P. SETHU SESHAN**  
Secretary General SCB

### PROGRAMME

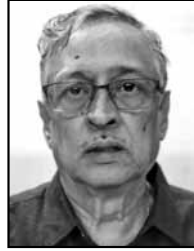
- 10.00 am  
Registration of Members  
with welcome Drinks
- 10.30 am to 1.00 pm
1. Invocation
  2. Welcome Address:  
**Dr. P. Sethusheshan,**  
Secretary General, SCB
  3. Presidential Address:  
**Shri. T.V. Nagarajan,**  
Chairman, SCB
  4. Address by Chief Guest:  
**Dr. J. Joice Thilagam,**  
Trustee, Pavithram Foundation.
  5. Special Address by:  
**Smt. N. Tejesvini,**  
Yoga Therapist / Trainer.
  6. Presentation of Financial Statement  
**Shri. N. Sampath Kumar,**  
Treasurer, SCB
  7. Vote of Thanks by  
**Shri. T.V. Nandakumar,**  
Asst. General Secretary
  8. National Anthem
- Lunch

## Chairman's Message

First of all, I would like to extend my greetings and wishes for a very happy Tamil New Year.

I am extremely happy to connect with you all through this SCB NEWS Letter. Our Senior Citizens Bureau, after successfully completed its Silver Jubilee, has been marching ahead with a new wave of enthusiasm and vigorously carrying out its functions as laid down in its Vision and Mission for the welfare of Senior Citizens. Being an organization with the main focus on Counseling, We are extending our services to the aggrieved people wherever it is needed. Frequently we have been contacted by indignant people of OldAge through our website for solutions for their problems mostly abuse by their own families, relatives and neighbors. We listened to them patiently and advise them the remedial measures for their problems in consultation with our advisory committee members and or through Non Governmental Agencies like HELPAGE INDIA and Government Agencies authorized for redressal of grievances of older people. Our Quarterly meetings are also reported to be benevolent to our members as eminent personalities from different walks of life are invited to such meetings to address and counseling with our members. Therefore it is humble and earnest request to our members to attend our programs/meetings and make use of this opportunities to listen and interact with them.

Our next Quarterly meeting is scheduled to be held on 27th April 2023 (Thursday) wherein Dr. J. JoiceThilagam, Trustee, Pavithram Foundation, Chennai and Smt.N.Tejeswini, Yoga Therapist have consented to participate and address our members on Naturopathy and Yoga for Aged people. This program is



dedicated to commemorate the observance of World Women's Day (8th March) and the International day of Yoga (21st June) and celebration of TAMIZH NEW YEAR. As it is customary to celebrate the International

days, I fervently hope that our members will enthusiastically attend the meeting scheduled to be held on 27th April 2023 in large numbers and make the program a grand success.

Finally I conclude my message with the warmest greetings to all of you once again.

With regards,  
**T.V. NAGARAJAN**  
CHAIRMAN, SCB.



*Our committee member Thiru. R.T. Namasivayam met our Chairman Emeritus Dr. SINGARAJA at his residence at Rajapalayam.*

*Thiru. R.T. Namasivayam was interviewed by POONGATRU (பூங்காற்று) You Tube, a unit of Dr.VSN Geriatric Foundation in which he happily said that his age of 85 years is only a number. In that interview he shared his positive side of his life experience with us.*

## Message from Secretary General

Let me commence my message with Tamil New Year Greetings!

“தமிழ்ப் புத்தாண்டு வாழ்த்துக்கள்”

Since we have come out of pandemic situation to some extent, we had two physical meetings on 20th January 2023 and 24th February 2023.

In the first meeting held at Andhra Chamber of Commerce, Nandanam on 20th January 2023, in which we celebrated Pongal Festival and Thiruvalluvar Day. Our Chief Guest Dr.Tenkasi D.Ganesan MA, PGL, Phd., attracted the entire participants by his elegant speech. He covered the importance of Pongal Celebrations and ‘Thirukural’ which is becoming world accepted guidance for successful life. He also shared his interesting meetings with former President Dr.Abdul Kalam, Poet Kannadasan and other celebrities. Then Dr.Rufus Singh.T, Co-ordinator, centre for Ageing (Madras School of Social work, Chennai) addressed after distributing prizes to the students of Madras School Social Work, Chennai. Who won competitions conducted by us jointly with MSSW.

Dance Drama by Students of Madras School of Social Work, was very much interesting and spectators stood up and applauded at the end of the programme.

With the vote of thanks by our Asst.Sec.General



Thiru.T.V.Nandakumar the meeting came to an end.

After National Anthem, members enjoyed the lunch, before disbursing.

We had another breakfast meeting on 24th February 2023, in the same venue, and gave bidding farewell to our Chairman Emeritus Capt. Dr.M.SINGARAJA, who had planned to settle down in his native place Rajapalayam.

After felicitation by our important members of SCB, he was felicitated by Dr.V.S.Shanmuga Sundaram, former vice Chancellor Manonmaniam University, Kalaimagal Editor Kalaimamani Kilampur Sankara Subramanian and Thiru B. Ranganathan, President, Probus Club, Chennai.

The meeting came to an end with most affectionate, acknowledgement by our Dr.M.SINGARAJA, (He was very much moved and could not speak fluently) and with the vote of thanks by our Secretary General Dr.P.Sethu Seshan. Photos taken on the two occasions are given in this news letter.

Thanking you,

**P.Sethu Seshan**

Secretary General, Senior Citizen's Bureau



*Our legal advisory committee member Brig K Muthulakshmi was honoured on the International All women's day by Controller of Defence Accounts*

### Donations Received

1. Unknown (4.12.2022)		Rs. 1,000
2. Ms. Santha Kumari	LM 756	Rs. 500
3. Sri. R.T. Namasivayam	LM 820	Rs. 1000
4. Unknown (11.01.2023)		Rs. 1000
5. Capt. M. Singaraja	LM 3	Rs. 1087
6. Capt. Krishna Moorthy	LM 257	Rs. 5,000
7. Sri. S. Ramachandran	LM 861	Rs. 1000
8. Capt. M. Singaraja	LM 3	Rs. 10,000
9. Sri. R. Balasubramanian	LM 679	Rs. 10,000

## News from Net Working Associates

**1. PAVITHRAM TRUST** had release of 1,50,001 - edition of Book on Importance on MOTHERS MILK (தாய்ப்பாலின் மகத்துவம்) written by Dr.Jo.Joice Thilagam on 19th March 2023, at Vivekananda Hall, P.S.Higher Secondary School, Mylapore at 6 Pm. Hon'ble Justice Thiru.R.S.Ramanathan, Isaikavi Thiru.Ramanan, Kilambur Thiru. Sankara Subramanian participated in the function.

**2. Help Age India** Jointly organized free smart phone usage program for Senior Citizens with Chennai Metropolitan Senior Citizens Association on 25th February 2023 (10.30 Am to 12.30 Noon) at Old No.25/2, New No.3/2, 1st Main Road, Ram Nagar, Chennai-600 082.

**3. IOBIAN 60/70** had their 97th Quarterly meeting on 22nd January 2023 at South India, Hire Purchase - Association Hall, Whites Road, Royapettah, Chennai-600 014. After paying homage to the past President Late.T.R.Venkataraman, usual meeting commenced with Dr.Tenkasi D.Ganesan as Chief Guest.

**4. Thejas Foundation** had their 7th Annual day celebration on 04.02.2023 at 6 Pm at Sanskrit College, Royapettah High Road, Mylapore. Hon'ble Chief Justice R.Swaminathan, Kilambur Sankara Subramanian, Navalar Narayanan and Indira Neelan Suresh participated.

**5. Probus Club, Chennai,** had their International Women's Day Celebration on 24th March 2003 at the Russian Culture

Centre, Chennai. In the function, Tmt. Parvathy Bala Subramanian, Ambika Kameshwaran, Jayashree Sridhar, Jayamani and Kennedy Rova liva were felicitated.

**6. Federation of Senior Citizens Association of Tamilnadu (FOSCATAN)** had Condolence meeting on the demise of Late.K.Parthasarathy General Secretary Foscatan at 10 Am on 31st March 2023. Our Secretary General Dr.P.Sethuseshan & Committee member Thiru.R.T.Namachivayam took part and paid tributes.



*Our Secretary General Dr. P. Sethuseshan, paid tributes to Late K Parthasarathi General Secretary FOSCATAN*

## Change of Address

Thiru. R.N. Prakash (LM750)  
C/o.Little Sisters of the Poor,  
11 Harington Road, Chetpet,  
Chennai - 600 031.

## ***Pongal Festival on 20th January 2023***



***Pongal Celebration welcome address by Our Chairman Thiru T.V. Nagarajan.***



***Chief Guest Dr. Tenkasi D. Ganesan M.A., PGL, Ph.D. addressing the audience.***



***Honoring the Chief Guest Dr. Tenkasi D. Ganesan.***



***Honoring the Guest of Honour Dr. T. Rufus Singh, Asst. Professor & Co.ordinator Madras School of Social Work, Chennai.***



***Dance Drama by Students of Madras School Social Work.***



***A View of the Audience.***

## ***Farewel Party on 24th February 2023***



***Farewel Party to Our Founder Chairman Capt. Dr. M. Singaraja. Presenting Memento on behalf of SCB.***



***Our Senior Committee Member Thiru R.T. Namasivayam honoured our Capt. Dr. M.Singaraja with Kalaimamani Kilampur Sankara Subramanian and former Dean KMC Dr. V. Kanagasabai.***



***Dr. V.S. Shanmuga Sundaram, Former V.C. Manonmaniam University presented memento to our Captain Dr. M. Singaraja.***



***Thiru B. Ranganathan President, Probus Club was honoured by Our Chairman & Secretary General.***



***Filicitating speech by Thiru N. Ram Mohan, Secretary, Probus Club with the presence of Thiru C.N. Prasad, our Past Chairman.***



***Medical Camb by MGM Hospital, Chennai.***

**Birthdays - April, May, June 2023**

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

*While wishing 'Happy Birthday' to the above members, we solicit their liberal contribution to our 'Sun Shine Fund' to carry out our Vision and Mission.*

**If undelivered please return to:**

## SCB NEWS

C/O. P. Sethu Seshan  
768/1, 9th Street,  
Anna Nagar (WE),  
Chennai - 600 101.

To