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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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VOLUME : 22

APRIL, MAY AND JUNE - 2024

ISSUE : 2

*Senior Citizens Bureau Greet all it's Members*

**HAPPY TAMIL NEW YEARS DAY**

**தமிழ் புத்தாண்டு வாழ்த்துக்கள்**



***Popular Cine Director Kalaimamani Shri S.P. Muthuraman addressing the audience in Our First Quarterly Meeting held at Andhra Chamber of Commerce, Nandanam, Chennai - 35.***

குறள் எண் : 739, நாடு

நாடென்ப நாடா வளத்தன நாடல்ல

நாட வளந்தரும் நாடு

பொருள் : வேற்று நாடுகளை எதற்கும் வேண்டாதபடி, எல்லா வளமும் கொண்டதே நல்ல நாடு என்பார். பிறர் உதவியை நாடி அதனால் வளமைபெரும் நாடு, நாடே ஆகாது.

**Honouring Chief Guest, Kalaimani Shri. S.P. Muthuraman, Chennai. Our Vice-Chairman Dr. V. Kanagasabai (Former Dean of MMC Chennai) and Shri. Muthukrishnan, Senior Manager, Helpage India**





Committed to serve

**225<sup>th</sup> Event**  
**Celebration of World Women’s Day**  
**SENIOR CITIZENS BUREAU**  
**CHENNAI**

Cordially invites its members to attend our Quarterly Meeting organized to Celebrate our

**TAMIL NEW YEAR**  
and observance of  
**WORLD WOMEN’S DAY**

on **13<sup>th</sup> April 2024 (Saturday) at 4 pm**

**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:

**Thirumadhi SUDHA RAMALINGAM**  
(Popular Advocate in Madras High Court and  
Human Rights Activist)

Presided by:

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

We request you to please attend the meeting with your family & friends.

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

**PROGRAMME**

4.00 pm  
Registration of Members  
with High Tea

4.45 pm  
Invocation

Welcome Address:  
**Dr. P. SETHU SESHAN**  
Secretary General, SCB

Presidential Address by:  
**Thiru. T.V. Nagarajan**  
Chairman, SCB

Address by Chief Guest  
**Thirumadhi SUDHA RAMALINGAM**  
(Popular Advocate in Madras High Court  
and Human Rights Activist)

Vote of Thanks by  
**Shri. T.V. NANDA KUMAR**  
Asst. Sec. General, SCB

National Anthem

## Chairman's Message

First of all, I would like to convey my heartiest greetings to all our members a very Happy TAMIZH NEW YEAR .

Parliamentary Elections for Tamil Nadu has been scheduled to be held on 19th April 2024. People have started to feel the heat of electioneering campaign launched by various political parties besides the hotness of the summer. It is the duty and responsibility of every citizen to cast their votes as people bear the biggest responsibility in the Democratic system. It is disappointing to note that the electoral turn out in all the three Chennai constituencies was always very poor in all elections despite more number of educated voters present in these constituencies.

"Democracy is the rule of people by the people for the people." - Abraham Lincoln.

There is a need to improve voting and besides Election Commission taking steps to create awareness amongst people their rights and responsibilities of casting votes, Political parties need to introspect why their manifestos and candidates are not able to inspire confidence in voters to come out enthusiastically.

Let us all proud to participate in the Democratic process of Elections by dutifully and diligently casting our votes to the rightful candidates there by expressing our confidence in our Democratic system.

Our next Quarterly meeting is convened to be held on 13th April 2024 at Andhra Chamber of Commerce building, West CIT Nagar, Chennai at 4.30pm to celebrate THAMIZH NEW YEAR and Observance of World Women's Day. Smt. Sudha Ramalingam, a renowned Human Rights Activist and a popular Advocate in Madras High Court will be our chief guest. Her dedication to Justice knows no bounds. In addition to her profession, she runs Mononmani Trust, which assist people in need. She is an ardent fighter against disparities besides in our legal system against marginalized groups including women, Children and socially under privileged. We are proud to say that she is a senior member of our Senior Citizens Bureau and we will be happy to have her amongst us as our Chief Guest and listen to her Speech and interact with her



and clear our doubts on many legal issues relating to Laws available for protection and welfare of Senior Citizens and women.

Marked Annually on March 8th, International Women's Day is one of the important days of the year to celebrate Women's Achievements,

educate and raise awareness about women's equality, call for positive changes advancing women, lobby for accelerated Gender policy.

This year World Women's Day Theme is Inspire Inclusion.

When we inspire others to understand and value women's Inclusion, we forge a better World. And when women themselves are inspired to be included, there is a sense of belonging, relevance and empowerment.

Inspire Inclusion.

- encourage everyone to recognize the unique perspective and contributions of women from all walks of life, including those from marginalized communities, particularly World Women's Day can drive that recognition.

- Appreciate the Women in your life. Take time to acknowledge and appreciate, express gratitude to the woman who have made a positive impact on you.

With the above theme and objectives of World Women's Day, and in line with our Vision and Mission, We have proposed to conduct our ensuring Quarterly meeting for the Observance of World Women's Day (8th March) along with the celebration of TAMIZH NEW YEAR. It is highly appropriate to have Smt. Sudha Ramalingam as our Chief Guest for the meeting organized to commemorate the observance of World Women's Day. I take this opportunity to personally request all our learned members to please attend the meeting with your spouse unminding of all other inconvenience and make this event a grand success.

I once again wish you all a very happy Tamil New Year.

with regards,

**T.V.Nagarajan**, Chairman, SCB.

## Message from Secretary General

I take this opportunity to wish our members a very happy 'Tamil New year Day'.

We had our first quarterly meeting of this year 2024, on 17th February 2024 at Andhra Chamber of Commerce, Nandanam, Chennai-35. with our popular Cine Director Kalaimamani Shri.S.P. Muthuraman as chief guest.

On that day, the total number participants touched 65, even though our members, attendance was average, guests from our Net Working associates attend in large numbers to listen our chief guest Kalaimamani Shri S.P. Muthuraman.

The meeting commenced at 10 a.m with our Chairman Shri T.V. Nagarajan's usual interesting, welcome speech.

Then our Chief guest Thiru. S.P. Muthuraman who has crossed the age of 90 years, gave very informative speech about spending his time usefully even now. He narrated his experiences starting his carrier, as assistant in film editing sector in AVM Studio Chennai and reached the level of Directing film successfully with leading actors, MGR, SivajiGanesan, Kamal Hasan and Super star Rajnikanth. The entire spectators enjoyed his speech.



Then our Vice Chairman Dr. V. Kanagasabai gave an interesting and thought provoking speech on 'Mental Health'.

The Meeting came to an end with vote of thanks by our treasurer Thiru. N. Sampathkumar.

We are also glad to mention that we have arranged our Quarterly meeting of Celebrating Tamil New year's day on 13th April 2024. The invitation for the same is given in front page of the SCB News.

We are glad to inform that the Chief guest Thirumathi Sudha Ramalingam is our Senior Member and famous social activists. Instead of narrating her Biodata, we have reproduced the article on her, published in the Magazine PROVOKE (Lifestyle) (March 2024 issue) in this issue of SCB News.

With request to all members to attend the event in large numbers. I conclude my report. Thankyou.

Thanking you,

**P.Sethu Seshan**

Secretary General, Senior Citizen's Bureau

## News from Net Working Associates

**1. Probus Club of Chennai** had their Break-Fast meeting on 23rd March 2024, at Russian House, Chennai. The Book of Poems 'நீண்ட வரிசையில் நிற்கிறார் கடவுள்', written by

Dr. Erwadi Radhakrishnan .S was release on that day.

**2. FOSCATAN:** Celebrated International Women's Day at Chromepet, on 18th March 2024.

## ***Brief Note on Our Chief Guest of Quarterly Meeting to be held on 13th April 2024***

SUDHA RAMALINGAM SHARES HER INSIGHTS ON HUMAN RIGHTS ACTIVISM, ADDRESSING ONGOING CHALLENGES, AND FOSTERING TRUE GENDER EQUALITY IN SOCIETY - HARIHARAN M

Sudha Ramalingam, a relentless human rights activist and practising advocate in the Madras High Court, has been a formidable force in championing the rights of the marginalised. From holding pivotal roles in organisations like the People's Union for Civil Liberties to her extensive involvement in factfinding missions addressing issues such as custodial rape and minority rights, Sudha's dedication to justice knows no bounds. In addition to her advocacy work, Sudha runs the Manonmani Trust, which assists people in need.

Her advocacy efforts, spanning from assisting victims of injustice to training policemen and educators on human rights, reflect a deep-rooted passion for societal change. Recognized as one of the leading voices against gender-based violence, Sudha's tireless activism gives hope and inspiration to those striving for a more just and equitable society.

### **1. What inspired you to become a lawyer and human rights activist?**

I always believed that lawyers were the ones who could fight for just causes. My inclination towards argumentation further solidified this belief, with others around me affirming that I had the qualities of a good lawyer.

During my post-graduation, I encountered situations where my classmates faced issues that necessitated legal intervention.



Witnessing how legal aid facilitated remedies reinforced my conviction that the path to justice often leads through the realm of law. So, naturally, I gravitated towards pursuing a career in law. Despite my determination, my parents initially opposed my decision, adhering to traditional gender roles that limited career options for women. Eventually, I succeeded in convincing my parents and secured admission to law school.

As for my involvement in women's rights activism, my quest for justice, especially for women, has always been a driving force. Observing how women often faced greater hurdles and injustices further fueled my commitment to advocating for gender equality. However, I don't limit myself to solely being a women's rights activist; I

see myself as a human rights activist. I believe in solidarity among all genders and advocate for the rights of marginalised communities, including trans individuals. In today's world, where recognition of diverse identities is increasing, it's crucial to unite under the banner of human rights activism, transcending narrow categorizations.

## **2. How do you navigate the intersectionality of gender class, and other factors when fighting for justice for underprivileged women?**

As I mentioned earlier, advocating for rights, whether women's rights or those of marginalized genders, was incredibly challenging in the past. People often ridiculed and marginalized those who spoke up for such causes, labeling them as antifamily or anti-establishment. As a woman advocating for these rights, I faced additional scrutiny and prejudice. Courts sometimes dismissed my arguments, suggesting that I should adopt a softer approach due to my gender, rather than seeing me as an advocate in the same light as my male counterparts.

Thankfully, perceptions have gradually shifted, and significant legal advancements have been made, such as the repeal of Section 377 and the recognition of the third gender. Cases involving marginalised communities, especially the third gender, were particularly difficult due to societal unfamiliarity and prejudice. However, despite the obstacles, I remained committed to advocating for their rights. Marginalised individuals often lack a voice and face systemic barriers, making it challenging to secure justice for them.

Yet, it's not impossible, and progress has been made, albeit slowly. Though we've

come a long way, achieving true equality remains an ongoing struggle.

## **3. What changes do you hope to see in the legal system to better support women's rights and gender equality?**

Our legal system appears robust, with our constitution emphasizing equality and providing special provisions for various marginalised groups, including women, children, and the socially underprivileged.

However, the reality paints a different picture. Disparities persist, and bridging this gap is imperative.

The journey toward true equality begins at home. We must instill values of equality by treating our children, regardless of gender, with equal opportunities and encouragement. Discrimination often starts within households, where traditional gender roles are perpetuated.

Even within co-educational institutions, the segregation of genders perpetuates stereotypes and hinders true equality. Bridging this gap requires concerted efforts across all levels of society, including education systems, workplaces, and the media. Sensitising people from a young age, through education and awareness campaigns, is crucial to fostering a society where true gender equality is realised in practice, not just on paper.

## **4. Can you discuss any ongoing challenges or emerging issues in the fight for women's rights that you are currently addressing?**

The challenges women face, particularly in the workplace, are significant. Despite laws like Vishaka guidelines, which protect against sexual harassment, women's voices are

often stifled, and they fear retaliation if they report misconduct.

This fear stems from societal norms and workplace dynamics that prioritise protecting the accused rather than supporting the victim.

In many cases, women endure harassment silently for fear of repercussions on their careers and personal life. The internal complaints committees set up to address such issues often receive complaints long after the incidents occur, highlighting the pervasive culture of fear and silence.

Addressing these challenges requires a holistic approach that includes sensitising people from a young age, enforcing laws effectively, and creating supportive environments in workplaces and public spaces.

### **5. What factors contribute to the persistence of gender inequality and discrimination, and how can society address these challenges effectively to achieve true gender equality?**

Societal attitudes towards gender equality and feminism have evolved over the years, yet persistent challenges remain.

Lack of awareness about women's rights and impunity among perpetrators contribute to gender inequality.

Changing entrenched beliefs requires multifaceted approaches, including education starting from homes and schools. Despite legal frameworks, patriarchal attitudes and cultural practices like dowry persist, necessitating women's empowerment and societal recognition of their rights.

To achieve true gender equality, we must focus on education beyond literacy, fostering scientific thinking and critical reasoning.



Politicians should lead in promoting evidence-based policies.

Breaking gender stereotypes is crucial for women's equal opportunities in all professions. Additionally, fostering a culture of honesty and accountability is essential to ensure that progress toward equality is not undermined. Collaboration across society is necessary to address deep-rooted inequalities and create a more inclusive and equitable society for all genders.

### **6. What advice do you offer to young women entering the legal profession?**

The legal profession is challenging yet rewarding, demanding dedication and time. Despite financial uncertainties, it empowers individuals to contribute positively to society. Women entering law can drive change and rise in the field, benefiting from various career opportunities. Understanding the law is



crucial for everyday life, empowering women to advocate for themselves.

Overall, the legal profession offers continuous learning and the chance to make a meaningful impact while earning a living.

### **7. How does Manonmani Trust, effectively address the needs of the elderly, victims of domestic violence, and underprivileged students?**

Manonmani Trust, established in 2006, operates under the guidance of individuals like D. Saraswathi Varadarajan and N. Hemalatha and myself providing shelter for the elderly/needy and victims of domestic violence through Anbagam at Thirukandam village in Tiruvallur district. The Trust supports education by offering free tuition services, digital resources to underprivileged students and constitutional rights education to school students while also prioritizing rural healthcare through free medical camps. To sustain its impact initiatives it networks with eminent individuals and institutions.

### **8. What message would you like to convey to women on the International Women's Day?**

Approach things scientifically and not succumb to superstitions. We must confront the inequalities we observe and fight for what is right, not swayed by empty praises. Honest, hard work is the cornerstone of meaningful progress, and it's achievable through dedication and perseverance. International Women's Day, celebrated annually, highlights the ongoing struggle for gender equality. Each year, a theme is chosen, yet it's essential to ensure that the issues addressed in previous years are not forgotten. While these designated days prompt reflection on women's issues, every day should be dedicated to empowering women and addressing gender disparities.

International Women's Day emerged from the collective struggles of countless women throughout history, underscoring the importance of ongoing activism and advocacy for women's rights.



***Our Vice-Chairman Dr. V. Kanagasabai taking active part in 6th Research Conference on 'Health Equity-Nursing and Research Prospective' held on 21st to 23rd February 2024, at Omayal Achi College of Nursing, Chennai.***

## Birthdays - April, May, June 2024

LM	LMNO	DOB	THIRU ETC Name	21 LM	28-May-59	Thiru	Ulaganathan G
1	LM 313	01-Apr-36	Thiru Sarweswara Rao S	22	LM 745	28-May-30	Thiru Maniam AGS
2	LM 730	01-Apr-41	Thiru Govinda Rajan V R				
3	LM 943	04-Apr-40	Thiru Anandaram, O	1	LM 608	01-Jun-47	Thiru: Murugesan, C. V.
4	LM 688	04-Apr-45	Thiru Joshua J.Singh	2	LM 358	01-Jun-36	Thiru Sundara Murthy D
5	LM 157	06-Apr-36	Thiru Manuel A.G	3	LM 310	01-Jun-44	Thiru Sankara Raju B
6	LM 891	06-Apr-48	Thiru Damodaran T.N	4	LM 216	01-Jun-28	Thiru Ramesh S.Chickermame
7	LM 942	06-Apr-38	Thiru NandaKumar T.V	5	LM 835	01-Jun-46	Thiru Perumal, T.K
8	LM 898	07-Apr-43	Col Mali S	6	LM 853	03-Jun-39	Thiru Shahul Hameed U
9	LM 870	07-Apr-51	Thiru Loganathan S	7	LM 756	03-Jun-50	Tmt Santhakumari E
10	LM 884	09-Apr-52	Maj. Joy Koruthu	8	LM 782	04-Jun-44	Thiru Bashyam J.R
11	LM 900	10-Apr-50	Thiru Hieronimus SP	9	LM 462	05-Jun-37	Thiru Sundaravaradan K
12	LM 511	10-Apr-29	Thiru Vasudevan P T	10	LM 937	05-Jun-47	Thiru Sampath Kumar G
13	LM 14	11-Apr-28	Thiru Ambrose S.P.	11	LM 894	05-Jun-43	Thiru Ganesan K.S
14	LM 953	13-Apr-54	Thiru Seetharaman V	12	LM 751	05-Jun-37	Thiru Ranganathan, P.
15	LM 420	15-Apr-41	Thiru Krishnamoorthy N	13	LM 731	05-Jun-46	Thiru Ponnambalam P
16	LM 544	15-Apr-37	Thiru Ramachandran V	14	LM 612	06-Jun-38	Tmt Muthulakshmi K(Brig)
17	LM 27	17-Apr-47	Thiru Panneer Selvam C	15	LM 185	07-Jun-34	Thiru Joseph G
18	LM 729	19-Apr-38	Thiru Marimuthu M	16	LM 955	08-Jun-29	Prof Chidambaram G
19	LM 160	19-Apr-39	Thiru Mahadevan, M	17	LM 787	08-Jun-40	Thiru Pandurangan K DCTO (Retd)
20	LM 306	19-Apr-39	Thiru Ramakrishnan V	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 773	02-May-48	Thiru Raghupathi G.S	20	LM 71	10-Jun-34	Tmt Leela Srinivasan V
3	LM 956	05-May-56	Thiru Vivekananda R	21	LM 2	10-Jun-39	Dr. Natarajan, V.S
4	LM 487	05-May-44	Dr Venkataswamy S	22	LM 591	12-Jun-39	Thiru Anantharaman T.L.
5	LM 139	07-May-36	Thiru Narasimhalu S.	23	LM 555	14-Jun-48	Thiru Gandhi Raja, A.K.
6	LM 514	10-May-38	Dr Padmanabhan P N	24	LM 911	15-Jun-35	Thiru Natarajan T.S
7	LM 463	10-May-39	Dr. Vimala Rajappa	25	LM 488	15-Jun-48	Er. Anandan K
8	LM 319	12-May-39	Thiru Appa Rao P	26	LM 947	15-Jun-56	Thiru Sampathkumar N
9	LM 950	14-May-56	Thiru Chandran R P	27	LM 802	15-Jun-43	Tmt. Rukmani, V W/o.Venkataramu
10	LM 109	17-May-33	Er. Sadasivam M.	28	LM 12	15-Jun-37	Dr Balambal V
11	LM 418	18-May-46	Thiru T Aarumugam A G	29	LM 29	15-Jun-34	Er. Ranganatha Rao S, Retd S E, TNEB,
12	LM 895	19-May-64	Lt Col Nallathambi P	30	LM 683	16-Jun-31	Er. Kandappan A.P
13	LM 795	19-May-43	Tmt Krishnaveni N	31	LM 165	16-Jun-40	Tmt. Chandra Sashi Kumar Bethel
14	LM 419	19-May-38	Er. Madhavan R	32	LM 875	18-Jun-53	Thiru Padmanabhan P N
15	LM 877	20-May-35	Thiru James A	33	LM 221	18-Jun-36	Thiru Kuppusami M
16	LM 836	23-May-40	Thiru Sivaramakrishnan, P	34	LM 890	23-Jun-50	Thiru Bakthavatchalu S
17	LM 798	24-May-51	Tmt Seethalakshmi S	35	DM 327	23-Jun-34	Prof. Aludiapillai K. IAS (Retd)
18	LM 80	24-May-24	Thiru Xavier Pillai T.J. C/O S. Kumar,	36	LM 526	26-Jun-49	Dr Vijayalakshmi G
19	LM 904	25-May-45	Tmt Vimala Daisy, A	37	LM 737	20-Jun-31	Dr Ramaswamy T S
20	LM 20	27-May-41	Dr. Ramasubramaneya H				

**We are glad to inform our member Thiru S.N.Kolandan (LM No 680) Scored Second Place in Shotput event held 13th to 17th Feb 2024 in the 44th National Masters Athletics Federation of India, Pune. The Merit Certificate, Photographs and Statement showing the details of his achievements.**



**44TH NATIONAL MASTERS ATHLETIC CHAMPIONSHIP 2024**  
At Shree Shiv Chhatrapati Sports Complex, Balewadi, Pune from 13th to 17th February 2024

Age Group:	80+	Gender :	Men	Event:	SHOT PUT
Position	SB No	Name	State	DOB	Performance
1	80004	HELICOR L	UP	24-12-1941	5.71 Mts
2	80021	<b>KOLANDAN S N</b>	TN	13-08-1937	<b>5.10 Mts</b>
3	80018	BARAYAGADWARI PURUSHOTTHAMAN	TR	07-06-1939	3.04 Mts
4	80013	KASHINATHESWARAN THANGU	PN	01-04-2020	3.14 Mts
5	80010	VINODHARAJ RAM	JKH	01-01-1933	3.22 Mts

  

Age Group:	85+	Gender :	Men	Event:	SHOT PUT
Position	SB No	Name	State	DOB	Performance
1	85001	RAY DEVIL	KA	01-03-1932	2.83 Mts

*S. N. Kolandan*  
16/02/24

**STATEMENT SHOWING THE DETAILS OF YEAR WISE ACHIEVEMENT**  
AS ON TODAY (08.03.2024) IN MASTER ATHLETIC SPORTS  
BY S.N.KOLANDAN TAMILNADU STATE PENSIONER, NARAIKAL

Sl.No.	AGE GROUP	LEVEL OF MEET	DATE OF EVENT	PLACE OF EVENT	NAME OF EVENT	RECORD SCORE	PLACE SECURED	REMARKS
1.	75+	STATE	08/02/2023	TRIPUR	TRIPUR	32.75 Mts	1 <sup>ST</sup>	He is participating in the WORLD MEET to be held in SWEDEN from 14 <sup>th</sup> to 21 <sup>st</sup> of August 2024.
2.	75+	INTERNATIONAL	08/02/2023	TRIPUR	TRIPUR	32.48 Mts	1 <sup>ST</sup>	
3.	75+	STATE	08/02/2023	TRIPUR	TRIPUR	32.48 Mts	1 <sup>ST</sup>	
4.	75+	STATE	08/02/2023	TRIPUR	TRIPUR	32.48 Mts	1 <sup>ST</sup>	
5.	75+	STATE	08/02/2023	TRIPUR	TRIPUR	32.48 Mts	1 <sup>ST</sup>	
6.	75+	STATE	08/02/2023	TRIPUR	TRIPUR	32.48 Mts	1 <sup>ST</sup>	
7.	75+	STATE	08/02/2023	TRIPUR	TRIPUR	32.48 Mts	1 <sup>ST</sup>	
8.	75+	STATE	08/02/2023	TRIPUR	TRIPUR	32.48 Mts	1 <sup>ST</sup>	
9.	75+	STATE	08/02/2023	TRIPUR	TRIPUR	32.48 Mts	1 <sup>ST</sup>	
10.	75+	STATE	08/02/2023	TRIPUR	TRIPUR	32.48 Mts	1 <sup>ST</sup>	
11.	75+	STATE	08/02/2023	TRIPUR	TRIPUR	32.48 Mts	1 <sup>ST</sup>	
12.	75+	STATE	08/02/2023	TRIPUR	TRIPUR	32.48 Mts	1 <sup>ST</sup>	
13.	75+	NATIONAL	08/02/2023	TRIPUR	TRIPUR	32.48 Mts	1 <sup>ST</sup>	

THIRUDEVARAYAN  
*S. N. Kolandan*  
16/02/24

**MASTERS ATHLETICS FEDERATION OF INDIA (R)**  
Org. By : Masters Athletics Federation of India, at Pune - Maharashtra.  
From 13th to 17th February 2024

# Merit Certificate

This is to certify that

**KOLANDAN S N**

Representing TAMILNADU State

Secured SECOND Place in SHOT PUT event

Performance 5.10 Mts in the age of Masters

Men / Women 85+ Plus

**Dr. Dharam Vir Dhillon**  
President

**D. David Premnath**  
Secretary General

Certificate is valid, only if the Original Date of Birth Certificate Matches with the age group mentioned in this Certificate.

**Some Photographs taken at our Quarterly Meeting held on 17th February, 2024 at Andhra Chamber of Commerce, Nandanam, Chennai.**



**If undelivered please return to:**

**SCB NEWS**

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

To