



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

VOLUME : 11

FEBRUARY : 2015

ISSUE : 07

From the Editor cum Chairman

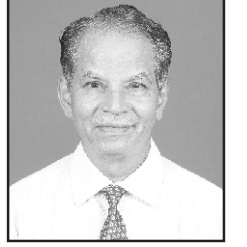
சட்டை செய்யாமல் இருப்பதா?

தென்காசி அமர் சேவா சங்கத்திலிருந்து மின்னஞ்சல் வழியாக ஓர் அழைப்பிதழ் கிடைத்தது. நெருக்கடியான வேலை மிகுதியாயிருந்தாலும் கலந்து கொண்டது, நிறைவாகவும் மகிழ்ச்சியாகவும் இருந்தது. நிகழ்ச்சி என்னவென்றால் மதுரா டிராவல்ஸ் சர்வீஸ் அறக்கட்டையின் “மதுர மாமனிதர்” விருது வழங்கும் விழா, சென்னை பத்திரிகையாளர் சங்கத்தில் 2014, நவம்பர் முதல் நாள், காலையில் நடைபெற்றது. திரு. வி.கே.டி. பாலன் எந்த ஒரு ஆடம்பரமும் ஆரவாரமும் இன்றி, சமுதாயத் தொண்டாற்றி வரும் ஒரு சிறந்த மனிதாபிமானியை அடையாளம் கண்டு, மரியாதை செய்து, விருது வழங்கி வருகிறார். நான்காவது நபராக விருது பெற்றவர் செல்வி டாக்டர் அனிதா கிருஷ்ணன். இளைஞர். அய்தராபாத்தைச் சேர்ந்தவர். பரத்தையர் தொழிலிலிருக்கும் இளம் பெண்களை மீட்டு மறுவாழ்வு அளித்து வருகிறார். விபாசாரத் தொழில் முதலைக் கூட்டத்தினர், அவர் நடத்தி வரும் இல்லத்தை சூறையாடிய போதிலும், கொலை மிரட்டல்களையும் மீறி, அவர் தளராது துணிவோடும் உறுதியோடும் போராடி வருகிறார். பல்வேறு ஊடகத் துறை பிரதிநிதிகளும், பொது வாழ்விலும் சமுதாயத் தொண்டிலும் ஈடுபாடு கொண்ட பெருமக்களும் கலந்து கொண்ட ஒரு சிறிய பெருமை மிக்க விழா. இவ்விழாவின் போதுதான் திரு. வி.கே.டி. பாலன் அவர்களின் குமாரர் திரு. ஸ்ரீதரன் பாலன் அவர்களைச் சந்தித்தேன். துடிப்பு மிக்க செயல் வீரர். 04.12.214 அன்று நமது பள்ளி மாணவர்களின் உலக முதியோர் நாள் நிகழ்ச்சியில் சிறப்பு விருந்தினராக கலந்துகொண்டு எழுச்சி உரை ஆற்றினார்.

டாக்டர் அனிதா கிருஷ்ணன் அவர்கள் தமது ஏற்புரையில் ஓர் ஆழமான வேண்டுகோளை விடுத்தார். சமுதாயத்தில் இதுபோன்ற கொடுமைகள் அரங்கேறும் போது சட்டை செய்யாமல், “சும்மா” பார்த்துக் கொண்டு இருப்பது பெரும் தீங்கை விளைவிக்கிறது. நீங்களும் சேர்ந்து கொடுமை செய்வதற்கு ஒப்பாகும். அதைத் தடுக்க ஏதாவது இயன்றதைச் செய்யுங்கள். நமக்கென்ன என்ற அலட்சியம், சமூக விரோதிகளை, சட்டத்தை மீறுபவர்களை, ஒழுக்கம் தவறுபவர்களை பெரிதாக ஊக்குவிக்கிறது. இதே அறை கூவலை ஏற்கனவே பல தலைவர்கள், சமூக விஞ்ஞானிகள், புரட்சியாளர்கள் விடுத்திருந்தாலும் அவையை உலுக்கியது. உருக்கமானதாக இருந்தது. எதிர் நீச்சல் போடுவதும், இடித்துச் சொல்வதும், ஒழுக்கச் சீர்கேட்டைத் திருத்துவதும் எவ்வளவு இடர்பாடுடையது தனிமைப்படுத்தப்படுவது, துணிச்சாலனது என்பதை அனுபவப்பட்டு வருகிறேன். கூடப் பிறந்த குணம், மாணவப் பருவத்திலும், தொழில் ஈட்டும் போதும், முதுமைக் காலத்திலும் தொடர்ந்து வரும் பக்குவத்தால் ஏராளமானோர் பயன் பெற்று வருகிறார்கள். ஊக்கமடைகிறார்கள். நமக்கு நிறைவும் மகிழ்ச்சியும் பொங்குகிறது. இருந்தாலும் இப்படித் தொண்டாற்றுபவர்கள் மிகச் சிலரே, சிறிய விழுக்காடே இருந்தாலும் அவர்களால் எழும் விழிப்புணர்வு சமுதாய மறுமலர்ச்சிக்கு வித்தாகிறது. இப்போது கூட பெரும்பான்மையார் தட்டிக் கழிப்பதும், முடிவைத் தவிர்ப்பதும், இலாப நோக்கில் ஈடுபடுவதும், போலி வாழ்க்கையில் லயிப்பதும் மலிந்து வருகிறது. இவர்கள் மனிதாபிமானக் கொலையாளிகள் அல்லவா?

Mere on looker ?

It was on November 1 2014, a sunny Saturday morning, I witnessed 4th Madura Maa Manidar Award giving event at Press Club, Chennai on an invitation from Amar Seva Sangam Thenkasi. It is a small gathering of media persons and elite personalities of public and social life. The awardee was a young woman Dr. Sunitha Krishnan, from Hyderabad for her fight against Sex Trade and exploitation of women as sex workers. She continued to run a home to rescue and rehabilitate them in normal life even after complete destruction and repeated threats of murder from vusted interests. She is a disabled but differently abled for her bravery and determination.



The message in her acceptance speech was not to be a mere on-looker and keeping quiet. Your silence is cruel abetting the crime. Show your protest in any way you like. It is quite possible to cure the injury when you intervene for the sake of the humanity. My inborn urge strengthened my courage to continue the practice of swimming against the current and protesting against righteousness in my own way, in spite of being branded. In such process many people are benefited and encouraged. This spirit cannot be quenched though you are humbled and affected while studying, working and ageing for doing social service and duty in an upright manner. There are many such persons. The percentage in the total population may be negligible.

Thiru V.K.T. Balan and his family are doing yeoman service through Madura Travel Service Trust to recognise and honour such great humanitarians. His young son Thiru Sriharan Balan gave a spirited motivating talk, to the school students when he participated as a special invitee in World Elders Day, held on 04.12.14. But still, following the path of least resistance, postponing action, avoid decisions, disguising and disappearing are commonly seen. Are they not the traitors of the humanity ?

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

Invitation - 169th Programme**SENIOR CITIZENS BUREAU**

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



Cordially invites you for

**1 DAY OUTING ON 21.02.2015 (Saturday)
to Thiruvallur & back as per following program :**

1) Reporting Time, Place & Departure

21.02.15, Sat 06.30 a.m. @ Madura Travel Service, # 25-3, Gandhi Irwin Road, Kennet Lane, opp : Egmore Rly. Station. (Ph : 2819 2002 / 2470) (M) 98416 91234, Bus (A/c) will leave at 7.00 a.m. sharp from Egmore.

2) Route & Places : Chennai Egmore 7.00 a.m. →

திருமுல்லைவாயில் க்ரியா சக்தி, பச்சையம்மன், வைஷ்ணவ தேவி கோயில்கள் → Breakfast திருநின்றவூர் 108 திவ்யதேசம் பக்தவத்சல பெருமாள், இருதயீஸ்வரர் (274 சிவாலயம்) → 11.30 a.m திருவள்ளூர், 108 திவ்ய தேசம் வீரராகவன் கோயில் → Dr. Sarma Hospital 12.30 p.m. Lunch & Rest., 1.30 p.m. A talk by Dr. Sarma, Cardiologist and VP, FOSWL India on the topic "Gurvashatakam : A message of equality of all by Adi Sankara" → 3.30 p.m. ஊத்துக்கோட்டை நஞ்சுண்ட ஈஸ்வர் கோயில் (சயனத்திருப்பவர்) → Tea, Periyapalayam Amman Koil → தச்சூர் Siruvapuri Balamurugan Temple → ஞாயிறு கிராமம் Pasupatheeswar (சூரியனார்) Temple → Karanodai → Madavaram → Chennai 6.00 p.m

3) Charges & Payment : Rs.600/- per head all inclusive, payable by 15.02.15 in cash to one of the following:

- Mr. S.Jayakumar, Kilpauk - 93818 01446
- Mr. Sethu Seshan, Anna Nagar (West) - 98400 21231
- Er. V. Balasubramaniam, Mylapore - 94451 66319
- Mr. P.M. Pandian, Royapettah - 94441 71757
- Dr. P.S. Rajam, Choolaimedu - 94444 41233
- Er. A.K. Chakravurthy, Ashok Nagar - 94444 41233

4) Attention : All are welcome upto 35 persons, on first come first serve basis. Please carry your regular drug and water. Kindly keep up time and co-operate for safe and pleasant journey. ❖

S. Jayakumar Secretary General / SCB
Capt. Dr. M. Singaraja Chairman / SCB

News from our Networking Associates

A National Conference on Ageing India's Elderly: Dignity, Health and Security was organized by Ministry of Social Justice & Empowerment in association with Ministry of Health and Family Welfare, Ministry of Rural Development, Ministry of Pachayati Raj (Govt. Of India), United Nations Population Fund and Institute of Economic Growth, North Campus, Delhi University at Claridge Hotel held on 04 & 05, Dec 2014, in Which various NGOs/ Stakeholders/Govt. Officials & Senior Officers from Govt. Of India and State Govts. Like Maharashtra, Telangana, Andhra Pradesh, Haryana, Kerala, Karnataka, AIIMS, U.P., Rajasthan, Tamil Nadu, Gujarat, West Bengal & Manipur. The Conference was inaugurated by Sh. Thaawar Chand Gehlot, Union Minister for Social Justice & Empowerment, Govt. Of India who acknowledged the importance and utility of Senior Citizens. ❖

Probus Club of Chennai, celebrated Pongal festival with the students of Gopalapuram Boys Higher Secondary School, at 3.30 pm on 30.01.2015, Dr. P. Ardhanareeswaran, M.A., M.Phil, Ph.D., Professor of Tamil and Editor, Thamizh Valarchi Kazhagam, Univeristy

of Madras, Chennai-600 005 was the Chief Guest. Dr. T. S. Ramaswamy, President, Conferred Thirukkural Virudhu on Pulavar Thirukkural Maamani N.E. Ramalingam. Nine prizes for the Tamil Medium Schools - for Thirukkural Recitation, Oratorical and Musical rendering competitions instituted by PF C.R. Vaitheeswaran, 3 Prizes for English Medium Schools for Thirukkural Recitation competition instituted by Dr. M. Singaraja, Ring Watches to Prize Winners instituted by Mr. Aruna Jatesan and Watches for Best Student of Nungambakkam Girs / Boys HSS presented by Sri T.T. Srinivasamurthi were distributed. ❖

A group of 35 members from TANSECA will be attending the AISCCON Conference at Udaipur on 21st and 22nd Feb 2015. They will be on tour to Rajasthan from 17th to 20th Feb 2015. ❖

Dr.TS. Kanaka, Founder and President of Sri Santhanakrishna Padmavathi Health Care and Research Foundation, Chrompet, Chennai -44, Ph: 044-22230935. Inaugurated the Maruthuvamum Manavalakalaiyum project on " Silently Suffering Elders - Health Wise " at 3.30 pm on 31.01.2015 and felicitated the first generation literate children who observed "Thirupavai Seva" at 4.30 am every day from Dec. 16 to Jan.14, at 3 pm on 01.02.2015. Venue: 5, Santhana Krishna Street, Near Pallavan Transport Depot and Madras Institute of Technology(MIT), Nehru Nagar,Chrompet. ❖

Padmashri Dr.V.S.Natarajan, Senior Geriatrician & Patron, Senior Citizen Bureau inaugurated "Geriatric Homeopathy Clinic" at No.15/41, Vembuli Amman Koil Street, Pazhavanthangal -114 on 18-01-2015, owned by Dr.R.Lakshmi Devi, Consultant General & Geriatric Homoeopath. ❖

HelpAge India in collaboration with NDTV organized "Road Safety Awareness Program" with specific emphasis on "issues faced by elderly on roads" on 11th January 2015 (Sunday) at Anna Nagar Tower Park, from 1.30 pm to 4 pm. ❖

Narpani Selvam MJF. Ln. V. AmruthKumar, our EC Member (LM: 844), Convenor of Cosmopolitan Club - "Gourmet group" informs their quarterly dinner meeting was held on 19th Jan 2015, at Cosmopolitan Pallava Hall. The Chief Guest Kalaimamani Thiru SP. Muthuraman, Flim Director, spoke on the subject His Experience in the Cine field. ❖

Russian Centre of Science and Culture (RCSC), Indo- Russian film club jointly with ILAKKIA CHOLAI organised a book launch function and screening of Tamil Movie, on 27th Jan 2015 at 5.30 pm. at RCSC, Chennai-18. ❖

AISCCON sponsored MoSJE research study meet for North – East Social activists was inaugurated by Mr. Dhirendraa Nath Chakraborty, on 22.11.2014 in Hotel Contour, Guwahati. The AISCCON office bearers administered revised Survey Instruments. Mr. Subhabrata Sarmah, Chairman, State Senior Citizens Welfare Council, Govt of Assam delivered the key note address. ❖

Pondicherry Senior Citizen's Welfare Association voluntarily and enthusiastically joined hands with the Railway officials in the cleaning exercise at Puducherry station recently. ❖

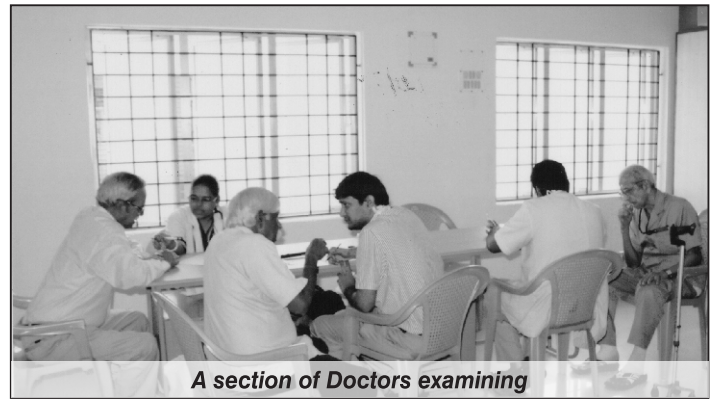
Prof. V. Chandrasekhar MBA (XLRI), B 12/4, 25th cross St. ,Besantnagar, Chennai - 90, Ph: 9884224480, <profvc@gmail.com>, <seniorcitizensofbesantnagar@gmail.com>, informs that their recent programmes include: Blankets for pavement dwellers, felicitation of brave fishermen of Besantnagar, book bank for needy students, etc. Our next programme is scholarships for the poor and needy students. We do not charge any fees or accept any donations from any one. We manage within our pension. The group does not have any bank account. However we welcome corporate/individual donations in kind. We also welcome publicity for our programmes so that others may implement similar programmes in their localities. All SCGOB programmes are always free. ❖

Kilpauk Residents Welfare Association organised "Milan Swagat 2015" on 01-02-15, at Bombay Halwa House, Kellys, Chennai. Also, Thiru Abash Kumar,IPS, AdCoP, inaugurates their "Clean Kilpauk Campaign" jointly with Corporation of Chennai on 14-02-15, at Dr George Nursing Home, Sylvan Lodge Colony, Kilpauk, Chennai. ❖

168th Programme - Camp on Comprehensive Geriatric Assessment - 24.01.15



A section of Technicians monitoring



A section of Doctors examining

It is a special program at a special venue. The camp on Comprehensive Geriatric Assessment was organised to commemorate our 4th and final phase of IDOP-2014, in association with Geriatric Department of MMC, GH, at the new Regional Geriatric Centre, Chennai - 3, on 24.01.15 from 10.30 to 12.30 Hrs. It is one of the 3 centres in India and unique in many ways, for SCB and all older persons. The ground floor has all facilities for out patients including physiotherapy and other testing facilities. Display of colourful educative posters, Conference Hall in the 1st floor and accomodation fro trainee doctors in the 2nd floor are beautiful and self contained. Thanks to GOI, GOT, MMC and Prof. Dr. B. Krishnaswamy (Rtd.), who spared no efforts to build up the IP Wards, ICU and Centre one after the other, from where the father of the Geriatrics, Padmasri Dr. V.S. Natarajan left. National Institute of Ageing will be another monument, when it comes to shape in near future. Prof. Dr. S. Sivakumar, Head, Geriatric Dept., ably assisted by

Asst. Prof. Dr. M. Senthil, made the camp possible and looked after the arrangements.

The participants were issued with Geriatric Health Care Card for Registration and further treatment. Random Blood Sugar, BP, BMI (Ht. & Wt.) & ECG were monitored in separate rooms. Assessment by Doctors & Physiotherapists was done for the each person. Advice and exercise were given. All these were carried out in detail to the full satisfaction of the participants. Comprehensive assessment was covered in almost all disciplines including loss of memory, balance & hearing. More than 40 participants were attended by 12 Doctors, 10 Physiotherapist, and 8 Technicians. Asst. Prof. Dr. Thangam, supervised. Our Chairman, Secretary General and EC members assisted the participants. Refreshment was served to all. Sumptuous lunch was hosted to the entire team of Doctors, Paramedical Staff and other staff members. ❖

Congrats

Our Founder and Chairman Emeritus Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D, celebrated his 93rd birthday in a family function, held at his residence in Kilpauk on 27.01.15. Many happy returns of the day.

Dr.V.S. Natarajan, M.D., FRCP(EDIN), D.Sc.(Hon), father of Geriatric Medicine, was honoured and presented with **Life Time Achievement Award** by Lions Clubs International, District 324 – A1. Region III., at their region meet held on 28th December 2014 at Hotel Ambassador Pallava, Egmore, Chennai, in recognition of a life time of exemplary work and selfless service rendered to humanity beyond the call of duty in the field of Medical Services.

Prof. Dr. S. Ramaswamy LM: 539, has authored and published a book entitled "SAI AM I, I AM SAI". He presented a few copies to the guests in our get-together at Nungambakkam Police Station on 20.12.14. Our appreciation and thanks for his gracious involvement. Also our great admiration and high regard for his talents, achievements, simplicity and humility. His memoir about Madras Medical College in "Madras Musings", participation in the book

launch event at Sankara Netharalaya and in popular Music concerts periodically is a testimony for his active life even after many life time achievement awards from prestigious institutions.

Probn. Past President Dr. V. Balambal,(77) LM: 12 and N. Ramaswamy celebrated their SATHABISHEKAM on 22.01.15 at Kalyan Nagar Association, Chennai-28.

A Souvenir to commemorate the achievements of Er. S. N. Kolandan,(77), LM: 680, in sports, was released by REAT, Salem on 24.01.15.

Thriu SR. Satakopan, (86) LM: 598, is celebrating the wedding of his granddaughter Selvi Mahathi Veena (D/o. Mrs.& Mr. S. Rajagopalan) with Selvan Srinath on 11.02.2015, at Anandha Thirumana Maaligai, Chrompet, Chennai-44.

Tmt. R. Sundari Bai() LM: 602, is celebrating the wedding reception of her granddaughter Selvi Ganga (D/o. Tmt. S. Karthikeyini Rohini & Late. R. Basakar) with Selvan Chinadurai, Ph.D., USA, on 15.02.2015, at Sri Raghavendra Mandapam, Singarachari Street, Triplicane, Chennai-5. ❖

Obituary

Homage

Thiru C. Jayachandran,(90), JSL: 416, 20A, Sivaprakasam Street, Thiru Vi Ka Nagar, Chennai - 82, passed away on 11.05.2014, according to the letter dated 21.01.15 received from his daughter in law Mrs. Gayathri Balaji.

Thiru John Ratnaswamy,(80), LM: 807, 2-A, West Moor, Weigate Gardens School Road, Mandaveli, Chennai- 600 028, passed away on 23.12.2014.

(In the obituary column published in the Jan issue of LinkAge, the name was erroneously written as Thiru John Selvaraj. The error is regretted.)

Our heartfelt condolence to the bereaved family.

We pay our respectful homage to the fond memory of **Late Thiru L.M. Vasagam, (JSL: 753)** (DOB: 31.03.1919, DOE: 09.01.2014) on the occasion of first anniversary of his sad demise. He is the Founder President of TANSECA (Erstwhile West Madras Senior Citizens Association) and one of the promoters of Senior Citizens Bureau. ❖

Registered with Registrar of Newspapers for India No.TN/ENG/2004/13996 Date of Publication 5th of Every Month
Postal Regn. TN/CH(C)/37/2013-2015 and Licenced to post w/o prepayment WPP No.TN/PMG(CCR) WPP/41/13-15

Birthdays : February

Wishing you a Cheerful, Peaceful and Prosperous Life

Sl. No.	D.O.B	Memb No.	Name
1.	02-02-1940	LM 668	Thiru R. Balakrishnan
2.	04-02-1946	AM 41	Thiru Prakash H. Lulla
3.	05-02-1934	LM 567	Thiru V.S. Balakrishna Raja
4.	05-02-1953	LM 812	Thiru D. Sivaraman
5.	05-02-1961	LM 865	Thiru K. Subramanian
6.	06-02-1936	LM 54	Tmt. D. Ambika
7.	06-02-1932	LM 747	Tmt. V. Kamala
8.	07-02-1934	LM 595	Thiru K.N. Dakshinamurthy
9.	09-02-1940	LM 590	Thiru P.K. Venkatesan
10.	10-02-1936	LM 377	Thiru B. Gajendra Rao
11.	12-02-1930	LM 871	Thiru A.S. Rajagopal
12.	14-02-1938	LM 781	Thiru V. Radhakrishnan
13.	14-02-1943	LM 434	Thiru C.P. Shanmuga Sundaram
14.	15-02-1939	LM 78	Thiru T.K. Dharma Raja
15.	15-02-1932	LM 806	Md. Shafi Ur Rahman
16.	18-02-1948	LM 532	Thiru Amrit Agarwal
17.	19-02-1941	LM 847	Thiru R. Thangaraj
18.	20-02-1937	LM 597	Thiru Dr. S.S. Rajagopalan
19.	20-02-1937	LM 538	Dr. P. Suresh Chander Pal
20.	22-02-1950	LM 861	Thiru S. Ramachandran
21.	25-02-1937	IM 15	Er. S. Ramalingam
22.	27-02-1935	LM 454	Er. K. Sadasivam

Your liberal contribution to Sunshine Fund is solicited ❖

Welcome to Our Family Fold

I. NEW MEMBER

1.	Thiru S. Lakshmi Narayanan	LM	879
2.	Thiru P. Chandra Bose	LM	880
3.	Dr. V.S. Sarma	LM	881
4.	Thiru P.A. Doss	LM	882
5.	Thiru K. Manoharan	LM	883

Acknowledgment

Thanks a lot & God Bless You

I. Sunshine Fund

1.	Capt. Dr. M. Singaraja	LM : 02	₹	279/-
2.	Thiru G. Viswanathan	LM : 779	₹	100/-
3.	Thiru Shafi Ur Rahman	LM : 806	₹	200/-
4.	Thiru A. Joseph Vincent	LM : 305	₹	500/-

II. Donation

1.	Thiru G. Rengaswamy	LM : 114	₹	2000/-
2.	Thiru SR. Satakopan	LM : 598	₹	500/-

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

National / International Days February

12th	Rose Day	(I)
14th	Valentine Day	(I)
21st	International Mother Tongue Day	(I)
24th	Central Excise Day	(N)
28th	National Science Day	(N)

Note : N = National I = International ❖

Additions

LM: 879, Ph: 044 28257514, DOB :06.09.1940

Thiru S. Lakshmi Narayanan

7/4, Noor Veeraswamy Street, 2nd lane,
Nungambakkam, Chennai - 600 034.

LM: 880, Ph: 98406 13966, DOB :16.06.1945

Thiru P. Chandra Bose

41/C453, Kandaswamy Salai, Periyar Nagar, Chennai - 82.

LM: 881, Ph: 9941328377, DOB :16.03.1938

Dr. VS. Sarma

L- Block, 129, Anna Nagar East, Chennai - 600 102.

LM: 882, Ph: 044 28170193, DOB :26.06.1925

Thiru PA. Doss

No. 46, Susaipuram, Nungambakkam, Chennai - 600 034.

LM: 883, Ph: 9677146878, DOB : 18.11.1935

Thiru K. Manoharan

"Annai Baby Illam" 1-B , K. P. Nagar, Valluvar Salai,
Ramapuram, Chennai - 600 089.

Mail box

E-Mail from K.S. Mani LM: 540. My dear brother Singaraja, On this momentous day(15-01-2015) ,when you touch the age of 78, I extend to you my heartiest greetings and good wishes for your perennial health and happiness. Small wonder that the geriatric clan holds you in high esteem as their very saviour through thick and thin .Your steadfast adherence to the welfare of the elders without laxity of approach speaks volumes about your societal commitment..I ,for one,am acutely aware that much of our future welfare hinges on your labours .In this context,I reiterate my ,and our, collective good wishes to you on this memorable day. Affectionately,

Reply: Thank you Sir for your kind words and good wishes. Happy Pongal. With Warm Greetings and Best Wishes.

Lr from Sundari Bai LM: 602 "LinkAge" has been a source of encouragement to me from the time, I became a member of the SCB. An article regarding. The Delhi – Nepal tour by certain members of the SCB in the December month journal was very much appreciated by me. It made me feel as if I myself am travelling to all those places. By nature I am a tour- lover and was fortunate to travel in my past life. But as I am now practically confined to home due to poor eyesight and failing health. I find pleasure in reading about far off places. Please convey my appreciation to the authors of the above article. I am trying to keep myself a little bit active by reading, listening to radio, viewing T.V and chatting with Senior Citizen friends and relatives on the mobile. Please let me just write a few words on my opinion about the life of Elders like me. We should never give room to negative thoughts, boredom or self-pity. My motto in life has always been

1) Count your blessings one by one and know what the Lord hath done.

2) Oh god! Give me the strength to bear joys and sorrows alike.

3) Never blame others. Think of the goodness in them.

By following the above facts, I feel I have lived a full and happy life.

Please accept my heartfelt and sincere New Year greetings to you, Members of your family, the SCB and all its members.

With Regards

Reply: I am happy to convey my appreciation and thanks for giving a beautiful account of your thoughts. These acts of living keep the individual in good spirit and cheers. I warmly reciprocate your greeting. ❖