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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

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From the Editor cum Chairman

வா ! வா !! புத்தாண்டே !!!

அரசியல் கட்சிகள் மக்கள் சேவையை தொழில் ரீதியாக வியாபாரமாகக் கருதி வருகிறார்கள். இதனால் பொதுமக்களும் அரசு ஊழியர்களும் கட்சி வாரியாக தனித்தனி அணிகளாக உள்ளார்கள். அரசியல் வியாபாரத்தைப் பெருக்கி லாபத்தில் பங்கு போட்டு அனுபவிக்கும் மனப்பான்மைக்குத் தள்ளப் பட்டிருக்கிறார்கள். அதிகாரம் மற்றும் செல்வத்தைக் கைப்பற்றி, அனுபவிக்க, சண்டை, சச்சரவு, கொலை, கொள்ளை, சுரண்டல், ஏமாற்றுதல் முதலியவை மேலோங்கி, நேர்மை, ஒழுக்கம், எளிமை, அன்பு பின்னுக்கு தள்ளப்படுகின்றன. இது தவிர மக்களிடையே கவர்ச்சியும், பொருள் நுகர்வும் பிரபலமாகி உள்ளன. எல்லா ஊடகங்களும் இவற்றை முதன்மைப்படுத்துகின்றன. இதற்கு இளைஞர்கள் அவதூறு பெண்கள் அதிகமாக அடிமையாகிறார்கள். இப்படிப்பட்ட சமுதாய பின்னடைவுக்கு யார் பொறுப்பு? குறுக்கு வழி சுகபோகங்கள் ஏன், எப்படி செழிப்படைகின்றன? நேர்மை, ஒளிவு மறைவற்ற எல்லோருக்குமான எளிய பாதை ஏட்டிலும் சட்டத்திலும் மட்டும் இருந்தால் கறிக்கு உதவுமா? பின் தங்கிய மக்களுக்கு, இயலாதவர்களுக்கு முன்னுரிமை வேண்டாமா?

இவையெல்லாம் திடீரென்று வருவதோ போவதோ இல்லை. பல நாடுகளில், கண்டங்களில், மரபினர்களில், அரசியல் மற்றும் மதப்போரட்டங்களைப் பார்க்கிறோம். அதிகாரத்தையும் பணத்தையும் குறிவைத்தே இவை யாவும் நடக்கின்றன. உடந்தையாக இருந்த தீவிரவாதமும் பளைமைவாதமும் இப்போது பெரும் பூதமாகக் கிளம்பியிருக்கிறது. இதற்கு இந்தியாவும் பலியாகி வருகிறது. நமது பெருமையும் சாதனையும் பாழ்பட்டு போகலாமா? அரசும் சமுதாய உறுப்புகளும் தீவிரமாகச் செயல்படவேண்டும். மக்களது வாழ்க்கைத் தரம், செழிப்பு, அமைதி மேம்பட அயராது தன்னலமற்று உழைக்க வேண்டும் சரியான திட்டமும், அமுல்படுத்துதலும், கண்காணிப்பும் செயல்திறனும் வெற்றி அடைவதற்கு அத்தியாவசியம். ❖

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

Welcome ! New Year !!

The people are piloted towards political power by means of muscle power and money power. The governing body and the citizens, by and large are divided into political lines. In order to amaze power and wealth, all rightful duties are pushed backwards. In addition consumerism and glamour are promoted to the front lines in every media.



The young adults in particular, women folk are drifting way from simplicity and discipline. Who is responsible for such a dismal state of affairs? Why and how the short cut route is prevalent in all walks of life? Honesty, transparency and single que system must be implemented in letter and spirit. The weaker section deserves special consideration.

The prolonged unrest in many countries and regions is either ethnical religious or political. It is a fight for supremacy and money. The fundamentalists once encouraged become a menace. India will be losing all the achievements and advantages if it falls prey to the rising fundamentalism and power conflicts. Let all the bodies of the Governance and Civil society follow PDCA (Plan, Do, Correct and Act). Cycle, to improve the quality of life and human development. ❖

Season's Greetings and Best Wishes

Chairman Emeritus and Founder Chairman, Maj. Gen. Aban Naidu, (91) PVSM, AVSM, M-in-D, LM:01, the Chairman and the members of the management committee of Senior Citizens Bureau, extend their warm greetings and best wishes to all on the occasion of New Year 2015 and Thai Pongal 2015.



Invitation - 168th 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 a

CAMP ON COMPREHENSIVE GERIATRIC HEALTH ASSEMENT

*To commemorate the 4th & final phase of
World Elders Day - 2014*

by

**DEPARTMENT OF GERIATRIC MEDICINE,
MADRAS MEDICAL COLLEGE &
RAJIV GANDHI GOVT. GENERAL HOSPITAL,
Chennai - 3.**

Date & Time : Saturday, 24th January 2014, 10.30 Hrs.

**Venue : Regional Geriatrics Centre,
Madras Medical College Campus, Chennai - 3.**

All are welcome.

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

Note: The in-patients of the geriatric ward will be cheered up. EC Meeting will be held at 12.15PM immediately after the meeting.

Obituary

Thiru V.N. Ramaswami, (76), Erode, Co-brother of our immediate Past Chairman Padmasri Dr. VS. Natarajan passed away on 11.12.2014.

Er. D. John Selvaraj, (82), LM-771, Dr. R.K. Nagar, Chennai - 41 passed away on 23.12.2014.

Thiru V. Veerabadran, President of TANSECA, passed away on 18.11.14 due to massive cardiac arrest.

Thiru V. Karthikeyan, IAS() Rtd, former Chief Secretary & Chairman, Kilpauk Senior Citizens Association, passed away on 04.12.2014.

Pulavar A. Palaniyappan, Former EC Member of TANSECA, passed away on 14.11.2014.

Our heartfelt condolence to the bereaved family.

Congrats

Er. S. N. Kolandan, (78), LM: 680, has secured **1st place in Shot Put & 3rd place in Discus Throw, in 33rd TamilNadu State Masters Athletic Championship 2014 -2015**, representing Namakkal District, in the age group 75+. It was organised by Sivagangai District Masters Athletic Association, Affiliated to Tamil Nadu Master Association and was held on 13th & 14th Dec 2014 at Umayal Stadium, Alagappa University, College of Physical Education, Karaikudi.

News from our Networking Associates

Padmasri Prof. Dr. VS. Natarajan, Senior Geriatrician and Immediate Past Chairman, SCB, inaugurated Tamil Nadu State Chapter of Indian Academy of Geriatrics and presided over the 1st Annual Conference of "Chennai Gericon 2014" of IAG, Chennai Chapter, on 21.12.14 at Hotel Ramada, Egmore, Chennai. Technical papers were presented by 8 eminent Geriatricians.

Tamil Nadu Senior Citizens Association, Anna Nagar, Chennai organised their get-together on 28.12.2014, at Anna Nagar Tower Club from 10.00 am to 1.00 pm. followed by lunch. The fun games, entertainment and lucky dip were held.

Probus Club of Chennai staged a Tamil Hilarious play "Avasaramo Avasaram" (அவசரமோ அவசரம்), during their breakfast meeting on 27.12.2014, by the Probian players of Probus Sports and Cultural Wing. Story, Dialogue, Direction & Production : Probian President Dr. T.S. Ramaswamy.

Thiru KP. Chandran, District President, Retired Officials Association Thiruvallur District Centre, informs that National Pensioners Day was celebrated on 17.12.2014, at Thiruvallur collectorate. District collector Thiru K. Veeraragavan, IAS, was the Chief Guest. Thiruvalarkal MV. Manokaran, Director of Pensioners, Chennai, PR. Anbazagan, Director and Edwin Babu, Joint Director of HelpAge India, Chennai, addressed.

Armed Forces Flag Day was held on 7th Dec. 2014, at " Palm Grove Sainik Institute" Fort St. George by the Collector of Chennai and President District Soldiers', Sailors' and Airmen's Board, Chennai. Thiru Sellur K. Raju, Hon'ble Minister for Ex Servicemen's Welfare was the Chief Guest. Tmt. Anju George, IAS, Director I/C of Ex-Servicemen's Welfare inaugurated. Lt. Gen. Jagbir Singh, SM, VSM, GOC, ATNK & K Area, addressed.

Vijay Diwas was observed on 16.12.2014, at War Memorial, Chennai.

Dignity Foundation Chennai Chapter celebrated the 5th Anniversary of their Dementia Day Care Centre on 20.12.2014 at Pallavakam, Chennai -41. Former Governor of West Bengal, Thiru MK. Narayanan, IPS(Rtd), was the Chief Guest. Thiruvalarkal VP. Dhananjayan, Dignity Brand Ambassador & K. Radhakrishnan, Director, addressed.

FOSWL India, Chennai Anna Nagar invites you for its monthly meeting at 5 p.m., on Sunday 25.1.15 at Karuna Enclave, SMF Annex, opp : Hotel Akshyam, Shanthi Colony, Anna Nagar, Chennai - 600 040. Dr. P.S. Lalitha speaks on Reiki and Sujok Accupunture.

Changes

AM : 459 Ph : 9094679328 DOB : 07.11.1943

Thiru R.Selvaraj

Ramanujam Illam, No.13. Appa Durai Main Street, Ayanavaram, Chennai - 600 023.

167th Programme - Get-together with TN Police - 20.12.14.



20.12.14 A view of the dais with awardees



20.12.14 A group photo with a section of the participants

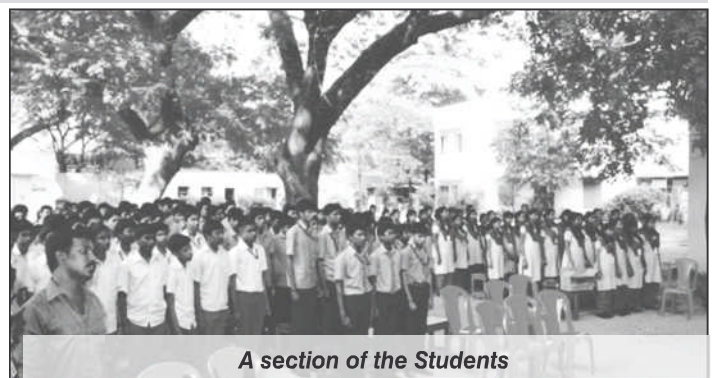
The day Dec 20, 2014 is significant in many courts. The day was chosen to celebrate the third phase of IDOP, with TN Police at F3 Nungambakkam Police Station to focus on Safety & Security of Senior Citizens. The Police personnel received the Senior Citizens with all enthusiasm and broad smiling face. The station was quickly arranged to keep the Senior Citizens comfortably seated and feel at home. The members of the Bureau as well as the senior citizens from Nungambakkam neighborhood assembled in great number. They were equally enthusiastic to exchange pleasantries with the Police personnel. Soon Thiru P. Rajasekaran, Inspector, L&O, Nungambakkam P.S, along with other staff, greeted the Senior Citizens with a bouquet individually. The meeting commenced with the invocation at 11.15 AM. All stood in silence for a minute in memory of Peshawar Victims. The SI L&O, Thiru Manimaran welcomed the gathering. Thiru P. Rajasekaran, IoP, greeted the Chairman, VC & Sec. Gen of SCB with a Shawl & bouquet. The VC of SCB, Thiru Prakash H Lulla, in his introductory speech welcomed the unique practice of commemorating the World Elders Day(IDOP), with TN Police. The Chairman of SCB, Capt. Dr. M. Singaraja, expressed his appreciation and thanks to the Inspector of Police, Thiru P. Rajasekaran and AC, Thiru S. Pandian, for their love & respect to the Senior Citizens by consenting to meet them in spite of their work pressure. He extended his greetings and compliments to TN Police for their meritorious 24 X 7 service by sacrificing their comfort and for arranging a get together with Senior Citizens every year. He emphasized their great role in implementing Maintenance Act. The life, safety & security of Senior

Citizens, Children & Women are at risk. He quoted four instances of rescuing the abandoned and stranded Senior Citizens by him with the help of F3 station and HelpAge India. The IoP, Thiru P. Rajasekaran, felt humble and happy in presence of the Senior Citizens with vast experience in their great career. They always look for the guidance from the elders. It is their bounden duty to provide safety and security for the Seniors. 164 older persons have registered with them. The station keeps in touch with them periodically and does patrolling the lonely senior citizens with Patta Book. He welcomes the Senior Citizens for any assistance at any time. The IoP Crimes Thiru Gopinath, in his speech expressed warm sentiments and narrated how the criminals put behind the bars in a recent crime here. The HelpAge India Manager Thiru R. MuthuKrishanan presented the copies of the Maintenance Act of Gol and GoT to the Police officers. He briefed the important features of the Act. The floor was then open to the participants. Thiruvalarkal Prof. Dr. S. Ramaswamy, MJF. Ln. AmruthKumar, E. NagarajSharma, Brig. S. Muthulakshmi, P. SethuSeshan, S. Prabhakaran, Journalist P.A.Doss and N. S. Nagaraja Gurukul shared their experience. Earlier Chairman Capt. Dr. M. Singaraja, presented mementos to Thiru S. Pandian, AC, (in absentia), Thiru P. Rajasekaran, IoP/L&O & Thiru Gopinath, IoP/ Crimes. He honored the following Police Personnel with a shawl and reward for their honest and efficient service: 1) Thiru S. Subburaj, SloP/L&O 2) Tmt. K. Porkodi, SloP / Crimes & 3) Thiru T. Gnanaprakash, HC/Traffic. The meeting was adjourned with a group photo after a vote of thanks by Sec. Gen. Thiru S. Jayakumar & National Anthem. ❖

166th programme - "Children's Day" - 04.12.2014



A view of the group photo with student awardees(first row), Dignitaries (2nd row) and EC members with student awardees.



A section of the Students

In the second phase of commemorating International Day of Older Persons (IDOP), "Children's Day", was held at Dr. B. M. Sundaravadanan Matriculation Higher Secondary School, 40, First Main Road, Shenoy Nagar, Near Thiru Vi Ka Park, Chennai - 30., on Thursday, the 4th December 2014, at the School Campus, from 2.30 to 3.30 PM. There was a good gathering

of students from 10th std to 12th std and their teachers. After invocation, the Principal Mrs. K. Flora Jayanthi Christopher welcomed the gathering and expressed her happiness to observe IDOP and Children's day on this great occasion. She briefly gave an account of their School, founded in 1955 and

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Birthdays : January

Wishing you a Cheerful, Peaceful and Prosperous Life

Sl. No.	D.O.B	Memb No.	Name
1)	04-01-1947	LM 779	Thiru G. Viswanathan
2)	05-01-1938	LM 820	Er. R.T. Namasivayam
3)	05-01-1946	LM 670	Er. M. Thennavan
4)	07-01-1944	LM 580	Er. A.K. Chakravurthy
5)	08-01-1937	LM 428	Thiru A. Sivasankaran
6)	10-10-1948	LM 508	Tmt. Vimala Rajaram
7)	12-01-1940	AM 657	Tmt. N. Dhanalakshmi
8)	14-01-1937	LM 86	Er. P.S.C. Raja
9)	15-01-1940	LM 673	Thiru M. Dharmalingam
10)	15-01-1937	LM 03	Dr. Capt. M. Singaraja
11)	15-01-1944	AM 525	Thiru G. Vemana Reddy
12)	16-01-1941	LM 560	Thiru J. Ramavadhani
13)	16-01-1941	LM 379	Thiru Chidambaram Alagappan
14)	18-01-1947	LM 529	Thiru M. Kannappan
15)	20-01-1951	LM 11	Tmt. Sudha Ramalingam
16)	21-01-1936	LM 479	Thiru G.B. Krishna
17)	21-01-1946	LM 851	Thiru Gopalarithnam V.R.
18)	22-01-1933	LM 573	Dr. G. Kumari
19)	23-01-1940	LM 768	Thiru G. Kodandaraman
20)	24-01-1948	LM 478	Dr. Ayesha Hamid
21)	27-01-1923	LM 01	Maj. Gen. Aban Naidu PVSM, AVSM, M-in-D
22)	27-01-1943	LM 480	Tmt. Jayshree Balan
23)	29-01-1935	JSL 378	Thiru D. Sriharinathan
24)	30-01-1945	LM 599	Dr. Rameeza A. Rasheed

Your liberal contribution to Sunshine Fund is solicited ❖

National / International Days January

5th	Louis Braille Day	I
10th	World Laughter Day	I
12th	National Youth Day	N
15th	Army Day	N
25th	International Customs and Excise Day	I
25th	Tourism Day (India)	N
26th	Republic Day (India)	N
30th	Martyrs's Day	N
30th	Leprosy Prevention Day	I
30th	Sarvodaya Day	N

Note : N = National I = International ❖

Welcome to Our Family Fold

I. NEW MEMBER

1.	Er. KC. Agamudai Nambi	LM	876
2.	Thiru A. James	JSL	877
3.	Thiru C. Raghunathan	LM	878
4.	Thiru S. Lakshmi Narayan	LM	879

Acknowledgment

Thanks a lot & God Bless You

I. Donation

1.	Tmt. R. Nirmala	LM:765	₹	1000/-
2.	Tmt. D. Ambika	LM:54	₹	300/-

Note : AM/LM = Annual / Life Member JSL = Journal Subscriber Life ❖

PM/DM/HM = Patron/Donor/Honorary Member

Additions

LM: 876 Ph: 9047172960 DOB :08.06.1940

Er. K. C. Agamudai Nambi

864/2, Marudhupandiar Street, AnbuNagar
AnnaNagar(Extn), Madurai - 625 020.

JSL: 877 Ph: 9884114528 DOB :

Thiru A. James

No. 6/89- B, Viswanatha Koil Street,
St. Thomas Mount, Chennai - 600 016.

LM: 878 Ph: 9840465526 DOB :01.08.1932

Thiru C. Raghunathan

No.51(28), Sullivans Garden Road,
(P.S. Sivasami Salai), Mylapore, Chennai - 600 004. ❖

contd. 167th programme from page 3

their activities. There were 3 interesting orations and a skit by boys and girls on Intergeneration Bonding and the related issues. The Chairman Capt. Dr. M. Singaraja, honored the dignitaries and spoke on the cordial relationship between the School and the Bureau. He paid rich tribute to the founder late Dr. B. M. Sundaravadanam, Dr. B. S. Tiruvadanan, Secretary and the Trust. He appreciated the Principal and the teachers for their long dedicated service. He complimented that the discipline and the achievements of the students were exemplary. Then he introduced the special invitee, Thiru Sriharan Balan, Director – Administration of Madura Travel Service (P)Ltd. Egmore, Chennai-8. The chairman exhorted the students to emulate the young special invitee, who is involved with his father Thiru VKT. Balan, in grand social service. Then Dr. B. S. Tiruvadanan, expressed his happiness to associate with SCB. In his special address Thiru Sriharan Balan, explained that many avenues are open to the students and there are role models who excelled in life. After failures initially, he succeeded in his career as the film director. He hopes to meet any of the students anywhere in the world. The Chairman then distributed Financial assistance to one boy and one girl from each class of 10th to 12th std, totaling 6 students. Gifts were presented to the students who performed. Followed by a group photo. 2 computer systems with accessories were presented to the School computer lab through the Principal.

Then the chairman administered the pledge against the Elder Abuse to the students and teachers followed by a talk and video presentation on SAVE, Students Action for Value Education by HelpAge India manager Thiru R. Muthukrishnan. Secretary General, Thiru S. Jayakumar proposed a vote of thanks. After National Anthem, sweets and biscuits were distributed to the students.

Later E.C. Meeting for the month of December was held in the adjoining computer lab after tea with the teachers. ❖