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LinkAge

(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 : 12

JULY : 2015

ISSUE : 01

“SWEET TWENTY”

A special issue of “LinkAge” on the observance of
commemoration of 20th Annual Day of SCB,
12th Anniversary of Journal “LinkAge” and
13th Annual General Body Meeting”



Best wishes to all  அனைவருக்கும் நல் வாழ்த்துக்கள்

From the Editor cum Chairman

பெருமை மிக்க நாள்

நமது மன்றம் 20-ஆம் ஆண்டு விழாவைக் கொண்டாடும் இம் மகிழ்ச்சியான தருணத்தில் மன்ற உறுப்பினர்களுக்கும் நல் ஆதரவு தரும் பெரியோர்களுக்கும், பன்னிரண்டாவது ஆண்டு விழாவைக் கொண்டாடும் ‘லின்க் ஏஜ்’ வாசகர்களுக்கும் எனது நெஞ்சம் நிறைந்த வாழ்த்துக்களை, நன்றி கலந்த வணக்கத்துடன் தெரிவித்துக் கொள்கிறேன்.

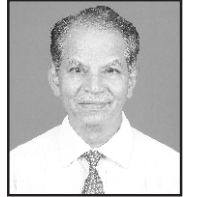
நமது நிறுவனத்தை நிறுவி தழைத் தோங்கச் செய்த தலைவர் மேஜர் ஜெனரல் அபன்நாயுடு, PVSM, AVSM, M-in-D அவர்களும் நிறுவிய மற்ற பெரியவர்களும் ஆற்றிய அரும்பணி அளப்பரியது. ஒரே குடும்பமாக நற்பணியில் ஈடுபட்டிருக்கும் மன்றம், மற்றும் “லின்க் ஏஜ்” நிர்வாகிகள் போற்றுதலுக்குரியவர்கள்.

மக்கள் சேவையில் நமது பயணம் தொடரட்டும். மன்றத்தின் புகழ் ஓங்கட்டும். ❖

நன்றி, வணக்கம்.

PROUD DAY

I am proud and privileged to bring out this Special Issue in commemoration of 20th Annual Day of our SCB and the 12th year publication of our monthly Journal "LinkAge". Right from the inception, our founding Chairman and Chairman Emeritus, Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D and other architects of the Bureau have brought glory to us. We have crossed many hurdles and testing times in our long journey. But it has given us strength serve to both elderly and the youth.



The co-operation and involvement of my colleagues in the team and that of members and service providers, is commendable. I am very happy to convey my gratitude, greetings and compliments on this solemn occasion. ❖

With best wishes

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

'Sweet - 20" - Programs 174, 175 and 176**SENIOR CITIZENS BUREAU**

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



Solicits your esteemed presence for the observance of

**20th Annual Day of SCB,
12th Anniversary of Journal "LinkAge"**

and

13th Annual General Body Meeting

Date & Time : Sunday, 28th June 2015, 10.00 - 12.30 Hrs.

**Venue : Sukha Nivas Hotel, 5 & 6, Luzh Church Road,
Opp : Navasakthi Vinayakar Temple, Luz Corner, Mylapore,
Chennai - 600 004. Ph : 044 2499 4539, 4207 4239**

Chief Guest :

**Padmasri Dr. V.S. Natarajan, MD, FRCP, D.Sc.(Hon.)
Senior Geriatrician and Patron, IAG and SCB**

Guests of Honour :

Thiru S.P. Ambrose, IAS (Retd.)

Former Addl. Secretary, GOI, New Delhi & Founder, Adyar Times

Thiru R. Venkatesan, IA & AS (Retd.)

Former Secy., Cabinet Secretariat & Former Member CAT, Chennai.

and

Tmt. Bhama Natarajan,

Founder Director, War Widows Welfare Association,
(Nimmadi Old Age Home), Chennai - 600 028.

Presided over by

Capt. Dr. M. Singaraja, C.Eng.

Chairman, SCB

All are welcome.

S. Jayakumar,

Secretary General / SCB

10-00 am.

: Registration

: Test for Random Blood Sugar and BP by
Kauvery Hospital

10-30 am.

: **AGM**

11-00 am. - 12.30 p.m.

: Cultural Programme

: Welcome address by :

Thiru Prakash H Lulla

: Presidential address by :

Capt. Dr. M. Singaraja, C.Eng.

: Address by :

Padmasri Dr. V.S. Natarajan, MD, FRCP, D.Sc. (Hon.)

: Special Address by :

Thiru S.P. Ambrose, IAS (Retd.)

Thiru R. Venkatesan, IA & AS (Retd.) and

Tmt. Bhama Natarajan

: Familiarizing the TN Govt. 104 Health
Help Line by :

Thiru B. Prabhu Doss, GVK - EMRI

: Honouring Service Providers, Winners etc.

: Vote of Thanks by :

Thiru S. Jayakumar

: National Anthem

: Lunch

Invitation - Program 175 (Subject to confirmation) - அழைப்பிதழ்

10th World Elder Abuse Awareness Day

Theme :

**"Advances in Elder Abuse Research,
Practice and Legislation"**

Venue :

Thiru.Vi.Ka. Higher Secondary School,

I main Road, Shenoy Nagar, Chennai.
opp to Thiru.Vi.Ka. Park

Date & Time : 24.07.2015, 3.00 p.m.

Participants : School Students & Teachers

Chief Guests :

Thiru K.T. Srinivasa Raja and

Tmt. Geeta Srinivasa Raja

Partners : Adyar Ananda Bhavan, Chennai

Presided Over :

Capt Dr. M. Singaraja, C.Eng.

Chairman, SCB

All are welcome.

S. Jayakumar,

Secretary General / SCB

**முதியோருக்கு எதிரான கொடுமைகள் ஒழிய
பத்தாவது உலக விழிப்புணர்வு நாள்**

கருப்பொருள் :

**"முதியோருக்கு எதிரான கொடுமைகள் குறித்து ஆய்வு,
நடப்பு மற்றும் சட்டத் திட்டங்களில் ஏற்பட்டுள்ள
முன்னேற்றங்கள்"**

இடம் :

திரு.வி.க. மேல் நிலைப்பள்ளி

முதல் பிரதான சாலை, செனாய் நகர், சென்னை.
(திரு.வி.க. பூங்கா அருகில்)

நாள் & நேரம் :

24.07.2015, மாலை 3.00 மணி

பங்கேற்போர் :

பள்ளி மாணவர்கள், ஆசிரியர்கள்

முக்கிய விருந்தினர் :

திரு. K.T. சீனிவாச ராஜா,

திருமதி கீதா சீனிவாச ராஜா

உரிமையாளர், அடையார் ஆனந்த பவன், சென்னை.

தலைவர் :

கேப்டன் Dr. M. சிங்கராஜா, C.Eng.

தலைவர், மூத்த குடிமக்கள் மன்றம், சென்னை.

அனைவரும் வருக !

S. ஜெயகுமார்
பொதுச் செயலாளர்

Message from the Chairman Emeritus

The Senior Citizen Bureau had a very purposeful journey in the last 19 years in elevating and meeting the human needs of different strata of the society. A very gratifying and laudable service to humanity, as stated, "Service to God is service to mankind". Senior Citizen Bureau has grown from strength to strength and greatly appreciated by one and all. In recent times the Bureau has been focusing on Health Care under the dynamic Immediate Past Chairman Dr. V.S. Natrajan, Geriatric Specialist of International fame.



The Senior Citizens Bureau introduced a publication in 2004, titled "LinkAge" for service and advocacy to all age groups, more importantly for dissemination of information regarding details of monthly health camps, Lectures, Demonstrations sponsored by Pharma Companies, Publication of Books, Civic Needs, Security - Law and Order, Finance and Banking, Education, Administration and the like, to fulfill the needs of the elder citizens. "LinkAge" is popular and well received with more valuable information on other subjects. I have no doubt that in time to come, with dynamic efforts of its editor, as well as the Chairman of the Bureau Capt. Dr. M. Singaraja and with the help of generous donors the publication will present itself in full form.

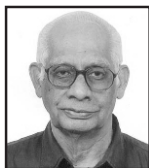
I wish the Bureau and its publication, to scale greater heights and to an enviable position and fulfill the desires of all.

(Maj. Gen. ABAN NAIDU), PVSM, AVSM, M-in-D.

Message from the Advisory Committee Member

Dear Capt. Singaraja,

My congratulations and best wishes to you and the Executive Committee members on the publication of the special edition of "Linkage" to commemorate the 20th Annual Day of the Senior Citizens' Bureau, which has done excellent service for the elderly. Much has been achieved by a small group of dedicated senior citizens, despite health impediments. We, the senior citizens, owe a debt of gratitude to this dedicated group for their selfless service. It is our humble prayer that the Almighty grants them good health.



SP. AMBROSE, IAS
Secretary, GOI, New Delhi (R)

Message from the Patron

Senior Citizens Bureau in its 20th year of activity has touched membership strength of 500 indicating of its majestic and successful march in the right direction. Having crossed the teenage, its entry into sweet 20 is proposed to be celebrated on 28th June, 2015. It also coincides with two other memorable occasions. The monthly journal LINKAGE, the mouth piece of Senior Citizens Bureau is also celebrating its 12th anniversary on the same day. Further 13th AGM is also held on the same day. All along Senior Citizens Bureau has been striving its level best to sensitize the society and the youth to stand against the evil of Elder Abuse in any form.



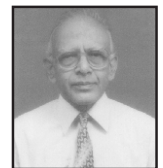
This triple function of the Senior Citizens Bureau is indeed a happy occasion for the elderly population in general and its members in particular. The present chairman of the Senior Citizens Bureau Dr. Capt. M. Singaraja, who is also the Editor of LINKAGE since its inception has all along been a staunch supporter to the cause of elder welfare without compromising on lofty principles. This has indeed been the hallmark of his stewardship as Chairman of Senior Citizens Bureau and Editor of LINKAGE Dr. Capt. M. Singaraja deserves all appreciation for arranging this grand function and for all his achievements so far.

I have been enjoying a happy association with the Senior Citizens Bureau from the beginning. As such, it is my pleasure and privilege to offer my best wishes to the Senior Citizens Bureau and its Chairman Dr. Capt. M. Singaraja on this happy occasion for all success in the days to c

Padmasri Dr. V.S. NATARAJAN,
MD, FRCP(Edin), D.Sc.(Hon)

Message from the Advisory Committee Member

A recent news report of a survey conducted in the major cities in the country shows that Chennai is one of the two cities in India where children are most uncaring towards their elders in the family. There have been instances of elder abuse too. This shows the crying need in our city for sensitising the younger generation to the need for caring for elders in their family and to eschew abuse of elders totally. Over the last few years, the Senior Citizens Bureau has consistently worked towards this need of the hour. It is particularly noteworthy that of late, the celebration of The World Elders Day has been conducted by the Bureau in association with one of the leading colleges of the city, with the participation of the students in large numbers, who take a solemn pledge regarding caring for elders. It is to be hoped that many more institutions in Chennai will follow the example of the Senior Citizens Bureau in the years to come and improve the reputation of the city as one that cares for its senior citizens.



The Bureau continues to lay emphasis on preventive health care for senior citizens by making the testing of elders for various mostly age-related health conditions as a part and parcel of every one of its events throughout the year. I wish it success in the years to come, with an expanding role in making old age a serene and happy period of life.

R. VENKATESAN, IA & AS
Secretary, Cabinet Secretariat, New Delhi (R)

ANNUAL REPORT FOR THE PERIOD ENDING 31.03.2014

Dear Friends,

Vanakkam. It is my proud privilege to present this Annual Report before this august body, in the AGM, being held on June 28.06.2015.

1.0 Introduction : This Bureau was registered under Societies Act on 24th Sept. 2002 with Reg. No. 370/2002. But it was founded on 3rd March 1996 and as such the Bureau steps into 20th year.

As you know that this Bureau is marching with its pioneering service to the Elders of the Society. It is worth remembering on this occasion, the valuable contributions made for the growth of the Bureau by founding fathers and the office bearers / EC Members (past and present) as well as the support extended by our members, other organisations & Govt. We have been representing vital issues and grievances concerning Senior Citizens, to the Govt. both State & Central.

2.0 Membership : With our earnest efforts for sustained development the strength is : IM (Institutional Member)-1, DM (Donor Member) - 2, LM (Life Member) - 331, AM (Annual Member) - 7, JSL (Journal Life Subscriber) - 72 = total 414.

3.0 Meetings.

3.1 The last AGM was held at 12.00 p.m. on June 21, 2014,(Saturday), at Ethiraj College for Women, 70, Ethiraj Salai, Egmore, Chennai-600 008. The minutes is read out and adopted today.

3.2 Commemoration of 19th Annual Day Conference, 11th year publication of "Link Age" and 9th World Elders Day Awareness was observed on 21.06.2014 at 10.30hrs, preceding the AGM.

Padmasri Dr. V.S. Natarajan, Patron / IAG & SCB, delivered key note address on the topic Elder Abuse. In absence of Chief Guest, Dr. M. Ravi, IPS, Mr. SP. Ambrose, released our special publication entitled "Sweet 19" and distributed Financial assistance to poor students. Tests for BMI, BP and Random Blood Sugar were done for all participants done at no cost.

3.3 EC Meetings were held regularly every month. Core group meetings were held frequently to plan and carry out the activities.

4.0 World Elders Day was observed jointly with Ethiraj College for Women from 9.30 a.m. to 12.30. p.m. on October 4, 2014 at Ethiraj College Chennai – 8. His Excellency Dr. K. Rosiah, Governor of Tamil Nadu was the Chief Guest. SCB Awards of Excellence were presented to Mr. S. P. Ambrose, Dr. T.S. Kanaka, CN. Prasad and NSS student Selvi A. Mareeswari. Earlier, pledge against Elder Abuse was administered by the Chairman to the students and other

participants. Thiru V.M. Muralidharan, Chairman, Ethiraj College Trust, M/s. Dr. V.S. Natarajan, Mr. T.V. Hariharan, T.C. Dayalan, Dr. K. Manimekalai, Dr. R. Rajalakshmi and Dr. P. Padmini, were honored. Cultural Programme was held by the Students of Ethiraj College. The detailed report was published in November 2014 issue of LinkAge.

5.0 Elder Welfare Programmes : The Bureau has conducted 170 programmes up to March 2015 since inception. During 2014 –2015, 14 programmes were held as per Annexure - 1 & 2.

6.0 I want to highlight the other important events held in 2014 -15 as given below:

6.1 A unique interactive meet on Safety & Security of Senior Citizens with TN Police at F3 Nungambakkam police Station, was held on 20.12.14. (Please refer January 2015 issues of LinkAge).

6.2 A Mega Health Camp on Comprehensive Geriatric Health Assessment at Madras Medical College, was held on 24.01.14. (Please refer LinkAge, February 2015 issue).

6.3 One Day Outing to Thiruvallur was held on 21.02.15. (Please refer LinkAge, March 2015 issue)

7.0 Finance: The Bureau is carrying its activities in promoting Elder Welfare and Elder Health Care with the contribution / subscriptions of members and donations from well wishers / organisations. The audited Balance Sheet is placed separately, vide Annexure - 3.

The Budget for the year 2015-2016 is as given below :

1. Website and Computer Maintenance	50,000
2. LinkAge monthly journal and Special Publication	1,80,000
4. Welfare programmes / Seminars / Workshops / Camps / Financial Assistance	2,20,000
5. Office Administration/ Infrastructure	1,00,000
6. World Elders Day / Annual Day / Elder Abuse Awareness Day	1,50,000
Total	----- 7,00,000 -----

8.0 Conclusion: We will continue with projects and seminars for the welfare of the senior citizens. We are looking for support from the youth and voluntaries. I seek your valuable co-operation and involvement, to strengthen this Bureau.

Secretary General

Note : Annexure 1, 2 & 3 are given separately. ❖

contd...p.5

LIST OF PROGRAMMES ORGANISED DURING 2014- 2015

Annexure - 1

S. No.	PROGRAM NO.	DATE	VENUE	TOPIC	CHIEF GUEST SPEAKER
1.	157	27.04.2014	Kauvery Hospital, Alwarpet	Presentation on Demntia	Dr. Preetikaa Chari, MD. DM., Phd., MNAMF., NPH., Consultant Neurologist & Neuro Surgeon
2.	158	21.06.2014	Ethiraj College for Women Egmore	19th Annual Day	Dr. M. Ravi,IPS
3	159	21.06.2014	Ethiraj College for Women Egmore	11th Anniversary of LinkAge and release of special issue of LinkAge "Sweet 19"	Thiru SP. Ambrose, IAS
4	160	21.06.2014	Ethiraj College for Women Egmore	9th World Elder Abuse Awareness Day	Padma sri Dr. V. S. Natarajan, Patron / IAG, SCB
5	161	21.06.2014	Ethiraj College for Women Egmore	12th AGM	Capt. M. Singaraja, SM, Chairman, SCB
6	162	20.07.2014	Aysha Hospital, Kilpauk	Camp on Diabetic Foot	Prof. Dr. VB. Narayanamurthy & Dr. Rajesh
7	163	16.08.2014	Saibaba Hall, opp to IBIM, West Mambalam	Camp on Acupressure & Nature Care	Prof. Dr. Faabdul Nazar, President, IBIM & TAAPRO
8	164	13.09.2014	Thambiran Heart and Vascular Institute, Anna Nagar	Camp on Nonsurgical Treatment for Peripheral Arterial Disease (PAD)	Dr. R. Ravikumar, MBBS, DMRD, DMRE, DNB, Ph.D
9	165	04.10.2014	Ethiraj College for Women Egmore	World Elders Day and release of Special Issue of LinkAge "Voice of Veteran" and Presentation of SCB Awards of Excellence to Mr. S. P. Ambrose, Dr. T.S. Kanaka, CN. Prasad and NSS student Selvi A. Mareeswari.	Dr. K. Rosaiah His Excellency The Governor of Tamil Nadu and Thiru VM. Muralidharan, Chairman, Ethiraj College Trust.
10	166	04.12.2014	Dr. BM. Sundaravadanam, Mat. HSS, Shenoy Nagar.	Children's Day with students and teachers	Dr. BS. Tiruvadanan, Secertary and Mrs K. Flora, Principal and Mr. Sriharan Balan, Director, Madura Travels
11	167	20.12.2014	F3 Nungabakkam Police Station	Camp on Safety & Security	Thiru P. Rajasekaran, L& O Inspector of Police
12	168	24.01.2015	Regional Geriatrics Centre, MMC old campus	Camp on Comprehensive Geriatric Health Assessment	Prof. Dr. S. Sivakumar, Head / Department of Geriatric Medicine, MMC
13	169	21.02.2015	Thiruvallur	1 Day outing to in Thiruvallur and surroundings. A talk on "Gurvashtakam : A message of equity of all by Adi Sankara at Dr. Sarma Hospital,	Prof. Dr. Sarma VSN Rachakonda, Cardio – metabolic & Chest Specialist and VP, FOWSL India
14	170	21.03.2015	Kotak APC(Agency Partner Channel), Ashok Nagar	Opportunity to be with MNC for retired officials	Thiru Nagarajan, Kotak APC and Recruiters

The program number is indicated in each picture in the following photo album.

contd...p.6

HIGHLIGHTS OF 2014 - 2015

Annexure - 2



157

27.04.2014- Presentation on Dementia by Dr. Preetikaa Chari



158

21.06.2014 - 19th Annual Day- A view of Health Monitoring



158

21.06.2014 - With Cultural programme Students of Ethiraj College



159

21.06.2014 - Release of, "LinkAge" Special issue, "Sweet 19"



160

21.06.2014 - Pledge against Elder Abuse, on 9th WEAAD



161

21.06.2014 Participants of 12th AGM



162

20.07.2014 - Camp on "Diabetic Foot" by Prof Dr. VBN Murthy & Dr. R. Kesavan



163

16.08.2014 - Camp on "Acupressure and Nature Care" by Prof. Dr. FA Abdul Nazar

Highlights Annexure - 2 contd. from p.6



164

13.09.2014 Camp on "PAD" by Dr. R. Ravi Kumar



165

04.10.2014 - WED- A group photo with His Excellency, The Governor of Tamil Nadu Dr. K.Rosaiah



165

04.10.2014 - WED - A section of the audience



166

04.12.2014 - Childrens Day with students of Dr BMS Mat HSS



166

4.12.2014 - Childrens Day - A view of the Dais



167

20.12.2014 - Camp on "Safety & Security" at F3 Nungambakkam Police Station - Honouring Police Personnel from L&O, Crime & Traffic



167

20.12.2014 - Camp on "Safety & Security" at F3 Nungambakkam Police Station - A group photo



168

24.01.2015 - Camp on Comprehensive Geriatric Health Assessment



169

21.02.2015 - A talk by Prof. Dr. Sarma VSN Rachakonda, Cardio Metabolic & Chest Specialist



170

21.03.2015 - Camp on "Opportunity with MNC" - Thiru R Nagarajan & Recruiters of Kotak APC

Audited Accounts for the Year 2014-2015

ANNEXURE - 3

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31-03-2015

EXPENDITURE			INCOME		
PARTICULARS	AS ON 31.03.2015	AS ON 31.03.2014	PARTICULARS	AS ON 31.03.2015	AS ON 31.03.2014
To Administrative Expenses A/c	61,894.20	35,225.00	By Subscription		-
To Expenditure on Camps & Meetings			Membership	700.00	2,450.00
World's Elder's Day Expenses	25,086.50	11,706.50	LinkAge	-	-
Meeting Expenses	17,569.00	26,597.00	By Donation		
To Link Age and Other Publications	98,366.00	90,918.00	General purpose	37,540.00	20,300.00
To Salary to Staff	68,750.00	63,500.00	World's Elder's Day	67,386.00	73,652.00
To Audit Fees	3,420.00	3,370.00	Prime Ministers Relief Fund	1,000.00	3,611.00
To Donation paid	11,700.00	15,995.00	Sunshine Fund	34,917.00	26,791.00
To Bank Charges	120.00	125.00	By Sale of Books	-	700.00
To Books and Periodicals	1,700.00	-	By Advertisement	45,900.00	-
To Bad Debts	-	5,499.00	By Others - ID Card	-	100.00
To Depreciation	300.00	-	By Interest Received		
			Fixed Deposit	77,337.00	66,821.00
			Savings Bank A/c	2,990.00	3,900.00
			By Excess of Expenditure over Income	25,135.70	54,610.50
TOTAL	2,88,905.70	2,52,935.50	TOTAL	2,88,905.70	2,52,935.50

RECEIPTS AND PAYMENTS FOR THE YEAR ENDED 31.03.2015

RECEIPTS			PAYMENTS		
PARTICULARS	AS ON 31.03.2015	AS ON 31.03.2014	PARTICULARS	AS ON 31.03.2015	AS ON 31.03.2014
To Opening Balance			By Administrative Expenses	61,894.00	35,225.00
Cash in Hand	42.15	254.15	By Expenditure on Camps and meetings		
Cash at Bank			World Elder Day Expenses	25,086.50	11,706.50
Axis Bank	26,976.47	19,462.47	Others	-	-
Indian Overseas Bank	47,197.10	84,344.60	Meeting Expenses	17,569.00	26,597.00
To Subscription			Linkage and Other Publications	98,366.00	90,918.00
Membership	700.00	2,450.00	By Investment in Fixed Deposit		-
Linkage		-	By Bank Charges	120.00	125.00
To Corpus Fund Received			By Purchase of Books	1,700.00	-
Life Subscription	33,750.00	22,050.00	To Donation paid	11,700.00	15,995.00
Conversion to life membership	4,500.00	4,000.00	By Life Membership Subscription returned	-	1,550.00
To Donation			By Audit Fees	3,371.00	3,370.00
General purpose	37,540.00	17,300.00	By Loan repaid to Capt. Singaraja	10,353.00	8,123.00
World Elders day	67,386.00	73,652.00	By Salary For Staff	68,750.00	63,500.00
Prime Ministers Relief Fund	1,000.00	3,611.00	By TDS on Fixed Deposits	-	2,854.00
Annual Day		-	By Closing Balance	-	-
Sunshine Fund	34,917.00	26,791.00	Cash in Hand	202.15	42.15
To Sale of Books	-	700.00	Cash at Bank		
To Others- ID card	-	100.00	AXIS BANK	34,772.47	26,976.47
To Interest Received			INDIAN OVERSEAS BANK	45,924.60	47,197.10
Fixed Deposit	67,177.00	66,821.00			
Savings bank A/c	2,990.00	3,900.00			
To Loan received	9,733.00	8,743.00			
To Fixed Deposit Matured		-			
To Advertisement Charges	45,900.00				
TOTAL	3,79,808.72	3,34,179.22	TOTAL	3,79,808.72	3,34,179.22

For SENIOR CITIZENS BUREAU

Sd/- (CHAIRMAN) Sd/- (SECRETARY GENERAL
IN-CHARGE) Sd/- (TREASURER)

PLACE : Chennai
Date : 13.06.2015

To be read with our report as on date
For A. JOHN MORIS & CO.,
Chartered Accountants - FRN:007220S
Sd/-
(CA. Yasmin Sulthana)
Partner - M.No.228182

A BRIEF NOTE ABOUT SENIOR CITIZENS BUREAU

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

Senior Citizens Bureau was established in March, 1996 and registered in June 2002 with Registrar of Societies / Chennai Central with Reg. # 370/2002. Major General Aban Naidu, PVSM, AVSM, M-in-D, a veteran defense officer, is the founding chairman and currently the Chairman Emeritus. Also he is the former General Officer Commanding of Delhi Area and Military attaché for USA and Canada at Washington. He served the nation both in peace, World War II and other Wars in our border. The Bureau is proud to have his services as well as the services of other dedicated eminent personalities such as M/S SP Ambrose, IAS(R), R Venkatesan, IA&AS(R), Er. S Ramalingam, (Rtd CMD/CPCL), Padmabushan Dr. Sarada Menon, Dr TS Kanaka, Dr Vayu Naidu, FRSA, TV Hariharan, (Industrialist) and a host of active members. The Bureau is fortunate to have Er. V. Haiharan, FIE, former President, Sundaram Fasteners and the renowned Geriatrician Padmasri Dr. VS Natarajan as past chairmen. The multi faceted technocrat and our charter member, Dr (Capt) M Singaraja, is the current chairman.

The Bureau has grown into stature steadily with dedicated involvement of eminent personalities. It has 450 plus members from various walks of life, such as retired officials from IAS., IA&AS., IPS, Defense Services, Banks, Medical, Engineering, Judiciary, Industry and Business, from all over the country, It has earned its name as a reputed voluntary organization in the movement of older persons. It is predominantly an information and guidance centre for service and advocacy, to all age groups of the Society, with the well defined Mission and Vision. The Bureau is primarily providing service and advocacy through 6 departments of Social Service. Field activities, Promotion of Inter generation bonding and Publication of Journals / Books are held regularly. We have networking with Govt, bodies and sister forums from all over India. Our contributions to elder movement through participation in various conferences,

symposiums, workshops, etc., are acclaimed. A copy of our monthly journal "LinkAge" is attached as a sample of our publication. Information about the Bureau and its activities in detail, are enumerated separately as Annexure:1 attached. Its commitment to the community, particularly to the youth and elderly, is hailed by the media and the public. The Bureau is proud of its achievement. The members of the bureau, the youth and the general public are immensely benefited by the participation of VIPs from Govts, NGOs and specialists from the Social and Medical fields.

The Bureau has so far conducted 173 Programs including the projects cited below.

1. Attending to requests from the members as well as general public pertaining to 6 social welfare depts. of the Bureau, (1200 plus cases).
2. Elders safety, Security and Day Care Center.
3. Screening Camps for Physical and mental wellness of Men/Women (Members/Old age homes/Rural people).
4. Counseling and Psychotherapy to young/old, Memory Clinic.
5. House call programme to help immobile elders by Doctors, Psychologists, and Nursing Assistants.
6. Publication of monthly journal entitled *LinkAge* and books.
7. Training Programmes and financial assistance to the students and less privileged sections.
8. Promotion of inter generation bonding, elder abuse awareness.
9. Scientific sessions, Seminars, Workshops with specialists and VIPs from Govt, NGO, Social and Medical fields.
10. Networking with sister forums from all over India and contribution to elder movement. ❖

Salutation and best wishes to our Senior Elder Members, who have sighted 1000 (+) moons and Born on or before 1.10.1930 (85 and above)

Nagarajan, B	CHENNAI-600 014	LM:594	044 - 281336213	26-May-1921
Sundararajan, G	CHENNAI-600 031	LM:123	044 - 28360129	17-Apr-1922
Mahalingam, K.P. Er.	CHENNAI-600 010	LM:320	044-26411577	12-Sep-1922
Aban Naidu, Maj. Gen. PVSM, AVSM, M-in-D	CHENNAI-600 010	LM:1	044 - 26425555	27-Jan-1923
Padmabhusan Sarada Menon, M. Dr.	CHENNAI-600 010	LM:599	044 - 26412697	5-Apr-1923
Madhavan, C. Er.	CHENNAI-600 102	LM:528	044-26261294	8-Jun-1923
Iyer, S.V.Cdr	CHENNAI-600 032	LM:367	044-22326468	12-May-1924
Kamatchi Sundaram, Dr.	CHENNAI-600 086	LM:16	044 - 24661938	15-May-1924
Xavier Pillai, T.J	Sriperumbudur-602 100	LM:80	9444695285	24-May-1924
Ramaswamy, S. Prof. Dr.	CHENNAI-600 035	LM:539	9444140829	20-Jul-1924
Venkatraman, S.S	CHENNAI-600 017	LM:425	044 - 28140248	16-Mar-1925
Doss, PA	CHENNAI-600 034	LM:882	044 - 28170193	26-Jun-1925
Ragunathan, S.Major	CHENNAI-600 097	LM:809	9962464221	1-Jul-1925
Chellam, N	CHENNAI-600 093	LM:616	044 - 23761844	27-Apr-1926
Rengaswamy, G	CHENNAI-600 050	LM:114	044 - 26257070	18-May-1926
Vedagiri Shanmuga Sundaram, Dr.	CHENNAI- 600 102	LM: 869	044 26632801	16-Sep-1926
Chaco, P.E.	CHENNAI-600 002	JSL:423	044 - 26623809	26-Sep-1926
Manivannan, K	CHENNAI-600 113	LM:872	9003019283	4-Nov-1926
Subramanian, N	CHENNAI-600 018	LM:6	044 - 24996905	30-May-1927
Habibunissa Begum	Chennai-600 014	LM:826	9840749487	15-Aug-1927
Arun Dev Choudhuri	CHENNAI-600 034.	LM:611	044 - 28330580	12-Oct-1927
Ramaiah, D.S. Dr.	CHENNAI-600 106	LM:739	99641232247	26-Oct-1927
Chandrasekar Raja, M.S.D.	Rajapalayam-626 108	JSL:698	9789507895	7-Nov-19278
Sathya Priya, P	CHENNAI-600 034	LM:451	988447724	12-Dec-1927
Ambrose, S.P. IAS (Retd)	CHENNAI-600 020.	LM:14	044-24916494	11-Apr-1928
Satagopan, S.R	CHENNAI-600 044	LM:598	044 - 22233001	18-May-1928
Ramesh S. Chickermane	Mumbai-400 016	LM:216		1-Jun-1928
Rajarethinam, T	Neyveli-607 801	LM:465	9487140969	7-Sep-19289
Venugopalan, V.S	CHENNAI-600 040	LM:576	044 - 28342954	15-Oct-1928
Vasudevan, P.T	CHENNAI-600 024	LM:511	044 - 24802434	10-Apr-192
Balakrishnan Rao, N.	CHENNAI-600 001	AM:593	044 - 42164605	11-Jul-1929
Rajagopal, A. S	CHENNAI- 600 051	LM:871	044 - 26850484	12-Feb-1930
Maniam, AGS	CHENNAI-600 040	LM:745	991570364	28-May-1930
Jean Canthaswamy	CHENNAI-600 102	LM:786	044 - 26262006	9-Jun-1930
Rajaram, S	CHENNAI-600 125	LM:808	9176473490	14-Jul-1930

தனிமைச் சிறை

கொல்கத்தாவில் ஒரு அடுக்குமாடி குடியிருப்பில் இருந்த ஒரு குடும்பத்தில் மனநலம் பாதிக்கப்பட்டதால் ஒரு பெண் இறந்துள்ளார். அவர் இறந்த 6 மாதத்துக்குப் பிறகும் அவருடைய உடலுடன், சகோதரர் மற்றும் தந்தை வாழ்ந்துள்ளனர். இந்த நிலையில் அந்த தந்தையும் தீக்குளித்து தற்கொலை செய்து கொண்டதால்தான் இந்த விவரம் வெளியுலகுக்கு தெரியவந்துள்ளது. அதுவும் நகரின் மையப்பகுதியில் உள்ளது அந்த அடுக்குமாடி குடியிருப்பு.

இந்த இருவர் உயிரிழந்தது அந்த அடுக்குமாடி குடியிருப்பில் உள்ள எவருக்கும் தெரியவில்லை. அல்லது அதைப் பற்றி கவலையில்லாமல் இருந்துள்ளனர். நாட்டின் ஒட்டுமொத்த நிலை இதுதான். தற்போது அடுக்குமாடி குடியிருப்புகள் என்பது ஒரு தனிச் சிறையாக மாறியுள்ளது. பக்கத்து வீட்டினருடன் எந்தத் தொடர்பும் இருப்பதில்லை; வைத்துக் கொள்வதில்லை. பண்டிகை, திருவிழாக்களின் போது கூட ஒன்றாக சேர்ந்து கொண்டாடுவ தில்லை. இந்த சிறையில் இருந்து நம்மை நாமேதான் விடுவித்துக் கொள்ள வேண்டும். அக்கம்பக்கம் உள்ளவர்களிடம் நட்பு பாராட்ட வேண்டும். தனிமைச் சிறையில் இருந்து விடுவித்துக் கொண்டு மற்றவர்களுடன் நல்லது, கெட்டதை பகிர்ந்து கொள்ள வேண்டும். தனிமரம் தோப்பாகாது. கூட்டுக் குடும்ப வாழ்க்கையில் இருந்து விலகி நீண்ட காலமாகிவிட்டது. குறைந்தபட்சம் சுற்றத்தினருடன் நட்பு பாராட்ட, அடுத்த தலைமுறைக்கு சொல்லித் தர வேண்டும். ❖

நன்றி : தினகரன், 13.06.15

American Adults

About 53.4 million American adults under age 65 (28 percent) in 2012 reported having no usual place to go for medical care when they got sick. Overall, among this age group, men were more likely to not have a usual place to go for care (34 percent) than women (22 percent).

Source: Agency for Healthcare Research and Quality, Medical Expenditure Panel Survey Statistical Brief #461: Access to Health Care of Adult Men and Women, Ages 18-64, 2012, June 9, 2015, Issue #473, Electronic Newsletter. ❖

FOSWL India Chennai Anna Nagar, invites you for its monthly meeting at 5.00 p.m, on Sunday, 26.07.15, at Karuna Enclave, SMF Annexe, opp : Hotel Alashyam, Shanthi Colony, Anna Nagar, Chennai - 40. Mrs. Nandini Raman, Psychologist, makes a presentation on "Chanting Relationship at 60 years". ❖

முதியோர் உதவிக்கான புது விதிகள்

சமூக பாதுகாப்புத் திட்டத்தின் கீழ், முதியோர், மாற்றுத் திறனாளிகள், விதவைகளுக்கான மாதாந்திர உதவி பெறுவதற்காக, விதிமுறைகளை, தளர்த்தி உள்ளது தமிழக அரசு.

*வருமான வரம்பு, 5,000 ரூபாய்க்குள் என்று இருந்ததை, 50 ஆயிரம் ரூபாய்க்குள் என, 10 மடங்கு உயர்த்தப்பட்டு உள்ளது. சொத்து மதிப்பு, 50 ஆயிரம் ரூபாய்க்குள் இருந்தாலும் பயன்பெறலாம். * வாரிசுகள் இருந்தாலும், அவர்களால் பயனில்லை என்றால், மாதாந்திர உதவிபெற, முதியோர் தகுதி பெறுவர். * எல்லா விதமான உதவித் தொகை திட்டத்திலும், 'ஆதவற்றோர்' என்ற பிரிவு கூடுதலாக இணைக்கப்பட்டு உள்ளது. * மாற்றுத் திறனாளிகளுக்கான விதிமுறைகளில், 'வேலை செய்ய முடியாத தன்மை' என்ற பிரிவு நீக்கப்பட்டு உள்ளது. 60 சதவீத பாதிப்பு உள்ள, அனைவருக்கும் உதவித்தொகை கிடைக்கும். * உழவர் பாதுகாப்புத் திட்டத்தின் கீழ், 60 வயதுக்கு மேற்பட்டோர் மாதாந்திர உதவிபெற, 'மகன், மகள் ஆதரவு இல்லாமல் இருந்தால்...' என்ற விதிமுறையும் நீக்கப்பட்டு உள்ளது. இதற்கான, அரசாணையும் வெளியிடப்பட்டு உள்ளது. ❖

நன்றி : தினமலர், 22.04.15

Court rescues Senior Citizen and asks son to vacate house

A city court in New Delhi has come to the aid of an aged man, who was being harassed by his son for wishing to give a share of property to his daughters too, and asked the son to vacate the father's house. 'Life is not a ladder but a wheel which takes a full circle,' Additional District Judge Kamini Lau said in her judgment, adding that the judiciary would step in to stop inappropriate and illegal conduct "of children against aged parents and that too when the parents needed them the most. The judge held that 73-year-old Ganga Saran Tripathi was the owner of a property in North Delhi's Burari and had absolute right to deal with it the way he wanted. His son Arvind Tripathi and daughter-in-law Bindu Tripathi were "only permissive users or licensees" in respect of the property and due to their misbehavior and misconduct with their father, their license to stay in it had been "validly terminated" as the old man had disowned them, she said. "Hence, I told that plaintiff Ganga Saran Tripathi is entitled to the relief of possession and permanent injunction in respect of the suit property..," the judge said. The court granted three months to the son and his wife to vacate the property and hand it over to their father, and directed them not to sell or transfer it to anyone. Ganga had moved the court alleging that he was being abused, rebuked and humiliated by his son and daughter - in - law for his refusal to transfer his property in their names. ❖

Source: Voice of Senior Citizens

Birthdays : July*Wishing you a Cheerful, Peaceful and Prosperous Life*

Sl. No.	D.O.B	Memb No.	Name
1.	01-07-1939	LM 660	Thiru S. Prabhakaran
2.	01-07-1925	LM 809	Major S. Ragunathan
3.	01-07-1940	LM 18	Thiru S.K. Vasudevan
4.	02-07-1939	LM 669	Thiru V.A. Balasurbamanian
5.	04-07-1952	LM 800	Tmt. S. Baby Parimala
6.	04-07-1939	LM 352	Thiru A.C. Kandaswamy
7.	04-07-1938	LM 681	Thiru M. Balaraman
8.	05-07-1939	LM 783	Thiru V. Shanmugam
9.	06-07-1939	LM 60	Thiru L.V. Rajarethinam
10.	10-07-1946	JSL 817	Thiru K.R. Navaneethakrishnan
11.	10-07-1941	LM 675	Thiru M. Pandey
12.	10-07-1942	LM 863	Thiru D. Raghunatha Rao
13.	10-07-1951	LM 563	Dr. Shankar Sankaran
14.	11-07-1929	AM 593	Thiru N. Balakrishna Rao
15.	14-07-1930	LM 808	Thiru S. Rajaram
16.	15-07-1940	LM 785	Thiru V. Gnanasambandam
17.	15-07-1946	LM 495	Dr. A. Sanjeeva Rao
18.	15-07-1946	LM 562	Dr. T.V. Govindan
19.	15-07-1955	LM 767	Thiru Vir Prakash Jain
20.	15-07-1955	LM 587	Thiru S. Viswanathan
21.	16-07-1948	LM 663	Thiru S. Ramani
22.	16.07.1942	LM 780	Thiru G. Guruswamy
23.	16-07-1940	LM 501	Thiru C.G. Easwaran
24.	19-07-1931	LM 784	Tmt. M. Janakam
25.	19-07-1939	LM 661	Thiru C.V. Murugesan
26.	20-07-1924	LM 539	Prof. Dr. S. Ramasamy
27.	20-07-1946	AM 447	Thiru S.K. Janarthanan
28.	20-07-1939	LM 772	Thiru W.I. Davaram, I.P.S.
29.	22-07-1945	LM 674	Thiru E. Swaminathan
30.	25-07-1931	LM 778	Er. M. Mathinulla Khan
31.	27-07-1945	LM 682	Prof. Dr. V. Chockalingam
32.	02-07-1935	LM 852	Thiru A.G. Madhava Rao
33.	30.07.1937	LM 21	Dr. M.S. Amaresan

*Your liberal contribution to Sunshine Fund is solicited***Welcome to Our Family Fold****I. NEW MEMBERS**

1. Thiru C.V. Parthasarathy LM 899
17/6, II Main Road, Shenoy Nagar (W),
Chennai - 600 030. Ph : 94446 32370

II. CONVERSION

1. Thiru V. Sainath AM to LM 834 ❖

Acknowledgment**Thanks a lot & God Bless You****I. Sunshine Fund**

1. Thiru Sarveswara Rau LM 313 ₹ 500/-
2. Tmt. R. Nirmala LM 765 ₹ 500/-
3. Thiru S. Prabhakaran LM 660 ₹ 1000/-

II. Donation

1. Thiru R. Venkatesan LM 07 ₹ 1500/-
2. Thiru Ganapathy Mahesh - ₹ 3000/-
3. Thiru S. Prabhakaran LM 660 ₹ 1000/-
4. Thiru C.V. Murugesan LM ₹ 1000/-

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

National / International Days - July

- 01.07. World Health Day (I)
01.07. State Bank of India Foundation Day (N)
11.07. World Population Day (I)
26.07. Kargil Memorial Day (N)

Note : N = National I = International ❖

Appeal

We solicit your liberal donation to encourage and support us in recognition of our humble service for social cause and for the cause of elder movement. You are well aware of our multi various regular activities such as Workshops, Special Days, Link Age journal, and financial assistance to less privileged persons. Your benevolent noble gesture will definitely enhance your joy on the occasion of your birthdays, wedding days, commemoration of our Annual Day, World Elders Day and World Elder Abuse Awareness Day. Your subscription remains low since inception, inspite of mounting rise in every service charge payable. All our programmes are of self supporting. Please come forward voluntarily and donate liberally. God bless you. ❖

Executive Committee / SCB

முதியோர்களே !
நம்முடைய சக்தியையும்
பெருமையையும்
வெளிக் கொணர்வோம்

ELDERS !
Let us
Empower Ourselves

SENIOR CITIZENS BUREAU - GOVERNING BODY 2013 - 2014 to 2015 - 2016

Chairman Emeritus : Maj. Gen. ABAN NAIDU , PVSM, AVSM, M-in-D	Ph : 98400 37068
Patron : Padmasri Dr. V.S. Natarajan , MD, FRCP, DSc. (Hon.)	Ph : 95000 78740
Chairman : Dr. (Capt.) M. Singaraja , C.Eng., BE, PGDBM, FIE, FIV, M.Sc., Ph.D.	Ph : 94441 27704
Vice Chairman : Prakash H. Lulla ,	Ph : 98418 66747
Secretary General : S. Jayakumar	Ph : 93818 01446
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Er. V. Balasubramaniam	94451 66319
Er. R.T. Namasivayam	97899 74100
Mr. C. Panneer Selvam	94446 77076
Mr. P.M. Pandian	94441 71757
Mr. S. Prabhakaran	96000 88464
Mr. P. Sethu Seshan	98400 21231
Mr. K. Sundara Varadan	99404 36521
Mr. Sainath	98407 64174

Editor & Publisher - Link Age

Capt. Dr. M. Singaraja,
BE, PGDBM, M.Sc.(Psy), FIE, FIV, Ph.D.
E-mail : < singaraja@gmail.com >

Advisory Committee Members

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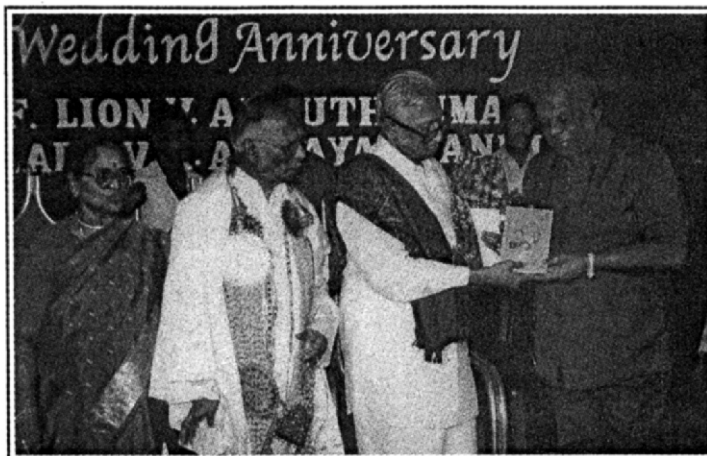
MISSION

- To give back to Society something in return of all that it has done for us, and exemplifying it through our commitment to serve.
- To put to use the wealth of our collective wisdom and experience by providing free information and guidance to various sections of society.
- To sensitise the community, especially the Youth, about the social ethics and value systems of our Society, especially in the care of the Aged, and inculcate the philosophy of Humanism.
- To promote the Joy of fellowship and bonding, as a means to develop unselfish love for one's fellowmen.
- To promote the well-being of the Elderly in body, mind and spirit.

VISION

- To raise and pool resources for the economic, physical and mental welfare of the Elderly.
- To highlight the worldwide movement on Ageing and its objectives and programmes, and seek to promote the well-being of the Elders through the agency of the State and of Society.
- To promote community projects at all levels for the care of the Aged.
- To Publicise the rights of the Elder Citizens and the means of securing them, and their duties and obligations to Society.
- To ensure to the Aged their legitimate share in all spheres of life, enabling them to live with dignity and respect instead of merely subsisting on sympathy.

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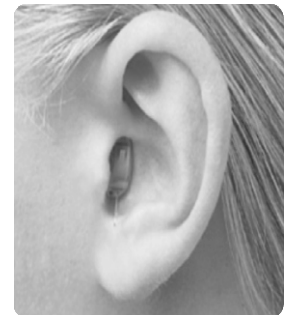
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