



Committed to serve

# 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 : 11

MAY : 2015

ISSUE : 10



University of Madras

**HelpAge India** Fighting isolation,  
poverty, neglect



Committed to serve

**Dept. of Criminology, University of Madras, Chennai  
HelpAge India, Chennai**

**&  
Senior Citizens Bureau, Chennai**

cordially welcome you to the One Day Seminar on

**"ELDER JUSTICE INITIATIVE :  
STAKEHOLDERS RESPONSE ON SOCIAL  
SOCIETY OF ELDERLY"**

**Date & Time** : May 15, 2015, Friday, 10.00 a.m.

**Venue** : Diaz Hall, Department of Criminology  
University of Madras, Chennai - 600 005.

**Mr. Md. Shakeel Akther, IPS**

(Additional Director General of Police,  
CMD, TN Police Housing Corporation, Chennai)

**will Inaugurate and deliver the Keynote Address****Dr. (Capt.) M. Singaraja, SM, C.Eng,**

(Chairman, Senior Citizens Bureau, Chennai)

**will preside over****Mr. V. Sivakumar,**

(Director, HelpAge India, Tamil Nadu, Chennai)

**will deliver Special Address****All are welcome.****Dr. M. Priyamvada**

Seminar Director &amp; AP, Dept. of Criminology

**Note** : Please register your name, on or before 11 May 2015,  
with Dr. M. Priyamvada – 98845 66715  
<priyashiman@yahoo.com> or Vijo Vincent – 87544 67980  
<varghese.vincent69@gmail.com>

**PROGRAM SCHEDULE****10.00 to 10.50 Hrs – Inaugural Session****10.50 to 11.00 Hrs – Tea Break****11.00 to 12.00 Hrs - Session 1 : Elderly needs in a changing society,**Chair – **Mr. D. Rajashekar, IRS (Retd.)**, Gen. Sec., TANSECA.Panelist 1 - **Dr. Gulam Dastagir,**

Associate Prof. Dept. of Sociology, Pondicherry University

Panelist 2 - **Mr. Edwin Babu, JD,** Programs, HelpAge India.**12.00 to 13.00 Hrs – Session 2: Perspectives on the existing elderly health care facilities & its impact**Chair – **Padma Shri Dr. V. S. Natarajan (Retd.)**

Professor, Dept. of Geriatric Medicine, GH, Chennai

Panelist 1 - **Dr. G. S. Shanthi,**

Professor, Department of Geriatric Medicine, GH, Chennai.

Panelist 2 - **Dr. Thangam Hari,**

AP, Department of Geriatric Medicine, GH, Chennai.

**13.00 to 14.00 Hrs – Lunch****14.00 to 15.00 Hrs – Session 3: Understanding the psychological needs of elderly**Chair – **Dr. T. S. Kanaka,** Neuro-Surgeon & Founder,  
Shri Santhanakrishna Padmavathy Healthcare &  
Research Foundation, Chennai.Panelist 1 - **Dr. V. D. Swaminathan,** Psychologist, Professor &  
Head i/c, Department of Social Work, University of Madras,Panelist 2 - **Dr. Shantha Kamath,** Director, Schizophrenia  
Research Foundation (SCARF), Chennai.**15.00 to 16.30 Hrs – Session 4: Victimization and criminal justice system's response to elderly**Chair – **Dr. S. P. Mathur, IPS (Retd.)**,

Former Director General of Police, Tamil Nadu.

Panelist 1 - **Dr. T. H. Ansar,** Research Officer, Academy of  
Prisons and Correctional Administration, VellorePanelist 2 - **Ms. Sheela Jayaprakash,**  
Advocate, Madras High Court, Chennai.Concluding Remarks & Vote of Thanks - **Mr. R. Muthukrishnan,**  
Senior Manager - Helpline, HelpAge India, Chennai.**16.30 Hrs National Anthem, Tea****Note: There will be Q&A at the end of each session.**

## News from our Networking Associates

**The 14th National Conference of AISCCON** was held at the famous Lake City Udaipur, Rajasthan, on 21 and 22 February 2015. 2000 Senior Citizen delegates from all states of the country and a delegation of 15 Seniors from Nepal attended. The Conference was hosted by Maharana Pratap Varishtha Nagarik Sansthan, Udaipur at ML Sukhadia University, Udaipur. The theme of the Conference was "Holistic Living of Senior Citizens - challenges and way out. Pre-Conference Central Council meeting was held on 20.02.15. Hon'ble Justice NK. Jain of Rajasthan High Court was the Chief Guest in the Inaugural Function held on 21.02.15. The other distinguished guests included Smt. Krian Maheshwari, Hon'ble Minister, Public Health Engineering, Govt of Rajasthan, Padmashri Kailash Manav, Founder Chairman of Narayan Seva Sansthan, Udaipur, Shri Arjun Meena, MP, Shri Mangilaji Lunawat and Shri Hastimal Jain. 4 Technical Sessions on different aspects of the theme were arranged as follows: 1- Federal and State Policies for Senior Citizens. 2 - Draft National Health Policy and its relevance to Senior Citizens. 3- Maintenance & Welfare of Parents and Senior Citizens Act, 2007 – Need for a review. 4- Financial Security and Mobilization of Senior Citizens in Tribal, Rural and Urban areas. ❖

**HelpAge India organized an Exchange visit to Puduchery and Cudalore during March 30 & 31, 2015** for members of different Senior Citizens Associations in Chennai. The objective of this visit is to help these SCA's to learn from each other and develop better network and support systems to implement/replicate programs. Two Representatives each from Tamil Nadu Electricity Retired Workers Association, Tamil Nadu Consumer Protection Organization, Tamil Nadu Elders Welfare Association and Tamil Nadu Housing Board Pensioners Association participated. Mr. R. Muthukrishnan, Senior Manager – Helpline, HelpAge India, accompanied the team. ❖

**Valedictory Function of Two Months Certificate Course in Geriatric Care for Bedside Assistance/ Caretaker, was held on 04.04.15**, at Nimmadhi War Widows Welfare Association, RA.Puram Chennai-28. The program was organized by Alzheimer's & Related Disorders Society of India (ARDSI), Chennai Chapter and sponsored by National Institute of Social Defence (NISD), Ministry of Social Justice & Empowerment, Govt. of India. Dr. R. Sathianathan, NISD- Programme Director-Chennai, Vice-Chairman of ARDSI India, welcomed the gathering. Mr. P.K. Arivazhagan, Programme Coordinator ARDSI-Chennai, read out course report. Mrs. Meera Pattabiraman, Chairperson – ARDSI, gave the Presidential Address. Dr. T. S. Ramaswamy, (LM: 737), Senior Advocate,

### Appeal

I appeal to all the members of SCB to donate liberally for the relief work for the people of Nepal, affected in devastating earth quake. We can share their grief and sorrow through the Prime Minister Relief Fund. Contribution received so far :

- 1) Capt. M. Singaraja - 1,000,
- 2) S. Jayakumar - 1,000,
- 3) S. Prabhakaran - 500,
- 4) P. Sethushan - 500,
- 5) C. Visweswara Raju - 500, Total : 3,500.

I have communicated our feeling and concern by phone and Email, to our Networking Associate, "RIDA NEPAL" of U3A in Kathmandu, Mr. Jeevan Raj Lohani and Ms. Binisha Shivakoti. When 6 of our members went to attend 5th Asia Pacific Alliance (APA), University of 3rd Age (U3A), International Conference - 2014, in Nepal, we were all together at Kathmandu from Oct 14 to Oct 26. (Reference: December 2014 issue of "LinkAge") ❖

High Court, Chennai and President, of Probus Club of Chennai, gave the Valedictory Address. Dr. Capt. M. Singaraja, Chairman, Senior Citizens Bureau & Editor, "LinkAge" gave the Special Address and distributed the certificate to the 52 trainees. Tmt. Bhama Natarajan- Founder Director, War Widows Welfare Association and Mr. Edwin Babu, Joint Director- HelpAge India Felicitated. Mr. S. Kumar, ARDSI, Chennai proposed a vote of thanks. ❖

**Commemorating the World Health Day on 7th April 2015, HelpAge India, Chennai**, organized a "Free Geriatric Health Assessment Camp" to 55 residents of Monegar And Rajah of Venkatagiri Choultries Old Age Home. The WHO theme for World Health Day is "From farm to plate, make food safe." The objective of the program is to provide geriatric screening for older persons and follow-up the patients through Geriatric OP at Govt. General Hospital. Sugar Test, B.P Check-up, Weight Check-up, Consultation by Geriatric Physician from Govt. GH, Chennai and Diet Advice for Elderly were carried out. ❖

**Armed Forces Veteran Officers Association (AFGOA)** arranged their lunch and get-together on 11.04.15, at Palmgrove Officer's Institute, Island Ground, Chennai. ❖

**Probus Club of Chennai** organised one day get-together from break-fast to evening snacks on 25.04.15 at Alumni Centre, Anna University, Guindy, Chennai fully packed with games, quiz, fun, entertainment and music. ❖

**Tamil Nadu Senior Citizens Association, TANSECA**, has organized a Free Audiology Screening on April 25 & 26, 2015, from 10.00 to 17.00 hrs at it is Arumbakkam Service Centre, following the success of previous camp held on March 28-30, 2015 at TANSECA office premises. ❖

**Narpani Selvam MJF. Ln. V. AmruthKumar, our EC Member (LM: 844)**, Convenor of Cosmopolitan Club - "Gourmet group" organised their quarterly dinner meeting on 27.04.15, at Cosmopolitan Pallava Hall. The Chief Guest Thiru Soma Valliappan, spoke on the subject Emotional Intelligence – Your Passport to Success. ❖

**FOSWL India, Chennai Anna Nagar** invites you for its monthly meeting at 5.00 P.M., on Sunday 24.05.15 at Karuna Enclave, SMF Annex, opp: Hotel Akshyam, Shanthi Colony, Anna Nagar, Chennai- 40. Dr. Ananda Krishnan, Chairman-IIT, Kanpur, speaks on "Desires & Despairs of Higher Education". ❖

**SCA VERSOVA, a prominent affiliate of InFA**, celebrate their Silver Jubilee on 09.05.15 at Clara College of Commerce, Yari Road, Mumbai. Our greetings & best wishes. ❖

### Bon Voyage

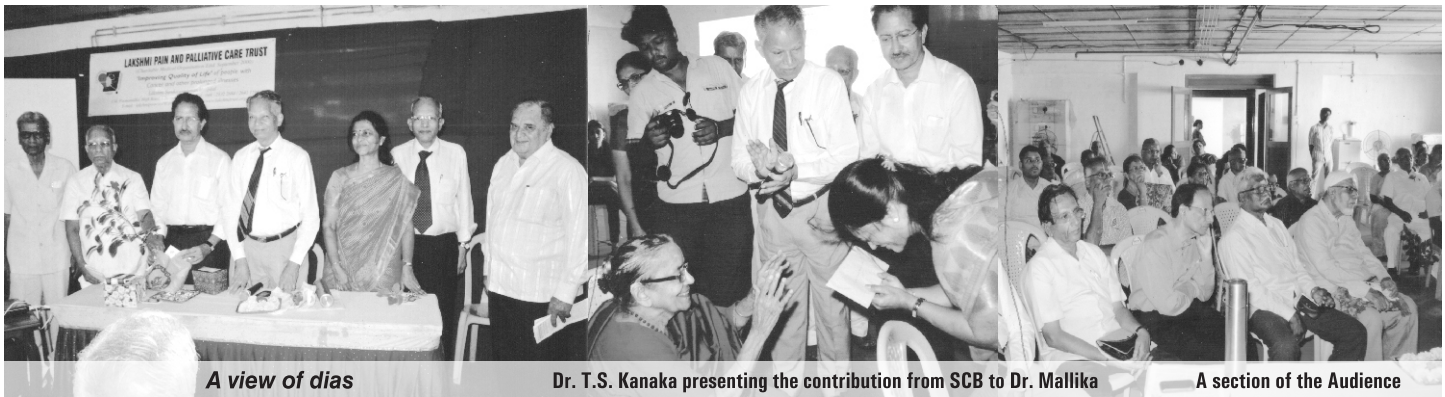
**A team of 26 of our members** including some family members headed by our Chairman is all set to proceed on 5N +6D Sri Lanka tour from May 19 to 24, 2015, at a cost of Rs.35500/- (all inclusive) per person. They will be touring Dambulla, Sigiriya, Kandy, Nuwara Eliya, Kataragama, Bentota and Colombo. We wish them bon voyage. ❖

### Obituary

**Mr. M. Kandaswami, (89) LM: 45**, Retired Deputy Collector, expired on 29.03.15 at his residence in Anna Nagar, Chennai - 40. He was our active Senior Member and connected with many Social Service Forums. He was honoured on attaining 84 years of age to coincide the occasion of sighting 1000+ moons.

**We convey our heartfelt condolence to the members of the bereaved family.** ❖

171st programme - "Palliative care to relieve suffering with knowledge, skill & attitude" - 18.04.2015



A view of dias

Dr. T.S. Kanaka presenting the contribution from SCB to Dr. Mallika

A section of the Audience

The monthly meeting of SCB jointly, with Lakshmi Pain and Palliative Care Trust was held on 18.04.2015, at EVR Periyar Salai (PH Road), Chennai - 84. The topic was "Palliative care to relieve suffering with knowledge, skill & attitude". After invocation by Thiru Arumugam of HelpAge India, our Vice Chairman Mr Prakash H Lulla gave his interesting opening remarks. Dr. Shoba welcomed the gathering. Chairman Dr. Capt. M. Singaraja in his opening address was proud of this meeting to create awareness about Palliative and Pain Management. He gave a brief account of Dr. Mallika and wanted her to establish an Institute to offer certificate / Diploma courses in Palliative Care which is a need of the hour. He paid tribute to Dr. Mallika and her team for their selfless service. He requested Dr. TS. Kanaka, to hand over a humble contribution of Rs.10000/- from SCB and a few members to Dr. Mallika Tiruvadanan for Palliative Care Trust (The details of the contribution are give elsewhere in this issue). The Chairman honored Dr. V. Kanagasabai and recalled his untiring selfless service to the public as Dean of MMC, Chennai. He cherished his long association with Senior Citizens Bureau in interacting with department of Geriatric Medicine and his contribution to the welfare of Senior Citizens. Dr. Mallika in her power point presentation highlighted the pain management of all age groups mostly through house calls. One of the beneficiaries narrated his mother's recovery. Dr. V. Kanagasabai in his special address outlined the issues of Palliative care and Management of the Pain faced by senior citizens. He assured his assistance any time to the elders. Dr. S. Thiruvadanan complimented the

Chairman & members of the SCB, for the excellence service. MJF Ln. Amruth Kumar, JP, presented herbal plants to the guests. Mr. S. Jayakumar, Secretary General proposed a vote of thanks.

**EC meeting for the month of April 2015**, followed immediately at 12.30 PM in the same Venue. Chairman took the chair and conducted the business. One minute silence was observed to pay homage to late Mr.M.Kandaswami, (89) LM: 45, Retired Deputy Collector, who expired on 29.03.15 at his residence in Anna Nagar, Chennai – 40. Minutes of the last EC meeting held on 18.03.15 was read and adopted unanimously. Birthday greetings were extended to the members born in April. The Chairman expressed his happiness over the full recovery from a minor injury in the right ankle by our Vice Chairman Mr. Prakash H Lulla. Dr. V. Kanagasabai, MD, who gave a special address in the meeting held today, joined the family fold of SCB. Our Chairman extended a very warm welcome and expressed his happiness and hope of building further strength with the arrival of young old, who recently retired as ever smiling and energetic Dean of MMC, Madras. Then the chairman reviewed the activities held in March. He then outlined the forthcoming programs, viz., One day Seminar to be held on 15.05.15, 5N + 6D Sri Lanka tour commencing on 19.05.15, World Elder Abuse Awareness Day, AGM, Anniversary celebration of SCB & LinkAge. After feedback from the members the meeting was adjourned with vote of thanks by Sec. Gen. Thiru S. Jayakumar and National Anthem.

**Mail Box**

**Email dt : 25.04.15 from Mr. S.R. Satakopan, (87) LM: 598, Chennai - 44.** I have transferred Rs. 500/- to the SCB account for my wife's second death anniversary which falls on 18/5/15 which is also my birth day.

*Reply : 18th May is memorable day on two counts. I appreciate your deep love and attachment to your spouse. Receipt of Rs. 500/- is ack with thanks by Receipt bearing no: 2807 dated 28.04.15 for the same is sent by India post separately. Receipt of another Rs.500/- towards Sun Shine Fund on the occasion of your birthday has been ack with thanks by Receipt No: 2800 dt: 18.04.15.*

**Get Well Soon**

The following members have been recovering from minor injury / ailment.

- Mr. Prakash H Lulla, AM: 41, Chennai - 10.**
- Er. R. Chinraj, JSL: 278, New Mumbai.**
- Er. R. Manickam, LM: 26, Chennai - 34.**
- Capt. N. Krishna Moorthy, LM: 257, Chennai - 78.**
- Er. K. Jayaraman, LM: 343, Chennai - 26.**

**We wish them all the best. God bless them**

**Announcement**

SCB invites you for an informal get together with **Swami Yogasthanda, National General Secretary of Central Chinmaya Vanprasth Sansthan, Allahabad**, at 3.30 pm, on 10th May 2015, at TANSECA service centre 15A, 1st Street, Jai Nagar, (Landmark - Adhiparasakthi Temple & Aavin Booth) Arumbakkam, Chennai -106, opp to Koyambedu CMBT, near election office & public park. Since the capacity at the venue is 25, members from our networking associates may register with Thiruvialargal D. Rajasekaran, Ph : 94443 63077, R.T. Namasivayam, Ph : 97899 74100 and Dr. Capt. M. Singaraja, Ph : 94441 27704.

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 : May**

Wishing you a Cheerful, Peaceful and Prosperous Life. God bless you

Sl. No.	D.O.B	Memb No.	Name
1.	01-05-1943	LM 664	Tmt. L. Lalitha
2.	01-05-1943	LM 860	Thiru P.M. Rangasami
3.	02-05-1948	LM 773	Thiru G.S. Raghupathi
4.	03-05-1935	LM 498	Dr. S. Sundara Velayutham
5.	04-05-1939	LM 862	Thiru N. Reddappa Reddy
6.	05-05-1944	LM 487	Dr. S. Venkataswamy
7.	07-05-1937	LM 370	Thiru S. Esakkimuthu
8.	07-05-1936	LM 139	Thiru S. Narasimhalu
9.	07-05-1950	LM 885	Thiru S. Padmanaabhan
10.	09-05-1934	LM 602	Tmt. R. Sundaribai
11.	09-05-1950	LM 678	Thiru K. Ramakrishnan
12.	10-05-1938	LM 514	Dr. P.N. Padmanabhan
13.	10-05-1939	LM 463	Dr. Vimala Rajappa
14.	12-05-1939	AM 319	Thiru P. Appa Rao
15.	12-05-1924	LM 367	Cdr. S.V. Iyyer
16.	14-05-1947	LM 749	Thiru D. Ponnu Duraisamy
17.	15-05-1947	LM 523	Dr. D. Deenadayalan
18.	15-05-1924	LM 16	Dr. Kamatchi Sundaram
19.	15-05-1937	LM 228	Rtn. PDG. A.R. Ramakrishna Raja
20.	17-05-1933	LM 109	Thiru M. Sadasivam
21.	18-05-1923	LM 598	Thiru S.R. Satakopan
22.	18-05-1946	LM 418	Thiru A.G. Arumugham
23.	18-05-1926	LM 114	Thiru G. Rengasamy
24.	19-05-1943	LM 795	Tmt. N. Krishnaveni
25.	19-05-1938	LM 419	Er. R. Madavan
26.	19-05-1964	LM 895	Lt. Col. P. Nallathambi
27.	20-05-1935	LM 877	Thiru A. James
28.	23-05-1940	LM 836	Thiru P. Sivaraka Krishnan
29.	23-05-1938	LM 457	Thiru K. Srinivasamoorthy
30.	24-05-1951	LM 798	Tmt. S. Seethalakshmi
31.	24-05-1924	LM 080	Thiru T.J. Xavier Pillai
32.	26-05-1921	LM 594	Thiru B. Nagarajan
33.	27-05-1941	LM 20	Dr. H. Ramasubramanian
34.	28-05-1930	LM 745	Thiru A.G.S. Maniam
35.	28-05-1959	LM 868	Thiru G. Ulaganathan
36.	30-05-1927	LM 006	Thiru N. Subramanian
37.	31-05-1947	LM 676	Er. P. Panneerselvam

Your liberal contribution to Sunshine Fund is solicited ❖

**Welcome to Our Family Fold****I. NEW MEMBERS**

- 1) LM: 896, Ph: 9444112227, DOB:  
**Tmt. R. Rani Ammal**, New No.23, Old No.37,  
Perumal Kovil Street, Choolaimedu, Chennai - 600 094.
- 2) LM: 897, Ph: 9842748084, DOB:28.01.1956  
**Dr. V. Kanagasabai**  
No.2, W-Block, 5th Main Road, Anna Nagar, CHENNAI - 600 040.
- 3) LM: 898, Ph: 9444992665, DOB:07.04.1943  
**Col. S. Mali**, No.2, Krishna Puri Main Road, Sreenivasa Avenue,  
R.A. Puram, CHENNAI - 600 028.

**II. ANNUAL MEMBERSHIP RENEWAL**

- 1) Thiru Prakash H Lulla AM:412  
2) Thiru R. Sethu Raman AM:42

**III. CONVERSION TO LIFE MEMBER**

- 1) Thiru N. Balakrishna Rao LM:593 ❖

**Acknowledgment**

Thanks a lot & God Bless You

**I. Sunshine Fund**

1. Thiru SP. Ambrose	LM : 142 ₹	2500/-
2. Thiru SR. Satakopan	LM : 598 ₹	1000/-
3. Thiru R. Sethu Raman	LM : 42 ₹	200/-
4. Thiru M. Mahadevan	LM : 160 ₹	500/-

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

**Contribution to Lakshmi Pain and Palliative Care Trust, Chennai - 84**

1) Thiru S. Aravamudha Chary	₹	5000
2) Ms. Senior Citizens Bureau	₹	3000
3) Dr. Capt. M. Singaraja	₹	500
4) Thiru S. Jayakumar	₹	500
5) Thiru P. Sethu Seshan	₹	500
6) MJF. Ln. Amruth Kumar	₹	500
Total	₹	10000❖

**National / International Days March**

01-05	International Labour Day (Workers Day / May Day)	(I)
02-05	World Mother's Day	(I)
03-05	World Press Freedom day	(I)
04-05	World Red Cross Day	(I)
07-05	World Laughter Day	(I)
08-05	World Migratory Birds Day	(I)
08-05	International Thalassemia Day	(I)
11-05	National Technological Day	(N)
13-05	International Nurse Day	(I)
15-05	International Family Day	(I)
17-05	World Telecommunication Day	(I)
21-05	Anti-Terrorism Day	(N)
23-05	World Bio-diversity	(I)
24-05	Common Wealth Day	(I)
27-05	Death Anniversary of Jawaharlal Nehru	(N)
31-05	World Anti-Tobacco (and No-Smoking)	(I)

Note : N = National I = International ❖

**Congrats**

Padmasri Dr. V.S. Natarajan is launching his tamil title "ஏன் இந்த இடைவெளி?" ("Why this Gap?") at 5.30 p.m. on 18.05.15 at Vani Mahal, 103, G.N. Chetty Rd, T. Nagar, Chennai - 17.

**Mr. Olney Aaron, LM: 583**, exponent in Sudoku and Bridge, conducted a Sudoku contest, organized by Dignity Foundation, on 23.03.15.

**Mr. V. Sivakumar**, has recently taken over charge as Director - TN, HelpAge, Cell: 8220044050 Email: <V.Sivakumar@helpageindia.org> from Mr. P. Anbazhakan, who has superannuated. While we welcome the former on his new assignment, we wish all the best to the later in his retired life.

**Mr. Sethu Seshan, LM: 866**, our EC Member was elected as Assistant General Secretary of IOBIAN 60-70 Association on 13.04.15.

**Ms. Raja Rajeswari**, the first India born woman to be appointed as a judge in New York City, was sworn in by Mayor Bill de Blasio in New York on 27.04.15. ❖