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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

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'LinkAge' presents
“AGE INCLUSIVENESS”
a special publication in Commemoration of
WORLD ELDERS DAY 2015



04.10.2014 - Commemoration of World Elders Day - 2014 at Ethiraj College for Women.
Chief Guest Dr. K. Rosaiah, His Excellency The Governor of Tamilnadu, with awardees, guests,
EC members and a section of students.



உலக முதியோர் நாளின் முல்லைத்தூக்கள்

07.10.2015

*Warm greetings and best wishes
on the occasion of World Elders Day*



180th Programme**SENIOR CITIZENS BUREAU**

[R.O.] 90, Rama Street, Nungambakkam, Chennai - 600 034.
Ph : (044) 2823 1388; E-Mail : singaraja@gmail.com



and

**NATIONAL SERVICE SCHEME (NSS)
ETHIRAJ COLLEGE FOR WOMEN**

(Autonomous)

70, Ethiraj Salai, Egmore, Chennai - 600 008.

*Cordially invite you to observe the
Commemoration of*

WORLD ELDERS DAY - 2015

*on Wednesday, the 7th October 2015,
at 09.30 a.m.*

at Ethiraj College Auditorium

70, Ethiraj Salai, Egmore, Chennai - 600 008.

Tmt. B. VALARMATHI

Hon'ble Minister for Social Welfare and Nutritious
Noon Meal Programme, Government of Tamil Nadu,

has kindly consented to be the Chief Guest.

Thiru V.M. MURALIDHARAN

Chairman, Ethiraj College Trust,

will preside over the function.

Dr. (Capt.) M. SINGARAJA

Chairman, Senior Citizens Bureau,

will deliver the Thematic Address.

NB : Senior citizens can avail Health monitoring tests
at subsidised rates in "Health on Wheels".

AGENDA

09.30 am	: Registration
09.50 am	: Receiving Hon'ble Minister
10.00 to 11.30 am	
Invocation	: Tamil Thai Vaazhthu
Pledge	: Against Elder Abuse and Salutation for Elders
Welcome Address	: Dr. A. Nirmala Principal & Secretary, Ethiraj College for Women
Presidential Address	: Thiru V.M. Muralidharan Chairman, Ethiraj College Trust
Thematic Address	: Dr. Capt. M. Singaraja Chairman, Senior Citizens Bureau
Releasing the Special Issue of "LinkAge", Presenting the "SCB Awards", Distribution of Financial Assistance	: Tmt. B. VALARMATHI Hon'ble Minister for Social Welfare
Felicitation	: Mr. R.Venkatesan, IA & AS Mr. TV. Hariharan / Mr. TC. Dayalan Dr. V. Kanagasabai Dr. V. Chocikalingam
"MedAll" Presentation	: Mr. Ramesh Kumar, Executive VP Dr. Balasubramanian
11.30 am to 12.30 pm	: Quiz, Dance, Debate, Skit, Song, etc., by the Students and Senior Citizens, Distribution of Prizes & Certificates
Coordinators	: Dr. R. Rajalakshmi Dr. K. Navaneetha Lakshmi Dr. C. Prabhavathi Tmt. R.A. Ghayathri Swetha Kumari Mr. Prakash H Lulla, VC / SCB
Vote of Thanks	: Thiru S. Jayakumar Secretary General, Senior Citizens Bureau
National Anthem	
Lunch	

**List of Awardees to be conferred with "SCB Award of Excellence",
on World Elders Day - 2015 (07.10.2015)**

S.No.	NAME	PLACE	MEMB.No	PHONE	D.O.B (Age)
1	Er. Mahalingam K.P.	Chennai-600 010	LM:320	044 - 26411577	12-Sep-1922 (93)
2	Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D	Chennai-600 010	LM:1	044 - 26425555	27-Jan-1923 (92)
3	Padmabushan Dr. M. Sarada Menon	Chennai-600 010	LM:599	044 - 26412697	5-Apr-1923 (92)
4	MJF Lion Amrutha Kumar, JP	Chennai-600 021	LM:844	98840 52161	29-Sep-1923 (92)
5	Prof. Dr. S. Ramaswamy,	Chennai-600 035	LM:539	9444140829	20-Jul-1924 (91)
6	Cdr S.V. Iyer,	Chennai-600 032	LM:367	044-22326468	12-May-1924 (91)
7	Dr. Mrs. S. Kamakshi Sundaram,	Chennai-600 086	LM:16	044 - 24982637	15-May-1924 (91)
8	T.J. Xavier Pillai,	Sriperumbudur-602 100	LM:80	9444695285	24-May-1924 (91)

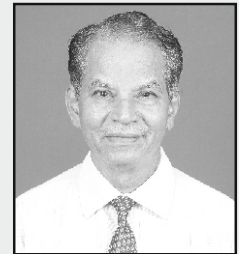
**Salutation and Best Wishes to our Senior Elder Members
Born on or Before 1.10.1924 (90 And Above)**

Foreword

We are honoured and privileged to have Tmt. B. Valarmathi, Hon'ble Minister for Social Welfare and Nutritious Noon Meal Programme, Government of TamilNadu, as the Chief Guest, to Commemorate 25th International Day of Older Persons (IDOP), on Oct 7, 2015, partnering with NSS, Ethiraj College for Women. The commitment of Ethiraj College to promote Inter-generation Bonding and Social Development, year after year is commendable.

The theme declared by UNO for IDOp 2015 is **"Sustainability and Age Inclusiveness in the Urban Environment"**. On 14 December 1990, the United Nations General Assembly (by resolution 45/106) designated 1st October, as the International Day of Older Persons. The Vienna International Plan of Action on Ageing was adopted by the 1982 World Assembly on Ageing and endorsed later that year by the UN General Assembly. In 1991, the General Assembly (by resolution 46/91) adopted the United Nations Principles for Older Persons. In 2002, the Second World Assembly on Ageing adopted the Madrid International Plan of Action on Ageing, to respond to the opportunities and challenges of population ageing in the 21st century and to promote the development of **a society for all ages**. Commemoration of this day is

held all over the world to focus on population over 60. Senior Citizens Bureau is committed to carry forward the welfare measures with its well defined Mission and Vision" right from its inception in 1996. Its prime objective continues to provide free service and advocacy to all age groups.



Our registered monthly journal "LinkAge" serves as a platform to bring together all stake holders for the cause of the Age Care towards the Society for all ages. I have voiced the concerns and challenges of this community from its founding day.

I dedicate this special issue to the 8 recipients of **"SCB Award of Excellence"**. I am proud and happy to express my gratitude to Tmt. B. Valarmathi, Hon'ble Minister for Social Welfare and Nutritious Noon Meal Programme, Government of TamilNadu for releasing this special issue of 'LinkAge' entitled "Age Inclusiveness" and for honouring the Awardees on this memorable day.

(Dr. [Capt.] M. Singaraja)
Chairman, Senior Citizens Bureau and Editor, LinkAge



**International Day of Older Persons 1st October
Secretary - General's Message for 2015**

On the 25th anniversary of the International Day of Older Persons, we recognize that older persons are an enormous asset to society and make a significant contribution to global development.

On September 25 at United Nations Headquarters in New York, Heads of State and governments committed themselves to building a sustainable world where no one, regardless of their age or gender, is left behind. In implementing the newly adopted 2030 Agenda for Sustainable Development, we must account for the demographic changes of the next 15 years. These will have a direct bearing on the achievement of the Sustainable Development Goals.

Rapid population ageing and urbanization will increasingly shape our societies. The number of people aged 60 years and above living in cities is projected to grow to more than 900 million by 2050. This will comprise a quarter of the total urban population in developing countries.

The theme of this year's International Day of Older

Persons -- "Sustainability and age inclusiveness in the urban environment" -- highlights the need to make cities inclusive for people of all ages. The United Nations Conference on Housing and Sustainable Urban Development (Habitat III) to be held in Quito in October 2016 offers an opportunity to advance this effort.



Making cities inclusive of older persons means generating opportunities for their economic and social participation in accessible and safe environments. It also means providing affordable housing as well as the health and social services needed to support ageing in place.

On this International Day of Older Persons, I call on Governments to make cities and human settlements inclusive, safe, resilient and sustainable so that no one - of any age - is left behind.

- Ban Ki-moon

தேயும் இளமையும், வளரும் முதுமையும்

பத்மபூர் டாக்டர் வ.செ. நடராசன்

இளமை - முதுமை, இரண்டிற்குமே மூன்று எழுத்துக்கள் தான். ஆனால் அப்பருவங்களில் ஏற்படும் மாற்றங்களும், நிகழ்வுகளும், விளைவுகளும், மலைக்கும் மடுவுக்கும் உள்ள வித்தியாசம்!

ஒரு குழந்தை பிறக்கும்பொழுது எல்லோருக்கும் மகிழ்ச்சி. அது ஒரு புதிய வரவு. நம்பிக்கையின் எதிர்காலம். ஜொலிக்கும் வைரக்கல். உயர்கல்வி, உத்தியோகம், நல்ல வாழ்க்கை என்று எத்தனையோ எதிர்பார்ப்புகள்.

ஆனால் முதுமைப் பருவமோ எதிர்பார்ப்புகள் எதுமின்றி வாழ்க்கையின் கடைசி கட்டத்திற்கு வந்த நிலை. முதுமை ஒரு இலையுதிர் காலம். இவர்களை மரணத்தின் சாயல், வாழ்க்கையின் அச்சம் என்று பலர் வர்ணிக்கின்றார்கள். முதுமை நாம் பிறக்கும் பொழுதே தொடங்கி விடுகிறது. நம்மை அறியாமல் நானொரு மேனியும் பொழுதொரு வண்ணமுமாக முதுமை அடையத் தொடங்கிவிடுகிறோம். முதுமையின் முடிவு மரணம். இது எல்லோரும் அறிந்ததே.

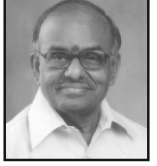
எல்லோருக்கும் முற்றுப்புள்ளி வைக்கும் மரணத்தை யார் வரவேற்கிறார்கள்? முதியவர்கள் வாழ்க்கையில் எல்லாமே இறந்த காலங்கள். மரணத்தை நோக்கி அழைத்துச் செல்லும் முதுமையை வெறுக்கிறோம். ஆனால் முதுமை நம்மை வென்று விடுகிறது, மரணத்தின் மூலமாக. இது முதுமையின் ஒரு பக்கம்.

முதுமை என்பது உடலின் வளர்ச்சி மட்டுமல்ல, அறிவின் வளர்ச்சி, அனுபவத்தின் வளர்ச்சி, பொறுப்புணர்வு ஆகியவை அடங்கியதே முதுமைப் பருவம். கடந்த பல ஆண்டுகளாக குடும்பத்திற்காக உழைத்து எல்லோரையும் கரை சேர்த்துவிட்டு இளைப்பாறும் இனிய காலம் அது. தனிமையில் இனிமை காணவும், பல நிகழ்ச்சிகளில் கலந்து கொள்ளவும், பல இடங்களுக்குப் போய்வரவும், கிடைக்கப் பெற்ற பொன்னான பருவம்.

ஆகையால் முதுமைப் பருவம் என்பது நாணயத்தின் இரண்டு பக்கங்கள் போல! ஒரு பக்கம் வயதின் முதிர்ச்சி, அனுபவம், அறிவு. மறுபக்கமோ தள்ளாமை, கொடிய நோய், வறுமை, தனிமை, மரணபயம் போன்றவை.

முதுமை எப்பொழுது ஆரம்பமாகிறது? 50 வயதினிலா? இல்லை 60 வயதினிலா? இந்தக் கால நிர்ணயத்தை யாராலும் அறுதியிட்டுக் கூற முடியாது. ஏனென்றால், உடலில் ஏற்படும் மாற்றங்களும், உடல்

உறுப்புகளின் செயல் திறன்களும், ஒவ்வொருவருக்கும் வெவ்வேறு கால கட்டங்களில் நிகழ்கின்றன. ஆகையால், நடைமுறை வசதிக்காக ஒருவர் உத்தியோகத்தில் இருந்து ஓய்வு பெறும் வயதை, முதுமைக் காலம் என்று எடுத்துக் கொள்ளப்படுகிறது. நம் நாட்டில் 60 வயதிற்கு மேல் உள்ளவர்கள் முதியோர்கள் என்று எடுத்துக் கொள்ளப்படுகிறார்கள். எனினும் முதுமை நாம் பிறக்கும் பொழுதே தொடங்கி விடுகிறது என்று ஆராய்ச்சியாளர்கள் கூறுகிறார்கள்.



முதுமை ஏற்படக் காரணங்கள்

1. பாரம்பரியம் - முன்னோர்கள் நீண்ட நாட்கள் வாழ்ந்திருந்தால் அவர்கள் சந்ததியினரும் அவ்வாறே இருப்பார்கள்.
2. வயது ஆக ஆக உடலில் உள்ள முக்கிய உயிர் அணுக்கள் உற்பத்தி ஆகுவது குறைதல்.
3. திறனற்ற உயிரணுக்கள் உற்பத்தி ஆகுதல்.
4. உயிரணுக்கள் பெருகி வரும் தன்மை குறைவது.
5. கழிவுப் பொருட்கள் உடலிலிருந்து வெளியேற்றப்படாமல் தங்கி விடுதல்.
6. ஃப்ரிரேடிகல்ஸ் (Free radicals) என்ற திரவம் உடலில் அதிகம் சேர்ந்து மற்ற திசுக்கள் அழிதல்.
7. உடல் வளர்ச்சிக்குத் தேவையான ஹார்மோன் (Growth hormone) குறைதல்.
8. நமது மூளைப்பகுதியிலுள்ள பிட்யூட்டரி என்னும் நாளமில்லா சுரப்பி Killer hormone எனும் திரவத்தைச் சுரக்கிறது. இந்த திரவம், ஒரு பெண் பூப்பெய்தும் பருவத்தில் சுரக்க ஆரம்பிக்கிறது. ஆகையால் ஒரு பெண் பூப்படையும் வயது தள்ளிப்போனால் அவள் வாழும் வயதும் அதிகரிக்கும் என்ற ஒரு கருத்து உண்டு.
9. தலையிலுள்ள மூளைப்பகுதியில் பீனியல் எனும் சுரப்பி Melatonin எனும் திரவத்தைச் சுரக்கிறது. இளமையைப் பாதுகாக்க இத்திரவம் மிகவும் அவசியம். ஆனால் ஒருவர் 25 வயதை அடையும் பொழுது இத்திரவம் குறைகிறது. ஆகையால் முதுமை அப்போதே தொடங்க ஆரம்பித்து விடுகிறது.

THE NEED FOR FOSTERING BONDING BETWEEN YOUTH AND OLD AGE**R. VENKATESAN, IA & AS**

Secretary, Cabinet Secretariat, New Delhi (R)

When people of my generation were young, a statement such as in the title of this talk would have sounded strange. Families were largely joint, and elders were as much a part of the family as the youngsters. Now, however, with increasing urbanization and economic development, families are becoming nuclear. The elders are left to live by themselves or are made to commute between their children, in many families. The lack of care for elders and even ill-treatment of elders are not uncommon.

In this state of our society, care in their old age can no longer be taken for granted by the elders as in the past. The younger generation too cannot take it for granted that there will be someone or other in the family who will take care of their parents or grand parents.

Therefore there is a need for the younger generation to recognize from their early years that they have a duty to care and help the elders not only in their own families but also in their society as a whole. The attitude of helping the elders has, to begin with, to be inculcated in educational institutions. When I was young, the Scout Movement was very popular in our schools, every one of which had its own Troop of Boy Scouts and Girl Guides. The founder of the movement, Lord Baden-Powell, recognized that young minds are very impressionable, and ideals and values could be easily inculcated by mottos and Scout

1Laws. Even at a very early age, as Cubs, they were told to do at least one good turn every day and that one of the the best ways for youngsters would be to help an elderly person, say, by helping the person to cross the road. The Scout Master would question them individually as to what good turn he or she had done that day.

The point I wish to make is that educational institutions have the best opportunity to help their students to recognize their duties and responsibilities to the elders in society. I would suggest that each institution formally organize an Elder Care Group in their institution, and encourage as many of their students as possible to join the Group. Institutions like the Senior Citizens Bureau will be glad to help and advise in the process. I am aware of one College being very active in this matter and have seen an excellent short film made by their students showing how elders direly in need of help were helped by caring youngsters in their midst. Such media presentations have a good impact on young minds and will set them thinking on how they themselves can help elders in their family or in their neighbourhood.

There can be many ways in which the younger generation of the present day can help the elders in their midst, and each family or extended family or network will present its own opportunities for a caring youngster to help, but I shall give just one suggestion of my own. All of you will be having a laptop. Have you thought of using it to help an elder person in your midst to pay his bills, book his journey

tickets, find out information about his ailments, order something he badly needs through e-commerce portals, and helping him in numerous other ways which the NET now renders possible ? If the elder person has his own Laptop, Tablet or Smartphone, the chances are that he will not know how to make full use of it. Won't it be a good idea to help that person to know and use all its features and Apps, to download music and movies and play games and develop his own social network and enter the blogosphere and use the device in many other ways such as net-banking, e-payments, tax-information, and accessing many other useful portals.



I said earlier that elders of the present day cannot take for granted that someone will always be there to take care of them. That brings me to certain Do's and Don't's that Elders have to observe, if they are to be properly looked after by the younger generation. I mention a few here.

- Spend quality time with the younger generation. Help them with their studies; listen to them and hear and understand their problems, and counsel them if possible; show interest in their sporting and other extra-curricular activities. But do not harass them to excel in their studies..Do not force them to take up courses of study going against their wishes. Try to persuade them but leave the ultimate choice to them.

- Be uniformly affectionate to your children and grand children: do not have favourite sons, daughters or grandchildren.

- Be fair and equitable in the distribution or disposition of your assets like land, house-property, jewellery etc., and make your children aware that you will be fair.

- Provide for your and your spouse's old age while you are still in your productive years, and as far as possible, try to be financially independent in your old age without expecting or depending on your children to look after you. As a corollary, please have a roof of your own over your head, and do not make over its title to your descendants before your and your spouse's demise unless you have an alternative. Above all, ensure that you have adequate Health Insurance for you and your spouse, so that your health-care does not become a financial burden to your children.

- Lastly, take good care of your health by regular health check-ups and timely medical attention of developing health conditions like hypertension, diabetes etc. The Senior Citizens Bureau has been rendering yeoman-service by organizing monthly programmes in association with hospitals and medical personnel and arranging health-check-ups etc at very concessional rates. Senior Citizens will be advised to avail of then services. I cannot emphasise this point too strongly, because I am aware of many families where a chronically ill elder family member has been reduced to the status of being a burden on his children due to his own carelessness or lack of a healthy life-style. ❖

ABOUT SENIOR CITIZENS BUREAU - Dr. (Capt.) M. SINGARAJA.**1.0 CONCEPT AND BACK GROUND**

1.1 Senior Citizens Bureau is a free guidance and information centre run by Senior Citizens for all age groups. The Bureau was found on 03-03-1996 by a group of Elders, imbued with the spirit of self-less service to the society, belonging to Probus Clubs and Several Senior Citizens Associations. It is registered under Society's Act / GOT, with Regn. No. 370/2002 on 24.09.2002. It is a non profit voluntary organization, comprising Sr. Citizens, both retiring and retired professionals, employees and business persons. There is no bar in caste, creed, religion and sex.

1.2 Thanks to initiative of Mr. R. Venkatesan, IA&AS, the then President of Probus Club of Madras and the other Probus Clubs and Seniors Forums, the Bureau was first setup as Citizens Advice Bureau in March 3, 1996 in the same model as that of at London existing from the days of the second world war which then spread all over the world. The Citizens Advice Bureau, will henceforth be a division forming part and parcel of renamed and registered "Senior Citizens Bureau"

2.0 GOVERNING BODY

2.1 The bureau is governed by Memorandum of Association and Bye-laws/ It is run by an Executive Committee duly elected and governed by General Council. The funding is from the contribution received from members, sister clubs and other VOs. The account is audited annually and passed in the AGM. Then IT return is filed unflinchingly.

2.2 The Bureau is proud of its achievements. It successfully renders dedicated and honest service to the society, under the stewardship of its able leaders successively. Founder Chairman Major General Aban Naidu PVSM, AVSM, M-in-D, (former General Officer Commanding of Delhi Area and Military attache at Washington), took the Bureau to a great height with zeal, vision and mission, ably assisted by convenor Mr. R. Venkatesan, IA & AS, the founder Secretary General Mr. N. Subramanian, IRS, former Chairman of Central Bureau of Direct Taxes, and a host of other office bearers and panelists who had held very senior positions in various disciplines.

2.3 The Bureau is fortunate to have Er. V. Hariharan, FIE, Ex. President, Sundaram Fastners, Padmasri Dr. V.S. Natarajan, MD, FRCP, (Retd.) the renowned Geriatrician and multi faceted technocrat Dr. Capt. M. Singaraja, SM, C. Eng. (Retd.) as successive Chairpersons.

3.0 GOVERNMENT RECOGNITION

Both Padmasri Dr. V.S. Natarajan and Dr. Capt. M. Singaraja served as members of National Council for Older Persons (NCOP). The Social Welfare Board and the Dept. of Social Welfare, GOT, in recognition of our contribution to the Senior Citizens and to the Society at large, have involved our Bureau in framing the State Policies and Rules for Senior Citizens as well as in many interactive programs.

4.0 FREE COUNSELLING

Bureau provides free information and guidance through six departments such as Civic Affairs, Health Care, Legal, Personal Administration, Finance and Education. Each of these is headed by one SWC (Social Welfare Committee) member who is assisted by a panel of counsellors possessing professional expertise and experience in the relevant field. So far more than 1400 request letters had been received and satisfactorily dealt with.

5.0 GERIATRIC HOUSE CALL PROJECT AND HEALTH CARE PROGRAMMES

A unique programme to treat the immobile senior citizens at their door steps by Geriatric / Family Physicians and Para-medical staff, known as Geriatric House Call Project (GHCP) was launched on 17.02.2008. Anniversary of GHCP with Scientific session to Doctors is held every year. Bureau has been conducting special medical camps for elders periodically. Over 140 Health Care / Elder Welfare / Youth Programmes covering the following areas of health have been held. (i) Asthma and Hypertension (ii) Dental Health (iii) Hearing disability (ix) Geriatric Master Health Checkup (v) Bone Mass detection (vi) Rural Eye Camp (vii) Prostate detection (viii) Elder Care (ix) Well Woman (x) Geriatric Counselling (xi) Memory Clinic (xii) Psycho Therapy (xiii) Insomnia (xiv) Obesity (xv) Hypertension (xvi) Healthy Bones & Healthy Arteries. (xvii) Skin Diseases (xviii) Geriatric Care Giving (xix) Youth sensitising (xx) career guidance (xxi) character/ skill Development etc., (xxii) Annual Free Multi Speciality Mega Health Camps (xxiii) Free Periodical Lab Tests.

6.0 GERIATRIC NURSING CARE- GIVER TRAINING

Senior Citizens Bureau conducted a six month course from September 2009 for imparting training in geriatric Nursing, supported by the Slum Clearance Board at a cost of Rs.1.1 Lacs. Dr. V.S. Natarajan was chosen to standardize and finalise a common syllabus for the course to be conducted by selected institutions of which SCB is also one. 25 candidates have been trained and absorbed by different institutions. Dr. Capt. M. Singaraja, organised the programme with indoor and outdoor hands on training.

7.0 INTER GENERATION AND YOUTH PROGRAMME

7.1 We conduct programs to sensitize the youth for developing their skill and character to promote inter generation understanding, every year during the celebration of children's day and World Elders Day / Elder Abuse Awareness Day. We visit institutions and address them in a get together and reward the winners. In 1999, field training, in Elder Care was imparted to Rortract Students.

7.2 We conduct a variety of competitions to promote togetherness of young and old on all such occasions. In 1998, about 600 students participated from schools and

colleges in Kilpauk and Purasawakkam. Books, prizes and certificates were distributed in an impressive function held at MCTM HSS.

7.3 We conduct workshops and seminars to the Students and Elders periodically. One such programme was "Role of the Youth in Age Care", jointly with Social Work Dept. of Stella Maris College on 29.1.2011 supported by Help Age India and Directorate of Social Welfare, Govt. of Tamil Nadu. As well as District Social Welfare Department.

8.0 CELEBRATION OF SPECIAL DAYS

8.1 We always take pain and effort to observe the World elders Day as community oriented with special focus on school and college students on October 1, every year. We throw open the floor to the public for a Quiz programme and question and answer session with the expert panelists of all our social welfare departments. Renowned public figures and eminent Senior Citizens will also address. There will be a cultural programme on Elder Issues.

8.2 Since 2006, World Elder Abuse awareness day is conducted involving the youth on 15th June every year. Pledge against Elder Abuse is taken by students and public. Signatures are collected from thousands of students and forwarded to the Government.

8.3 Anniversary of Bureau as well as LinkAge and AGM are organised in a grand manner. Awards are given to special school students.

8.4 Awards & Contributions are presented on special occasions regularly as follows : • SCB award of Excellence to the public figure who serves for the cause of Senior Citizens • SCB award of Recognition to Senior Members who have sighted 1000 (+) moons • Cash Awards to indigent older persons • Cash Awards to special school students • Awards to winners of competition & participants of Cultural programmes (Students as well as members) • Contribution to Prime Minister's / Chief Minister's Relief Fund.

9.0 PUBLICATION

9.1 Bureau is publishing a Journal, entitled "LinkAge", every month for circulation among its members free of cost and for a fee to journal subscribers from outstations. It is registered with Registrar of Newspapers for India vide Regn. No.TNENG/2004/ 13996. Apart from publishing current activities, it provides answers to reader's queries, information on medical and other elder care problems. The Bureau has also released several publications useful for Senior Citizens and Youth.

9.2 The Titles published are :

Citizens Advise Bureau - A guide	1996
U.N. International Year of Senior Citizens	1999
National year of Senior Citizens	2000
Sevi Chelvam / Burden of Love	2001
Mudumaiyai Velvom (முதுமையை வெல்வோம்)	2002
Everything you want know about after 60	2002
Elder Friendly	2003
Meendum Vasantham	2004

Geriatric Nursing	2005
Healthy Nutrition for Healthy Ageing	2006
"Arubathu Vayathuku Piragu" (அறுபது வயதுக்கு பிறகு)	2008
Annual Day Special	2009
"Doctors in Help" I Edition	2009
Annual Day Special	2010
"Doctors in Help" II Edition	2010
Productive Ageing	2010
"Muthumai Ennum Poongratru" (முதுமை என்னும் முங்காற்று)	2010
Role of the Youth in Age Care	2011
Doctors in Help III Edition	2011
Parkinson's Diseases (உறுவாதம் (எ) பார்க்கின்றன)	2011
Sweet Sixt(y)een	2011
World Elder Abuse Awareness Special	2011
Healthy Ageing	2011
Doctors in Help - IV	2012
Sweet Seventeen	2012
Age Demands Action	2012
Doctors in Help - V	2013
A bridged Directory of Members	2013
Sweet Eighteen	2013
Sweet Nineteen	2014
Sweet Twenty	2015

10.0 WEBSITE : Bureau has hosted its website <www.senior citizensbureau .org> on 01.10.2006 and is being updated periodically.

11.0 INTERACTING PROGRAMS / MONTHLY MEETINGS

11.1 Every year we deliberate on useful themes and issues related to the Elders as well as to the Society during our Annual conference and special meets by inviting eminent professionals and create an awareness. Many VVIPs/VIPs participated and encouraged us in various programmes. The list of prgrammes from 1999 to April 2013 is given as Annexure - 1.

11.2 Regular periodical cheer-up-visits to Hospitals and Old Age Homes are organised and gifts are presented.

12.0 MEMBERSHIP

12.1 Membership is open to all persons of age 50 and above under the following categories subject to Bye-Laws and covers spouse also. Admission fee for all is Rs.50/-. The updated list of members is given as Annexure - 2, in LinkAge July 2013 issue.

	Age		
Subscription	<69	70 > 79	>80
Link Age - Annual (JS)	150	100	50
Link Age - Life (JSL)	700	500	300
Bureau - Annual (SCB/AM)	300	200	100
Bureau - Life (SCB/LM)	1500	1000	500
Donor Member (DM)	3000	3000	3000
Patron Member (PM)	5000	5000	5000
Institution Member (IM)	-	-	5000

13.0 IT EXEMPTION

Donation to the senior Citizens Bureau is eligible for IT benefits under section 80 G. Members are also eligible for concession on the subsidised fees charged at health camps. Our Pan Card No. is AAETS 3576K. Our donors and contributors to Sun Shine Fund (SSF) are appreciated and held in high esteem

14.0 DAY CARE CENTRE

A Day-care Centre for the benefit of Senior Citizens, conceived as a pilot project by the Senior Citizens

Bureau has been sponsored by Dr. Capt. M. Singaraja, 90/93, Rama Naicken Street, Nungambakkam, Chennai - 34 (behind Nungambakkam police station). The center was inaugurated by Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D, on 5th July, 2003, during Annual Day conference of the Bureau..

15.0 CONCLUSION

Your membership and donation lend support to the mission and vision of Senior Citizens Bureau. Let us empower the elders, speak in uni voice and enhance the human values.

ACTIVITIES OF SENIOR CITIZENS BUREAU

The Following are among the major / important programmes that have been conducted over the years.

- 1998 : Promotion of Inter-generation understanding for Students.
- 1999 : Elder Care Field Training Programme for Rotaract Students.
- 2000 : Dental Health Checkup Programme • World Elders Day.
- 2001 : Detection of Hearing disability Distribution of Hearing Aids donated by HelpAge India • World Elders Day.
- 2002 : Geriatric Master Health Checkup • World Elders Day.
- 2003 : Bone Mass Density Detection Rural Eye Camp & Social Welfare Camp • World Elders Day.
- 2004 : • Prostate Disease Detection (2 camps) • Elder Care & BMD Interactive Programme. • Well women Camp. • Economic Welfare - Interactive Programme. • Geriatric Counselling & Psychotherapy Programme. World Elders Day • Geriatric Nursing Assistant 6 month Training Programme.
- 2005 : • Healthy Lung • Healthy Joints & Arteries. Interactive Meet - Peace & Spirituality. • Talk on Elder Movement Indian & Global Scenario. • Youth Support & Encouragement on Children's Day. • Prostate Disease Detection • Talk on Healthy Ageing. World Elders Day.

2006

- 20-05-2006 : Screening camp on "Dementia"
- 24-06-2006 : World Elder Abuse Awareness day
- 23-07-2006 : Camp on "Healthy Arteries"
- 23-07-2006 : Camp on "Skin Diseases".
- 19-08-2006 : Lecture on "Clinical Aspects of Memory Disorders"
- 16-09-2006 : "World Alzheimers Day"
- 01-10-2006 : World Elders Day • Launch of Website.
- 18-11-2006 : Camp on "Flu Vaccination Interactive Session on the topic "Myths and Facts about Chikun Gunya"
- 16-12-2006 : Camp on "Risks of Falling down among the elderly"

2007

- 21-01-2007 : Discussion by a panel of medical experts on the "Risk of falls due to imbalance among olders adults."
- 24-02-2007 : 3 in 1 Camp - Integrated Eye, Dental & ENT checkups.
- 24-03-2007 : Incontinence Camp for Older Adults.
- 14-04-2007 : 12th Annual Day AGM Launching of Project - 1
- 24-05-2007 : Gettogether and Interactive Meet on Right to Information Act.
- 17-06-2007 : Award Presentation on Completion of Project - 1
- 15-07-2007 : First Anniversary of Memory Clinic
- 18-08-2007 : Camp on "Stomach Disorders" for Older Adults
- 22-09-2007 : World Elder Abuse Awareness Day
- 17-09-2007 : Free Health Assessment for the Women Inmates of the Mercy Home
- 02-10-2007 : World Elders Day 2007 Celebration
- 24-11-2007 : Free Health Assessement for male inmates of the Mercy Home
- 24-11-2007 : Celebration of Children's Day
- 21-12-2007 : Interactive Session with Medical Specialists & Camp on 'Flu Vaccine'

2008

- 26-01-2008 : Camp on Healthy Mind & Healthy Bones
- 17-02-2008 : 1) Inauguration of Geriatric House Call Programme 2) Story Telling on 'Caring for Life'
- 22-03-2008 : Sleep & The Elderly
- 06-04-2008 : Scientific Session on Geriatric Emergencies at Home
- 12-04-2008 : Interactive meet on Reverse Mortgage Loan
- 17-05-2008 : Lecture Programme on Save a Life & Give a Life (SAGA)

- 29-06-2008 : 6th AGM and Annual Day Conference.
 15-07-2008 : Release of Book in Tamil "Arubathu Vayathuku Piragu".
 27-07-2008 : Scientific Session on Cognitive Impairment in for elderly.
 08-06-2008 : Scientific Session on Geriatric Sexuality.
 17-08-2008 : Screening Camp for HEALTHY AGEING
 24-08-2008 : Scientific Session on "incontinence of Urine".
 18-09-2008 : World Elder Abuse Awareness Day.
 28-09-2008 : World Alzheimer's Day
 01-10-2008 : World Elders Day-2008.
 23-11-2008 : "Family Welfare Special Health Camp (From Pediatric to Geriatric age groups)
 15-12-2008 : "Know About Menopause".

2009

- 10-01-2009 : Lecture & Camp on "Thyroid Disorders of Older Adults".
 22-02-2009 : Geriatric House Call Programme-1st Anniversary.
 15-03-2009 : Mediation and Hypno Therapy for Senior Citizens.
 19-04-2009 : 6th Scientific Session on Geriatric Dermatology.
 21-06-2009 : A Free Seminar On 'arthritis & Its Management'.

2010

- 24-04-2010 : Lecture cum Demo on Geriatric Psychotherapy
 08-08-2010 : 15th Annual Day of the Bureau - 7th year of publication of Link Age celebrates
 19-09-2010 : Instn. of values, Impact of celebration on Elderly poor in Chennai
 09.10.2010 : Celebration of World Elder Day and Book release "Productive Ageing"
 14-11-2010 : "முதுமை என்னும் பூங்காற்று" நூல் வெளியீட்டு விழா, மற்றும் இந்திய அரசின் வாழ்நாள் சாதனையாளர் விருது லாக்டர் வ.செ. நடராசன் அவர்கள் பெற்றமைக்கு பாராட்டு விழா.
 5-12-2010 : Institute of Mental Health - Cheering up and Culture Programme.

2011

- 16-01-2011 : Active Ageing - Business opportunity for Men & Women
 29-1-2011 : Workshop "Role of the youth in Age Care".
 13-2-2011 : 3rd Anniversary of Geriatric House Call Project and 8th Academy Program for Panel doctors of HCP & release of the Book "Doctors in Help in Assn. with M/s. CIPLA
 19-03-2011 : Lecture on "Writing a Will / Settlement
 23-04-2011 : Happy get-together with inmates of KIMH in Assn. with KRWA
 30-04-2011 : "World Parkinson Day" Celebration in Association with M/s.zUCB NCS Division and release of the book on "Parkinson Disease"
 21.05.2011 : 16th Annual Day Conference.
 15.06.2011 : World Elder Abuse Awareness Program cum Camp, jointly with HelpAge India.
 16.07.2011 : Pain Management Awareness Program cum Camp jointly with Amurthanjan Health Care specialized centre.
 21.08.2011 : Presentation by Dr. G.S. Kailash, MD, DTCD, AACP, FCHP on how not to go to a Doctor, jointly with Insurance Pensioners Trust.
 29.08.2011 : Commemoration of World Elders Day jointly with Stella Maris College. Chief Guest Dr. T.S. Krishnamurthy, IRS (R), Former CEC.
 15.10.2011 : Free Geriatric Health Screening Camp jointly with Dept. of Geriatric Medicine, GH. Chief Guest Dr. V. Kanagasabai, Dean, MMC & GH
 27.11.2011 : 123rd Scientific Session of GHCP on Geriatric Cardiology, Chief Guest Prof. Dr. D. Vaidyanathan (R).
 16.12.2011 : Free Screening Camp for Dementia & Depression jointly with HelpAge India. Chief Guest Padmabushan Dr. M. Sarada Menon.
 24.12.2011 : Book "வாழ்நாள் சாதனையாளர்" authored by Dr. V.S. Natarajan launched by Prof. Dr. Silamboli S. Sellappan and Cine Artist Thiru R. Sivakumar.

2012

- 26.01.2012 : Cheer-up- visit and presentation of gifts to Geriatric Ward / GH, thru Prof. Dr. B. Krishnaswamy, MD & Dean Dr. V. Kanagasabai.
 21.02.2012 : Free seminar on Health Insurance for Senior Citizens jointly with HelpAge India. Chief Guest Mr. V. Ramasamy, B.Sc., ACA, Insurance Ombudsman.
 17.03.2012 : Free camp on Management of Arthritis jointly with TOSH Hospital.
 09.04.2012 : World Health Day 4th Anniversary of GHCP, Honouring Padmasri Dr. V.S. Natarajan Dr. V.S. Vijay, MS (Ortho) Hon. Minister for Health, GOT released the Book "Doctors in Help" Dean Dr. V. Kanagasabai felicitated.
 19.05.2012 : Awareness & Demo on Emergency Management, Chief Guest Mr. B.N. Sridhar, Regional CEO, GVK-EMRI, Chennai.
 26.08.2012 : "Sweet-17" Book Release Anniversary of SCB & Link Age, Chief Guest Thiru P.R. Anbazhagan, Director, Help Age, Chennai.

- 26.08.2012 : Annual General Body Meeting, Chief Guest Padmasri Dr. V.S. Natarajan Senior Geriatrician
 29.09.2012 : World Elders Day & World Elder Abuse Awareness Day, Chief Guest Justice Tmt. K.B.K. Vasuki, Judge, High Court of Madras
 20.10.2012 : Multi Speciality Mega Health Camp, Chief Guest Prof. Dr. B. Krishnaswamy, HOD, Geriatric Dept, MMC & GH, Chennai
 14.11.2012 : Interaction on Safety & Security of Senior Citizens, Chief Guest Thiru S. Saravanan, Asst. Commissioner of Police
 15.12.2012 : World Pneumonia Day & Vaccination Camp, Chief Guest Padmasri Dr. V.S. Natarajan, Senior Geriatrician

2013

- 24.01.2013 : Modern Senior Friendly Apartments, Chief Guest Mr. Arun Gupta, CEO, Age Ventures India, N.Delhi
 17.02.2013 : 5th Anniversary of GHCP and Release of "Doctors in Help", Chief Guest Dr. V. Kanagasabai, Dean, MMC, Chennai.
 23.02.2013 : Heart Diseases, What Do you need to Know? Chief Guest Dr. Amal Louis, Senior Cardiologist, Cardiologist, Visit to Apollo, Ayanambakkam.
 23.03.2013 : Sprituality & Old Age, Chief Guest Er. R.S. Guna Sekar, Technical manager, MSys, Guindy
 08.04.2013 : Visit to new Geriatric ICU ward, GH presenting multi purpose racks and alpa air beds
 20.04.2013 : World Health Day, Dr. B. Krishnaswamy
 26.05.2013 : Judiciary Today, Dr. T.S. Ramaswamy
 23.06.2013 : Myths and Facts in Medicine, Dr. G.S. Kailash
 21.07.2013 : 18th Annual Day and 10th Anniversary of Linkage, Padmasri Dr. V.S. Natarajan
 21.07.2013 : 8th World Elder Abuse Awareness Day, Tmt. S. Revathi
 21.07.2013 : AGM, Capt. Dr. M. Singaraja, SM
 16.08.2013 : National Solidarity Day of Senior Citizens, Prof. R. Thilagaraj
 22.09.2013 : Arogya -2013 Geriatric Mega Health Screening Camp in Siddha Medicine, Prof. Dr. P. Jayaprakash Narayanan, Prof. Dr. R.S. Ramaswamy
 05.10.2013 : World Elders Day, Justice Thiru. K. Gnanaprakasam
 14.11.2013 : Safety & Security of Senior Citizens, Mr. R. Shibu Kumar, IP
 15.12.2013 : Healthy Ageing, Dr. Ilango, Dr. M. Lakshmi pathy Ramesh
 20.12.2013 : Real Life Success An Awareness Forum on Arthritis, Dr. S. Arumugam

2014

- 12.01.2014 : Prostate Health, Dr. Krish Sairam
 16.02.2014 : Cardiac Health, Dr. K.G. Sundar Kumar
 23.03.2014 : Falls, Dr. N. Lakshmi pathy Ramesh
 27.04.2014 : Demntia (Facts and Fear), Dr. Preetikaa Chary, Kauvery Hospital
 21.06.2014 : 19th Annual Day, Mr. M. Ravi, IPS, IG of Police
 21.06.2014 : 11th Anniversary of Journal "LinkAge", Mr. S.P. Ambrose, IAS
 21.06.2014 : 9th World Elder Abuse Awareness Day, Padmasri Dr. V.S. Natarajan
 21.06.2014 : AGM, Capt. Dr. M. Singaraja, SM
 20.07.2014 : Care and Management of Diabetic Foot and Wounds, Prof. Dr. V.B. Narayanamurthy
 16.08.2014 : Acupressure and Nature Cure, Prof. Dr. FA. Abdul Nazar
 13.09.2014 : Nonsurgical Treatment for Peripheral Arterial Disease (PAD), Dr. R. Ravi Kumar
 04.10.2014 : World Elders Day, Dr. K. Rosaiah, HE The Governor of Tamil Nadu
 04.12.2014 : Children's Day, Thiru Sriharan Balan, Director – Administration of Madura Travel Service (P)Ltd. Egmore
 20.12.2014 : Safety and Security of Senior Citizens, Thiru S. Pandian, Asst. Commissioner of Police

2015

- 24.01.2015 : Camp On Comprehensive Geriatric Health Assessment, Department Of Geriatric Medicine, Madras Medical College.
 21.02.2015 : One Day Outing to Thiruvallur and Surroundings. A talk on "Gurvashatakam: A message of equity of all by Adi Sankara by Prof. Dr. Sarma VSN Rachakonda, Dr. Sarma Hospital
 21.03.2015 : Opportunity to be with MNC, Thiru Nagarajan, Kotak APC
 18.04.2015 : Palliative Care to Relieve Suffering With Knowledge, Skill & Attitude, Dr. Mallika Tiruvadanan,
 15.05.2015 : Elder Justice Initiative: Stakeholders Response on Social Security of Elderly", Mr. Md. Shakeel Akhter, IPS
 28.06.2015 : 12th Anniversary of Journal "Linkage", Mr. SP. Ambrose
 28.06.2015 : 20th Annual Day Day, Dr. VS. Natarajan
 28.06.2015 : AGM, Capt. Dr. M. Singaraja
 24.07.2015 : 10th World Elder Abuse Awareness Day, Thiru KT. Srinivasa Raja, MD, Adyar Anandha Bhavan
 23.08.2015 : Health monitoring camp and a Presentation on Common Intenstine Problems , Dr. P. Sabareesan, Be Well Hospital
 18.09.2015 : Ortho cum Physiotherapy and Acupuncture Camp jointly with HelpAge India
 07.10.2015 : World Elders Day, Tmt. B. Valarmathi, Hon'ble Minister for Social Welfare

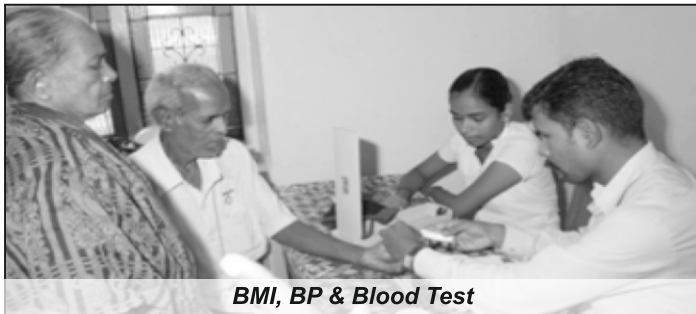
**Senior Citizens Bureau -179th Programme -
“Ortho cum Physiotherapy and Acupuncture Camp – 18.09.15**



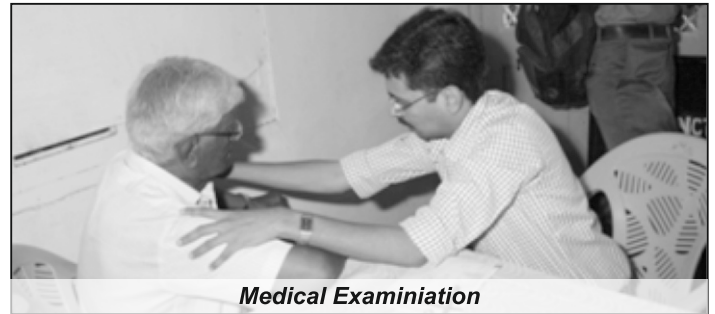
A view of dais



A section of the participants



BMI, BP & Blood Test



Medical Examination



Accupressure



Counselling

A good crowd of Senior Citizens more than 60, assembled on a beautiful Friday morning at 11.00 am on 18.09.2015, for a Health monitoring camp organized jointly by SCB and HelpAge India, at Ayanavaram, Chennai-23. The program commenced with Tamil Thai Vazthu by Thiru K. Arumugam, Counselor, HelpAge India, followed by welcome address by Thiru R. Muthukrishnan, Senior Manager, HelpAge India.

The Chairman, Dr. Capt. M. Singaraja in his inaugural address, expressed his appreciation for conducting a number of joint programs with HelpAge India. He highlighted the significance of holding the camp at this particular venue, owned by Tmt. R. Nirmala, in accordance with a MOU executed by her with SCB. He complimented Thiruvalargal R. Muthukrishnan and K. Arumugam for their cooperation to fight a civil suit filed by her distant relative to cheat and annex her property. Then he honored the Physician Dr. AN. Shanmugham, Orthopedic Surgeon Dr. A. Santhana Kumaran, Physiotherapist Ms. Priyadarshini, Acupuncture team members Dr. R. Nirmala and Dr. G. Vijayalakshmi, and team members from Proscans Diagnostics Pvt.Ltd and NAIMISHA. Thiru Edwin Babu, JD / HelpAge India was also honored. Sec. Gen. Mr. S. Jayakumar proposed a vote thanks. The inaugural function was adjourned after National anthem. All the participants enthusiastically underwent free tests for BMI, BP, Random Blood Sugar as well as free

consultation from the Physician, Orthopedic Surgeon, Physiotherapist, Acupuncture / Acupressure specialists and from NAIMISHA. Physiotherapy and Acupuncture treatment for the needy will be carried out for about 10 days in the same venue. The refreshment was served to all the participants.

EC meeting for the month of September 2015, was held at the same venue from 1.00 pm to 1.30 pm. Chairman took the chair and conducted the business. One minute silence was observed to pay homage to late Thiru K. Srinivasamoorthy, (77), LM: 457, a never failing participant in our cultural programs and Mr. PS. Ramakrishnan, (LM: 886). Minutes of the EC meeting, held on 24.07.2015 was read and adopted unanimously. Birthday greetings were extended to the members born in September. The birthday babies Mr. S. Jayakumar and Mr. T. Rajatherinam were present and honored. Our Chairman discussed about 147th Camp on Art of Graceful Ageing by Central Chinmaya Vanprasth Sansthan and the Court case of Tmt. R. Nirmala. The MOU executed by SCB and Tmt. R. Nirmala, to conduct the programs at her vacant spacious residence at no cost and commitment was ratified. He then outlined the forthcoming program, World Elders Day 2015, at Ethiraj College. Our former Sec. Gen. Er. AK. Chakravathy was unanimously co-opted to the EC. After inviting feedback from the members the meeting was adjourned with vote of thanks by Sec. Gen. Thiru S. Jayakumar. ❖

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

Sl. No.	D.O.B	Memb No.	Name (Thiru / Tmt.)
1.	01-10-1939	LM-409	D.V. Raju
2.	01-01-1935	AM-412	N. Ramalingam
3.	03-10-1939	LM-293	Er. S. Murugaiyan
4.	05-10-1929	LM-536	V. Balasubramanian
5.	05-10-1944	LM-866	P. Sethu Seshan
6.	05-10-1932	LM-530	V. Chellappa
7.	06-10-1934	LM-887	Balasubramanian
8.	07-10-1934	LM-825	Lokiah Naidu
9.	10-10-1944	LM-502	Dr. P.S. Rajam
10.	10-10-1943	LM-770	Ln. V.K. Ramgopal
11.	10-10-1942	LM-732	Er. P.S. Shankar
12.	10-10-1953	LM-658	Er. E. Subbarayan
13.	11-10-1950	LM-582	Prof. Dr. R. Baagirathi
14.	12-10-1927	LM-611	Arundev Choudhuri
15.	15-10-1933	LM-790	Prof. Dr. T.V. Ramamurthy
16.	15-10-1928	LM-576	V.S. Venugopalan
17.	16-10-1939	JSL-797	N.Y. Dhandapani
18.	17-10-1932	LM-776	M.S. Varatharajan
19.	19-10-1939	LM-775	Er. C.P. Shanmugam
20.	19-10-1936	LM-127	A.R. Guru Raja Rao
21.	23-10-1935	LM-755	Parvathi Umasankar
22.	23-10-1935	LM-535	V. Jagannathan
23.	24-10-1933	AM-577	M. Chidambaram
24.	24-10-1934	LM-125	V.R. Vaidyanathan
25.	25-10-1934	LM-846	C. Nagendra Prasad
26.	26-10-1927	AM-739	Dr. D.S. Ramaiah
27.	30-10-1949	LM-677	V. Sudarson

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01.10.	International Day of Older Persons	(I)
02.10.	Mahatma Gandhi's Birth Day (International Non-Violence Day)	(I)
02.10.	Lal Bahadur Sastri Birth Day	(N)
03.10.	World Habitat Day	(I)
04.10.	World Animal Welfare Day	(I)
05.10.	World Teacher's Day	(I)
06.10.	World Wild animal Day	(I)
08.10.	Indian Air Force Day	(N)
09.10.	World Post Day	(I)
11.10.	Loknayak Jay Prakash Narayan Birth Day	(N)
13.10.	UN International Day for Natural Disaster Reduction	(I)
14.10.	World Standards Day	(I)
16.10.	World Food Day	(I)
16.10.	World Allergy Awareness Day	(I)
21.10.	World Iodine Shortage Day	(I)
24.10.	United Nation (UN) Day	(I)
30.10.	World Thrift Day	(I)
31.10.	Anniversary of Indira Gandhi	(N)

Note : N = National I = International**Acknowledgment****Thanks a lot & God Bless You****I. Sunshine Fund**

1	Thiru T. Rajarethinam	LM:465	₹	1000/-
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Maj. Gen. Aban Naidu, PVSM,AVSM,M-in-D, (93), LM:01, our Chairman Emeritus and founding Chairman is hospitalized for general weakness on 26.09.15 at AKN Nursing Home, Kilpauk, Chennai-10. He is progressing well. ❖

Mail received from PadmaSree Dr. VS. Natarajan, LM:02 our Past Chairman and Senior Geriatrician is reproduced below. ❖

Dear Dr. Capt. M. Singaraja,

Noted your mail. Last few weeks I am not keeping in good health. Due to my minor cardiac problems, Cardiologist advised to minimize my activities. So I am sorry to inform you that I will not be in a position to attend the "World Elders Day" function which will be held on 7th October 2015.

- Dr.V.S.Natarajan

He is at home and improving well.

We wish them speedy recovery ❖

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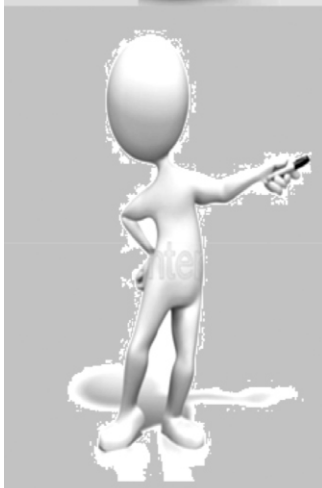


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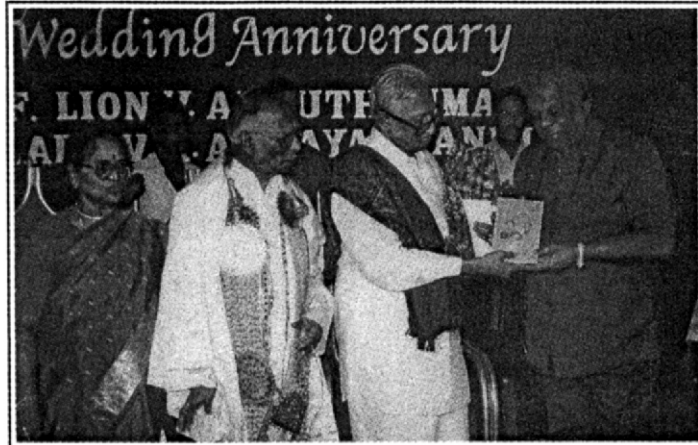
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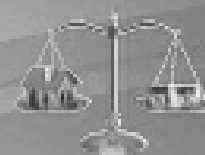
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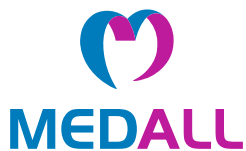


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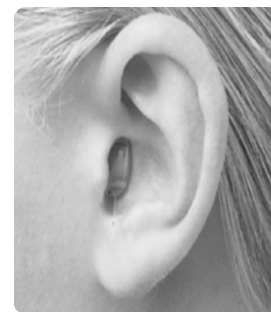
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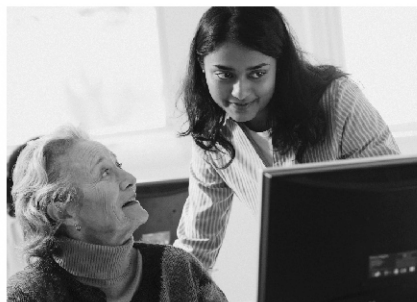
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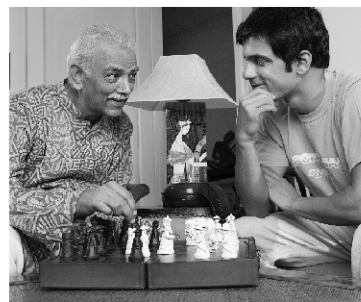
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