



Committed to serve

Link Age

(R.O.) New No.90, Rama Naicken Street, Nungambakkam, Chennai 600 034.

**A Monthly Journal for Service and Advocacy
to all Age Groups, by Senior Citizens Bureau**



Bestow unconditional love

VOLUME : 12

AUGUST : 2015

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Invitation - 178th Programme



SENIOR CITIZENS BUREAU

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



jointly with

BE WELL HOSPITALS

15, Bank Street, Kilpauk, Chennai - 600 010.
Ph : 74027 23406, 044 26421013 / 25321013

In Commemoration of "Madras Day"

Cordially invites you for a Health monitoring camp and
a Presentation on

"COMMON INTESTINE PROBLEMS"

by

Dr. P. Sabareesan, MS, DNB,
Consultant Laparoscopic Surgeon

at 09.30 a.m. on 23.08.2015, Sunday
at the Hospital Campus

followed by free consultation with Gastroenterology, ENT,
Orthopedics, Diabetes etc. and Free tests of BMI, BP,
Random Blood Sugar and Bone density

Presided Over by :

Dr. (Capt.) M. Singaraja, SM,
Chairman, Senior Citizens Bureau

All are welcome.**Dr. C.J. Vetri Vel***MD - Be Well Group of Hospitals***S. Jayakumar***Secretary General / SCB ❖*

Congrats

Mr. S. Prabhakar, our EC member is celebrating the wedding of his grand daughter Selvi : Rajalakshmi Sampath (D/o. Mrs. Geetha Sampath and Mr. Sampath Kumar) with Selvan : Ashwin Leonard from 9.00 a.m. to 10.30 a.m. on August 27, 2015 followed by reception at 7.00 p.m. at Mayor Ramanathan Chettiar Centre, MRC Nagar, Chennai - 28. Our best wishes and blessings. ❖

Get well soon

Mr. R. Venkatesan, IA & AS (Retd.), our Advisor, Mr. N. Balakrishna Rao, our LM and Mr. Sethu Seshan, our EC member are recovering fast after successful Cataract Surgery at different Hospitals on different dates. ❖

Mrs. S. Ramalakshmi, spouse of Capt. Dr. M. Singaraja, is progressing well after successful Knees replacement surgery at Apollo Main Hospital on 20.06.2015. ❖

We wish them speedy recovery

News from our Networking Associates

Nandini Voice For The Deprived is presently conducting free computer classes of two months duration for the benefit of senior citizens. Senior citizens are taught basic computer operations, internet browsing / email sending, online transactions etc., which would be useful to senior citizens. The classes are conducted in Besant Nagar and Korattur from Monday to Friday. Senior Citizens are at liberty to join at any time. There are three batches on each day of two hours duration from 10 a.m to 4 p.m. Senior citizens of age above 60 can join the classes irrespective of economic status. No fees need to be paid. The classes take place at the following venue

1) Nandini Computer School, No. 1, 18th Cross Street, Besant Nagar, Chennai 600090. Ph:-9445100129

2) Nandini Computer School, Central & State Pensioners' Association, No.209, 9th Street, TNHB Colony, Korattur, Chennai-600 080. Ph:- 9600037094 ❖

Kilpauk Residence Welfare Association invites you for its Kilpauk Ustav celebration on Sunday, the 9th Aug 2015, at Kothari Academy for Women, 17, Venkatapathy Road, Kilpauk, Chennai-10, from 5.30 pm to 8 pm. Please do join in with family and make it lively. For details please contact Mr. Prakash H Lulla Ph: 98418 66747. ❖

FOSWL India, Chennai Anna Nagar invites you for its monthly meeting at 5.00 P.M., on Sunday 23.08.15 at Karuna Enclave, SMF Annex, opp: Hotel Akshyam, Shanthy Colony, Anna Nagar, Chennai - 40, for a talk on "How to effectively spend time during post retirement" by Mr. C.L. Ramakrishnan, (Retd. DGP). For details Phone : 93818 01440. ❖

Dignity Foundation invites to for a three day trip to Man Mukhi Village from August 7 to 9, 2015. For details please contact : Mr. A. Dhanapal, Phone : 94930 11699. ❖

Vision India invites you for the inauguration of 2 day exhibition and conference on "Active and Healthy Ageing and Senior living Expo" at 10.30 a.m. on August 7, 2015, at T.N. Rajathinam Kalaiaragam, R.A. Puram, Chennai. For details please contact : Mr. R. Janaki Raman, Phone : (+91) 98230 55525. ❖

Senior Citizens Bureau – Tri Programs – 28.06.2015



Launch of "Sweet 20"



With participants of Cultural Events



A section of the audience

28th June, 2015 was a very significant day of Triple Dimensions. The 20th Annual Day, 12th Anniversary of our "Linkage" journal and the 13th Annual General Body meeting were all held at the AC hall of Sukha Nivas Hotel at Mylapore. As per schedule, health monitoring tests commenced at 10.00 am by Kauvery Hospital. The AGM was held at 10.30 am chaired by Capt. M. Singaraja, in the company of Padma Sree Dr. VS. Natarajan, immediate Past Chairman and Patron. After invocation one minute silence was observed for the deceased during 2014-15 as per list. The minutes of the last AGM was read by Vice Chairman and adopted unanimously. The Annual Report was read by Sec.Gen. and approved. Our Chairman highlighted the important programs and health camps conducted during 2014 -15, with a brief account of the growth of SCB. The Audited Annual Accounts of the SCB was presented by the Treasurer Tmt. R. Nirmala and adopted unanimously. The Balance Sheet and Annual Report had been circulated and discussed. Also it was published in July "Sweet 20" issue of "Linkage". Resolutions were passed and decisions taken at the EC meetings were ratified. The current Auditors are reappointed with remuneration of Rs.4000/-.

After AGM, in the Cultural Program two young college students entertained the gathering with their light and instrumental music of memorable songs. Tmt. Rani Ammal (93) accompanied by her daughter and grand children living as joint family from KK Nagar rendered patriotic and spiritual songs. An interesting quiz programme for naming the popular VIPs was very nicely and humorously conducted by Dr. PP. Ramaswamy. All of them were honoured with a memento.

Then commenced the commemoration of 20th Annual Day and 12th Anniversary of our "Linkage" journal. Mr Prakash H Lulla, Vice Chairman presented the welcome address and performed the duty of master of ceremony. Capt. Dr. M Singaraja, Chairman in his address traced the history of SCB and Linkage journal and referred to the pioneering work of the founding fathers as well as to the

contributors of SCB to create awareness about elder issues. The guests of honour - Mr. R. Vekatesan, IA & AS (Retd) and Tmt Bhama Natarajan, Founder-Director War Widows Welfare Association could not participate due to sudden unavoidable circumstances. The guests, EC members and June birthday babies who were present were honoured with a memento, besides the team from Kauvery Hospital, Service Providers and our staff member. Padmashri Dr. V.S. Natarajan, the chief guest gave his key note address, congratulating the Chairman of the SCB, who is systematically bringing out each publication of Linkage on time and wanted him to publish all his Tamil editorials as a book. He was happy to note that his work for the Association as the past Chairman as given him happiness and a sense of fulfilment. Then the guest of honour Mr.S.P. Ambrose released the special issue - "Sweet 20" Linkage. The first copies were received by Dr. V.S. Natarajan and the other speakers. Mr. S.P. Ambrose IAS (Retd), exhorted that all the senior citizens should be armoured with computer and digital knowledge. Mr. S.P. Ambrose paid homage and glorious tribute to late Mr. Desikan. One minute silence was observed in memory of late Mr. Desikan. Dr. V. Kanakasabai, Rtd. Dean, MMC, Dr. V. Chockalingam, Prof. Dr. Baahirathi, Mr T.V. Hariharan and Mr. T.V.Nagarajan, Secretary of IOBIANS 60-70 addressed the gathering. This was followed by a talk on familiarising the Tamil Nadu Government 104 health helpline by their executive Mr Prabhu Doss. The Chairman in his address welcomed the New Life members Mr. T.V. Nagarajan, DGM IOB (Retd) and Dr. Sujayakumari. The Chairman appreciated EC and other members who contributed for the smooth conducting of the programme. He urged the Senior citizens to be digital literate as early as possible. Mr.S.Jayakumar, Sec. Gen. proposed a hearty vote of thanks. The meeting was adjourned after rising for National Anthem. Special lunch was served to all the members at the exclusive AC hall of Sukha Nivas Hotel. It was indeed a memorable day. Everybody enjoyed. ❖

177th Programme - "10th World Elders Abuse Awareness Day" - 24.07.2015



Dignitaries with Awardees of Financial Assistance



A view of the dias



Chairman with the participants of Cultural Events



A section of the Students taking pledge

Senior Citizen Bureau observed the commemoration of 10th World Elders Abuse Awareness Day jointly with Thiru vi. Ka. Higher Secondary School, Shenoy Nagar, Chennai -30 on 24th July 2015, from 9am to 11am. It was a cool atmosphere after previous night shower. The members of SCB, the students and teachers of the entire school numbering 1000 gathered at 9am in the assembly ground of the school. After invocation, pledge against Elder Abuse was taken by all. Prof. Dr. Vedagiri Shanmuga Sundaram handed over the written pledge signed by all students to the Chairman SCB. Thiru K.T Srinivasa Raja, the Managing Director of Adyar Anandha Bhavan Sweets and Snacks was the Chief Guest. Prof. Dr. Vedagiri Shanmuga Sundaram, former VC. Manonmaniam Sundaranar University & President, Thiru Vi. Ka., Dr. Mu.Va. Educational Trust was the guest of honour. Our senior members who graced the occasion were Dr. V. Chockalingam, Cardiologist and Dr.T.S.Kanaka, Asia's 1st Women Neuro Surgeon. Vice Chairman of SCB Mr.Prakash Lulla welcomed the gathering. Chairman, Senior Citizen Bureau, Capt. Dr. M. Singaraja, presided over. The guests were honoured by Capt. Dr. Singaraja. The Head Master Thiru. K. John who was honoured by Chairman took meticulous care to conduct all the cultural events of school children and gave a spirited speech about the necessity of awareness among the students for respecting the elders. The Chief Guest Thiru K.T. Srinivasaraja gave an inspiring speech remembering his school days how he worked hard from the childhood to come up in his life. As a good gesture he had arranged at a short time 1000 sweets for all. Prof. Dr.Vedagiri Shanmuga Sundaram, in his address stressed the awareness against elder abuse and thanked Senior Citizen Bureau for conducting this Program at their School. Dr.Chockalingam appreciated the students sitting on the open ground under shade with Padmasana which helps calming the mind and alleviating various physical ailments. Our Chairman Capt.Dr.M.Singaraja who did not

want to miss this program, despite the fact that his wife was getting discharged from Apollo Hospital after successful Knee Surgery on this same morning, spoke about conducting this program for the last 10 years with students from various institutions viz Loyala College, Lady Andal School, M. Ct. Muthia Chettiar group of Schools, Sindi Model HSS, Kola Saraswathi & Kola Perumal Schools, Stela Maris college and Ethiraj college. Thanking the Chief Guest and guest of honour for accepting our invitation amidst their busy schedule and making this function a grand success with their spirited speeches to the students who listened with rapt attention. The Chairman distributed cheques through the Chief Guest to 16 well deserved students under various categories. He announced that financial assistance of Rs. 5000/- was sponsored by our Senior EC member and philanthropist Mr. Aravamuda chari. The students performed 2 very good short kits on themes against Elder Abuse. All of them were presented with a gift. Secretary General S. Jayakumar proposed a hearty vote of thanks and the meeting came to an end at 11am with National Anthem. It was a memorable day for all the members of SCB, the Management, Teachers and the Students. ❖

EC Meeting was held on 24.07.2015, immediately after the above event in the conference room. The Chairman Capt. Dr. M. Singaraja conducted the proceedings. July Born members were greeted. EC Member Prabhakar born on 1st July was honoured by the Chairman. He reviewed the past events and proposed the future events briefly. He referred to his effort with Help Age India to rescue our Treasurer Tmt. Nirmala from a civil suit, cheated by her distant relative. It was decided to send a cheque for rupees 10000/- for Nepal Earthquake victims through Prime Ministers Relief Fund. Minutes of the last EC meeting and accounts were read out and approved. Sec. Gen. S. Jayakumar thanked all those present and sponsor of financial assistance, Thiru Aravamudhachari. ❖

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Birthdays : August

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

Sl. No.	D.O.B	Memb No.	Name
1.	01-08-1932	LM 878	Thiru C. Raghunathan
2.	02-08-1943	LM 518	Thiru E. Nagaraja Sarma
3.	03-08-1942	LM 684	Er. Justin Paul
4.	05-08-1936	LM 298	Thiru N. Sethuraman
5.	07-08-1933	AM 686	Thiru V.S. Natarajan
6.	07-08-1937	LM 583	Er. Olney Aaron
7.	10-08-1932	LM 613	Thiru G. Seshadri
8.	11-08-1936	LM 458	Thiru N. Balasubramanian
9.	14-08-1934	LM 515	Thiru M.L. Amarnath
10.	14-08-1948	LM 22	Er. R. Harinder Sagar Naidu
11.	14-08-1936	LM 485	Er. C. Visweswara Raju
12.	15-08-1937	LM 680	Thiru S.N. Kolandan
13.	15-08-1943	LM 19	Tmt. Kousalya Sarathy
14.	15-08-1927	LM 826	Tmt. Habibunissa Begum
15.	15-08-1936	LM 23	Thiru T.V. Hariharan
16.	15-08-1933	LM 540	Lion K.S. Mani
17.	16-08-1948	LM 740	Thiru S. Antonysamy
18.	17-08-1949	LM 596	Tmt. Umakanthan
19.	18-08-1944	LM 617	Tmt. Chandra Veeraraghavan
20.	18-08-1936	LM 901	Thiru Raja Raman .V
21.	19-08-1942	LM 574	Dr. R. Vasanthavalli
22.	23-08-1931	LM 332	Thiru H. Krishnamurthy
23.	23-08-1935	LM 239	Thiru A.R. Loganathan
24.	23-08-1932	LM 754	Thiru P.K. Uma Shankar
25.	23-08-1952	LM 859	Thiru K.P. Rajendra Raja
26.	24-08-1944	LM 608	Tmt. A. Rajeswari
27.	26-08-1934	LM 807	Thiru J. Ratnasamy
28.	26-08-1948	LM 649	Dr. A.J. Prem Kumar Satya
29.	27-08-1934	LM 137	Dr. Gomathi Narayanan
30.	29-08-1934	JSL 265	Thiru Murthy S.K.D.

Your liberal contribution to Sunshine Fund is solicited ❖

National / International Days August

01.	World Breast Feeding Day	(I)
06.	World Peace Day, Hiroshima Day / Nagasaki Day	(I)
09.	Quit India Day	(N)
12.	World Youth Day	(I)
15.	Independence Day (India)	(N)
29.	National Sports Day	(N)

Note : N = National I = International ❖

Obituary

We regret to inform the sad demise of the following:

1) **Thiru Devendraraja**, the younger sammandhi of Capt. Dr. M. Singaraja passed away suddenly at Rajapalayam on 30.06.2015 ❖

2) The brother of **Thiru KS. Ganesan LM: 894**, passed away on 09.07.15 after a brief illness ❖

3) **Er. M. Hari Doss**, Ex TNEB, passed away on 10.07.15 after a brief illness ❖

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

Welcome to Our Family Fold

I. NEW MEMBERS

LM: 900 Ph:9381004569 DOB:10.04.1950

Thiru SP. Hieronimus,
G,55,B, 12th Street, Anna Nagar East, CHENNAI - 600 102.

LM: 901 Ph:9962855802 DOB: 18.08.1936

Thiru V. Raja Raman
Plot No.47, New No.8/51, Sai Elango Apts, State Bank Colony,
1st Street, Virugambakkam, CHENNAI - 600 092.

LM: 902 Ph: 9443166332 DOB: 07.09.1951

Thiru TV. Nagarajan,
G1, Trendy Square, Plot186/187, III Main Road,
Sree Sayee Nagar, Virugambakkam, CHENNAI - 600 092.

LM: 903 Ph: 9444405362 DOB: 02.09.1937

Dr. Sujayakumari
51/20, Landon's Road, Kilpauk, Chennai - 600 010.

LM: 904 Ph: 9489679063 DOB: 25.05.1945

Tmt. A .Vimala Daisy
11/20, Bajanai Koil Street, 1st Lane,
Villivakkam, Chennai- 600 049.

LM: 905 Ph:9442228977 DOB: 02.07.1935

Thiru T.N. Rajasimham
6/40,Varadareddy Street, Timiri, Vellore Dist.,
Pin Code: 632512.

II. ANNUAL MEMBERSHIP RENEWAL

1. **Thiru R. Selvaraja** AM 459 ❖

Acknowledgment

Thanks a lot & God Bless You

I. Sunshine Fund

1.	Thiru G. Rengaswamy	LM : 114 ₹	2000
2.	Thiru P. Ponnambalam	LM : 731 ₹	1000
3.	Tmt. Krishnaveni	LM : 795 ₹	500
4.	Dr. G. Vijayalakshmi	LM : 526 ₹	500
5.	Prof.Dr. Baahirathi	LM : 582 ₹	1000
6.	Prof. Dr. V.Chockalingam	LM : 682 ₹	3000
7.	Brig. K. Muthulakshmi	LM : 612 ₹	1000
8.	Tmt. Leela Srinivasan	LM : 71 ₹	400
9.	Thiru R. Thangaraj	LM : 847 ₹	200
10.	Thiru Sundara Murthy	LM : 358 ₹	500
11.	Tmt. PS. Rajam	LM : 502 ₹	500
12.	Thiru Balakrishna Raja	LM : 567 ₹	500
13.	Thiru Ranganatha Rao	LM : 23 ₹	500
14.	Maj. S. Raganathan	LM : 809 ₹	1000

II. Donation

1.	Thiru S.S. Rajagopal	LM : 597 ₹	2000
2.	Prof. S. Narasimhalu	LM : 139 ₹	300
3.	Capt. Ameer Ali	LM : 799 ₹	300
4.	Thiru S. Aravamudha Chary	LM : 363 ₹	5000

for Financial assistance to the Students

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