



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 : 11

JUNE : 2015

ISSUE : 12

Notice for 13th AGM - (174th Program)

Notice is hereby given that 13th AGM of SCB for 2014 -15, will be held at 10.30 am on June 28, 2015, at Suka Nivas Hotel, Luz Corner, Mylapore, Chennai-4. Members currently on the roll as on date are eligible to transact the business as per following agenda :

1. Adoption of the minutes of 12th AGM for FY 2013-14, held on 21.06.2014
2. Adoption of Annual Report for FY 2014-15
3. Adoption of Accounts for FY 2014-15
4. Election to the vacancies in the EC for the term ending 2015 -16. Nomination can be filed to contest over and above the nominations recommended by the current EC.
5. Appointment of Auditors and approval of Audit fees.
6. Honouring EC members, Service providers and Winners in the Cultural program
7. Any other business subject to prior notice and approval of the Chair. ❖

Chennai - 34.

Secretary General

01.06.2015

Senior Citizens Bureau

Announcement :

174th - 177th Programmes

Commemoration of 20th Annual Day of Senior Citizens Bureau (Sweet 20), 12th Anniversary of our monthly journal "Link Age", 10th World Elder Abuse Awareness Day and 13th AGM will be held at 10.00 AM, on June 28, 2015, (Sunday) at Suka Nivas Hotel, Luz Corner, Mylapore, Chennai - 4. The tentative program is as follows:

- | | |
|----------|--|
| 10.00 am | : Registration and Tests for Random Blood Sugar and BP |
| 10.30 am | : AGM |
| 11.00 am | : Cultural program |
| 11.45 am | : Commemoration of tri celebration |
| 12.45 pm | : Lunch |

Invitation will be sent in due course. Please mark the day in your diary and attend without fail. ❖

Basic Camp on Art of Graceful Ageing

As a follow up of get together with Swami Yogasthananda, Gen Sec of Central Chinmaya Vanprasath Sansthan (CCVS), Allahabad, held on May 10, at TANSECA Service Centre, Chennai, I am happy to announce a 9 day course on "Art of Graceful Ageing", as given below. The course will be in English, if 25 persons come forward to join from South. Please register your name along with course fee, journey fare, etc., with Mr. S. Jayakumar, Ph: 93818 01446, on or before 30.06.2015.

Dates : 27th October to 4th November, 2015, **Venue**: Chinmaya Navin Sevashram, Allahabad - 211 004

Faculty : H.H. Swami Chaitanyanandaji from USA, H.H. Swami Yogasthananda, Br. Nirvan Chaitanya, Dr. Sajjan Singh, Shri S.L. Agrawal, Smt. Maju Agrawal

Language : Hindi/English

Accommodation : Four bedded ultra modern self contained rooms. 4 Nos. double bedded rooms also available and will be allotted to couples on first come first served basis.

Eligibility : Persons above 50 years of age irrespective of caste capable of understanding talks in Hindi.

Course content: Daily meditation, Sadhana Panchkam, Ramcharit Manas, Yoga technique for keeping healthy, Accupressure theory & practice, subjects covering Emotional, Social, Financial and spiritual health of elderlies.

Camp Expenses : 8500/- per person (Non Refundable) covers Board, Lodging, camp materials and travelling to and fro Ayodhyaaji, Chitrakoot, Vindhyavasini Shaktipeeth, Varanasi, Triveni Sangam, Akshayavatam (subject to permission from Army) and important Temples in Allahabad.

You can also write to The Secretary General Central Chinmaya Vanprasth Sansthan, Rasulabad Ghat Road, Allahabad -211004, with copy to the Chairman, Senior Citizens Bureau. Ph: 09415338124, 09026352728 Email : yogasthananda@gmail.com and deposit course fee in a/c no. 538802010000346 IFSC Code: UBIN0553883 of CCMT-CCVS with any branch of Union Bank of India. U can visit their website <www.chinmayamission.com>. Details of get-together (173rd Programme) held on 10.05.2015 are as follows :

Details of get-together (173rd Programme) held on 10.05.2015

Swami Yogasthananda of the Central Chinmaya Vanprastha Sansthan, Allahabad addressed the members of TANSECA, Senior Citizens Bureau and the Probus Club, Chennai at a specially got up meeting on Sunday the 9th May

contd from. P.1

at TANSECA service centre in Jainagar, Arumbakkam, on the subject of Vanaprastha. Mr. D. Rajasekaran, Gen. Secretary, TANSECA welcomed the gathering and focussed the great service rendered by Chinamaya Mission. Dr. Capt. M. Singaraja, Chairman, SCB in his address, expressed his happiness and gratitude to arrange this meeting in a very short notice after receiving the message about Swamiji's one day visit to Chennai. He introduced Swamiji and highlighted the contribution of CCVS in U3A World Conferences held at Chittrakoot. and Chinmaya Viboothi, Pune.

News from our Networking Associates

Dr. TS. Kanaka, LM:09, our EC member and Founder Director of Padmavathi Santhanakrishnan Memorial Elder Care Centre, Nehru Nagar, Chrompet, Chennai - 44. conducted a camp on 23.05.15 for Capillary Blood Sugar Estimates, Neuropathy and Bone Mineral Density Test, followed by a lecture on "Eye- Vision" by Dr. J. Lakshmanan of Aravind Sai Eye Hospital, Pammal and interaction with audience on Diabates Mellites. ❖

FOSWL India, Chennai Anna Nagar invites you for its monthly meeting at 5.00 P.M., on Sunday 28.06.15 at Karuna Enclave, SMF Annex, opp: Hotel Akshyam, Shanthi Colony, Anna Nagar, Chennai - 40. Sri V. Ramnarayanan, Author, Ranji player, Editor, Shruthi magazine and Historian, speaks on "Joy of Cricket". ❖

TANSECA organised a free Audiology Camp for their members in and around Arumbakkam at their Service center on April 25 and 26. ❖

Probus Club of Chennai organised a one day get-together programme, with breakfast, lunch and refreshment to relax and enjoy, on April 25, at Guindy Engineering College, Alumini Association. ❖



Thiru P. Sethu Seshan, LM: 866, our EC, Member and grandson of Jaihind Dr. Chembakaraman Pillai, organized 82nd Death Anniversary of

revolutionary and martyr Jaihind Dr. Chembakaraman Pillai. It was held on 26.05.15 near his statue at Gandhi Mandapam Campus, Guindy, Chennai, in the august presence of Thiru Kumari Ananthan, Former President of Tamilnadu Congress, Thiru K. Thanappan, President, Nanjil Vellalar Sangam & Editor of "Nanjil Malar" magazine along with his members. The entire program was telecast by Vasanth TV. ❖

Swamiji said that Vanaprasthashram was the third of the four stages of life recognised in Hindu Shastras and it was in this stage that one reduced his family ties and took to meditation and selfless service. The way of life prescribed for Vanaprasthis in the ancient texts can be practised in modern times too. Because of increased longevity the man of today had the chance to live for an extended period of 20 to 25 years beyond the normal retirement age of 60 and it was this opportunity that he should avail of to lead what is known as a life of ageing gracefully or in other words the life of a Vanaprasthi. Mr. R.T. Namasivayam, VP, PCC, propped a vote of thanks. ❖

Congrats

பத்மஸ்ரீ முதியோர் நல மருத்துவர் வ.செ. நடராசன் அவர்களின் "ஏன் இந்த இடைவெளி" (பக்கம் 144, ரூ.90/-) தமிழ் நூல் வெளியீட்டு விழா 18.05.2015 அன்று, சென்னை வாணி மஹாலில் நடைபெற்றது. அவ்விழாவில் முனைவர் இரா. மோகன், முன்னை தகைசால் பேராசிரியர், தமிழியர்ப்பலம், மதுரை காமராசர் பல்கலைக்கழகம், மதுரை, அவர்கள் நூலை வெளியிட்டு உரையாற்றிய போது "நான் இரண்டு முறை எனது வாழ்க்கையில் அழுதுள்ளேன். ஒன்று, பாரதியார் படம் பார்த்த பின்பு. இரண்டாவது டாக்டரின் இந்நூலை படித்த பின்பு. உள்ளத்தை உருக்கும் உண்மை சம்பவங்கள் நிறைந்த ஒரு அற்புத படைப்பு". முதல் பிரதியை திரைப்பட நடிகர் திரு. டெல்லி கணேஷ் பெற்றுக் கொண்டார். தொடர்புக்கு : டாக்டர் வ.செ. நடராசன், எண்.16, 17-ஆவது தெரு, கியூ பிளாக், அண்ணாநகர், சென்னை - 600 040. போன் : 2626 7282, வானதி பதிப்பகம், எண்.23, தீனையாள் தெரு, தி.நகர், சென்னை - 600 017. போன் : 2434 2810. ❖

Mr. S. Aravamudha Chary, LM: 363, our EC member and great supporter celebrated the wedding of his granddaughter Sow. Shika Srinivasagopalan (D/o. Kala and Srinivasagopalan) with Chi. Gokul Gopal (S/o. Meera and Gopalkrishna) on 29th May 2015, at Sri Kuchalambal Kalyana Mandapam, McNichols Road, Chepet, Chennai. Our best wishes and blessings. ❖

Er. R. Chinraj, JSL: 278, New Mumbai, is the President of Suditi Industries Ltd. It began manufacturing of garments and apparels, in 1992 at Pawana Village of Trubhe, in Navi Mumbai, with 300 people. Today it has a work force of 1200. Its brand RIOT is so successful that it finds place in leading malls. Suditi bagged official apparel rights of Real Madrid (a World famous Football Club) CF, in India. It is teaming up with more European football Clubs. The Indian Textile Journal has interviewed him and published a 4 page report in its May 2015 issue. Kudos and Best wishes for many more feathers. ❖

It gives me immense pleasure to successfully complete the Sri Lankan tour from 19th to 24th, May 2015, with full safety, security, comfort and joy of each and every participant. I am very thankful to all, particularly the group leaders of the tour team, for their full cooperation. It is the fruit of meticulous planning and devoted labour for over three months. Please await the tour report in Tamil in the June / 2015 issue of our monthly journal LinkAge. ❖

Thiru S. Sarveswara Rau, LM: 313, Founder Chairman, Bharathiya Yog Sansthan Tamil Nadu Yoga Center, Chennai-34, has been presented with the title Yoga Kalaimamani in Yoga Awards 2014, on 31.08.2014, by Asana Andiappan College of Yoga & Research Center, Chennai. Earlier he was presented Life Time Achievement Award on Jan 27, 2012, by Lions Clubs International, District 324 A1, 2011 - 2012. ❖

Thiru AG. Arumugam, LM:418, Salem, informs that 9th Kanyakumari, Thirukural Festival was held on 15.05.2015, by Tiruvalluvar Trust, Kanyakumari. ❖

172nd programme – “Elder Justice Initiative: Stakeholders Response on Social Security of Elderly” – 15.05.2015



(L-R) Dr. M. Srinivasan, Dr. Capt. M. Singaraja, Md. Shakeel Akther, IPS, V. Sivakumar and Dr. M. Priyamvadha.



A Section of the Audience.

Department of Criminology, University of Madras, Chennai jointly with HelpAge India, Chennai & Senior Citizens Bureau, Chennai, organized a One day Seminar on “Elder Justice Initiative: Stakeholders Response on Social Security of Elderly” on 15th May 2015, at S.M. Diaz Hall, Department of Criminology.

Dr. M. Srinivasan, Head – Dept. of Criminology welcomed the gathering and explained the importance & theme of the seminar. Dr. Capt. M. Singaraja, Chairman, Senior Citizens Bureau, in his presidential address highlighted the plight of poor elders in the rural areas without adequate nutritious meals, medical facilities and benefits of the government schemes, Maintenance act 2007 and other government rules are not implemented in full. There is no dearth for Govt. acts and regulations but implementation is lacking. Thiru. Md. Shakeel Akther I.P.S., Additional Director General of Police, Chairman & Managing Director - Tamil Nadu Police Housing Corporation, Chennai, inaugurated the Seminar and delivered the key note address. He spoke about the problems faced by elders such as Isolation, fear, boredom and insecurity besides health and abandonment. Sixteen years after the introduction of the National Policy for Older Persons, senior citizen groups still believe that a lot more has to be done. With the current levels of life expectancy, the projected elderly population by 2050 is over 18 per cent – a great challenge to the society, government and policy makers. Thiru V. Sivakumar, Director, HelpAge India, in his special address, spoke about the HelpAge India advocacy activities and problems of the elderly in society. Dr. M. Priyamvadha, Assistant Professor, Dept. of Criminology delivered a Vote of thanks.

Session I: Elderly Needs in Changing Society

Chair Person : Dr. N. Rajalakshmi, Secretary – Tamil Nadu Senior Citizens Association. **Panelist** : Edwin Babu, Joint Director – Programs, HelpAge India.

Thiru Edwin Babu, Joint Director – Programs, HelpAge India, outlined the problems and challenges of elderly in society. He said that “Poverty is an important issue to deal with, but what affects majority of senior citizens are the issues of abuse, isolation and neglect.” He touched upon the rationale behind classification of elders (Active – Assisted and Dependent) and the necessity to strengthen the social security schemes. The chair person highlighted the problems of the changing society and need for age care.

Session II: Perspectives on existing elderly health care facilities and its impact

Chair Person : Padmasri Dr. V. S. Natarajan, Geriatrician. **Panelist 1**: Dr. G. S Shanthi, Professor, Department of Geriatric Medicine, Govt. General Hospital, Chennai. **Panelist 2**: Dr. ThangamHari, Asst. Professor, Department of Geriatric Medicine, Govt. General Hospital, Chennai.

Dr. G.S. Shanthi and Dr. ThangamHari handled the session and explained about the geriatric health care facilities available in the Government General Hospital, Chennai and insisted that government should establish such facilities in all the District Hospital in the State. They also briefed on the geriatric care advancement in Global perspective. The assumption that persons in the rural areas are healthier is a myth. Statistics revealed that 45 per cent of elders from rural areas suffered from chronic diseases. Though there is a huge percentage of elders in villages, geriatric care facilities are all in urban areas, said Dr V S Natarajan, who pioneered geriatric medicine in India.

Session III: Understanding the Psychological Needs of Elderly

Chair Person : Dr. T.S Kanaka, Neuro Surgeon & President of SCF, Chrompet.

Panelist 1 : Dr. ShanthaKamath, Director – SCARF, Chennai. **Panelist 2** : Dr. V. D Swaminathan, Psychologist, Prof. & Head of Social Work, University of Madras

Dr. ShanthaKamath, Director, SCARF, Chennai, explained the psychological problems of depression, dementia etc and the care and support required to be provided to those affected. Awareness needs to be created in the communities to facilitate families to take care of the patients and offer required help. She encouraged the younger generation to volunteer for such activities. Dr. V.D Swaminathan, Psychologist explained the Graceful Ageing and tips for healthy ageing. The Chair person focused the necessity of mental health and practice of Yoga / Meditation.

Session IV : Victimization and Criminal Justice System’s response for elderly

Chair Person : Dr. S.P Mathur I.P.S, Former Director General of Police. **Panelist 1** : Mrs. Adhilakshmi Logamurthy, Vice President – Women Lawyers Association. **Panelist 2**: Dr. T.H Ansar, Research Officer, Academy of Prisons and Correctional Administration, Vellore

Mrs. Adhilakshmi Logamurthy briefed the participants about the Maintenance Act 2007, property dispute issues, writing Wills, safety and security. Dr. T.H Ansar, explained crimes against elderly in India and screened the video of understanding old Age. The chair person Dr. S.P Mathur, focused speed dial system for senior citizens implemented in Chennai.

R. Muthukrishnan, Senior Manager – Helpline, in his concluding remarks thanked one and all. More than 120 participants representing Senior Citizens Forums, Police officers (ACs & Inspectors), Students and research scholars of Criminology & Law attended the seminar. There was coverage in the Hindu, Indian Express, Neighbourhood weeklies, DD, Podigai TV and WIN TV. ❖

E.C.Meeting for the month of May was held at 11.00am on 02.05.15, at Madura Travels, Kennet Lane, Egmore, Chennai-8.

Chairman, Capt Dr.M.Singaraja, presided over the meeting. After invocation one mt silence was observed for the victims of Nepal Earth quake. He highlighted our close association with Senior Citizens Forums of Asia Pacific Alliance Countries, particularly, Mr. Jeevan Lohani, RIDA, Nepal, during USA World Conference held at Kathmandu in Oct 2014. Mr. Jeevan and other members were safe. Minutes of the E.C. meeting held on 18.04.15 and Financial Statement were adopted. Approval for Rs. 5000 to the meet the bills for payment submitted by Ethiraj College NSS Dept to SCB, towards World Elders Day held in Oct 2014 and Rs. 5000/- for Prime Minister Relief Fund to supplement the contribution from the members, was accorded. He reviewed the activities held in April and Sri Lanka tour. The forthcoming programs were briefed and discussed. Mr. S. Jayakumar, Sec. Gen. proposed a vote of thanks. This was followed by a briefing about Sri Lanka tour to the tour participants by Mr. Sriharan Balan, Director, Madura Travels. Mr. Sriharan traced the Social connection of Dr. Singaraja with their group. His main aim is safety and security and comfort of Senior Citizens. He had taken all steps carefully, as per the directions of the Chairman, SCB. Mr. Balan, acknowledged his meticulous planning and hard work, which was applauded by all. Mr. Sriharan cleared all doubts and questions raised and emphasized that all members should cooperate to make the tour successful. He wanted the BLESSINGS from all seniors. The Chairman honoured him with a shawl and memento. Lunch was served. ❖

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 : June

Wishing you a Cheerful, Peaceful and Prosperous Life

Sl. No.	D.O.B	Memb No.	Name
1	01-06-1946	LM 835	Thiru Perumal T.K.
2	01-06-1936	AM 358	Thiru D. Sundaramurthy
3	01-06-1928	LM 216	Thiru Ramesh S. Chickermane
4	01-06-1938	LM 83	Thiru P. Loganathan
5	01-06-1943	LM 765	Dr. R. Nirmala
6	01-06-1947	LM 603	Wg. Cdr. M. Murugesan
7	01-06-1944	LM 310	Thiru C. Sankara Raju
8	02-06-1932	LM 28	Er. R. Vijayarangam
9	03-06-1950	LM 756	Dr. E. Santhakumari
10	03-06-1939	LM 853	Thiru U. Shahul Hameed
11	04-06-1944	LM 782	Thiru J.R. Bashyam
12	04-06-1931	LM 43	Er. M.D. Vijayarangam
13	05-06-1937	LM 462	Thiru K. Sundaravaradan
14	05-06-1943	LM 894	Thiru K.S. Ganesan
15	05-06-1946	LM 731	Thiru P. Ponnambalam
16	05-06-1937	LM 751	Thiru P. Ranganathan
17	06-06-1941	JSL 725	Thiru T. Govindarajan
18	06-06-1935	AM 652	Thiru K. Ayyasamy
19	06-06-1938	LM 612	Brig. K. Muthulaxmi
20	07-06-1934	LM 185	Thiru G. Joseph
21	08-06-1940	LM 876	Er. K.C. Agamudai Nambi
22	08-06-1923	LM 528	Er. C. Madhavan
23	08-06-1940	LM 787	Thiru K. Pandurangan
24	09-06-1930	LM 786	Tmt. Jean Canthaswamy
25	09-06-1947	LM 793	Er. R. Rajendran
26	10-06-1934	LM 72	Tmt. V. Leela Srinivasan
27	10-06-1939	LM 794	Thiru V. Munuswami
28	10-06-1939	LM 02	Dr. V.S. Natarajan
29	12-06-1939	LM 591	Thiru T.L. Anantharaman
30	14-06-1948	LM 555	Thiru A.K. Gandhiraja
31	15-06-1937	LM 12	Dr. V. Balambal
32	15-06-1948	LM 488	Er. K. Anandan
33	15-06-1934	LM 29	Er. S. Ranganatha Rao
34	15-06-1943	LM 802	Tmt. V. Rukmani
35	16-06-1945	LM 880	Thiru Chandra Bose P.
36	16-06-1940	LM 165	Tmt. Chandra Shasi Kumar
37	16-06-1931	LM 683	Er. A.P. Kandappan
39	18-06-1953	LM 875	Thiru Padmanabhan P.N.
40	19-06-1932	LM 801	Thiru M. Venkata Raju
41	21-06-1930	LM 519	Thiru V. Sitaraman
42	22-06-1937	LM 064	Thiru N.R. Nagarajhen
43	23-06-1934	DM 327	Prof. K. Aludiapillai, IAS (Retd.)
44	23-06-1950	LM 890	Thiru Bakthavatchalu S.
45	23-06-1937	JSL 452	Thiru S.M. Chellaswamy
46	26-06-1938	LM 735	Er. K. Duraisamy
47	26-06-1925	LM 882	Thiru Doss P.A.
48	26-06-1949	LM 526	Dr. G. Vijayalakshmi
49	26-06-1947	LM 218	Thiru P.K. Jaya Prakash
50	29-06-1931	JSL 737	Dr. T.S. Ramaswamy

Your liberal contribution to Sunshine Fund is solicited ❖

Acknowledgment

Thanks a lot & God Bless You

I. Sunshine Fund

1.	Thiru A. James	LM 877	₹	500/-
2.	Thiru D. Ponnu Duraisamy	LM 749	₹	500/-
3.	Thiru D. Kumaravel	LM 816	₹	450/-

II. Donation Fund

1.	Thiru G. Seshadri	LM 613	₹	500/-
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III. Prime Minister Relief Fund

1.	Dr. Capt. M. Singaraja	LM 03	₹	1000/-
2.	S. Jayakumar	LM 546	₹	1000/-
3.	S. Prabhakar	LM 660	₹	500/-
4.	P. Sethu Seshan	LM 866	₹	500/-
5.	C. Visweswara Raju	LM 485	₹	500/-
6.	Thiru G. Joseph	LM 185	₹	500/-
7.	Thiru Sarweswara Rao	LM 313	₹	500/-
8.	Tmt. PS. Rajam	LM 502	₹	500/-
9.	Thiru D. Kumaravel	LM 816	₹	500/-
10.	Thiru CV. Murugesan	LM 661	₹	500/-

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

National / International Days - June

05-06	World Environment Day	(I)
06-06	International Olympic Association Establishment Day	(I)
15-06	World Elder Abuse Awareness Day	(I)
17-06	Fathers Day	(I)
20-06	World Refugees Day	(I)
21-06	World Yoga Day	(I)
27-06	World Diabetes Day	(I)

Note : N = National I = International ❖

Obituary

With deep regret we record the sad demise of the following:

1) Thiru K.P.Ayyanar Raju, IRTS (85), LM:586, Ph:9443571324, passed away on 03.05.15, at No.245, Vivekananda Street, (Off T.P.Mills Road) Rajapalayam - 626 117. 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. ❖

2) Tmt. Rajasewari Thiagarajan, (87), mother in law of our EC member, Thiru P. Sethu Seshan, LM: 866, Ph: 9840021231, passed away on 16.05.15 at Anna Nagar (WE), Chennai. ❖

3) Lt Col P V R Raja, (78), LM: 88, Ph: 9444016438, of Thirumanmiyur, Chennai, passed away 20.05.15, at Rajapalayam. He was our active Senior Member and connected with many Social Service Forums. ❖

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

Change in Address

LM: 853, Ph: 9940132686,
Thiru **U. Shahul Hameed**
New No. 26 Old No.68, Thulasingham Street, 2nd floor,
Pudupet, CHENNAI- 600 002. ❖