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# 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

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## ***"EQUALITY FOR WOMEN IS PROGRESS FOR ALL."***



### **International Women's Day (IWD) 2014**

The official United Nations theme for International Women's Day 2014 is "Equality for women is progress for all." Celebrated by women's rights activists across the world annually on 8 March, International Women's Day (IWD) has been marked by the UN since 1975. IWD is traditionally marked with a message from the UN Secretary-General as well as with statements and events from across the UN system.

The UN commemorated IWD on 7 March at its head quarters in New York.

#### Attendees:

- H.E. Mr. Ban Ki-moon Secretary-General of the United Nations
- H.E. Mr. John W. Ashe President of the 68th session of the United Nations General Assembly
- H.E. Ms. Hillary Rodham Clinton Former United States Secretary of State, U.S. Senator
- Ms. Phumzile Mlambo-Ngcuka Under-Secretary-General and Executive Director of UN Women
- Ms. Andrea Nunez Vice President of the World YWCA Board

### **Top international leaders called for full realization of women's rights in the 21st century.**

**UN Secretary-General Ban Ki-moon:** "To every girl born today, and to every woman and girl on the planet, our message is that human rights are not a dream. They are a

duty for which we must all work until they are universally realized."

**Former US Secretary of State, Hillary Clinton:** "We are aligning our efforts with UN Women and with many others in order to go back and take a look, nearly two decades ago now, at the historic Beijing conference, to understand what we achieved from the platform for action that was adopted there, and to work together to set the agenda for the future."

"Just as women's rights are human rights, women's progress is human progress. For all the achievements made, this is the big unfinished business of the 21st century."

President of the 68th session of the UN General Assembly, John W. Ashe: "The road to achieving gender equality cannot and must not be traveled by women and girls alone. Just as we know that we cannot achieve sustainable development without women, we also know that we cannot achieve gender equality without the full engagement of men and boys."

**UN Women Executive Director, Phumzile Mlambo-Ngcuka:** "The response we need is bigger and bolder actions. So that women's equality can be a game changer for women and girls and for humanity. Together we can choose to be liberators or risk being footnotes in history. That bold action is to embed women's rights, women's empowerment and gender equality in all we do, now and beyond 2015 and provide measurements and modalities that will give us significant impact that is also transformative."

**Vice President of the World YWCA Board, Andrea Nunez:** "Invest in young women and girls. You know what we need to do. Provide quality education to women and girls, so that they can get decent jobs. Create opportunities so that young women can be decision-makers, bringing innovative ideas to political and social challenges."

More information: <http://www.unwomen.org/en/news/in-focus/international-womens-day>



**Invitation**

**157th Programme**  
**SENIOR CITIZENS BUREAU**

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



*Jointly with*

**KAUVERY HOSPITAL,**

Alwarpet, Chennai - 18.

*cordially invites you for a presentation on*

**"DEMNTIA" (Facts and Fear)**

by

**Dr. Preetikaa Chari, MD., DM., Phd., MNAMEF., NPH.**

*Consultant Neurologist and Neuro Surgeon,  
Kauvery Hospital*

**Date & Time : April 27, 2014,  
Sunday, 10.30 AM.**

**Venue : Ground Floor, Reception Hall,  
Kauvery Hospital,**

81, TTK Road, Alwarpet Junction,  
Chennai - 600 018. Ph : (044) 4000 6000

**Presided Over by :**

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

**All are welcome.**

**Lakshmi Narayanan**  
*DGM / Kauvery Hospital*

**News from our Networking Associates**

**Probus Club of Chennai is organising** 8D & 9N tour to Russia and Dubai from Aug 6 -14, 2014. Those interested to join, Phone 98408 69758. Kalai Mamani Tmt Revathy Sankaran, inaugurated Cultural and Sports Wing of Probus, on Mar 22, 2014, at Russian Cultural Centre. A poem in this connection to Thiru K.V. Chari from our Chairman is given below:

எனதின்னிய நண்பா ! நன்றே செப்பினாய் நீ !  
கலைமாமணியாம் ரேவதி அன்னையே !  
முற்போக்கு முழுமுதற் சிந்தனையில்  
முத்துக்குளித்த மங்கையர் திலகத்தை!

முனைவர் ஜி.வி. ராவ் என்ற மாமனிதர்தம்  
நினைவில் ஓடியதோ புரோபஸ் கழகமும்  
நீள்உலகு மங்கையர் நாளும் நல்ரேவதியும்!  
இதுவன்றோ அவர்தம் கலைப்பாங்காம்!

‘அரிஅரசன்’

**FOSWL India, Chennai Anna Nagar,** invites you for its monthly meeting at 5pm. On Sunday, 27-04-2014, at Dr. Sunderavadanan High School, 1st Main Road, Shenoy Nagar, Chennai-30. Thiru..... speaks on the topic “.....”

**“Counselling & Guidance Center” for Senior Citizens** was inaugurated at Regional Geriatric Center of Rajiv Gandhi Govt. General Hospital & MMC, Chennai - 3, on 27th March 2014. This is the joint venture project of Govt. General Hospital, Dept of Geriatric Medicine/MMC and HelpAge India. The objective of the project is to help the senior citizens visiting the hospital and to render services like counselling, guidance, introducing Govt. Old age Schemes, promoting Active Ageing, etc.

**Mail Box**

E MAIL Dt. MAR 27, 2014, FROM Mr. S. JAYAKUMAR, EC MEMBER.

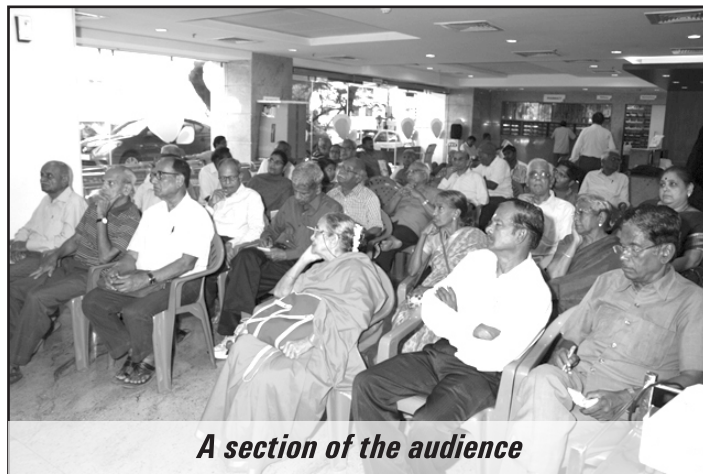
Today morning I attended the function of opening of New Block for Anti Aging Clinic at Rajiv Gandhi General hospital. Dr ( Miss ) T.S.Kanaka, Neuro Surgeon one of senior most doctor s of India opened the Clinic .On behalf of Senior Citizen Assn . I attended. Others included Mr.Rajasekaran, TANSECA ,Mr.Anbazhakan of Help Age India. It was, presided over by Dean/GH.

Mr. Anbazhakan, Director, Help Age India and the Dean exchanged agreement for keeping one person from helpage to assist the cente. Dr B.Krishnaswamy. H.O.D.Geriatrics explained the salient features to all visitors. The entire new block appears to have been built to American medical standard, I feel even still better . It is a boon to seniors in India to utilise and honour our medical doctors and assistants deeply involved in Geriatrics Dept with smiling face. The entire gathering was interested in knowing when Chairman, Capt. Dr. Singaraja of Senior Citizen Bureau returning to India. After Tea the meeting was over.

**Senior Citizens Bureau - 156th Programme on 23.03.2014****“FALLS”****Mr. Prakash is honouring the Chief Guest Dr. Ramesh**

A special programme on “FALLS” was held on Sunday 23-03-2014 at the Kauvery Hospital Chennai- 18. Mr Prakash H Lulla, VC/SCB, welcomed the chief guest and speaker Dr Lakshmi Pathy Ramesh and all the gathered members. He wished all, a happy end to the financial year and a new beginning to the new year to come. He wished all, a happy Ugadhi also. May Gods best blessing be showered on all members and at home for a happy healthy and satisfying year to come.

Dr Lakshmi Pathy Ramesh in his characteristic soft manner explained how FALLS was a big problem with seniors. due to GAIT DISTURBANCES, RESTRICTED MOVEMENTS, EXTRA ENVIRONMENTAL REASONS AND SITUATIONS. He felt that due to taking sleeping drugs or multiple drugs, gait would suffer. Hence it was v important to give your doctor a full list of drugs being taken. Under enviro reasons, poor quality of wet ground, loose carpets, different levels of floors, poor lighting, contributed to the falls. Some medications have longer residual action on adults in the bloodstream and produce dizziness and imbalance. Most of the falls occur in bathrooms and kitchens. It was advised to take safety measures in these places like hand rails, dryness on floors, protective seats, not to keep sharp and pointed instruments nearby..All the carpets should be pinned down and loose ends stapled. He suggested that proper evaluation of gait, muscular strength and calcium requirement be done and corrective physiotherapy exercises like joint movements, knee, and back exercising, sit and get up exercise, bending , standing on single leg would strengthen the muscles. He also suggested that all obstructions on the walk ways be removed, on the way, inside homes, toilets, and halls. Proper lights be placed in passages at night. If one uses a walking stick, to use it properly, by shifting his weight on it fully, also checking its level at base frequently, changing bushes when worn out. Next, to tone his muscles and joints to optimum and full range of movement.. He advised seniors to go walking in groups and keep a simple gait and

**A section of the audience**

constant speed, not to jerk or increase activity suddenly, always to have a cooling down time. HE ADVISED THAT A PROPER AND ADJUSTABLE FRAME OF MIND WAS VERY ESSENTIAL TO TAKE LIFE AS IT COMES.. HE FELT THAT ONE SHOULD ENJOY HIS PLEASANT DUTIES. He requested that one should expose himself to proper sunlight daily for 1 to 2 hrs. DR lakshmi pathy Ramesh has a wonderful way of understanding human nature and his suggestions were very valuable. Dr. T. S. Kanaka, EC member of SCB also stressed the above points clearly. Vice Chairman thanked Mrs P. S. Rajam for distribution of lunch packs. ❖

**- PHL**

**EC meeting for the month of March 2014** was held on 23.03.2014 at 11.45am, at Kauvery Hospital Chennai - 18. Prakash H Lulla welcomes all the members present and wished them a happy Ugadhi and new financial year and Tamil new year to come. He read out the warm message sent by Dr. Singaraja and his greetings. Dr. Singaraja will be back in Chennai on 23.04.14. Mr.Lakshminarayan read out the happy birthday greetings of members for March. He also read out the contributions received and new additional members also. He read the minutes of last meeting published in linkage. The same was adopted. All the members were appreciative of the quality of health programmes and the usefulness of the knowledge given here. Members were encouraged to give one of their happiest moments of life experienced and there was good cordial and humour flowing as happy events unfolded. HOLI was celebrated by sprinkling of fresh colorful flowers all around on members and staff. The next programme shall be on DEMENTIA (Facts and fears) to be held on Sunday 27th April 2014. Dr. Nirmala proposed a vote of thanks. ❖

**- PHL**

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### Birthdays : April

*Wishing you a Cheerful, Peaceful and Prosperous Life*

Sl. No.	D.O.B	Memb No.	Name
1.	01-04-1941	LM 730	Thiru V.R. Govindarajan
2.	01-04-1936	LM 313	Thiru S. Sarweswara Rau
3.	04-04-1945	LM 688	Thiru Joshwa Singh
4.	05-04-1926	LM 606	Tmt. S.R. Raja Rajeswaramma
5.	05-04-1923	LM 558	Padmabushan Dr. M. Sarada Menon
6.	06-04-1936	LM 157	Thiru A.G. Manuel
7.	10-04-1932	LM 026	Thiru R. Manickam
8.	10-04-1929	LM 051	Thiru P.T. Vasudevan
9.	11-04-1928	DM 014	Thiru S.P. Ambrose, IAS
10.	12-04-1939	LM 160	Thiru M. Mahadevan
11.	14-04-1937	LM 554	Thiru K.S. Radhakrishnan
12.	15-04-1944	LM 420	Thiru N. Krishnamoorthy
13.	15-04-1937	AM 544	Thiru V. Ramachandran
14.	16-04-1937	AM 509	Thiru G.V.L. Narayanan
15.	16-04-1938	LM 088	Col. P.V.R. Raja
16.	17-04-1947	LM 027	Thiru C. Panneer Selvam
17.	17-04-1922	LM 123	Thiru G. Sundara Rajan
18.	19-04-1939	AM 306	Thiru V. Ramakrishnan
19.	19-04-1938	LM 729	Thiru M. Marimuthu
20.	21-04-1941	LM 792	Thiru S. Lakshmi Narayanan
21.	27-4-1914	LM 111	Thiru C. Balasubramanian
22.	27-04-1926	LM 616	Thiru N. Chellam
23.	27-04-1943	JSL 816	Thiru D. Kumaravel
24.	29-4-1935	LM 115	Thiru K.R. Narayanan

*Your liberal contribution to Sunshine Fund is solicited*

### Pensioners to be Part of Pro-people Government Programme:

The experience and skills of retired central government pensioners would be channelised by the Centre in execution of various pro-people programmes under an initiative launched for this purpose. "With increasing life expectancy, government servants when they retire have a number of years of active service left and therefore, the government has launched a programme called 'Sankalp' to channelize skill and experience of pensioners into socially useful and constructive work," Union Minister V Narayanasamy has said. The 'Sankalp' initiative would be taken up on a pilot basis initially for 500 pensioners, he said. Addressing the 24th meeting of Standing Committee of Voluntary Agencies (SCOVA) here on Wednesday, Narayanasamy

### Acknowledgment

*Thanks a lot & God Bless You*

#### I. Sunshine Fund

1 Dr. R. Nirmala LM : 765 ₹ 500/-

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

### National / International Days April

05-04	National Maritime Day	(N)
07-04	Special Protection Group (SPG) Foundation Day	(N)
07-04	World Health Day	(I)
10-04	World Homeopathy Day	(I)
14-04	World Aeronautics and Cosmology Day	(I)
14-04	Dr. Abmedkar's Birth Anniversary	(N)
17-04	World Hemophilia Day	(I)
18-04	World Heritage Day	(I)
21-04	Indian Civil Services Day	(N)
22-04	Earth Day	(I)
23-04	World Books & Copyright Day	(I)
24-04	Panchayat Divas	(N)

**Note : N = National I = International**

### Changes

LM : 779 Ph : 9884717667 DOB : 04.01.1947

**Thiru G. Viswanathan**

Managing Consultant,

No.5/376, Dr. Ambedkar Salai, Nanmangalam,  
Chennai - 600 0129.

said that an online pension sanction and payment tracking system called 'Bhavishya' has been launched to track the progress of sanction of pension and other retirement benefits. "This would benefit individual pensioners as well as administrative authorities," the Minister was quoted as saying in a press release issued today. Due to rigorous monitoring, the government has been able to dispose off 22,498 pension-related grievances last year which resulted in bringing down the pendency to 6,882 and bringing relief to a large number of pensioners, said Narayanasamy, Minister of State for Personnel, Public Grievances and Pensions. ❖

*Courtesy : Business Line*