



Committed to serve

# Link Age

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



Bestow unconditional love

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## From the Editor cum Chairman

### மனமிருந்தால்

2014 ஆம் ஆண்டுக்கான உலக முதியோர் நாள் நமது நாடெங்கும் கடைப்பிடிக்கப்பட்டது. தமிழக அரசு காலம் தாழ்த்தாது இன்னும் முனைப்போடு சிறப்பாக செயல்பட்டிருக்கக் கூடும். சமூக நல அக்கறையில் முன்னோடி மாநிலம் முதியோர் நலனிலும் முந்த வேண்டும். மைய அரசு, வட மாநிலங்களான பஞ்சாப், அரியானா, டில்லி, மத்தியப் பிரதேசம் முதலானவை எடுத்துக் காட்டாகத் திகழ்கின்றன. நமது அரசும் முதியோர் சங்கங்கள், எல்ஏஜ் இந்தியா, பள்ளிகள், கல்லூரிகள் தொண்டு நிறுவனங்கள், தொழிற் வியாபார நிறுவனங்களுடன் இணைந்து முதியோர் நாளுக்கான கருப்பொருளை மையப்படுத்தி விழிப்புணர்வைப் பெருக்க வேண்டும். ஊர்வலம், பொதுக்கூட்டம், நூற்றாண்டு கண்டவர்களையும், மூத்த சாதனையாளர்களையும் பெருமைப் படுத்துதல், விளம்பரம் செய்தல், துண்டுப் பிரசுரங்கள் வெளியிடுதல் போன்றவற்றைக் கையாளலாம். இச் செயல்பாடுகள் மூத்த குடிமக்களுக்கு எதிரான இழிவுகளைக் கட்டுப்படுத்த வெகுவாக உதவும்.

இது மட்டுமின்றி உலக முதியோர் நாளை முன்னிட்டு புதிய முதியோர் நலப்பணிகளை ஏற்படுத்தலாம். உடல் நலம், மன நலம், உயிர், உடமை, பொருளாதாரப் பாதுகாப்பு, ஒருங்கிணைந்த சேவை மையங்கள் என்று பல துறைகளில் கவனம் செலுத்தலாம். முக்கியமாக செத்தும் சாகாமலும் இருக்கிற வயதான கிராமவாசிகளுக்கு ஒவ்வொரு பஞ்சாயத்து மூலமாக ஒருங்கிணைந்த இலவச இல்லங்கள் தேவை. அவற்றில் புறக்கணிப்பட்ட சிறார்கள். ஊனமுற்றவர்கள் முதியோர்கள் ஒவருவருக்கொருவர் உதவியாக இருக்கலாம். இப்படிப்பட்ட இல்லங்களை கிராமப்புற மேம்பாட்டுத் துறைகள் கட்டி, அப்பழுக்கற்ற தொண்டு நிறுவனங்கள் மூலம் நடத்தலாம். கட்டண இல்லங்களும் தேவைப்படுகின்றன. வட்டார வாரியாக பொது உணவுக் கூடங்களை ஏற்படுத்தி தரமான சத்தான உணவு வகைகளை வீட்டிற்குக் கொண்டு சென்று கொடுத்தால் வாங்குவதற்கு தயாராக உள்ளனர்.

2014-ஆம் ஆண்டு நிறைவுபெறப் போகிறது. ஆனால் மைய அரசு முதியோர்களுக்கு தேசிக் கொள்கையும், தேசிய ஆணையத்தையும் அறிவிக்கவில்லை. தமிழக அரசு மாநிலக் கொள்கை மாநில ஆணையம் பற்றி மவுனமாகவே இருந்து வருகிறது. சமூக நல முன்னேற்றத் திட்டங்களில் முன்னோடியாக இருக்கும் தமிழகம், முதியோர்களைப் புறக்கணிக்கலாமா? எத்தனை தாத்தா பாட்டிகள் சமூக விரோதிகளால் வீட்டிலும் வெளியிலும் பலியிடப்படுகிறார்கள்? எந்தப் பயணமாவது பாதுகாப்பாக உள்ளதா? குடும்பமோ சமூகமோ, அரசங்கமோ அனுசரணையாக இருக்க வேண்டாமா? பெற்றோர் மற்றும் முதியோர் பராமரிப்பு சட்டம் 2009-இல் அறிமுகமானாலும் இன்னும் முழுமையாக நடைமுறைப்படுத்தவில்லை. பல துறைகள் அதைப் பெயரளவில் வைத்திருக்கின்றன. அரசால் அமைக்கப்பட்ட

மாநில மாவட்ட கண்காணிப்புக் குழுக்கள் உயிரோட்டமில்லாமல் உள்ளன.

செலவு இல்லாமலும், மிகக் குறைந்த செலவிலும் அரசாங்கம் எவ்வளவோ செய்யலாம். மலர்ந்த முகம், இனிய வரவேற்பு, இருக்கை வசதி, கண்ணியமான நடத்தை, மதிப்பு மரியாதை, தனி வழி, அருங்காட்சி, பொருட்காட்சி மற்றும் அரசு விழாக்களுக்கு சலுகை, அரசுத் துறைகளில் முன்னுரிமையுடன் தீர்வு காண்பது போன்ற ஏராளமானவற்றைச் செய்ய என்னதயக்கம்.

மனமிருந்தால் (மார்க்கம்) வழி உண்டு !



### If there is a Will...

Commemoration of International Day of Older Persons (IDOP) 2014, was observed widely by Senior Citizens Forum (SCFs) and Govts. State & Centre. It is a very low key affair with TN Govt. as usual. It can involve Help Age India. SCFs, Schools, Colleges, NGOs and Corporates similar to union Govt. Punjab, Haryana, Delhi, MP etc. Thus it can create awareness on specific theme by organising Walkathon, public gathering, honouring centenarians & Sr. achievers in various categories and publicity in medias.

Apart from raising awareness against Elder Abuse thru booklets, leaflets, Welfare measured for Health (Physical & Mental) Safety, Security (Financial) and centres for receipt & payment can be launched. Thrust must be given for free integrated homes where Senior Citizens, Disabled and Children can live together in rural areas thru PRIs (Panchayat Raj Institutions). Govt. can create or lease infrastructure thru Rural Development Dept, where reputed NGOs can run paid homes and common kitchen for meals on wheels.

The year 2014 is drawing to close with lack of new initiatives. It is deplorable that National Policy for Older Persons and National Commission for Senior Citizens are still pending with GOI. Tamilnadu is yet to break its silence on State Policy and State Commission. The state has enacted Maintenance Act and framed Rules, in 2009. Still many provisions are yet to be put into practice. The state and district councils for example are not active. There are numerous things, the state can do at no cost or inexpensive means. Smiling face, offering a seat, treating with dignity & honour, free and separate entry to museums, art galleries, Govt. festivals and public exhibitions, entertainments, priority disposal of applications / grievances are examples.

If there is a will, there is a way !

(Capt. Dr. M. SINGARAJA, SM)

**Invitation**

**167th 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

**TAMIL NADU POLICE, F3 NUNGAMBAKKAM**

*cordially invites you for a get-together*  
**on safety and security in commemoration of**  
**WORLD ELDERS DAY - 2014.**

**Date & Time :** December 20, 2014, Saturday, 11.00 AM.

**Venue :** F3 Nungambakkam Police Station,  
Valluvar Kottam High Road, Chennai - 34.

**Chief Guest :**

**Thiru S. Pandian,**

(Asst. Commissioner of Police, Chennai - 34.)

**Presided Over by :**

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

**All are welcome.**

**S. Jayakumar**

Sec. Gen. / SCB

**P. Rajasekaran**

(Inspector, Nungambakkam P.S.)

**Note : Efficient and honest police personnel will be honoured on this occasion** ❖

**News from our Networking Associates**

**Ministry of Social Justice and Empowerment, GOI, HelpAge India Delhi & Sr. Citizens Council Delhi** together commemorated IDOP on 1.10.14 with Walkathon at India Gate and get-together. Loksabha Speaker Mrs. Sumitra Mahajan, Union Minister Mr. Thaawar Chand Gehlot, Officials, HAI CEO Mr. Thomas Cherian and J.R. Gupta and thousands of Sr. Citizens participated. Later awards were presented to Senior Citizens in various categories. HAI and Dr. B.M. Nair are among them. ❖

**தமிழக அரசால் முதியோர் மற்றும் குழந்தைகள் தினம் நவம்பர் 18-ஆம் தேதி கொண்டாடப்பட்டது.** இதையொட்டி சென்னை சாந்தோம் சமூக நலக் கூடத்தில் செவ்வாய்க்கிழமை நடைபெற்ற விழாவில் 100 வயது நிரம்பிய சூசை முத்து, ருக்மணியம்மமாள், லட்சுமியம்மாள் ஆகியோரை அமைச்சர் வளர்மதி கவுரவித்தார். அதே போன்று 90 வயது நிரம்பிய 4 ஆண்கள், 16 பெண்கள் மற்றும் 5 மூத்த தம்பதியினர் கவுரவிக்கப்பட்டனர். மூத்த குடிமக்களுக்கு சேவை புரிந்ததற்காக மருத்துவர் எஸ். ஜெயச்சந்திரன், திருநங்கை எஸ். நூரி, ஆஷா நிவாஸ் அமைப்பின் தலைவர் டாக்டர் குரியன் தாம்ஸ் ஆகியோருக்கு சாதனையாளர் விருது வழங்கப்பட்டன. மேலும், விழாவின் இறுதியில், முதியோர்களின் நடன நிகழ்ச்சியும் 'ஒற்றுமை உயர்வு' என்ற தலைப்பில் நாடகமும் நடைபெற்றது. இந்த விழாவில் மாவட்ட ஆட்சியர் எ. சுந்தரவல்லி, மாநில மகளிர் தலைவர் விசாலாட்சி நெடுஞ்செழியன், சமூக நல வாரியத்தின் தலைவர் சி.ஆர். சரஸ்வதி, மயிலாப்பூர் சட்டமன்ற உறுப்பினர் ஆர். ராஜலட்சுமி உள்ளிட்ட பலர் கலந்து கொண்டனர். ❖

**Greetings**

We are proud and happy to greet Maj. Gen. Aban Naidu, (91) PVSM, AVSM, M-in-D, Chairman Emeritus and Founder Chairman, LM:01, in commemoration of his commissioning (IC-717) on 8th Nov. 1942. A copy of his ACR for 1970 issued by the Chief of the Army Staff, late SHFJ Manekshaw, General, Chief of the Army Staff, is reproduced below:



*"I have been getting very good reports on this officer's performance in the USA both from my own sources as also from official and unofficial American sources. This General Officer has made a good impact and is able to influence policy-makers at the Pentagon to some extent. He has moved freely with them and has given a very good account of himself as a professional soldier when he has visited units and formations of the American Army. An Above Average officer with integrity."* ❖

The core group of SCB greeted and honoured Thiru S. Radhakrishnan, (84) LM: 04, Charter Member and Treasurer for long time, at Alwarpet on 10.11.14. He was on a month long Visit to Chennai from Hyderabad where has settled down with his daughter. ❖

**Congrats**

**Our appreciation and compliments to the following winners in Veterans Athletic Meet**

1) **Mr. ST. Krishnamurthy, LM:741**, has represented TamilNadu in the HKRDB 11th National Masters Aquatic Championship 2014 held at Gulbarga on 21-23 Nov. 2014, in the age group of K75-79 yrs and won the following honours:

3rd place - 50 mts Breast Stroke  
3rd place - 50 mts Back Stroke

Prior to this he qualified in the 4th Masters Swimming Championship 2014 held at Velachery Chennai on 25 -26 Oct. 2014 and secured as follows:

1st place - 50 mts Breast Stroke and Medley Relay  
2nd place - 100 m Free Style and 50 m Free Style  
3rd place - 4 x 50 m Free Style Relay

**XII Chennai District Masters Athletic Meet - 2014**

2) **Dr. N. Nirmala, LM: 765**, 1st place in Long Jump and 100mts dash.

3) **Dr. G. Vijayalakshmi, LM: 526**, 2nd place in Shot put, Discuss Throw and Hammer.

4) **Dr. P.S. Rajan, LM: 502**, 1st place in Javelin Throw ❖

**Obituary**

**Thiru T. Krishnamurthy, B/o. Thiru. T. Rajarethinam (LM 465)**, expired on 15.10.14. Our heartfelt condolence to the bereaved family. ❖

## A report on a 12 Day Delhi Nepal Tour - October, 2014



20.10.14 Landing at Pokhara Airport, Nepal



Presenting a memento to Mr. Mathew Cherian (Centre)

A team of 6 life members of Senior Citizens Bureau, led by Captain Dr M Singaraja, Chairman, was on a well planned tour to attend the 5th Asia Pacific Alliance (APA), University of 3rd Age(U3A), International Conference-2014 at Kathmandu, Nepal, from Oct 14 to Oct 26, 2014. The others are Sec. Gen. S.Jayakumar, EC. Member P. Sethu Seshan and his spouse Mrs.Vilasini, Former Sec. Gen. Er. AK.Chakravurthy and Former EC. Member Er. E. Swaminathan.

The group left Chennai on Oct., 14 at 22.00 Hrs, by Tamil Nadu Express and reached Delhi on 16th October at 07.00Hrs. We stayed at Himachal Bhavan and arranged a cab for 2days. After breakfast, the team visited Teen Murti Bhavan (Nehru Museum), Indira Gandhi Museum, Mahatma Gandhi Museum, Humayun Tomb, Rajghat and Red Fort. There was a lovely light and sound programme at 7.00 pm in Red Fort. We were delighted to reaffirm the photographs of our Freedom Fighter and Revolutionary Dr. Shenbhakaraman Pillai(Emden), along with his letter to Pandit Nehru from Germany, at Nehru Museum, in the gallery of European Revolutionary. He is the great grandfather of our Sethu Seshan. It was worth visiting the museums and memorials of the great leaders of our nation, once again. Lunch at Andhra Bhavan amidst shouting by the staff was enjoyable. On 17th at 11 AM, we boarded Indigo flight for Kathmandu and landed at 1 PM Nepal time which is +20 minutes IST. We were received by RIDA, organizers of the conference and accommodated at Hotel Mirage Lords Inn, the venue of the conference. The formalities of registration were over on the same evening and the conference kit was given along with Nepal traditional cap.

The opening ceremony commenced at 9.30 AM on 18th October, with welcome address by Dr. Gauri Shankar Lal Das Pradhan, Chair, FSCN, followed by the key note speech by Prof Dr Jaya Raj Acharya. The Presidents of Indian U3A, Australian U3A and U3A South Africa addressed the gathering. The conference was declared open by the Vice President, Govt of Nepal. Then the Session 1 at 12 PM commenced for "Intergenerational Communication and Relationship: U3A Prospects". Prof Dr.Yagya Raj, Chair, Council of U3A Nepal, spoke on "Inter-generational learning and sharing in the present context". Mr.GeorgeSteventon, President, U3A Victoria Australia, spoke on "Life for social change: Promoting Multi-generational learning and sharing".

After lunch, Dr.Sajjan Singh, Former President, Indian Society of U3A spoke on "Learn to live on less". The Session Chairman was Mr. Uttam Prasad Upadhyay, Chairperson, RIDA. At 3.30 PM, the second session commenced - "Relevance and possibilities of rural U3As". The speakers of this session were Dr.Meena Darbari, Member, U3A Sangam, Allahabad who spoke on Multigenerational learning and sharing among rural and tribal communities. Mrs. Kathrine Fenton May, of U3A South Africa, spoke on "Active Life for Social Change: Relevance and Possibilities for Rural Communities". Then Mr Chhatra Pradhan, General Secretary, FSCN talked about "Experience of Senior Citizens Networking: Linking Urban and Rural Areas in Nepal". After the session, we attended a special programme of Bhajan and Aarthi at 6.00pm in the banks of river Bagmati, behind PASUPATINATH TEMPLE, a 10 minutes' walk from the Hotel Miraj Lords Inn. The topic for 3rd session on 19th October, was "Transformation and Adaptation of U3As what is the next direction?". The session commenced at 10.00 am with an interesting talk by Captain

Dr. M. Singa Raja, Chairman, Senior Citizens Bureau, Chennai and Editor "LinkAge" –"Cementing Intergeneration Divide" (CID). It was applauded and appreciated by one and all. Then came the talk on "Experience of U3A Online" by Ms. Dianne Delchhau, U3A Online, Brisbane, Australia & Member, U3A APA. Dr Sajjan Singh was Session Chair. The conference ended with national anthem of Nepal. This conference gave us an opportunity to meet and converse with delegates from India and other Asia Pacific Alliance Countries. There were about 200 delegates. We enjoyed the hospitality of the organizers of this conference at Kathmandu. Mr. Jeevan Lokhani and his other young team members took good care of us. We presented the book "Voice of the Veteran" and Thirukural to all members of the organizing committee.

Once the conference was over we were all set for sightseeing. We negotiated with local tour operator for our stay and visit till Oct 22 FN. In the same evening after the conference, we visited Nagarkot a lovely hill station, at 7200 ft, 2 Hr drive (32KM) East of Kathmandu branching off from Tibet – China road and thrilled to see the Sunset. Next day, on 20th Oct. at 11.00 am, by 20 mts flight (delayed by 2 hrs due to bad weather at destination) we reached Pokhara, the most picturesque valley of Nepal, situated at 900 M,ASL. The cab after putting us in the hotel drove us down to Vindabasini Temple, Devi's Fall, Gupteswor Cave, Mahendra Cave, Fewa Lake, International Mountain Museum etc. The last in the agenda for the day, we had a nice boating in the Fewa Lake and visited the Tal Bharai Temple in the middle of the lake. We enjoyed Nepali Thali for lunch and Italian Organic Tea in the evening. After Dinner and early bed, the cab again picked us up at 4.30 am, next day to see the Sunrise from Sarangkot, 1 hr 30 min drive up hill from Pokhara. This hill top is a rare combination of the arrays of snow clad ranges of Mount Everest, Annapurna, etc., crystal clear lakes, turbulent rivers with deep gorges and tribal villages.

After breakfast on 21st Oct 2014, we flew back to Kathmandu for lunch. After check in at Hotel Mirage Lords Inn, we drove down to Durbar Square, Old Palace and Market etc. We had to limit the places due to break down of the cab and returned to Hotel. Contrary to neat and clean Pokhara, Kathmandu city is now ridden with traffic jams and dusty roads. We could see the development of roads and infrastructure. The short ride in the small aircraft from Kathmandu to many hill stations inland is a unique experience. There are many pvt airline operators carrying about 30 tourists. It is not only very expensive but also no scheduled timings. The month of October is peak season and it is very pleasant. There are large groups of European and Asian tourists everywhere. We had to miss Lumbini, the birth place of Lord Buddha, Muktinath and Changu Narayan's hill top due to difficult terrain and long distance. The next day 22nd being Diwali we visited the famous Pasupatinath Temple. After breakfast we visited Swyambhunath, Boudhanath Stupa, Museums etc. at the outskirts. We reached Kathmandu Airport to leave for New Delhi by Indigo at 2.00 PM.

We landed at New Delhi at 3.30 PM and reached New Delhi Railway station by Metro for a comfortable stay at Retiring rooms. 23rd being Diwali at Delhi, we left for Chandni Chowk after breakfast. We enjoyed visiting Gurudwara, Jain & Hanuman Temples and shopping in the market. 24th was

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### Birthdays : December

Wishing you a Cheerful, Peaceful and Prosperous Life

Sl. No.	D.O.B	Memb No.	Name
1.	01-12-1942	LM 604	Dr. N. Rajagopalan
2.	02-12-1946	LM 788	Cdr. M.D. Menon
3.	03-12-1931	LM 363	Thiru S. Aravamudachary
4.	03-12-1933	LM 426	Tmt. S. Sakuntala
5.	05-12-1948	LM 689	Dr. Lalitha Govindan
6.	07-12-1946	LM 605	Thiru V. Lakshmi Narayanan
7.	07-12-1939	LM 659	Dr. K. Sampath Kumar
8.	12-12-1927	LM 451	Miss P. Sathya Priya
9.	12-12-1941	LM 481	Rtn. K. Sathyanarayanan
10.	13-12-1936	LM 791	Thiru R. Ramakrishnan
11.	14-12-1931	AM 507	Thiru A. Kanthimathinathan
12.	18-12-1940	LM 724	Er. L. Venkatraman
13.	20-12-1939	LM 87	Er. S.P. Rajah
14.	22-12-1965	LM 568	Dr. Neela Patel C/o. Vipanachee
15.	23-12-1940	LM 257	Capt. N. Krishnamurthy
17.	25-12-1943	LM 777	Thiru M. Murahari
17.	26-12-1917	LM 601	Thiru T.S.K. Ramarao
18.	30-12-1950	LM 742	Thiru A. Balakrishnan

Your liberal contribution to Sunshine Fund is solicited

### Nepal - Delhi Tour contd. from p.2

one day exchange visit arranged by Help Age India. Thanks to HelpAge India Chennai and Delhi, we had a good sightseeing of interesting places in Delhi. With prior on-line registration for 9 am slot, we visited Rashtrapathi Bhavan Museum. The gifts received by Presidents of India from Rajendra Prasad till now were neatly exhibited. Life size display of various halls of Rashtrapathi Bhavan, Historical events, actual models were awesome. The deployment of latest multimedia techniques for the exhibits and high security arrangements are worth mentioning. A cute little girl from the young Ukrain family was very friendly. Then came a visit to Panchavati, a tastefully designed and furnished home for Senior Citizens, with centres for Day Care, Physiotherapy & Alzheimer, the first of its kind in Delhi. We exchanged our experience with Mrs. Neelam Mohan, Founder Director, of this beautiful home. She appreciated and insisted our Chairman to participate in their seminars & deliberations. We presented a memento and took leave. After lunch we met Mr. Mathew Cherian, CEO, of HelpAge India at their H.O. We exchanged our experience at Nepal and Chennai, as well as the wonderful activities of HelpAge India and the Current affairs concerned with Senior Citizens. It was nice to learn that the long pending National Policy for older persons and National Commission for Senior Citizens are on the anvil. We conveyed our appreciation and compliments to Mr. Cherian for receiving the Best NGO Award on Oct 1, 2014 from GOI. We were happy to present the book "Voice of the Veteran and Thirukural. We visited Akshardam passing thru Nehru Place and Lotus Temple.

After a memorable day, we left New Delhi at 10.30 PM by Tamil Nadu Express and reached Chennai on the morning of 26th October, 2014. We were able to accomplish the benefits of the tour, learning, sharing and recharging. The Chairman deserves appreciation for the great care to carve out the program, ably assisted by SethuSeshan & Jayakumar. Everybody contributed to make the tour a memorable one. It is worth spending Rs.35000/-perhead.

MS & SJ

### Welcome to Our Family Fold

#### I. NEW MEMBER

1.	Thiru K. Manivannan	LM	872
2.	Editor, AISCCON NEWS	LM	873
3.	Editor, The Mail, HIGGINBOTHAMS	LM	874

### Acknowledgment

Thanks a lot & God Bless You

#### I. Sunshine Fund

1	Thiru C.R. Vaitheeswaran	LM:25	₹	1000/-
2	Thiru J. Ramavadhani	LM:560	₹	1000/-
3	Thiru K. Manivannan	LM:779	₹	450/-
4	Thiru A.K. Balakrishnama Raja	JSL:848	₹	2000/-
5	Thiru M. Chidambaram	LM:577	₹	301/-
6	Thiru A. Dominic	LM:522	₹	500/-

#### II. Donation

1	Thiru T. Rajarethinam	LM:465	₹	1000/-
2	Thiru K.B. Barath Singh	JSL:849	₹	1000/-

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

### National / International Days December

01-12	World AIDS Day	I
02-12	International Day For the Abolition of Slavery	I
03-12	World Disabled Day	I
04-12	Chemical Accidents Prevention Day	N
04-12	Navy Day	N
05-12	International Volunteers Day	I
07-12	International Civil Aviation Day	I
07-12	Armed Forces Flag Day	N
09-12	Girl Child Day	N
10-12	International Human Rights Day	I
11-12	World Children's Fund Day	I
11-12	World Asthma Day	I
14-12	National Energy Conservation Day	N
14-12	Liberation Day of Goa	N
23-12	Kisan Divas ( Birthday Charan Singh)	N
25-12	X -mas Day	I
26-12	Central Reserve Police (CRPF) Foundation Day	N

Note : N = National I = International

### Additions

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