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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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From the Editor cum Chairman

முன்னேற்றம்

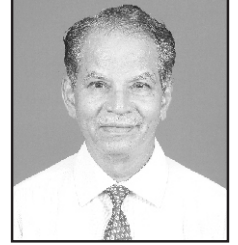
நமது நாட்டின் பொறியியல் மற்றும் விஞ்ஞான சாதனைகள் பெருமைக்குரியவை. பிரம்மிக்கத் தக்கவை. வான் வெளி மற்றும் இராக்கெட் ஆராய்ச்சி, நீர், நிலம், கடல் மற்றும் ஆகாயக் கட்டமைப்பு, வேளாண்மைச் சீர்திருத்தம், மருத்துவ அதிசயம், மனித வளம் மற்றும் இயற்கை வளம், அணுசக்தி பயன்பாடு முதலான துறைகளில் வெற்றி கண்ட நாடுகளுக்கு இணையாக நமது வல்லுநர்கள் நிருபித்துக் காட்டியுள்ளார்கள். எனினும் வாழ்க்கைச் செழுமை, கிராமப்புற மக்களுக்கும், வேளாண் தொழில் துறைக்கும் முழுமையாகச் சென்றடையவில்லை. இதற்குக் காரணம் நமது சாதனையெல்லாம் அந்த அந்தத் துறையைப் பொறுத்த அளவுக்கு நின்று விட்டது. நமது நாட்டின் வாழ்வு ஆதாரமான வேளாண்மையை மற்ற துறைகள் குறிவைக்கவில்லை. அதை மையமாகக் கொள்ளாமல் விலகியிருப்பதை நமது புகழ் பெற்ற சிந்தனையாளர்களும் அறிஞர்களும் சட்டிக் காட்டி சமன் செய்வதற்கு வழி கோலியிருக்கிறார்கள். 2020-ஆம் ஆண்டு வாக்கில் நமது நாடு பொருளாதார வல்லரசாகத் திகழுவதற்கு உறுதி செய்துள்ளார்கள்.

இருந்தாலும் குறுக்கிடும் சில தடைக் கற்களை நாம் அகற்றியாக வேண்டும். அவை, நம்மிடையே குறிப்பாக இளைஞர்களிடம் நிலவும் ஒழுக்கமின்மை, பணத்தாசை, உல்லாச வாழ்வு மோகம், வன்முறை முதலானவை. இவற்றைத் தூண்டும் அரசியல்வாதிகள், பண பலம் மற்றும் மிருக பலம் கொண்டவர்கள், பொறுப்பற்ற ஊடகங்கள் ஆகியவை புறக்கணிப்பட்டு வருகின்றன. சமூக முன்னேற்றமும் நாட்டு முன்னேற்றமும் ஆங்காங்கே தெரிந்தாலும் இதன் வேகத்தையும் போக்கையும் விரைவுபடுத்த வேண்டும். இதில் எல்லோரும் இணைய வேண்டும்.

மூத்த குடி மக்கள் வேகமாக மாறிவரும் தொழிற் நுட்பங்களை அறிந்து கொள்ள வேண்டும். தங்கள் துறைகளைச் சார்ந்த கருத்தரங்கங்களிலும் பொருட் காட்சிகளிலும் ஈடுபாடு கொள்ள வேண்டும். உற்சாகமுடன் கலந்து கொள்ள வேண்டும். புதியவற்றை நமது குடும்பத்தாரிடமும், உறவினர்களிடமும், இளைஞர்களிடமும் பகிர்ந்து கொள்ள வேண்டும். நாமும் அன்றாடக் கருத்து பரிமாற்றத்துக்கும் பணப் புழக்கத்துக்கும் அடிப்படைத் தேவையான கருவிகளையும் பயன்பாடு நுட்பத்தையும் கண்டு மிரளாமல், ஒதுக்காமல், ஒதுங்காமல் இளையவர்களிடமிருந்து தயங்காது உதவிக் கேட்டுக் கற்றுக் கொள்ள வேண்டும். மூத்த குடிமக்கள் தங்களிடமுள்ள அநுபவம் அறிவு ஆற்றல் ஆகியவற்றைப் பகிர்ந்து கொள்ள எந்திவிதத் தியாகத்தைச் செய்யவும் தயங்குவதில்லை. யாவரும் ஒன்று பட்டால் நிலையான முன்னேற்றம் உறதி.

Transformation

Indian Engineers and Scientists excell in space and missile technology, Infrastructure development, Agro science, Medical Advancement, Human power and natural resource strengthening, Harnessing nuclear utilities etc, at par with leading nations. But yet the prosperity of the nation has not fully reached our rural mass and their agro based livelihood, since all our excelling techniques have not been focussed to rural agro nucleus. The visionaries have been correcting the drift and aiming at 2020 for full alignment to emerge as an economically powerful nation.



The older persons have contributed to the growth of the nation and are even now willing to sacrifice anything to share their store of skill, knowledge and experience. But there are genuine concerns. The indiscipline, materialistic life style and disruptive outlook in the society are triggered by evil political forces, greedy muscle and money power and irresponsible media. Yet we are pessimistic. So let us update ourselves with the development taking root in every sphere by attending professional congregations, adopting as much as possible and disseminating to the youth, near and dear. At the same time let us not be shy or adamant in certain things. To cite an example, let us familiarise with every day basic communication and transaction tools and techniques by learning from younger generation and enjoy the benefits.

The transformation of the society and nation is already visible. Let us all join together to accelerate and firm up this inevitable transformation. ❖

(Dr. Capt. M. SINGARAJA, SM, C.Eng.)

Season's Greetings & Best Wishes

Invitation

154th 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

"PROSTATE HEALTH"

by

Dr. Krish Sairam, MS. M.Ch.
Consultant Urologist, Kauvery Hospital

Date & Time : January 12, 2014,
Sunday, 10.30 AM.

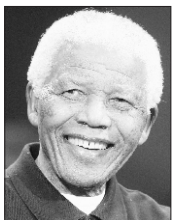
Venue : Ground Floor, Reception Hall,
Kauvery Hospital,
81, TTK Road, Alwarpet Junction,
Chennai - 600 018. Ph : (044) 4000 6000

Presided Over by :
Dr. (Capt.) M. Singaraja, SM, C.Eng,
(Chairman, Senior Citizens Bureau)

All are welcome.

Lakshmi Narayanan
DGM / Kauvery Hospital

Note : Members can register at the venue for PSA test and for screening KUB region at concessional rate.

Homage

The World has lost an icon of anti-apartheid movement on the demise of Mr. Nelson Mandela (95), Gandhian Madiba as fondly called, on 05-12-13. He was bid farewell by all world leaders, Heads of State and Citizens at a memorial meeting held on 11-12-13, at Johans berg. He was taken to his native village with State Honour and buried with native Honour on 18-12-13. He was the first Non-Indian to receive Bharat Ratna Award in 1990. He was awarded Noble Prize in 1993. Parliament of India and the entire Nation mourned his death and paid homage. Long Live his glory. ❖

News from our Networking Associates

Release of the Conference Issue of the Journal

The Regional Geriatric Centre (RGC) MMC, Chennai and the Indian Academy of Geriatrics (IAG) Jodhpur organised XI Annual Conference. "Gericon - 2013" at Chennai. Preconference Workshop and CME (Continuous Medical Education) in Geriatrics on Day - 1 was held at Rajiv Gandhi Govt. GH, Chennai on December 13, 2013. Dr. V. Kanagasabai, DME, presided over and Dr. Shankar Sankaran, Auckland inaugurated. 3 Workshops and 9 Lecturers were held. The 2 Day regular conference was held at Hotel Green Park, Vadapalani, Chennai. It was inaugurated by Dr. V. Kanagasabai, MD., DME and Dean GH, Chennai, on December 14, 2013. Dr. J. Radha Krishnan IAS Health Secretary, GOT, was the Chief Guest. Felicitation was offered by Patrons of IAG Dr. T.S. Kanaka and Padmasri Dr. V.S. Natarajan, Dr. B. Krishnaswamy, Organising Chairman. Dr. Alka Ganesh, President, Dr. G.S. Shanthi, Organising Secretary and their team made the conference a grand success. Dr. T.S. Kanaka was conferred with life time achievement award. Conference issue of the journal of the IAG was released. 4 Orations, 17 Lecturers and 1 Case Panel discussion were held. Aspects and findings of Geriatric medicine were excellently covered and exchanged. Over 500 delegates and 10 stalls participated. Our Chairman attended inauguration of both the programs. ❖

Help Age India, (HAI) Chennai organised a Senior Citizens Exchange Visit to Bangalore on December 18 and 19, 2013. One rep each from 3 SCFs at Chennai, participated. Senior Citizens Bureau (SCB) was represented by Thiru S. Jayakumar, EC Member. They have visited Federation of Senior Citizen Forums of Karnataka, CBR Network Senior Citizen Forum, Banashankari III Stage, ASCENT (HAI) and Nightingale Medical Trust Day Care Centre, Help Line and Dementia Rehabilitation Centre. ❖

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Probus Club of Chennai (PCC) is hosting a picnic to Mahabalipuram and dinner at Presidency Club to a group of 7 members from Kamakura Probus Club, Japan, on January 26, 2014. 13 Members of Probus Club of Chennai have volunteered to entertain the visiting members of Probus Club of Kamakura. Also PCC is celebrating Pongal and Thirukkural Vizha on 17-01-2014 at 3 pm. at Nungambakkam Corporation Boys Higher Secondary School. ❖

Respect Age Internation (RAI) Agra, in commameration of its Foundation Day conferred "Vashundhav Ratan Award" to 15 Senior Citizens on 21-12-13, at India International Centre, New Delhi, Dr. Karan Singh MP, Chairman ICCR and Chancellor, BHU, was the Chief Guest Former Governor of Karnataka, Padma Vibushan Dr. T.N. Chaturvedi was the guest of honour. ❖

Indian Federation on Ageing (InFA) celebrated its Silver Jubilee on 14-12-13, at the hall of National Association for the Blind (NAB), Worli, Mumbai. Mr. M.N. Singh, IPS, Former Commissioner of Police, Mumbai, inaugurated. Mr. I.S. Bawa, President InFA chaired. Senior Citizens Bureau and 11 other affiliates to InFA were honoured with trophics for their excellent service to humanity and Senior Citizens as well as for their continued support to InFA thru thick and thin times. The chairman of SCB could not participate in the last moment due to breavement of his close relative. He is the National VP and Southern Region President of InFA, for more than 12 years. InFA is accredited for its excellence and widely known for hosting the first ever Global Conference and International Federation of Ageing in 1992 at Hotel Oberoi International, Mumbai. ❖

13th National Conference of All India Senior Citizens' Confederation (AISCCON) was held at Lucknow (UP) on November 22 and 23, 2013. It was hosted by (Bhavana) Bharitya Varishtha Nagrik Samiti, which was established in 2000 for the cause of aged and weaker section. Nearly 1800 delegates from all over India and 15 delegates from Nepal National Citizens Federation (NNCF) participated.

After welcome address by Mr. V.K. Shukla, Chairman (Bhavana) organising committee, Mr. Anil P. Kaskhedikar, General Secretary of AISCCON read out the report and made a special mention that Mr. Govind Bhaskar Paranjape (76) came cycling from Sanghi (Mah) to Lucknow for the conference, to the

cheers of the crowd. The Chief Guest Mr. Sudhir Bhargava, Secretary, MoSJE, New Delhi released the souvenir Jeevan Sandhya edited by Er. Dharma Vir Singh and his team from Bhavana. He gave away awards to the toppers in 7 categories. In his inaugural address he complimented AISCCON and assured early declaration of National Policy of Senior Citizens (NPOSC). The special guest Dr. Dinesh Sharma, Hon'ble Mayor of Lucknow kept the audience spell bound in his speech for preserving Indian Culture to extend respect and care for elders. Mr. Mathew Chairman, CEO, Help Age India and Mr. D.N. Chapke, President, AISCCON addressed.

There were Technical Sessions (Panel Discussions) on vital issues, with participation of expert members and invitees, Hon'ble PWD Minister of UP, appreciated the efforts of AISCCON and Bhavana for the Welfare of Senior Citizens. The open session wasintereating with views expressed by 43 delegates from different parts of the country, including 3 ladies. The speech by Dr. Gowri Shankar Lal Das leader of the Nepal delegation, former Judge and HR Commission of Nepal was well received. He said, doing good for the society is righteous and virtue.

In the concluding session, Mr. Kalraj Mishra, Lucknow MLA was the Chief Guest and Allahabad MLA, Mr. Ajay Kumar was the Guest of Honour, 26 resolutions were passed. ❖

AIFPA celebrated Pensioners Day on 17-12-13 at Alamelumanga Thirumana Mandapam, T. Nagar, Chennai - 17. Dr. A.M. Swaminathan, IAS (Retd.) and member, Tamil Nadu Pension Adalat was the Chief Guest. In his address hailed Nakara judgement and exhorted persuasion by leaders as examples set by late Presidents Mr. M.K. Deenadayalan and Mr. Purushothaman. Guest of Honour Hon'ble Justice P. Bhaskaran (Retd.) and former member of Tamil Nadu pension Adalat, unveiled the portrait of centenarian Late V.S. Devasundaram an architect of AIFPA and "Pensioners Advocate" who expired on 10.12.13 and honoured 25 members of age 80 and above. The other speakers were Mr. V. Natarajan, Dy. DG, GSI, Mr. Vittal Rao, Karnataka, and Mr. K. Jayavelu, IPP. President Mr. K. Venkatachari welcomed and General Secretary D. Balasubramanian proposed a vote of thanks. Chairman SCB participated. There was a large gatheirng. Resolution to merge DR and to grant interim relief was passed. Smart cards can be collected from CMOs / CGHS. ❖

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Secretary Dept. of Pension and Pensioners Welfare, GOI, New Delhi had met AIFPA on 26-12-13. ❖

AFVOA is arranging an annual day Picnic to Camp Gloria, ECR on 19-01-14 from 8 to 8. Ph : 98401 83247, Major Joy Koruthu (Retd.). ❖

TANSECA had a get-together on 29-12-13 at Vallal Sabapathi Matriculation Higher Secondary School, Chetpet, Chennai - 30 with subscription lunch. ❖

FOSWL India, Chennai Anna Nagar, invites you for its monthly meeting at 5 pm. on Sunday, 26-01-14, at Dr. B.M. SundaraVadanam School, 40 (102B), I Main Road, Near Thiru Vi Ka park, Shenoy Nagar, Chennai - 30. Dr. V. Chockalingam, MD, DM, DSc (Hon), Consultant Cardiologist speaks on the topic "Mind your Heart". Phone : Secretary G. Ravi 94980 31215 ❖

Narpani Selvam MJF Lion V. Amirthkumar, Convenor, conducted monthly meeting of Cosmopolitan Club, Gourmet Group, Chennai - 2 at 7.30 pm. on 19-12-13 at Pallava Hall. Chief Guest Dr. S.N. Narasingan, FRCP(G), FICP, FCCO(US) made a Video presentation on "How to prevent Heart Attack?" ❖

Simpson Retired Employees Welfare Association, Mylai, Chennai - 4 celebrated its 4th Anniversary at 10 am. on 25-12-13, at Kamadhenu Thirumana Mandapam Luz, Chennai - 4. Capt. (Dr.) M. Singaraja, SM.C.Eng., Chairman, Senior Citizens Bureau and Dr. Lakshmiopathy Ramesh, MD, Head Geriatric Dept. Kauvery Hospital, RA Puram addressed the gathering. The Chief Guest Mr. A. Krishnamurthy, Chairman, Simpson Group of Companies honoured the veteran employees and paid tribute for their contribution to Simpson which innovated many firsts in the industry. Mr. Venkataraman, the co-ordinator and his team made excellent arrangement. Kauvery Hospital conducted free Random Blood Test, Ht, Wt, and BP and Consultation by Physicians. ❖

Thiru S.M. Chellaswamy, Secretary Gen. NASCAI, has co-ordinated a seminar on Ancient Scientific Wisdom jointly with Govt. Museum, at Museum Hall Egmore, on 27-12-13. Vedsri Dr. PVN Murthy, made a presentation on valuable secrets in Science and Maths unknown for 1000s of years Dr. R. Kannan, IAS Principal Secretary GOT

inaugurated Hon'ble Justice T.N. Vallinayagam (Retd.), presided. ❖

Senior Citizens Welfare Association, Puducherry celebrated its 15th Anniversary at 9.30 on 22-12-13 at Vivekananda Higher Secondary School, Elespettai, Puducherry - 8. Dr. S.B. Deepak Kumar, IAS, Distric Collector was the Chief Guest. Thiru Ashok Anandan, MLA, Thiru I.D. Sukhla, IPS, Thiru P. Kannan, MP(RS), Hon'ble Justice R. Ramabathran (Retd.), Thiru M. Piravi Perumal, DGM, SBI and Dr. M. Vidya, Director MVR Medical Centre participated. Thiru S.V. Iyer, President welcomed the gathering. Mr. M. Natarajan, Secretary presented the report Thiru N. Udhaya Bhaskaran, VP, proposed a vote of thanks. ❖



28th Indian Engineering Congress was organised by the Institution of Engineers (India), (IEI) and hosted by Tamilnadu State Centre, (TNSC) Chennai, on the theme "Engineering Advancements and Accelerated Nation Building", during December 20 - 22, 2013 at Hotel Leela Palace, MRC Nagar, Chennai. Hon'ble President of India, Thiru Pranab Mukerjee inaugurated, in the august presence of Hon'ble Governor of Tamil Nadu, Thiru K. Rosaiah, Hon'ble Union Minister for Shipping Thiru G.K. Vasan, Hon'ble Tamil Nadu Minister for Industries Thiru P. Thangamani, Ers SS Rathore, President, IEI, Ashok Kumar Basa, President Elect, IEI. TM Gunaraja Organising Chairman, TNSC and V. Sriram Organising Section TNSC. More than 1500 delegates, from all over India and overseas including our Chairman attended.

Awards were presented to eminent Engineering personalities and excellent Industries, Meritorius AMIE Students and best authors of journal articles. There were International Meet, Women Engineers Meet, Alumini Meet, 7 Memorial Lectures, 5 visionary talks form eminent Engineering Professionals. Colloquium and paper presentation from 15 Engineering divisions, exhibits, Cultural programs and business meets of high order. Er. T.M. Gururaja, Chairman, TNSC and his team organised this rare event memorable and creditable. ❖

Senior Citizens Bureau - 152nd Programme on 15.12.2013**HEALTHY AGEING***A view of the dais*

examination as a routine preventive measure, once symptoms of gastro enterological disorders are noticed by physician/geriatrician. Early detection of cancer in liver, intestine, colon etc will be of great help to the patient in prevention and care. The incidence of such cancer is becoming common nowadays. Hence Laparoscopic surgery is the best option.

During the open session, there was an interesting interaction about food habits and life styles and their impact

It was a sunny Sunday morning at 10.30 AM, on December 15, 2013. Our members around 60 in number, men and women, gathered at Kauvery Hospital, Alwarpet, Chennai- 18 for a joint program with them on the topic "Healthy Ageing". Members, who were born in Dec, were greeted. A warm welcome was extended to the new members. Donors were thanked. When EC member Thiru S. Lakshminarayanan read out the names of the above persons, the chairman presented a gift to those present and appreciated their bond with the Bureau.

Vice Chairman Thiru Prakash H Lulla, gave a welcome address. The chairman in his address introduced Dr. N. Lakshmipathy Ramesh, MD, Head, Geriatric Dept and Dr Ilango Ms, MCh (SGE), Consultant Surgical Gastroenterologist and Senior Laparoscopic Surgeon, both from Kauvery Hospital and presented mementos. He complimented, Kauvery Hospital for their customer focused elder friendly care at affordable charges and for the best maintenance of the hospital. He welcomed their various novel schemes such as Sweet 60 Card, Geriatric Master Health Check up and Geriatric Vaccination. This is the first joint program of SCB with Kauvery hospital in the series to come.

Dr. Ramesh, MD, in his address highlighted their innovative schemes and tremendous response. He touched upon the surgeries opted by the Senior Citizens and their care givers, necessitated for an extended quality life. The surgeries involve some procedures and legal obligations. Dr. Ilango explained about the common Gastroenterological disorders among young and old. He urged to go for Laparoscopic

on digestive system and healthy ageing. Both the doctors elicited the opinion of the participants about decision making and legal obligation in case of surgery. Consensus was that the Senior Citizens himself can decide to opt for surgery and the legal heir to comply with legal obligation.

The meeting came to an end with thanks giving by Secretary General Brig K. Muthulaxmi. EC members S. Prabakaran, PM Pandian, C. Panneerselvam and V. Balasubramanian looked after the arrangement. ❖

EC meeting for the month of Dec 2013, was held at 12.30 pm, on 15-12-13 at Kauvery Hospital. The chairman conducted the proceedings. The minutes of EC meeting held on 14-11-13, was read and adopted. The chairman reviewed the 3 series events held in connection with IDOP, in Sep, Oct and Nov 2013. The meeting was held at F3 Nungambakkam Police Station as scheduled on 14-11-13 in spite of tense situation on account of agitation against Srilanka by political parties, in view of Children's Day and Diabetes Day combined. It was our noble gesture and encouragement to the special children of Nungambakkam Corporation Middle School, to donate 50 high quality water bottles. Regarding forth coming programs the chairman informed that it will be held at Kauvery Hospital. Thiru ST. Krishnamurthy was informed to represent in writing to get financial assistance to Veteran Sports persons, quoting the precedence, if any. He appreciated Tmt. PS. Rajam for supplying food packets. There was no further point for discussion. The meeting was adjourned with a vote of thanks to the chair. ❖

Senior Citizens Bureau - 153rd Programme on 20.12.2013**REAL LIFE SUCCESS – AN AWARENESS FORUM ON ARTHRITIS***A view of the dais*

to further wear, the joints become inflamed and swollen, sometimes causing bow shaped Legs etc. Now days knee & hip replacement is quite easily available. It is less invasive, and the patient can go home in a few days and attend to normal work within one month of rehabilitation. The joint, replaced with imported implants can easily last for 25 to 30 yrs, thus restoring good life & mobility. Implants for

An Awareness programme on Arthritis was conducted by Senior Citizens Bureau jointly with RealLife Success – An Awareness Forum on Arthritis at Hotel Quality Inn Sabari, T. Nagar, on 20th Dec 13 at 4.30 pm. Vice Chairman Mr. Prakash H Lulla presided over. Dr. S. Arumugam, MS (Ortho), a renowned joint specialist and Consultant Orthopedic Surgeon, Bharathi Raja (BR) Hospitals, T. Nagar, Chennai. A large gathering, including members of SCB attended.

Dr.S.Arumugam detailed the various stages of Arthritis due to age, tare, obesity, muscle weakness, genetic reasons etc. Due to cartilage damage & loss, the bone joints become exposed and bear the body weight directly causing pain and swelling. Initially cold packs, wax baths, SWD & exercises do help. Later, due

different “Hiflex” and “Normal” use are available. The cost varies between 1.5lakhs to 2.25lakhs per joint replacement. It brings happiness & mobility to the patient for a better life. Dr. S. Arumugam advised Senior Citizens to increase their calcium intake daily which is easily available in Milk, Curd, Yogurt, Cheese & Ragi. He cleared the doubts and answered concerns about Arthritis and Joint Pain from the participants. It was indeed a wonderful & informative awareness in managing Arthritis. There was lively interaction with beneficiaries of knee replacements, who successfully overcame Arthritis and are now living life to the fullest. Also they shared their happiness and improved quality of life. The meeting was over with high tea served. ❖

- PHL

Congrats

Er. K.R. Chinraj, JSL 279, Nerul, Navi Mumbai is blessed with Twin grand and children one boy and one girl to his son Er. Shanmugha, at Montreal, Canada on 03-12-13. ❖

Thiru V. Jayaraman, LM-473, Chennai - 37 is blessed with a grand son to his son at Dubai, recently. ❖

Thiru T.V. Hariharan, LM-23, SCB Advisory Committee Member and PP, TANSTIA was honoured by Mr. T.K.A. Nair, Advisor to PM, GOI, New Delhi, on 20-11-13, at STICON-2013. State level convention of Tamil Nadu small and Tiny Industries Association (TANSTIA) held at Trade Centre, Chennai. ❖

Er. Kejriwal, Hon'ble CM of Delhi has been named in the list of great public leaders and thinkers in world in the journal "Foreign Policy" from USA. Edward Snowton tops the list. Also Ms. Urvasi, Kavitha, Mala and Navaneetham Pillai and Mr. Rajendra Pachori find a place in this prestigious list. ❖

Additions

LM: 851 Ph: 9884142625 DOB : 21.01.1946

Thiru V. R. Gopalarathnam

114 E, Railway Officers Quarters,
Teynampet, Anna Salai, Chennai - 600 017.

LM : 852 Ph: 044 24911639 DOB : 02.07.1935

Thiru A.G. Madhava Rao

M-23/3, 25th Cross Street,
Besant Nagar, Chennai - 600 090.

LM: 853 Ph: 9940132686 DOB: 03.06.1939

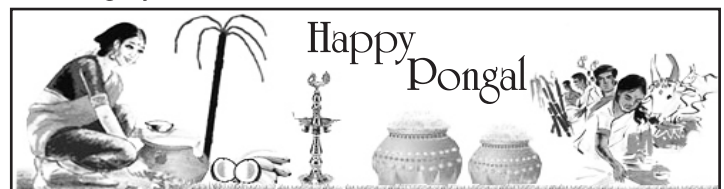
Thiru U. Shahul Hameed

New No.15 Old No.5 A, Driver Street,
2nd Floor, Pudupet, Chennai - 600 002.

AM: 854 Ph: 9710032842 DOB :

Tmt. Iayasha Bee

No.31, North Avenue Street, Muthamal Nagar,
Kodungaiyur, Chennai- 600 118.



**GOVERNMENT OF ODISHA
GENERAL ADMINISTRATION DEPARTMENT**

No.34151 / GAD., Dtd. 30.10.2013
GAD-CMRF-PROP-0458-2013

From,

Shri Niten Chandra, IAS
Special Secretary to Government

To,

The Senior Citizen's Bureau,
90, Rama Street, Nungambakkam, Chennai- 600 034.

Sub : Donation to Chief Minister's Relief Fund, Odisha.

Sir,

I convey sincere thanks of Hon'ble Chief Minister, Odisha for donating Rs.1000/- (Rupees One thousand) only in shape of Cheque No. 687945, dtd. 23.10.13, to Chief Minister's Relief Fund, Odisha for assistance to the Cyclone-2013 affected victims.

Money receipt bearing No.28964, dtd.19.11.13 in token of acceptance of the above donation is sent herewith.

Donation made to Chief Minister's Relief Fund, Odisha shall qualify for deduction U/S 80 G (2)(iiihf) of Income Tax Act, 1961. ❖

Yours faithfully,
Special Secretary to Government

'ஹோம் கேர் நர்ஸிங்'

சென்னையில் 13.12.13 தொடங்கிய முதுமையியல் மருத்தவம் தொடர்பான 3 நாள் சர்வதேச மாநாட்டில் தமிழக மருத்தவக் கல்வி இயக்குநர் (பொறுப்பு) கனகசபை பேசியதாவது:

தமிழகத்தில் 19 அரசு மருத்துவக் கல்லூரிகள் உள்ளன. இதில் 3 கல்லூரிகளில் முதுமையியல் மருத்துவம் சாரந்த படிப்புகள் வழங்கப்படுகின்றன. மாநிலத்தில் உள்ள 225-க்கும் மேலான செவிலியர் பயிற்சிக் கல்லூரிகளில் இருந்து ஆண்டுதோறும் 17 ஆயிரத்துக்கும் அதிகமான செவிலியர்கள் உருவாகிறார்கள். இவர்கள் உலகம் முழுக்க உள்ள பல்வேறு மருத்துவமனைகளில் பணியாற்றுகின்றனர். கேரளாவில் வீட்டுக்கே சென்று நோயாளிகளைக் கவனிக்கும் 'ஹோம் கேர் நர்ஸிங்' பணிகள் அதிகரித்து வருகின்றன. முதியவர்கள், மருத்துவமனைக்கு வந்து சிகிச்சை பெற சிரமப்படுகின்றனர். எனவே, அவர்களின் வீடுகளுக்கே சென்று சிகிச்சை அளிக்கும் செவிலியர்களின் பணியை 'ஹோம் கேர் நர்ஸிங்' என அழைக்கிறோம்.

தமிழகத்திலும் தற்போது பல இடங்களில் 'ஹோம் கேர் நர்ஸிங்' தேவை அதிகரித்து வருகிறது. அதற்கேற்ப முறையான பயிற்சியை செவிலியர்களுக்கு வழங்க வேண்டும். இதற்காக விரைவில் 'ஹோம் கேர் நர்ஸிங்' என்ற பயிற்சிப் படிப்புகளை அறிமுகப்படுத்த உள்ளோம். இதன் மூலம் முதியவர்களின் நலனின் இன்னும் ஆழ்ந்த அக்கறை எடுத்துக் கொண்டு சிறந்த சிகிச்சையை வழங்க முடியும். ❖

நன்றி : தி இந்து

NCSrC NOMINATIONS

15-40 (4) / 2010 - 11 / AG.11, Government of India
Ministry of Social Justice and Empowerment
Shastri Bhawan, New Delhi,

Dt. 18th Oct, 2013

OFFICE MEMORANDUM

In pursuance to the Extraordinary Gazette Notification, Part 1, Section 1 dated 22/2/2012 regarding re-constitution of the 'National Council For Older Persons' as the National Council of Senior Citizens (NCSrC), following members have been nominated by Hon'ble Minister (SJE) under Para 5 (VI) and 5 (VII) of the Notification

Part 5 (VI)

Northern Region;

- | | |
|---------------------------------------|-------------------------------|
| 1. Shri. J.R. Gupta, Delhi | Senior citizens Association |
| 2. Shri. Munshi Ram Arora , Panchkula | Pensioners' Association |
| 3. Sardar Daljit Singh, Chandigarh | Non Government Organisation |
| 4. General Ranjit Singh, Ambvala | Expert in the field of Ageing |

Southern Region;

- | | |
|---|-------------------------------|
| 5. Shri. R.N.Mittal, AISCCON, Hyderabad | Senior Citizens Association |
| 6. Shri. Mathew Cherian, HelpAge India | Non-Government Organisation ❖ |

Eastern Region;

- | | |
|--|-----------------------------|
| 7. Ms. Rekha Mody, Stree Shakti, Kolkata | Non-Government Organisation |
|--|-----------------------------|

Part 5 (VII)

- | | |
|--|------------------------|
| 8. Ms. Mohini Giri, Eminent Senior Citizen | Eminent Senior Citizen |
|--|------------------------|
2. Appointment of rest of the members Would be done in due course
3. The NCSrC will advice Central and State Governments on the entire gamut of issues related to welfare of Senior Citizens and enhancement of their quality of life.
4. Members nominated shall have a tenure of three yeas but will continue till the nomination of their successors.
5. The NCSrC will meet at least twice a year
6. TA/DA etc..to the above- Mentioned members will be admiissible as per relevant rules/instructions of the Government of india
7. This issues with the approval of the Minister of State for Social Justice and Empowerment.

(T.R. MEENA)

Joint Secretary (SD)



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Birthdays : January

Wishing you a Cheerful, Peaceful and Prosperous Life

Sl. No.	D.O.B	Memb No.	Name
1)	01-01-1939	LM 763	Thiru R.N. Amala Sundaram
2)	04-01-1947	LM 779	Thiru G. Viswanathan
3)	05-01-1946	LM 670	Er. M. Thennavan
4)	05-01-1938	LM 820	Er. R.T. Namasivayam
5)	07-01-1944	LM 580	Er. A.K. Chakravurthy
6)	08-01-1937	LM 428	Thiru A. Sivasankaran
7)	10-10-1948	LM 508	Tmt. Vimala Rajaram
8)	12-01-1940	AM 657	Tmt. N. Dhanalakshmi
9)	14-01-1937	LM 305	Thiru A. Joseph Vincent
10)	14-01-1937	LM 86	Er. P.S.C. Raja
10)	15-01-1937	LM 03	Dr. Capt. M. Singaraja
11)	15-01-1940	LM 673	Thiru M. Dharmalingam
12)	15-01-1944	AM 525	Thiru G. Vemana Reddy
13)	15-01-1940	LM 673	Thiru M. Dharmalingam
14)	16-01-1941	LM 560	Thiru J. Ramavadhani
15)	16-01-1941	LM 379	Thiru Chidambaram Alagappan
16)	18-01-1947	LM 529	Thiru M. Kannappan
17)	20-01-1951	LM 11	Tmt. Sudha Ramalingam
18)	21-01-1932	LM 364	Thiru V.M. Annamalai
19)	21-01-1936	LM 479	Thiru G.B. Krishna
20)	22-01-1933	LM 573	Dr. G. Kumari
21)	23-01-1940	LM 768	Thiru G. Kodandaraman
22)	24-01-1948	LM 478	Dr. Ayesha Hamid
23)	27-01-1923	LM 01	Maj. Gen. Aban Naidu PVSM, AVSM, M-in-D
24)	27-01-1943	LM 480	Tmt. Jayshree Balan
25)	29-01-1935	JSL 378	Thiru D. Sriharinathan
26)	30-01-1945	LM 599	Dr. Rameeza A. Rasheed
27)	21-01-1946	LM 851	Thiru V.R. Gopalarathnam

Your liberal contribution to Sunshine Fund is solicited

National / International Days January

5th	Louis Braille Day	I
10th	World Laughter Day	I
12th	National Youth Day	N
15th	Army Day	N
25th	International Customs and Excise Day	I
25th	Tourism Day (India)	N
26th	Republic Day (India)	N
30th	Martyrs's Day	N
30th	Leprosy Prevention Day	I
30th	Sarvodaya Day	N

Note : N = National I = International

Welcome to Our Family Fold

I. NEW MEMBER

1.	Thiru V.R. Gopalarathnam	LM	851
2.	Thiru A.G. Madhava Rao	LM	852
3.	Thiru U. Shahul Hameed	LM	853
4.	Iayesha Bee	AM	854

Acknowledgment

Thanks a lot & God Bless You

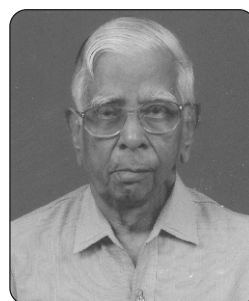
I. Sunshine Fund

1 Thiru N. Ramalingam LM:42 ₹ 500/-

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

Obituary

Mrs. B. Dhanam : W/o Late Capt. Bhiman Raja sister of our Journal life member Er. K.R. Chinraj JSL-278, passed away peacefully on 02-12-13 at her residence in Nerul, she is the daughter of our Chairman's maternal uncle. Our heart felt condolence to the bereaved family and respectful homage to the declosed. ❖



Mr. P.S. Santhana Krishnan, (90), LM-13, SCB Advisory Committee Member passed away peacefully, after a brief illness at her dear daughter's residence, Valluvarkottam High Road, Nungambakkam, on 23-12-13. He was presented SCB Award of Excellence - 2013 on 05-10-13

during commeration of IDOP. He was born on 17.12.1923. After his double graduation he joined the State Bank of India and by his meritorious service and sincere work soon became the Chief General Manager, later Managing Director of State Bank Indore, State Bank of Hyderabad and State Bank of Mysore. He brought in big changes in the working of banking schedules at each of his posting. He simplified procedures for staff retirement and their pension needs. After retirement he has continued to serve on the Board of Various Industrial and Educational Organizations such as President, of Dr. Guruswamy Mudiliar Group of Schools etc. His pious philanthropic nature is well received by all of us. He has a very warm smile as he greets all. His deep involvement in the activities of Senior Citizens Bureau, as Advisory Committee Member and SBI Pensioners Trust is unmeasurable. ❖

Our Chairman along with Thiru S. Jayakumar EC member and Thiru S. Prabhakar, LM placed a wreath and condoled the death. He paid homage and rich tribute in the condolence meeting on 04-01-14, at GMTTV HSS, 108, Amman Kovil Street, off : Walltax Road, Chennai - 79. ❖

Thiru V.S. Devasundaram, Centenarian, Founding Organising Secretary, PP and Patron of AIFPA, passed away on 10-12-13 at Chennai. He launched "Pensioners Advocate" a monthly journal of AIFPA, 34 years ago. ❖