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LinkAge

(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

JULY : 2014

ISSUE : 01

“SWEET NINETEEN”

A special issue of “LinkAge” on the observance of commemoration of 19th Annual Day of SCB, 11th Anniversary of Journal “LinkAge” and 9th World Elder Abuse Awareness Day



Best wishes to all  **அனைவருக்கும் நல் வாழ்த்துக்கள்**

From the Editor cum Chairman

பெருமை மிக்க நாள்

PROUD DAY

நமது மன்றம் 19-ஆம் ஆண்டு விழாவைக் கொண்டாடும் இம் மகிழ்ச்சியான தருணத்தில் மன்ற உறுப்பினர்களுக்கும் நல் ஆதரவு தரும் பெரியோர்களுக்கும், பதினொன்றாவது ஆண்டு விழாவைக் கொண்டாடும் ‘லின்க் ஏஜ்’ வாசகர்களுக்கும் எனது நெஞ்சம் நிறைந்த வாழ்த்துக்களை, நன்றி கலந்த வணக்கத்துடன் தெரிவித்துக் கொள்கிறேன்.

நமது நிறுவனத் தலைவர் மேஜர் ஜெனரல் அபன் நாயுடு, PVSM, AVSM, M-in-D அவர்களும் மற்ற பெரியவர்களும் ஆற்றிய அரும்பணி அளப்பரியது. ஒரே குடும்பமாக நற்பணியில் ஈடுபட்டிருக்கும் மன்றம், மற்றும் “லின்க் ஏஜ்” நிர்வாகிகள் போற்றுவதலுக்குரியவர்கள்.

மக்கள் சேவையில் நமது பயணம் தொடரட்டும். மன்றத்தின் புகழ் ஓங்கட்டும்.

நன்றி, வணக்கம். ❖

I am proud and privileged to bring out this Special Issue in commemoration of 19th Annual Day of our SCB and the 11th year publication of our monthly Journal "LinkAge". Our founding father and Chairman Emeritus, Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D and other stalwarts of the Bureau have brought glory to us. We have crossed many hurdles and testing times in our long journey. But it has given us strength to serve both elderly and the youth.



The co-operation and involvement of my colleagues in the team and that of members and service providers, is commendable. I am very happy to convey my gratitude, greetings and compliments on this solemn occasion.

With best wishes ❖

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

Invitation**SENIOR CITIZENS BUREAU**

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



Solicits your esteemed presence for the observance of
Commemoration of

**19th Annual Day of SCB,
11th Anniversary of Journal "LinkAge"**
and

9th World Elder Abuse Awareness Day

Date & Time : Saturday, 21st June 2014, 10.30 Hrs.

**Venue : Library Auditorium, Ethiraj College for Women,
70, Ethiraj Salai, Egmore, Chennai - 600 008.**

Chief Guest :

Dr. M. Ravi, IPS

IG of Police, Chennai - 35.

Key Note Address by

Padmasri Dr. V.S. Natarajan, MD, FRCP, DSc. (Hon.)

Senior Geriatrician and Patron, IAG and SCB

Special Address by

Thiru S.P. Ambrose, IAS (Retd.)

Former Additional Secretary, GOI, New Delhi & Founder, Adyar Times

Presided over by

Capt. Dr. M. Singaraja, SM, C.Eng.

Chairman, SCB

All are welcome.

Secretary General I/C, SCB

News from our Networking Associates

Help Age India observed World Elder Abuse Awareness Day at 10 a.m. on June 13, 2014 at the old office of Police Commissioner, Egmore, Chennai - 8. Its report on "Elder Abuse in India - 2014" was launched. Thiru Abash Kumar, IPS, Addl. Commissioner of Police, Thiru K. Shankar, IPS, Jt. Commissioner of Police and Tmt. S. Revathi, Dist. Social Welfare Officer participated. ❖

NASCAI organised a programme on "Governance of Old Age Homes", at 4.30 p.m. on June 14, 2014 at Childrens Garden HSS, Mylapore, Chennai - 4, under the Chairmanship of Justice Thiru S. Jagadeesan (Retd.). ❖

12th International Conference on Aging under ageis of IFA, was held at International Convention Centre at Hyderabad on 10-13 June, 2014. More than 350 delegates from all over the world participated and there were more than 100 research papers. Dr. KR Gangadharan, MD, Heritage Hospitals and President, IFA organised. Probns PP K. Venkatachari, Dr. V. Chokalingam and PP Dr. V. Balambal participated. ❖

புதுச்சேரி அரசு முதியோர் பராமரிப்புச் சங்கம், புதுச்சேரி மாணவர் படை, புதுச்சேரி எல்ய்ஜ் இந்தியா மற்றும் புதுச்சேரி மூத்த குடிமக்கள் நல் வாழ்வுச் சங்கம் இணைந்து உலக முதியோர் அவமரியாதை ஒழிப்பு விழிப்புணர்வு நாள் நிகழ்ச்சி 15.06.14, காலை 9 மணிக்கு புதுச்சேரி பாத்திமா மேல்நிலைப் பள்ளியில் நடைபெற்றது. மாவட்ட காவல் துறை துணைத் தலைவர் திரு. ஆதீசன் கண்ணன், இ.கா.ப. தலைமை ஏற்றார். ❖

Agenda

10-30 Hrs. - 11.45 Hrs.

Tea

Cultural Programme

Invocation

Welcome address by

MJF Lion V. Amruth Kumar, JP

Narpani Selvar, Chennai - 21.

Presidential address by

Capt. Dr. M. Singaraja, SM, C.Engg.

Address by the Chief Guest

Dr. M. Ravi, IPS

Key Note Address by

Padmasri Dr. V.S. Natarajan, MD, FRCP, D.Sc. (Hon.)

Special Address by

Thiru S.P. Ambrose, IAS (Retd.)

Vote of Thanks by

Prakash H Lulla

National Anthem

12-00 Hrs. AGM

13-00 hrs. Lunch ❖

Test for Random Blood Sugar, & BP will be done at no cost. Vaccination against Pneumonia can be done at the cost of Rs.3,800/-, at the venue.

For Vaccination and for participation in the cultural programme please register with Thiru Prakash H. Lulla, Ph : 98418 66747.

Agenda for the AGM will be followed as per notice already served.

Congrats and best wishes

Cdr. S.V. Iyer, LM-367, Defence Colony, Ch - 32, has attained 90 years of age on May 12. He is active and takes keen interest in Social and Public Service activities. We wish him many more happy returns of day. ❖

Er. S. Ranganatha Rao, LM-29, EC member and his spouse Tmt. Meera Rao were portrayed as a multifaceted productive senior couple in a recent article in "Aval Vikatan". He is 80 on June 15 and the age is no bar for active life. We wish him many more happy returns of the day. ❖

Thiru S. Prabhakaran, LM, EC member, is celebrating the wedding of his grand daughter Pooja, D/o. his daughter Vijayalakshmi and Venugopal, Cupertino, CA 95014, USA, at 9.00 a.m. on July 4, 2014 at Mayor Ramanathan Centre, MRC Nagar, Chennai - 28. We wish the young couple a happy and prosperous wedded life. ❖

FORDET & DECT brought out a souvenir in honour of Er. M. Balaraman, LM - 681, Salem - 7 on his 75th birthday. He is a dedicated activist of Diploma Engineers Association. Our best wishes to him. ❖

Message from the Chairman Emeritus

The Senior Citizen Bureau had a very purposeful journey in the last 18 years in elevating and meeting the human needs of different strata of the society. A very gratifying and laudable service to humanity, as stated, "Service to God is service to mankind". Senior Citizen Bureau has grown from strength to strength and greatly appreciated by one and all. In recent times the Bureau has been focusing on Health Care and Geriatric House Call Project under the dynamic Immediate Past Chairman Dr. V.S. Natrajan, Geriatric Specialist of International fame.



The Senior Citizens Bureau introduced a publication in 2004, titled " LinkAge" for service and advocacy to all age groups, more importantly for dissemination of information regarding details of monthly health camps, Lectures, Demonstrations sponsored by Pharma Companies, Publication of Books, Civic Needs, Security - Law and Order, Finance and Banking, Education, Administration and the like, to fulfill the needs of the elder citizens. "LinkAge" is popular and well received with more valuable information on other subjects. I have no doubt that in time to come, with dynamic efforts of its editor, as well as the Chairman of the Bureau Capt. Dr. M. Singaraja and with the help of generous donors the publication will present itself in full form.

I wish the Bureau and its publication, to scale greater heights and to an enviable position and fulfill the desires of all.

(Maj. Gen. ABAN NAIDU), PVSM, AVSM, M-in-D.

Message from the Advisory Committee Member

Dear Capt.Singaraja,

My congratulations and best wishes to you and the Executive Committee members on the publication of the special edition of "Linkage" to commemorate the 19th. Annual Day of the Senior Citizens' Bureau, which has done excellent service for the elderly. Much has been achieved by a small group of dedicated senior citizens, despite health impediments. We, the senior citizens, owe a debt of gratitude to this dedicated group for their selfless service. It is our humble prayer that the Almighty grants them good health.



SP. AMBROSE, IAS
Secretary, GOI, New Delhi (R)

Message from the Patron

Senior Citizens Bureau, with which I enjoy a happy association exceeding a decade has come of age, as it is stepping into its sweet 19!



The Bureau has been continuously striving without any letup for the welfare of the Elderly, which is very much gratifying.

This year Senior Citizens Bureau has come forward to celebrate its Annual Day along with two other important events viz. 11th Anniversary of the Bureau's monthly journal LinkAge and World Elder Abuse Awareness Day, observed every year. It is indeed a happy and joyous occasion. All are aware that the Bureau has over the years created awareness among the public, in general, and the youth in particular, to stand against the evil of Elder Abuse in all its forms.

Mission and Vision of the Bureau along with its routine activities for the welfare of the Elderly are being spread across the nation through LinkAge. Capt. Dr. M. Singaraja who has been the editor of this mouthpiece of the Bureau from the very beginning has been consistently contributing valuable materials and facts to enrich the content of this monthly journal for the benefit of the member-subscribers.

Under the Chairmanship of Capt. Dr. M. Singaraja Senior Citizens Bureau and LinkAge are marching ahead, growing from strength to strength.

It is my pleasure and privilege to offer my best wishes to the Bureau and LinkAge all success!

Padmasri Dr. V.S. NATARAJAN,
MD, FRCP(Edin), D.Sc.(Hon)

Message from the Advisory Committee Member

The 21st century is witnessing a significant and growing proportion of the elderly in our country's population. This coincides with more rapid economic development, leading to the break-down of traditional joint families and problems of lack of elder care, and of elder abuse. In this situation, special steps are required to ensure a serene and healthy old age for the seniors. These include early diagnosis of ailments and health conditions typical to old age, and giving advice on measures to manage them.. There is also the need to make the elders aware of their legal rights in the matter of being cared for properly by their children, and to promote a better understanding between the younger generation and the elders. The Senior Citizens Bureau is an institution that has been striving to fulfill these roles in a very able manner under the leadership of the present and past Chairmen and their dedicated teams. I wish the Bureau all success in its endeavours in the years to come.



R. VENKATESAN, IA & AS
Secretary, Cabinet Secretariat, New Delhi (R)

ANNUAL REPORT FOR THE PERIOD ENDING 31.03.2014

Dear Friends,

Vanakkam. It is my proud privilege to present this Annual Report before this august body, in the AGM, being held on June 21.06.2014.

1.0 Introduction : This Bureau was registered under Societies Act on 24th Sept. 2002 with Reg. No. 370/2002. But it was founded on 3rd March 1996 and as such the Bureau steps into 19th year.

As you know that this Bureau is marching with its pioneering service to the Elders of the Society. It is worth remembering on this occasion, the valuable contributions made for the growth of the Bureau by founding fathers and the office bearers / EC Members (past and present) as well as the support extended by our members, other organisations & Govt. We have been representing vital issues and grievances concerning Senior Citizens, to the Govt. both State & Central.

2.0 Membership : With our earnest efforts for sustained development the strength is : IM (Institutional Member)-1, DM (Donor Member)- 2, LM (Life Member)- 308, AM (Annual Member)-13, JSL (Journal Life Subscriber) - 87 = total 411.

3.0 Meetings.

3.1 The last AGM was held at 12.00 p.m. on July 21, 2013, (Sunday), at Institution of Valuers Hall A/c. Mylapore, Chennai - 4. (The proceedings of the above programme were published in August 2013 issue of LinkAge). The minutes is read out and adopted today.

3.2 Commemoration of 18th Annual Day Conference, 10th year publication of "Link Age" and 8th World Elders Day Awareness was observed on 21.07.2013 at 10.30hrs, preceding the AGM.

The Chief Guest Padmasri Dr. V.S. Natarajan, Patron / IAG & SCB, released our special publication entitled "Sweet 18". The top achievers of the Little flower HSS for Deaf, were presented cash awards and certificates. Mr. S. P. Ambrose, IAS (Retd), Mr. R. Venkatesan, IA & AS (Retd) and Tmt. S. Revathi, Chennai Dist Social Welfare Officer of GOT felicitated. Tests for BMI, BP and Random Blood Sugar were conducted for all participants jointly with HelpAge India were done at no cost.

3.3 EC Meetings were held regularly every month. Core group meetings were held frequently to plan and carry out the activities.

4.0 World Elders Day was observed jointly with Ethiraj College for Women from 9.00 a.m. to 12.30. p.m. on October 5, 2013 at Ethiraj College Chennai – 8. Hon'ble Justice Thiru K. Gnanaprakasam, Judge, High Court of Madras (Retd), Chennai, was the Chief Guest. SCB Awards of Excellence were presented to Mr. N. Jaganathan, Er. K. P. Mahalingam, Mr. P. S. Santhana Krishnan and MJF Lion

V. AmruthKumar. Dr. (Capt.) M. Singaraja. 5 Senior Members of age 85(+), who have sighted 1000 (+) moons viz., Mr. G. Rengaswamy, Mr. N. Subramanian, Ms. P. Satya Priya, Mr. S. P. Ambrose and Mr. T. Rajarethinam were honoured. Pledge against Elder Abuse was taken. Cultural Programme was held by the Students of Ethiraj College. The Detailed report was published in November 2013 issue of LinkAge.

5.0 Elder Welfare Programmes : The Bureau has conducted 156 programmes up to March 2014 since inception, 16 programmes as per annexure – 1 were held during 2013 - 14.

6.0 I want to highlight the other important events held in 2013 -14 as given below :

6.1 A unique interactive meet on Safety & Security of Senior Citizens with TN Police at F3 Nungambakkam police Station, was held on 14.11.13. (Please refer December 2013 issues of LinkAge).

6.2 A Mega Health Camp "Arogya – 2013" on Siddha Medicine was held on 22.09.13. (Please refer LinkAge, October 2013 issue).

6.3 Four Unique health awareness programs were held at Kauvery Hospital, consecutively for four months.

6.4 World Health Day was observed on 24.04.13.

7.0 Finance : The Bureau is carrying its activities in promoting Elder Welfare and Elder Health Care with the contribution / subscriptions of members and donations from well wishers / organisations. The audited Balance Sheet is placed separately, as Annexure – 2.

The Budget for the year 2014-2015 is as given below :

1. Website Maintenance	50,000
2. LinkAge monthly journal	70,000
3. LinkAge special publication	1,00,000
4. Welfare programmes / Seminars / Workshops	1,25,000
5. Office Administration/ Infrastructure	55,000
6. World Elders Day / Annual Day / Elder Abuse Awareness Day	1,00,000
Total	-----
	5,00,000

8.0 Conclusion: We will continue with projects and seminars for the welfare of the senior citizens. We are looking for support from the youth and voluntaries. I seek your valuable co-operation and involvement, to strengthen this Bureau.

Secretary General I/C

Note : Annexure 1 & 2 are given separately. ❖

contd...p.5

LIST OF PROGRAMMES ORGANISED DURING 2013- 2014

Annexure - 1

S.No.	PROGRAM NO.	DATE	VENUE	TOPIC	CHIEF GUEST SPEAKER
1.	141	08.04.2013	Govt Rajiv Gandhi General Chennai -3	Visit to new Geriatric ICU ward presenting multi purpose racks and alpa air beds	Dr. B. Krishnaswamy, M.D. Prof.& Head, Geriatric Medicine, MMC & GH, Chennai-3.
2	142	20.04.2013	Institution of Valuers Hall Mylapore	World Health Day	Dr. B. Krishnaswamy, M.D. Prof.& Head, Geriatric Medicine, MMC & GH, Chennai-3.
3	143	26.05.2013	Institution of Valuers Hall Mylapore	Judiciary Today	Dr. T. S. Ramaswamy, M. A., B.L., Ph.D. Senior Advocate, High Court of Madras.
4	144	23.06.2013	Institution of Valuers Hall Mylapore	Myths and Facts in Medicine	Dr. G. S. Kailash, MD, DTCD, MHCP, FCIP, MAMBMS
5	145	21.07.2013	Institution of Valuers Hall Mylapore	18th Annual Day and 10th Anniversary of Linkage	Padmasri Dr. V. S. Natarajan, Patron / IAG, SCB
6	146	21.07.2013	Institution of Valuers Hall Mylapore	8th World Elder Abuse Awareness Day	Tmt. S. Revathi, MA, M.Phil, HDCM, Chennai Dist Social Welfare Officer of GOT
7	147	21.07.2013	Institution of Valuers Hall Mylapore	AGM	Capt. Dr. M. Singaraja, SM, C.Eng. Chairman, SCB
8	148	16.08.2013	Federation of Senior Citizens Associations of Tamilnadu Anna Nagar Tower Park	National Solidarity Day of Senior Citizens	Prof. R. Thilagaraj, HOD, Criminology Dept., MU. Chennai-5
9	149	22.09.2013	Institution of Valuers Hall Mylapore	Arogya -2013 Geriatric Mega Health Screening Camp in Siddha Medicine	Prof.Dr. P. Jayaprakash Narayanan, VP(Rtd), Govt. Siddha Medical College, Chennai -106 and Prof. Dr. R.S. Ramaswamy, DG/CCRI((Siddha) Chennai -106.
10	150	05.10.2013	Ethiraj College for Women Egmore	World Elders Day	Hon'be Justice Thiru K. Gnanaprakasam, Judge, Madras High Court (Retd.)
11	151	14.11.2013	F3 Nungabakkam Police Station Nungabakkam	Safety & Security of Senior Citizens	Thiru R. Shibu Kumar, IP/L&O
12	152	15.12.2013	Kauvery Hospital Alwarpet	Healthy Ageing	Dr. N. Lakshmipathy Ramesh, M.D. and Dr. Ilango, MS., M.Ch. Kauvery Hospital
13	153	20.12.2013	Hotel Quality Inn Sabari, T. Nagar	Real Life Success An Awareness Forum on Arthritis	Dr. S. Arumugam, MS (ortho) Consultant Orthopedic Surgeon, Bharathi Raja (BR) Hospitals, T. Nagar
14	154	12.01.2014	Kauvery Hospital Alwarpet	Prostate Health	Dr. Krish Sairam , MS. M.Ch. Consultant Urologist, Kauvery Hospital
15	15	516.02.2014	Kauvery Hospital Alwarpet	Cardiac Health	Dr. K. G. Sundar Kumar, MD, DM (Cardiology) Senior Consultant, Cardiology, Kauvery Hospital
16	156	23.03.2014	Kauvery Hospital Alwarpet	Falls	Dr. N. Lakshmipathy Ramesh, M.D. Head, Geriatric Department, Kauvery Hospital

The program number is indicated in each picture in the following photo album.

contd...p.6

PHOTO HIGHLIGHTS OF 2013 - 2014 (REF : "LINKAGE" / JULY 2014)



A view of Geriatric ICU, GH with Prof. Dr. B. Krishnaswamy (08.04.2013)



Presenting Alpha air bed set to ICU, GH - Dr. B. Krishnaswamy and Dr. T.S. Kanaka (20.04.13)



Dr. T.S. Ramaswamy addressing (26.05.13)



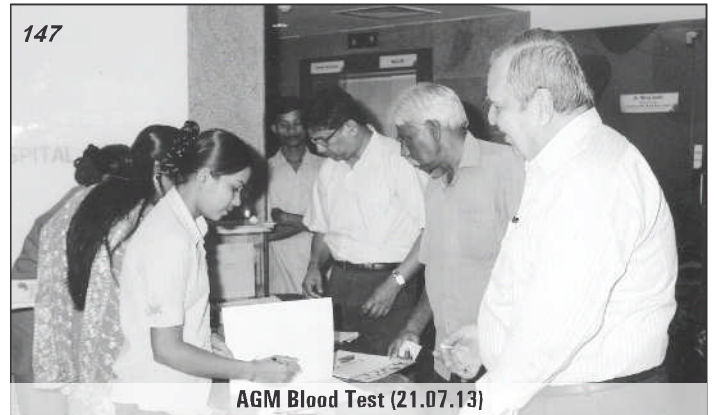
Dr. G.S. Kailash addressing (23.06.13)



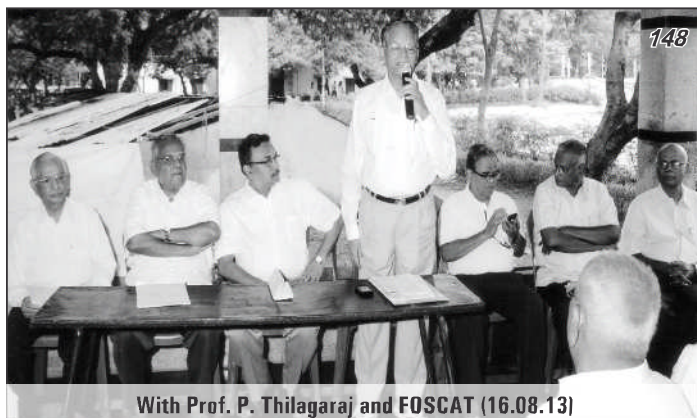
Padmasri Dr. V.S. Natarajan with Special Children (21.07.13)



Tmt. S. Revathi, releasing "Sweet 18 - Link Age" (21.07.13)



AGM Blood Test (21.07.13)



With Prof. P. Thilagaraj and FOSCAT (16.08.13)



With Dr. Jayaprakash Narayanan, Dr. R.S. Ramaswamy and other Siddha Specialists (22.09.13)

Photo highlights contd. from p.6



Justice K. Gnanaprakasam and Padmasri Dr. V.S. Natarajan Honouring the recipients of "SCB award of Excellence" (05.10.13)



Justice K. Gnanaprakasam and Padmasri Dr. VSN Honouring the recipients of "SCB award of Recognition" (05.10.13)



Ethiraj College NSS Students in the cultural programme (15.10.13)



Thiru R. Shibu Kumar, IPIL&O with a section of the participants (14.11.13)



A section of the special children of Corporation Middle School with their Children's day gifts. (14.11.13)



Dr. N.Lakshmipathy Ramesh, MD and Dr. Ilango, MS, M.Ch. (15.12.13)

Dr. S. Arumugam, MS (ortho) addressing (20.12.13)



Honouring Dr. Krish Sairam, MS, M.Ch. (Uro) (12.01.14)



Dr. K.G. Sundarkumar, MD, DM being introduced Dr. Ramesh (16.02.14)



Dr. N.Lakshmipathy Ramesh, MD being honoured (23.03.14)

Audited Accounts for the Year 2013-2014ANNEXURE - 2
Annual Report**INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31-03-2014**

EXPENDITURE			INCOME		
PARTICULARS	AS ON 31.03.2014	AS ON 31.03.2013	PARTICULARS	AS ON 31.03.2014	AS ON 31.03.2013
To Administrative Expenses A/c	35,225.00	34,547.50	By Subscription		-
To Expenditure on Camps & Meetings			Membership	2,450.00	3,300.00
World's Elder's Day Expenses	11,706.50	21,111.00	LinkAge	-	250.00
Meeting Expenses	26,597.00	32,711.50	By Donation		
Others	-	-	General purpose	20,300.00	50,761.00
To Link Age and Other Publications	90,918.00	91,203.00	World's Elder's Day	73,652.00	98,500.00
To Salary to Staff	63,500.00	51,000.00	Prime Ministers Relief Fund	3,611.00	-
To Audit Fees	3,370.00	3,651.80	Annual Day	-	3,700.00
To Donation paid	15,995.00	16,113.00	Sunshine Fund	26,791.00	48,154.00
To Bank Charges	125.00	181.00	By Sale of Books	700.00	2,700.00
To Bad Debts	5,499.00	-	By Others - ID Card	100.00	100.00
To Excess of Income over Expenditure	-	31,609.20	By Interest Received		
			Fixed Deposit	66,821.00	69,134.00
			Savings Bank A/c	3,900.00	5,529.00
			By Excess of Expenditure over Income	54,610.50	-
TOTAL	252,935.00	282,128.50	TOTAL	252,935.00	282,128.50

RECEIPTS AND PAYMENTS FOR THE YEAR ENDED 31.03.2014

RECEIPTS			PAYMENTS		
PARTICULARS	AS ON 31.03.2014	AS ON 31.03.2013	PARTICULARS	AS ON 31.03.2014	AS ON 31.03.2013
To Opening Balance			By Administrative Expenses A/c	35,225.00	34,547.50
Cash in Hand	254.15	139.15	By Expenditure on Camps & Meetings		
Cash at Bank			World's Elder's Day	11,706.50	21,111.00
Axis Bank	19,462.47	11,968.47	Others	-	-
Indian Overseas Bank	84,344.60	98,090.00	Meeting Expenses	26,597.00	32,711.50
To Subscription			Link Age Publications	90,918.00	91,203.00
Membership	2,500.00	3,300.00	By Investment in Fixed Deposits	-	50,000.00
Link Age	-	250.00	By Bank Charges	125.00	181.00
To Corpus fund Received			By Purchase of Books	-	-
Life Subscription	22,050.00	31,400.00	By Donation Paid	15,995.00	16,113.00
Conversion to life membership	4,000.00	4,800.00	By Life Membership Subscription returned	1,550.00	-
To Donation			By Audit Fees	3,370.00	3,371.00
General Purpose	17,300.00	50,761.00	By Loan repaid to Capt. Singaraja	8,123.00	17,000.00
World's Elder's Day	73,652.00	98,500.00	By Salary for Staff	63,500.00	51,000.00
Prime Ministers Relief Fund	3,611.00	-	By TDS on Fixed Deposits	2,854.00	12,227.00
Annual Day	-	3,700.00	by Closing Balance		
Sunshine Fund	26,791.00	48,154.00	Cash in Hand	42.15	254.15
To Sale of Books	700.00	2,700.00	Cash at Bank		
To Others - ID Card	100.00	100.00	Axis Bank	26,976.47	19,462.47
To Interest Received			Indian Overseas Bank	47,197.10	84,344.60
Fixed Deposit	68,821.00	69,134.00			
Savings Bank A/c	3,900.00	5,529.00			
To Loan Received	8,743.00	-			
To Fixed Deposit Matured	-	5,000.00			
TOTAL	334,179.22	433,526.22	TOTAL	334,179.22	433,526.22

For SENIOR CITIZENS BUREAU

Sd/- (CHAIRMAN) Sd/- (SECRETARY GENERAL
IN-CHARGE) Sd/- (TREASURER)

PLACE : Chennai
Date : 20.05.2014

To be read with our report as on date
For A. JOHN MORIS & CO.,
Chartered Accountants - FRN:007220S
Sd/-
(R. Sanjeev Narayanan)
Partner - M.No.228915

முதியோரைத் துன்புறுத்துதல் - ELDER ABUSE

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

WHO has designated June 15, as World Elder Abuse Awareness Day (WEAAD). This is observed annually from its inception in 2006. "My World - Your World - Our World - Free from Elder Abuse" is an awareness slogan. The global commemoration of the observation of WEAAD is scheduled every year by WHO, jointly with INPEA (International Network to Prevent Elder Abuse) and IFA (International Federation of Ageing).

We, in the Bureau has been pioneering the observance of this day, from 2006 with various activities involving the students/youth to eradicate Elder Abuse from all sectors such as family, society and government. INPEA has classified Elder Abuse into 4 categories, viz., 1) Oral 2) Emotional 3) Physical and 4) Financial, which are serialised according to the intensity and occurrence in general. Neglect, disrespect and mere thought of ill-will are also amounting to Elder Abuse. Let us wear "Pink Ribbon" to publicize WEAAD.

Elder Abuse can also take the form of intentional or unintentional neglect of an elder adult by the care giver. Elder Abuse refers to mistreatment of older people by those who are supposed to care for them. If a person is old then children, spouse, relative, doctors, nurses or servants are expected to look after them. If such persons harm elders or neglect them, then it is called abuse. It is an act not doing something that

முதியோர்கள் பல வகைகளில் துன்புறுத்தப்படுகிறார்கள். உலக நாடுகள் அவை (UNO), அய்.என்.பி.ஈ.ஏ. (INPEA) என்ற உலகத் தொண்டு நிறுவனத்தின் மதிப்பீட்டை ஏற்றுக் கொண்டு, அவற்றை நான்கு வகைகளாக அடையாளம் கண்டுள்ளது. அதாவது :
1) வாய்மொழிப் பேச்சு மற்றும் சைகை மூலமாக; 2) உதாசீனம், ஒதுக்குதல், தனிமைப்படுத்தல் என உள ரீதியாக; 3) அடி, உதை, சூடு, கொலை போன்ற வன்முறை மூலமாக; 4) பணம், சொத்து சுகத்துக்காக சண்டை, சச்சரவு செய்து கொடுமைப்படுத்துவது. இவை முதியவர்களை துன்புறுத்துதல் அல்லது இழிவு செய்தல் ஆகும். இதை தடுக்க ஜூன் 15-ஆம் நாளை, 'உலக விழிப்புணர்வு நாளாக' அறிவிக்கப்பட்டுள்ளது.

இதற்குரிய விழிப்புணர்வு செய்தி "எனது உலகம்; உனது உலகம்; நமது உலகம்; முதியோர் துன்புறுத்தப்படுவதை ஒழிப்போம்" என்பதாகும். இந் நாளின் அடையாளச் சின்னமான இளஞ்சிவப்பு நாடாச் சுருளை அணிவதில் பெருமை கொள்வோம். ❖

is needed, e.g. not giving food, not providing medical care, etc. It is an act doing something harmful to elders like beating or throwing them out of house. ❖

TIT BITS

In the words of Dr. Indira Jai Prakash, Bangaluru : "Elder Abuse reduces the quality of life of older people drastically and is a basic violation of their human rights. National and International efforts are now aligned to prevent abuse and intervene, to improve the conditions of the abuse. Families, communities, Governments, non-governmental organizations and senior themselves have to act together to tackle this problem." ❖

World Health Organization document defines Elder Abuse as "a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person." ❖

The American Psychological Association defines Elder Abuse as :- "Infliction of physical, emotional/ psychological, sexual or financial harm on an older adult." ❖

முதியோருக்கு இழைக்கப்படும், கொடுமைகள் ஒழிய,
உலக விழிப்புணர்ச்சி நாளை முன்னிட்டு,
எடுத்துக் கொள்ளும் உறுதி மொழி

முதியோருக்கு எதிராக, வாய்மொழியாகவோ, வன்முறையாலோ, பொருளாதார ரீதியிலோ அல்லது வேறு எந்த உருவிலோ இழைக்கப்படும் அனைத்து வகை கொடுமைகளையும் அறவே ஒழிப்பேன்.

அவற்றை முளையிலேயே, அடையாளம் கண்டு தடுப்பேன். அதற்காக, என் சொந்த முயற்சியில் முழு மூச்சுடன் பாடுபடுவேன். தேவைப்பட்டால், அரசு மற்றும் தொண்டு நிறுவனங்களின் துணையோடு செயல்படுவேன்.

மேலும் முதியோர்களின் உடல் நலத்திற்கும், பாதுகாப்புக்கும், அன்புக்கும், மனவளத்திற்கும், மதிப்புக்கும், மரியாதைக்கும், அங்கீகாரத்திற்கும், மற்றும் அவர்களது ஏனைய தேவைகளுக்கும், இடையூறு ஏற்பட்டால் அவற்றைத் தடுத்து நிறுத்தி, பாதுகாப்பேன் என்றும், உறுதி அளிக்கிறேன்.

நாள் : பெயர் :
முகவரி, தொலைபேசி : கையொப்பம் :

குறிப்பு : இந்த உறுதிமொழி உலக நாடுகள் அவையின் வழிகாட்டுதல் அடிப்படையில் எழுதப்பட்டது. இதை மூத்த குடிமக்கள் மன்றத்திற்கு கையொப்பமிட்டு அனுப்பவும். ❖

- MSR

PLEDGE TO BE TAKEN ON THE OCCASION OF COMMEMORATION OF WORLD ELDER ABUSE AWARENESS DAY

I hereby solemnly pledge that I will not be a party to any type of Elder Abuse, such as, oral, physical, financial, etc. against their needs of any form, as Biological, Emotional, Safety, Love, Belongingness, Esteem, Self-fulfilment etc.

Further, I pledge that I will undertake all steps, to detect, intervene, prevent and stop "Elder-Abuse" through my own efforts and if necessary with the help of Govt. and Non-govt. organisations, in an effective manner.

Date: Name :

Address & Phone : Signature :

Note : The text of this pledge is based on guidelines of UNO. The pledge may be duly signed and forwarded to Senior Citizens Bureau. ❖

- MSR

Quotes from the "Father of the Nation"

• The best way to find yourself is to lose yourself in the service of others.

• Deeds & seeds, take their own time to fructify.

Infinite striving to be the best is man's duty; it is its own reward.

• It is the quality of our work which will please God and not the quantity.

• A man becomes great exactly in the degree in which he works for the welfare of his fellow-men.

• The main purpose of life is to live rightly, think rightly, act rightly.

• Sacrifice that causes pain is no sacrifice at all. True sacrifice is joy-giving and uplifting.

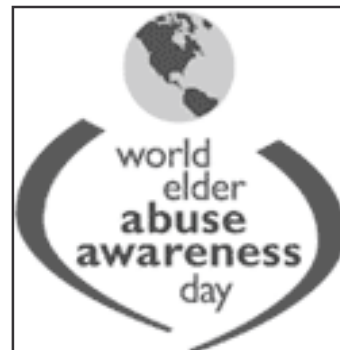
• The good man is the friend of all living things.

• A life of sacrifice is the pinnacle of art, and is full of true joy.

• A man is the sum of his actions, of what he has done, of what he can do, nothing else.

• You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.

• The difference between what we do and what we are capable of doing would suffice to solve most of the world's problem. ❖



**"Elder-abuse
is an
evil.**

Global Age Friendly Cities - A Glance of WHO Project

Capt. Dr. M. Singaraja, SM, C.Eng.

INTRODUCTION

The world is ageing fast. Have we **noticed** ?

The time to plan and act is **now** !

In all countries and in developing countries in particular, measures to hold older people remain healthy and active are a **necessity**, not a **luxury**.

CHALLENGE

Ageing is privilege and a societal **achievement**.

It is also a **challenge**, which will have impact on all aspects of 21st Century society.

It is a challenge that cannot be addressed by the public or private sectors **in isolation**; it requires joint approaches and strategies.

CONCEPT

The age friendly cities programme is an international effort by WHO, to help cities prepare for 2 major **demographic** trends : the **rapid ageing** of population and **urbanization**.

This programme began in **2006** when WHO turned its attention to **environmental and social factors** that contribute to active and healthy ageing in urban centres.

RATIONALE

1) In 2000 there were 600 million people aged 60 and over; there will be 1.2 billion by 2025 and 2 billion by 2050.

2) Today, about **2/3** of all older people are living in the **developing** world; 2025 it will be 75%

3) In the **developed** world, the very old age 80+ is the fastest growing population group.

4) Women outlive men virtually in all societies. Consequently in very old age, the ratio of women/men is **2:1**

5) The proportion of the global population aged 60 will **double** from 11% in 2006 to 22% by 2050.

6) Older people play a crucial role in communities - in paid or volunteering work, **transmitting** experience and knowledge, or helping their families with caring responsibilities. Those contributions can only be **ensured** if older persons enjoy good health and if societies address their needs.

7) Making cities age friendly is one of the **most effective** policy approaches for responding to **demographic ageing**.

முதுமை என்னும் பூங்காற்று

பத்மஸ்ரீ டாக்டர் வ.செ. நடராசன்,
MD, FRCP(Edin), D.Sc.(Hon)

• முதுமை என்பது ஒரு பருவமே. முதுமையே ஒரு நோயல்ல. ஆனால் முதுமைக் காலத்தில் பல நோய்கள் வர வாய்ப்புண்டு.

• முதுமைப் பருவம் என்பது நாணயத்தின் இரண்டு பக்கங்கள்போல ! ஒரு பக்கம் வயதின் முதிர்ச்சி, அனுபவம், அறிவு. மறுபக்கமோ தள்ளாமை, நோய்கள், தனிமை போன்றவை.

• முதுமையிலும் இளமையாக அதாவது ஆரோக்கியமாக இருக்க முடியுமா?

• முதுமையை தடுக்க முடியாது என்பது உறுதி. ஆனால் அதை ஆரோக்கியமாகத் தள்ளிப்போட்டு முதுமையிலும் இன்பமாக வாழலாம்.

• முதுமையின் இளமை 50 வயதில் ஆரம்பமாகிறது. இந்த வயதில் திட்டமிட்டு வாழ்க்கையை ஆரம்பித்தால், முதுமை ஒரு பொன்னான காலமாக அமையும் என்பதில் சந்தேகமில்லை.

• தினமும் காலையில் இன்று தான் புதிதாகப் பிறந்தோம் என்ற எண்ணத்துடன் வாழ்க்கைப்படிசளை கடக்க ஆரம்பித்து விட்டால் முதுமையை எல்லோரும் வரவேற்று வாழ ஆசைப்படுவார்கள் ! ❖

8) Cities have the economic and social resources to undertake necessary changes to **become more age-friendly** and are in the position **to lead** the way for smaller communities within their countries.

9) An age friendly city is **an inclusive** an accessible urban environment that promotes active ageing.

STRENGTHENING ACTIVE AND HEALTHY AGEING

This framework focuses on an **integrated approach** to ageing through community based primary health care and has helped **to shape ageing** policies at national and community level and **to direct academic research** on ageing. It has also helped the practical application of policies at community level.

CONCLUSION

The 1st phase has seen implementation in 18 developing countries. Other **emerging issues** that require urgent response are older people; HIV/AIDs; elder abuse, the gender dimension fo ageing and health. ❖

Yogic approach in Rheumatoid Arthritis - Dr. Umashankar Sharma

Humans are dependant on the integrity of their locomotor system-muscles, ligaments, joints, bones and nerves. When this integrity is lost through trauma or disease, they suffer from limitation of movement and intense agonizing pain.

This immobilization of the affected joint and pain sets in a vicious cycle resulting from inactivity. Decrease in muscle strength and other supporting structures of joint changes the pain and immobilization cause depression due to the fear of inactivity.

This vicious cycle can be abolished by analgesics with the risk of certain adverse effects. It is advantageous to help the patient to reduce the unnecessary medication and help them live and cope with the pain in a better way by bringing a state of well being.

A number of studies were conducted to show the influence of emotional and personality factors in the onset and course of autoimmune disease.

The onset of disease often follows a period of prolonged psychological stress such as anxiety, depression, resentment, dissection with occupation, relationship bereavement etc.

Moreover failure of arthritic patients to adapt to these stress and inability of them to cope with the new stress impinged by disease process drives them apostrophizing on their problems.

Dwelling negatively on their distress and developing anxiety tends to increase the rate of disease progression, degree of incapacitation and poor response to medical treatment in rheumatoid arthritis.

Old Wisdom

Many ancient eastern traditions of medicines such as Yoga, Naturopathy, Ayurveda, Acupuncture, Tibetan medicine embrace the epitome of mind body medicine.

Lorenzo Sassily

A Italian physician wrote to a patient as early in 1902 " To get angry and shout pleases me, for this will keep up your natural heat but what displease me is your being grieved and taking all the matters to heart. This is what destroys your body more than any other cause.

Yoga Perspective

Yoga is a science of calming down the mind, it is essentially a way of living in day-to-day stressful life, without getting afflicted by its damaging influences.

Yoga is said to bring balance in the functioning of autonomic and central nervous system. Balances the level of stress hormones at the biochemical level and has been used with success in the treatment of many stress related diseases such as peptic ulcer, Asthma,

Hypertension, Headache etc. as a supplementary therapy.

Pain is both a sensation and emotion. Apart from medication pain has been overcome by distraction of the mind since ancient days.

Stimulation Analgesia such as Acupuncture, Autosuggestion and Biofeedback (Relaxation Training) and mobilization of affected joint and the practice of yoga reduces both the sensory and affective dimensions of pain and reduces the pain intensity.

Yogic practices in Arthritis:

- Yoga Asana are the postures, which are performed actively with awareness. Asana unlike exercise incorporates the trial of mobilization, distraction of mind and relaxation where as exercise usually concentrates on mobilization.

- Asana incorporate slow active stretching of the muscle group, which is followed by isometric contraction and relaxation of the same, which further increases the flexibility, and stretch ability of the muscle.

- Asana is not merely bending the body. It is a process of bending mind. Tensed state usually interferes with the therapeutic effect of the Asana. The subject has to experience the changes during various gestures such as pain, heaviness and unnecessary muscle contractions at different muscle groups and joints and should relax them by distracting the mind from these sensations by awareness of deep breathing and autosuggestion.

- Too much of effort or strain in performing asana will produce more pain and discomfort, they have to be performed in a relaxed manner.

Pranayama and breathing exercises

It is a process of slowing down and calming the mind. When we are tensed and anxious our breathing becomes shallow and fast and mind is confused. By performing consciously controlled rhythmic and slow breathing involving timed breath holding in each cycle of breathing with awareness of sensation of touch of the inhaled/exhaled air has been known to calm down the higher centers of C.N.S. and balance the autonomic air flow. Thus Pranyama acts as a biofeed backtechnique in calming down the agitated mind.

There are various types of Pranyama each with different ratio of inspiration, expiration and timed breath holding in Kumbhak stage and each tends to have its own beneficial effect.

Practice of Yoga therapy has proved to be an effective preventive measure and good prognostic tool in the management of rheumatoid arthritis. ❖

Courtesy : Nisargopachar Varta

Govt. Night Shelters of Food, a roof, medication and the promise of security

A month-and-a-half ago, according to 40-year-old Alexander*, he was an electrician and plumber. Before that, he did several things tailoring work and moulding among them, he said. He plans to go back home soon, but when is unclear. As of now, he is a fulltime resident of a Chennai Corporation shelter run by a non-governmental organisation in Dooming Kuppam.

In September 2012, a resolution was passed by the Corporation Council to rope in NGOs to run its night shelters, following an inspection by a Supreme Colurt appointed committee. A year and a half later, all 28 Corporation night shelters in the city are run by various NGOs. For the over 11,000 homeless persons in the city, the shelters are also their only source of food.

The shelter at Dooming Kuppam, at the end of a long, winding lane, is bright and sunny. Run by The Banyan, it does several things - it caters to homeless mentally ill men who are fulltime residents and also operated men VGrlici are fulltime residents and also operates a night shelter for men who work but need a place to spend the night. "We also run a soup kitchen every day, wreeiTa free hot meal is provided to those who want it. Around 15 homeless people use this daily," said Mrinalini Ravi, programme associate.

In addition, every day, volunteers go out into the community for 'street engagement'. "This involves going out in a 5 km radius going out in a 5 km radius and distributing food to the homeless. The idea is to let them know that they're not alone. If they want to, they can come access our services. If not, that's fine too," said Ms. Ravi.

On a Wednesday morning, most of the residents are involved in day-care activities, with cards and drawing. Some are still napping, while those who are employed have left for work. Most of 30 odd fulltime residents are young men the average age here is 32. And many are from outside the city. Pradeep,* for instance, is from Kerala. "When can I go back home," he kept asking "His family does not want to take him back so we are trying to find an NGO in Kerala that can help him," Ms. Ravi said.

Every week, a psychiatrist, Kishore Kumar K.V. sees the men, rid-reviews-their medication. The costs of the medication are borne by the Corporation. Once treatment has been given and their condition im proves, the shelter attempts to rehabilitate them, either with their families or independently.

Rehabilitation is key to the process - at another Corporation shelter run out of the Communicable Disease Hospital in Tondiarpet, 67 men and 65 women have so far been united with their families. The shelter, run by the NGO Anbagam, has taken in a total of 254 mentally ill men and women, its founder trustee Mohamed Rafi said.

From the Corporation's end, the project has worked very well, a senior official said. In March, the civic body announced the identification of rented premises for 40 more shelters. "We have 28 now, with two more nearly ready. With the 40 proposed shelters, the total number will be 70, which is the minimum number required for the city. We have planned to rope in NGOs to run the 40 new shelters as well," he said.

Courtesy : The Hindu

தாயைத் துன்புறுத்தல்

வீட்டு வாடகை பணம் ரூ.50 லட்சம், 37 சவரன் நகையை அபகரித்து கொண்டு மருமகளுடன் சேர்ந்து துன்புறுத்தும் மகன் மீது நடவடிக்கை எடுக்கும்படி கோரி கலெக்டர் சுந்தரவல்லியிடம், தாய் ஞானம்மாள் மனு அளித்துள்ளார்.

கொருக்குபேட்டை நாகப்பன் தெருவில் கணவருடன் வசித்து வருகிறேன். 68 வயதான எனக்கு இரண்டு மகன்கள், இரண்டு மகள்கள். இளைய மகன் இறந்து விட்டான். மகள்கள் இருவருக்கும் திருமணம் ஆகிவிட்டது. எனக்கு சொந்தமாக வீடு உள்ளது. எனது மூத்த மகன் ஹேமபூஷணம், வேலை ஏதும் இன்றி ஊர்சுற்றுகிறான். எனது கணவர், அவனுக்கு சொந்தமாக தொழில் துவங்க பணம் கொடுத்தார். அந்த பணத்தை வீணடித்துவிட்டு தற்போது எங்களை துன்புறுத்தி வருகிறான்.

கடந்த 14 வருடமாக வீடு மூலம் கிடைக்கும்

வாடகை பணத்தையும் எனக்கு வரும் ஓய்வூதியத்தையும் மகனும், மருமகளும் சேர்ந்து அனுபவிக்கின்றனர். எனது முதுமையை பயன்படுத்தி, எனது சொத்துக்களை அவனது மகன்கள் பெயருக்கு மாற்றி எழுதினேன். பின்னர், அதை நான் ரத்து செய்து விட்டேன். இது வரை கிடைத்த வாடகை பணம் ரூ.50 லட்சம் மற்றும் 37 சவரன் நகையை அபகரித்துள்ளான். தினமும் குடித்து விட்டு போதையில் எங்களை துன்புறுத்துகிறான். இது குறித்து காவல்நிலையத்தில் புகார் அளித்தும் எந்த கடவடிக்கை எடுக்காமல், என்னை நீதிமன்றத்துக்கு செல்லும்படி கூறுகின்றனர். இதனால் மிகுந்த மன உளைச்சலுக்கு ஆளாகியுள்ளேன். எனவே, என்னை துன்புறுத்தி என்னுடைய பணம் மற்றும் நகைகளை பறித்த மகன் மீது உடனடியாக நடவடிக்கை எடுக்க வேண்டும்.

Parliament of Older Persons

With just 53 per cent of its members under the age of 55, the 16th Lok Sabha will be India's oldest ever. Parliament has been growing steadily older over time, data compiled by PRS Legislative Research and shared with *The Hindu*, shows. Just 71 new MPs are under the age of 40 and another 216 are under the age of 55. The first two Lok Sabhas had the highest proportion of MPs under the age of 40, PRS data shows, rising up to nearly a third of the House. That proportion has fallen continuously and is now, at 13 per cent, the lowest it has ever been.

In contrast, over 50 per cent of India is under the age of 25 and over 65 per cent under the age of 35, Census 2011 data shows.

The Bharatiya Janata Party's L.K. Advani is India's Oldest MP at 86. Congress MPs are on average three years older than the average BJP MP, who is 54. The party's leader, Narendra Modi, who will be Prime Minister, is 63.

Educational, professional profile

The educational profile of candidates has been improving substantially with time, and members in the new Parliament are nearly as well educated as the outgoing one. The proportion of under-matriculantes and matriculantes is at 23 per cent, slightly higher than in the outgoing house, and the proportion of graduates and postgraduates slightly lower.

Agriculture remains the most popular profession of parliamentarians, with 27 per cent engaged in agriculture. "Politics and/or social service," the category under which Mr. Modi and the Congress leader Rahul Gandhi list themselves, is the next most popular at 24 per cent. Another 20 per cent list themselves as business persons. The new House has 38 lawyers, 24 doctors and 18 artists.

Women MPs

As *The Hindu* reported exclusively on Saturday, this Lok Sabha will have the highest proportion of women in history, even though the figure is just 11.3 per cent. rukmini.shrinivasan@thehindu.co.in ❖

Courtesy : The Hindu

Homage

Former director of the Indira Gandhi Centre for Atomic Research (IGCAR) N. Srinivasan passed away in Chennai, at the age of 84. He had suffered a cardiac arrest. Mr. Srinivasan, who was awarded the Padma Bhushan in 2000, joined the department of atomic energy in 1953. He was responsible for the design of the plutonium plant at Trombay and also established indigenous technologies to reprocess spent fuels from thermal reactors. He was the first project director at IGCAR. From 1982 to 1987, he served as the chief executive of Nuclear Fuels Complex and member of the Atomic Energy Commission. ❖

Thiru N. Jagannathan, LM-117, a very active and enthusiastic centenarian, AD/Govt. Press (Retd.) passed away on 26.02.14. It was a hit and run case by a van near Anna Nagar Golden Colony. He was a vivid reader, writer and a musician. He is survived by 2 sons and a daughter. Our heartfelt condolence to the bereaved family ❖

புதிய மருத்துவ காப்பீடு

சென்னை கலெக்டர் அலுவலகம் வெளியிட்ட அறிக்கை : ஓய்வூதியர் மற்றும் குடும்ப ஓய்வூதியர்களுக்கான மருத்துவ காப்பீட்டு திட்டம் ஜூலை 1ம் தேதி முதல் நடைமுறைப்படுத்தப்பட உள்ளது. எனவே, இத்திட்டத்தினை செயல்படுத்துவதற்காக ஓய்வூதியர், குடும்ப ஓய்வூதியர்களின் விவரங்களை பெற வேண்டியுள்ளது. இதற்கான படிவங்கள் ஓய்வூதியம் வழங்கும் அலுவலகம், அனைத்து கருவூலங்கள், பொதுத்துறை வங்கிகள் மூலம் ஓய்வூதியர், குடும்ப ஓய்வூதியர்களுக்கு வழங்கப்படும்.

பூர்த்தி செய்யப்பட்ட படிவங்களை, புகைப்படம் மற்றும் துணைவரின் பிறந்த தேதியை உறுதி செய்யும் ஆவண நகலுடன் தொடர்புடைய ஓய்வூதியம் வழங்கும் அலுவலகம், கருவூலம், பொதுத்துறை வங்கியில் நேரடியாகவோ அல்லது பிற நபர் மூலமோ ஜூன் 30ம் தேதிக்குள் கொடுக்க வேண்டும்.

இந்த படிவங்களை நகல் எடுத்து ஓய்வூதியம் வழங்கும் அலுவலரின் கையெழுத்து பெற்று வைத்து கொள்ள வேண்டும். ஓய்வூதிய விவரப் படிவங்களை உரிய ஆவணங்களுடன் ஏற்கனவே நேர்காணலின் போது சமர்ப்பித்தவர்கள் மீண்டும் அதே படிவத்தை கொடுக்க தேவையில்லை. மேலும், இதுவரை நேர்காணலுக்கு செல்லாதவர்கள் www.tn.gov.in அல்லது www.karuvoolam.in என்ற இணையதளம் மூலம் விண்ணப்ப படிவத்தை பதிவிறக்கம் செய்து கொள்ளலாம். மேற்கண்ட தகவலை ஓய்வூதியம் வழங்கும் அலுவலர் கே.டி. குணசேகரன் தெரிவித்துள்ளார். ❖

நன்றி : தினகரன்

விழிப்புணர்வு பயிலரங்கம்

தி.நகர், மனித உரிமை கழகம் சார்பாக ஒவ்வொரு ஞாயிற்றுக்கிழமையும் இலவச சட்ட விழிப்புணர்வு பயிலரங்கம் நடத்தப்படுகிறது. இதில் மனித உரிமைகள், தகவல் பெறும் உரிமை, கல்வி பெறும் உரிமை நுகர்வோர் பாதுகாப்புச் சட்டம், தொழிலாளர் சட்டம், ஊழல் ஒழிப்பு போன்ற தகவல்கள் சொல்லித் தரப்படுகிறது. சட்ட உதவி தேவைப்படுவோருக்கு இலவசமாக அதற்கான ஏற்பாடுகள் செய்து தரப்படுகிறது. பயிலரங்கு நடைபெறும் நேரம் காலை 9 மணி முதல் மதியம் 1 மணி வரை, தொடர்புக்கு : அறை எண்.113, முதல் தளம், சிடி.நாயகம் மேல்நிலைப் பள்ளி, வெங்கட் நாராயணா ரோடு, தி. நகர், சென்னை - 17. ❖

நன்றி : தினகரன் மாம்பலம், கதம்பம்

Birthdays : July

Wishing you a Cheerful, Peaceful and Prosperous Life

Sl. No.	D.O.B	Memb No.	Name
1.	01-07-1925	LM 809	Thiru S. Rangunathan
2.	01-07-1939	LM 660	Thiru S. Prabhakaran
3.	01-07-1940	LM 18	Thiru S.K. Vasudevan
4.	02-07-1939	LM 669	Thiru V.A. Balasurbamanian
5.	04-07-1938	LM 681	Thiru M. Balaraman
6.	04-07-1939	LM 352	Thiru A.C. Kandaswamy
7.	04-07-1952	LM 800	Tmt. S. Baby Parimala
8.	05-07-1939	LM 783	Thiru V. Shanmugam
9.	06-07-1939	LM 60	Thiru L.V. Rajarethinam
10.	10-07-1951	LM 563	Dr. Shankar Sankaran
11.	10-07-1941	LM 675	Thiru M. Pandey
12.	10-07-1946	JSL 817	Thiru K.R. Navaneethakrishnan
13.	11-07-1929	AM 593	Thiru N. Balakrishna Rao
14.	14-07-1930	LM 808	Thiru S. Rajaram
15.	15-07-1955	LM 767	Thiru Vir Prakash Jain
16.	15-07-1955	LM 587	Thiru S. Viswanathan
17.	15-07-1940	LM 785	Thiru V. Gnanasambandam
18.	15-07-1946	LM 562	Dr. T.V. Govindan
19.	15-07-1946	LM 495	Dr. A. Sanjeeva Rao
20.	16-07-1940	LM 501	Thiru C.G. Easwaran
21.	16-07-1942	LM 780	Thiru G. Guruswamy
22.	16-07-1948	LM 663	Thiru S. Ramani
23.	17-07-1950	LM 814	Tmt. P. Lilly
24.	19-07-1931	LM 784	Tmt. M. Janakam
25.	18-07-1936	LM 211	Thiru M. Kuppusami
26.	19-07-1939	LM 661	Thiru C.V. Murugesan
27.	20-07-1946	AM 447	Thiru S.K. Janardenon
28.	20-07-1924	LM 539	Prof. Dr. S. Ramasamy
29.	20-07-1939	LM 772	Thiru W.I. Davaram, I.P.S.
30.	22-07-1945	LM 674	Thiru E. Swaminathan
31.	27-07-1945	LM 682	Prof. Dr. V. Chockalingam
32.	25-07-1931	LM 778	Er. M. Mathinulla Khan
33.	29-07-1925	LM 746	P. Thiruvengadam
34.	30-07-1937	LM 21	Dr. M.S. Amaresan

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1. Thiru Prakash H. Lulla AM 41

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*Note : AM/LM = Annual / Life Member JSL = Journal Subscriber Life
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National / International Days - July

- | | | |
|--------|------------------------------------|-----|
| 01.07. | (Doctor's Day) World Health Day | (I) |
| 01.07. | State Bank of India Foundation Day | (N) |
| 11.07. | World Population Day | (I) |
| 26.07. | Kargil Memorial Day | (N) |

Note : N = National I = International

Mail Box

Thiru I.S. Bawa, Secretary General, InFA, President Indian Federation on Ageing, Mumbai writes :

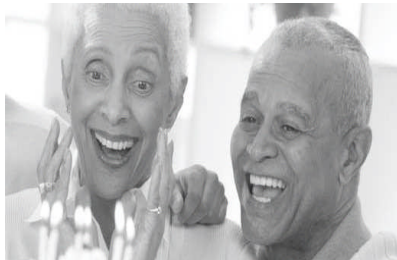
Dear Captain Sir,

Greetings to you all Stalwarts from me and all members of Governing Council of InFA. As a mark of our Gratitude for your personal Dedication & Love for InFa during its lean period and staying with us when we needed you most, InFA decided to honour you all with a 9 Local Affiliates in our Silver Jubilee Function held on 14th December, 2013 at NAB Hall Worli, Mumbai, which was held in Grand Style with Chief Guest Mr. M.N. Singh, Former Police Commissioner, Mumbai.

A copy of Souvenir containing 124 pages bringing out the activities of our Federation right from 1st Ever IFA Global Conference, on Ageing till date with photos & Articles of Interest from various Good Authors is enclosed. The beautiful Metallized Trophy an InFA recognition and honouring you our Steadfast Affiliates is also enclosed. These Souvenir & Trophies are sent by Professional Courier.

Kindly acknowledge receipt.

Editor : Thank you Sir, for the honour bestowed. With regards and best wishes, Season's Greeting ❖



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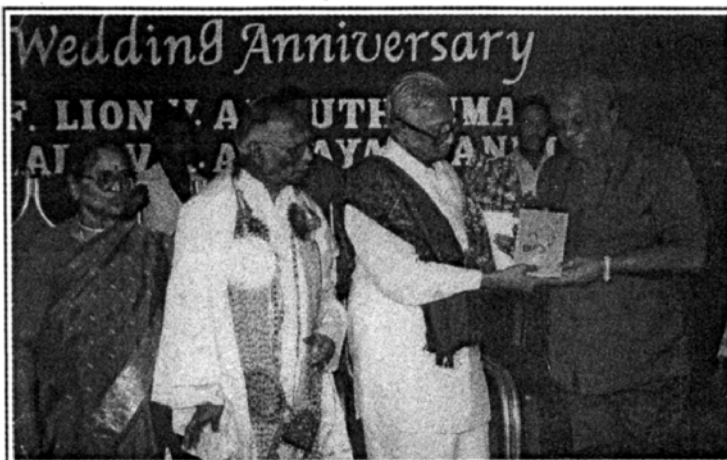
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கண்ணோட்டம் இல்லாத கண்” (குறள்)

Mr. V. Amruthkumar is golden hearted, cool headed and sweet tempered person known for humanity, humility, hospitality and modesty. One in Millions. No enemy so far to him - Sri P Obul Reddy

Mr. Amruthkumar is such a dynamic, lovable, affectionate and sincere person. But for Amruthkumar. I am doubtful whether Gourmet Group would have existed in our Cosmopolitan Club - Sri R. Gandhi

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MISSION

- **To** give back to Society something in return of all that it has done for us, and exemplifying it through our commitment to serve.
- **To** put to use the wealth of our collective wisdom and experience by providing free information and guidance to various sections of society.
- **To** sensitise the community, especially the Youth, about the social ethics and value systems of our Society, especially in the care of the Aged, and inculcate the philosophy of Humanism.
- **To** promote the Joy of fellowship and bonding, as a means to develop unselfish love for one's fellowmen.
- **To** promote the well-being of the Elderly in body, mind and spirit.

VISION

- **To** raise and pool resources for the economic, physical and mental welfare of the Elderly.
- **To** highlight the worldwide movement on Ageing and its objectives and programmes, and seek to promote the well-being of the Elders through the agency of the State and of Society.
- **To** promote community projects at all levels for the care of the Aged.
- **To** Publicise the rights of the Elder Citizens and the means of securing them, and their duties and obligations to Society.
- **To** ensure to the Aged their legitimate share in all spheres of life, enabling them to live with dignity and respect instead of merely subsisting on sympathy.

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