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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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CORPORATE SOCIAL RESPONSIBILITY - A BOON TO THE AGE CARE MOVEMENT

**[TO BE PUBLISHED IN THE GAZETTE OF
INDIA, EXTRAORDINARY, PART II, SECTION
3, SUB-SECTION (I)]**

**Government of India
Ministry of Corporate Affairs**

Notification

New Delhi, dated the 17th, February 2014

G.S.R. _____ (E). - In exercise of the powers conferred by sub-section (I) of section 467 of the Companies Act, 2013 (18 of 2013), the Central Government hereby makes the following amendments of Schedule VII of the said Act, namely :

(1) In Schedule VII, for items (i) to (x) and the entries relating thereto, the following items and entries shall be substituted, namely :-

“(i) eradicating hunger, poverty and malnutrition, promoting preventive health care and sanitation and making available safe drinking water;

(ii) promoting education, including special education and employment enhancing vocation skills especially among children, women, elderly, and the differently abled and livelihood enhancement projects;

(iv) ensuring environmental sustainability, ecological balance, protection of flora and fauna, animal welfare, agroforestry, conservation of natural resources and maintaining quality of soil, air and water,

(v) protection of national heritage, art and culture including restoration of buildings and sites of historical importance and works of art; setting up public libraries; promotion and development of traditional arts and handicrafts;

(vi) measures for the benefit of armed forces veterans, war widows and their dependents;

(vii) training to promote rural sports, nationally recognised sports, paralympic sports and Olympic sports;

(viii) contribution to the Prime Minister's National Relief Fund or any other fund set up by the Central Government for socio-economic development and relief and welfare of the Scheduled Castes, the Scheduled Tribes, other backward classes, minorities and women;

(ix) contributions or funds provided to technology located within academic institutions which are approved by the Central Government;

(x) rural development projects”.

2. This notification shall come into force with effect 1st April, 2014.

File Number 1/15/2013-CL-V

sd/-

(Renuka Kumar)

Joint Secretary to the
Government of India

“THANKS TO HELPAGE INDIA AND GOI”

Invitation

156th 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

"FALLS"

by

Dr. Lakshmipathy Ramesh, MD,
Head, Geriatric Department, Kauvery Hospital**Date & Time :** March 23, 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 :**
Mr. Prakash H Lulla
(Vice-Chairman, Senior Citizens Bureau)**All are welcome.****Lakshmi Narayanan**
DGM / Kauvery Hospital**Note : BMD Test is Arranged****News from our Networking Associates**

Probus Club of Chennai Jointly With Harmony, Ahmadabad is conducting a Free Hearing Check Camp, on Sat, March 29, between 9am and 5 pm at Shri K K Bhat Clinic, Lloyds Rd, Opposite The Indian Officers Assn, Chennai-4. For details please Contact 9841022270. ❖

FOSWL India, Chennai Anna Nagar, invites you for its monthly meeting at 5pm. On Sunday, 23-03-14, at Dr.Sunderavadanan High School, 1st Main Road, Shenoy Nagar, Chennai-30. Dr. Prof. Sarma, RVSND, MD: FRCP, speaks on the topic "TEN COMENDMENTS IN BHAGAVADGITA". ❖

The Kilpauk Residents Welfare Assn. conducted the yearly clean Kilpauk for the 26th Year in Succession. Shri Arum Dayalan, Dy. Regional Commisioner, IAS, Corporation of Chennai. Zonal Officer Mr. Elangovan and Executive Engineer Vijay Kumar inaugurated the week camoain on 15.2.14. The validitory day 22.2.14 all the conservancy staff, lorry loaders, and supervisory staff will be served high tea ND honoured at the Kothari Academy for Women, Kilpauk. ❖

A Health Care event will take place as a seminar of 2 days by the Dignity Foundation regarding Latest Developments and Preventive Care on Deseases at the Stella Marris College on 13.12.14. The first day for Allopathic and second day for Alternative Medicine. ❖

Recommendations of the Parliamentary Standing Committee

A parliamentary committee has recommended that retirement age should be increased from 60 years to 65 years, citing the increase in ageing population and their productivity.

In its report tabled in Lok Sabha today, the committee also advocated a host of benefits to the geriatric population, including upping their income tax exemption limit and setting up of super-speciality hospitals in all states exclusively for them. The committee would like the Ministry (Social Justice and Empowerment) to seriously consider the various options which would include reviewing the age of retirement, re-employment opportunities for the retired persons... and setting up a Directorate of Employment and Rehabilitation for Senior Citizens," it said. It asked the government to look at the continuity of employment up to 65 years of age. The Standing Committee headed by Hemanand Biswal noted that the population of senior citizens is expected to rise to 12.4 per cent by 2026 against 7.5 per cent in 2001 and the numbers of those above 60 and 80 years of age would see a whopping increase of 326 per cent and 700 per cent respectively by 2050. The senior citizens should get a pension of at least Rs 1,000 per month, it said, adding that the criteria for it may be universalised for all non-income tax payers. It has also reiterated its earlier recommendation that old-age homes be set up in all districts of the country. It has urged the Finance Ministry to periodically raise income tax exemption keeping in view the increasing cost of living and prohibitive cost of healthcare for senior citizens. The committee also recommended that the government should try to adopt best practices from the Scandinavian countries, which are noted for their welfare facilities for the elderly population. ❖

Courtesy : **Economic Times**

Senior Citizens Bureau - 155th Programme on 16.02.2014

CARDIAC HEALTH



A view of the Dais



A section of the audience

A special programme on “CARDIAC HEALTH” was held on Sunday 16 -02-2014 at the Kauvery Hospital Chennai- 18. Prakash H Lulla welcomes the chief guest Shri Dr. K. G. Sundar Kumar and Dr Lakshmiopathy Ramesh and Members of the SCB. There seemed camaraderie and love and gratitude after the valentine day's celebrations. Dr. K. G. Sundar kumar, Senior Consultant Cardiology Kauvery Hospital very simply explained that the heart is a pumping organ. Impure blood from all parts of the body brought into heart on it right side i.e. into right auricle. From right auricle blood enters the right ventricle through valves. Purified blood from lungs brought back into heart on its right side i.e. Left auricle. From left auricle blood enters the left ventricle through values. The values allow the blood to pass on one direction only it does not allow the blood flow backward. From the left ventricle of the heart blood is pumped up to all parts of the body through aorta. In case if valves are damaged they can be changed. In case if obstruction in the artery tubes due to fatty deposits and pressure these were cleared by primary angioplasty. These obstructions could cause fatigue, sweating dispenses, chest pain and vomiting. Due to high cholesterol levels and bad life styles. Alcohol and stress also being factors. In India these problems were 4 times greater than the west. He advised to keep the BP at 140/90 and range sugar levels at 110(fast) 140 (2hrs) and HDL at 40 and LDL below100 levels. In case being diagnosed as diabetic or hypertension to take medication daily and not to stop at all without medical advice. He advised not to take fatty, unsaturated foods as age advances simple regimen of walking briskly for 45 minutes at least 5 to 6 days week should be

adequate. One should have a positive outlook and meditate to reduce stress levels. He advised that at least 6 to 7 hrs of good sleep at night is needed. Dr. Sundar kumar's brotherly simple way of coming across was the need of the hour and he's greatly appreciated as the angel of god. Prakaash H Lulla, LakshmiNarayaan, Pannerselvam, Dr. Nirmala, Poonthalir helped in the arrangements. Dr. P. S. Rajam once again provided with packed lunch to members. The next programme on the topic, “FALLS” will be on 23march 2014 Sunday at 10.30 at Kauvery Hospital by Dr.Lakshmiopathy Ramesh. ❖

- PHL

EC meeting for the month of February 2014

was held on 16.2.14 at 11.45am, at Kauvery Hospital Chennai 18. Prakash H Lulla welcomed the members and felt that the cheerful presence of shri Dr singaraja was felt even in absence. All members wished the chairman good health and vigor at his sons place at Dubai. Mr. Lakshmi narayanan read out the list of happy birthday borns in feb. He also thanked the donors and the list of new members added. All members appreciated the feb issue of linkage for it was very informative. On being asked what other topics needed to be discusses at health programmes some felt that ENT and ortho problems can be taken up. It was announced that on Sunday 23rd March 2014 Dr. Lakshmiopathy would like to give a healthy talk on falls and its problems. Dr Nirmala was congratulated for continuing to meet at the office each week to check up on post, emails and other communications along with Selvi. Poonthalir. Dr Nirmala proposed the vote of thanks. ❖

- PHL

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Birthdays : March

Wishing you a Cheerful, Peaceful and Prosperous Life

| Sl. No. | D.O.B | Memb No. | Name |
|---------|------------|----------|-------------------------------|
| 1. | 02-03-1938 | LM 587 | Thiru K.V.K. Ramakrishnan |
| 2. | 03-03-1935 | JSL 167 | Thiru Govinda Swamy .R |
| 3. | 06-03-1931 | LM 461 | Thiru K. Ponnuswamy |
| 4. | 08-03-1947 | LM 460 | Er. S. Arumugam |
| 5. | 09-03-1936 | LM 850 | Thiru Philipose .N.K |
| 6. | 09-03-1949 | LM 159 | Thiru V. Rajagopal |
| 7. | 10-03-1944 | LM 679 | Thiru R. Balasubramanian |
| 8. | 13-03-1943 | LM 543 | Thiru R. Muthuchidambaram |
| 9. | 13-08-1933 | LM 07 | Thiru R. Venkatesan |
| 10. | 14-03-1935 | AM 464 | Thiru S. Jagadeesan |
| 11. | 14-03-1935 | LM 72 | Dr. P. Krishnamoorthy |
| 12. | 16-03-1925 | LM 425 | Thiru S.S. Venkataraman |
| 13. | 18-03-1936 | LM 473 | Er. V. Jayaraman |
| 14. | 20-03-1954 | LM 196 | Thiru M.K. Balasubramanian |
| 15. | 20-03-1954 | LM 804 | Thiru R. Kalaiselvan |
| 16. | 22-03-1952 | LM 690 | Er. B. Mannar |
| 17. | 22-03-1954 | LM 281 | Thiru M. Sridhar |
| 18. | 23-03-1933 | LM 799 | Capt. N.A. Ameer Ali |
| 19. | 23-03-1940 | LM 803 | Thiru K.P. Chandran |
| 20. | 24-03-1933 | LM 607 | Thiru M. Arumugam |
| 21. | 30-03-1918 | LM 149 | Dr. A. Mannarkrishnan |
| 22. | 31-03-1969 | JSL 849 | Thiru Bharath Singh .K.B |
| 23. | 31-03-1932 | LM 615 | Thiru A.R. Janarthanam |
| 24. | 31-03-1918 | LM 009 | Dr. T.S. Kanaka |
| 25. | 31-03-1919 | JSL 753 | Thiru Vasagam .L.M, IAS |

Your liberal contribution to Sunshine Fund is solicited

Additions

LM : 859 Ph : 09150565956 DOB : 23-08-1952
Thiru K.P. Rajendra Raja,
105-E, Muthusamy Pillai Street,
T.P. Mills Road,
Rajapalayam - 626 117.

Changes

LM : 131 Ph : 09790708624 DOB :
Thiru M. Chandrasekaran,
A-1, Chitra Apartments,
Dr. Ambedkar Salai,
Nanmangalam, Chennai - 600 129.

Welcome to Our Family Fold

I. NEW MEMBER

1. Thiru K.P. Rajendra Raja LM 859

II. CONVERSION AM to LM

1. Thiru M. Chandrasekaran LM 131

Acknowledgment

Thanks a lot & God Bless You

I. Sunshine Fund

1 Thiru A. Joseph Cinvent LM : 305 ₹ 500/-
2 Thiru A.R. Janarthanam LM : 615 ₹ 100/-

II. Donation

1 Dr. SSR Foundation for LM : 597 ₹ 2,500/-
Education and Social Welfare

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

National / International Days March

| | | |
|------|--|-----|
| 4th | National Safety Day | (N) |
| 8th | International Women's Day | (I) |
| 9th | World Kidney Day | (I) |
| 12th | Central Industrial Security Force (CISF) Foundation Day | (N) |
| 14th | World Consumer Day | (I) |
| 18th | Ordance Day | (N) |
| 20th | World Disabled Day | (I) |
| 21st | World Forestry Day | (I) |
| 22nd | World Water Day | (I) |
| 23rd | Bhagat Singh Sukhdev & Rajguru's Martydam | (N) |
| 24th | World TB Day (Tuberculosis) | (I) |
| 24th | Rural Postal Life Insurance Day | (N) |
| 27th | World Theatre Day | (I) |

Note : N = National I = International

**LET US EMPOWER THE WOMEN - OUR
MOTHERS, BETTER HALVES AND
SISTERS - TOTAL 50% OF THE
POPULATION. HERE IS AN
OPPORTUNITY FOR THE POLITICAL
PARTIES TO NOMINATE WOMEN AT
LEAST 33% OF THEIR CANDIDATES.
WILL THEY DO WHAT THEY SPEAK?**