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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**



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VOICE OF THE VETERAN

Capt. Dr. M. SINGARAJA, SM

*A special issue of
"LinkAge" on the occasion of
WORLD ELDERS DAY 2014*

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DR. K. ROSAIAH

His Excellency The Governor of Tamil Nadu

PROGRAMME

- Invocation : Tamil Thai Vazhthu
- Welcome Address : **Dr. A. Nirmala**
Principal & Secretary, Ethiraj College
- Presidential Address : **Thiru V.M. Muralidharan**
Chairman, Ethiraj College Trust
- Thematic Address : **Capt. Dr. M. Singaraja, SM**
Chairman, Senior Citizens Bureau
- Releasing of Special Issue of
"Link Age", Presenting the
"SCB Awards of Excellence",
Launching of Web Site
"Happy Days" and Chief
Guest Address : **His Excellency Dr. K. ROSAIAH,**
Hon'ble Governor of Tamil Nadu
- Vote of Thanks : **Thiru S. Jayakumar**
Secretary General, Senior Citizens Bureau
- National Anthem



NSS, ETHIRAJ COLLEGE FOR WOMEN
(Autonomous)

70, Ethiraj salai, Egmore, Chennai - 600 008.



and

SENIOR CITIZENS BUREAU

90, Rama Street, Nungambakkam, Chennai - 34.

Cordially invite you to observe the Commemoration of

WORLD ELDERS DAY - 2014

DR. K. ROSAIAH

His Excellency The Governor of Tamil Nadu

has kindly consented to be the Chief Guest

on Saturday, the 4th October 2014, at 11.30 a.m.

at Ethiraj College Auditorium

Thiru V.M. MURALIDHARAN

Chairman, Ethiraj College Trust

will preside over the function

Capt. Dr. M. SINGARAJA, SM

Chairman, Senior Citizens Bureau

will deliver the Thematic address

Programme overleaf



Committed to serve

SENIOR CITIZENS BUREAU

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.



Bestow unconditional love



Committed to serve

SENIOR CITIZENS BUREAU

(Estd. 3/1996 & Reg. #. 370/2002)

(A free information and guidance centre for service and advocacy to all age groups)

R.O. : 90 (93), Rama (Naicken) Street, Nungambakkam,

Chennai - 600 034. Ph : 044 2823 1388

E-mail : singaraja@gmail.com



Bestow unconditional love



Capt. Dr. M. SINGARAJA, SM,
Chairman and Editor, Link Age

FOREWORD

We are honoured and privileged to have DR. K. ROSAIAH, His Excellency The Governor of Tamil Nadu as the Chief Guest, to commemorate (WED)World Elders Day2014, (IDOP - International Day Of Older Persons), on Oct 4, 2014, partnering with NSS, Ethiraj College for Women. The commitment of Ethiraj College to promote Inter-generation Bonding and Social Development is commendable.

The theme declared by UNO for IDOP2014 is "*Leaving no one behind : Promoting a society for all*". United Nations Dept. of Economic and Social Affairs (UNDESA) - Division of Social Policy and Development states that "Demography Matters and Population Dynamics" will shape the Development changes in the 21st Century. Commemoration of this day is held all over the world to address the challenges and issues of the population over 60. Senior Citizens Bureau is committed to carry forward its well defined "Mission and Vision" right from its inception in 1996. The name of the organization was then 'Citizens Advice Bureau'. Its prime objective continues to provide 'Free service and advocacy to all age groups'.

Our registered monthly Journal "LinkAge" serves as a platform to bring together all stake holders for the cause of the Age Care towards the Society for All Ages. As its Editor, I have voiced the concerns and problems of the community from its founding days in 2004. I have compiled some of the Editorials from 2008 to 2014, in this special issue, to commemorate IDOP 2014 (WED2014).

My exposure to all strata of the society from child hood to old age (78) and deep social activism have given me the opportunities to share what I have learnt. I hope that my voice in this effort will be heard and some purpose will be served.

I dedicate this book "Voice of the Veteran" to Major General Aban Naidu, PVSM, AVSM, M-in-D, Founding Chairman and Chairman Emeritus, Senior Citizens Bureau and to Thiru R Venkatesan, IA&AS, Former Convenor and Advisory Committee Member, Senior citizens Bureau. I am happy to reproduce their 'Foreword' and 'Preface' respectively, from the the very first book published in Sep 2006.

I am proud and happy to express my gratitude to DR. K. ROSAIAH, His Excellency The Governor of Tamil Nadu for releasing "*Voice of the Veteran*" on this memorable day. ❖



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Capt. Dr. M. SINGARAJA, SM,

SENIOR CITIZENS BUREAU

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Committed to serve

CITIZENS ADVICE BUREAU

(A free Guidance | Information Centre by Sr. Citizens for all age groups)

Set up by Probus Club of Madras
in association with other Probus Clubs and West Madras Sr. Citizens Assn.



Maj. Gen. ABAN NAIDU, PVSMA, AVSMA
CHAIRMAN

"BLESSINGTON"
No.4, 4th Cross,
Sylvan Lodge Colony,
Kilpauk, Madras - 600 010.

FOREWORD

(September 1996)

Citizens Advice Bureau was initially initiated and designated Madras CitizensAdvice Bureau, primarily to render guidance and information, within the limits of Metropolitan City of Madras. Since then many requests have poured in from all parts of Tamil Nadu. With a view to give the Bureau, a broad base and not confine itself to Madras alone, but to Tamil Nadu in general and subsequently to render services on an all India basis, the name Madras has been deleted.

This book is likely to be of a permanent/semi permanent nature which is now due for print, and - "**A change in the designation now at the beginning is better than a change midstream.**"

CitizensAdvice Bureau, a free Guidance / Information Centre by Senior Citizens for all age groups, is an organisation set-up, to address the pressing problems of weaker sections and take remedial measures, in order that the Elderly, the Pensioned, the Retired and the Senior Citizen may spend the evening of their lives in Honour, Dignity, Happiness, Peace, and Prosperity. With this in view this book has been designed in a somewhat comprehensive manner, to assist effectively Office Bearers, Secretaries of Social Welfare Departments and Others involved in rendering Service to the elderly, with details of:-

- | | |
|------------------------|--|
| (a) Organisation | (d) List of Advisers / Specialists
of various Social Welfare Depts. |
| (b) Guidelines | (e) Other important details to serve
as ready reckoner |
| (c) Rules of Procedure | |

From time to time changes in Office Bearers, Secretaries and Advisers/Specialists would be inevitable. It is therefore necessary that all information must be kept updated in order to avoid confusion and delays.

This is a voluntary organisation and I thank all those who have opted to serve as Office Bearers, Secretaries of Social Welfare Departments and Members of Managing Committee. I am particularly thankful, and indeed indebted to all the Specialists/ Advisors on our panel who have volunteered and consented to render valuable advice, to those in need, free of charge. I believe this book will be useful in the discharge of various functions/responsibilities. The success of this philanthropic cause will largely depend on rendering dedicated, sincere and honest service. For information on Old Age Homes and other allied aspects, reference should be made to the Publication "**Focus on the Elderly**".

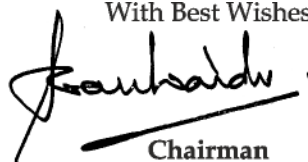
I wish to place on record my grateful thanks and gratitude to Mr. K. Subramanian, Chairman and Managing Director, Indian Overseas Bank for magnanimously and generously sponsoring the publication of this Book, without whose help this venture would have not been possible. Besides, I also thank Group Captain TVN Swamy, Assistant General Manager (Security) of IOB for his advice, help and encouragement in processing the publication.

To Mr. R. Venkatesan for his sincerity and mature advice and painstaking efforts in exploring and contacting Specialists/ Advisors to consent and volunteer to serve on our panel, Mr. M.S. Sivaramkrishna, Mr. N. Subramaniam, Dr.(Mrs.) Kamakshi Sundaram, Capt. M. Singa Raja and Mr. V. Jagannathan, for their strong support. My thanks also to Mr. A.P.S. Nair, Additional Joint Secretary for his co-operation, hard work and dedicated efforts in compiling various details and ensuring proper Staff Duties. My Compliments to Mr. M.K. Deenadayalan and Mr. L.M. Vasagam.

Last but not the least to Rtn. PHF. President M. Balaji for his encouragement, supportive assistance and keen interest he evinced in ensuring the success of this venture.

With this, I take pleasure in wishing the Bureau a rewarding and fruitful involvement in this noble and laudable cause. ❖

With Best Wishes



Chairman

Maj. Gen. Aban Naidu, PVSM, AVSM

CITIZENS ADVICE BUREAU

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(Sponsored by Rotary Club of Madras)

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PREFACE

(September 1996)

The institutions known as the Citizens' Advice Bureaus came into being in Britain during the Second World War, when bombing devastated the country and rendered many families, homeless overnight. It was a spontaneous response to a felt need, to advise the families on how to rehabilitate themselves. But when the war ended, it was found that the Bureaus had a continuing role to play, in a Welfare State with an ageing population, seeking advice on coping with the increasing complexities of life. And so the movement has thrived and grown in the U.K., with hundreds of Bureaus in London alone.

Large cities in this country like Madras are witnessing unprecedented, explosive growth, coinciding with vast changes in the economic scene. This has led to a growing, young, prosperous and highly mobile middle-class on the one hand, and to an increasing population of elders, widows and others who are left to fend for themselves in a rapidly changing environment without the help and support of their younger family members, who have moved away. They sorely need advice, information and support in solving various problems facing them and carrying on with their lives in reasonable serenity. At the same time, there is an increasing body of experienced citizens from various professions and businesses, who have retired from active life but wish to provide the benefit of their rich experience to the weaker sections of society. An institution like the Citizens' Advice Bureau is an ideal means of bringing the two groups together.

The idea of forming such a Bureau in Madras arose out of a thought-provoking address delivered by Maj. Gen. Aban Naidu PVSM, AVSM (Retd.), as Chief Guest at the celebration of the International Day of the Elderly on 1st October, 1995, by the Probus Club of Madras. A small group of elder citizens belonging to the Probus Clubs in Madras and the West Madras Senior Citizens' Association, imbued with the spirit of self-less service to society, have set up a Citizens' Advice Bureau for the first time in the City of Madras. Judging by the response received so far, the Bureau seems to fulfill a felt need and shows promise of growing into a big institution.

I wish the Citizens' Advice Bureau the Very Best in all its endeavours. ❖

President

R. VENKATESAN, IA & AS (Retd.)

**Probus Club of Madras
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HOW FAR IS THE LIGHT IN THE TUNNEL OF FEAR?

(September 2014)

Senior Citizens are soft targets for all. Their own children seize their assets. Their relatives, close associates murder them for jewellery and wealth. Domestic helpers, cheats in disguise, thieves rob away their possession. Every day such incidents are aplenty. All the offenders escape easily in the present day system. The older persons are dumb stricken with fear. After all who are these offenders? Are they not the children of our society? If so, the inadequate grooming by the parents and teachers, the changing atmosphere in the society, lack of ensuring tranquility and contentment by the Govt. are factors for the state of affairs. We have to necessarily transform them into simple disciplined moral life, waning them away from the influence of consumerism, money and power. Good governance at all levels will be the remedy.

There is no dearth of acts, rules and provisions in the constitution including the latest Maintenance Act. But the implimentation is very weak. Except for a few exemptions, the Govt. Depts, especially the Police, and its officers give the least priority and humiliate the Senior Citizens. The Older persons are dumped by their children, limbs of the society and the Govt.

The Senior Citizens want love, affection, respect and recognition. Nothing more. The senior Citizens must get organised and emowered themselves. The strong elder movement is the only answer. ❖

"ONE ACTION... ONE NATION... AGAINST ELDER ABUSE"

(August 2014)

Whether rich or poor, elite or ordinary, male or female, elder abuse is prevalent in all families, all walks of life in the society and in all Govt. departments. Only the degree of abuse varies, irrespective of the status, gender and place. Self abuse also is quite common. There is evidence flowing from every day life thru media, candid out breaks from the elderly and NGOs / VOs. There is a fear of more cruelty by family members and victimisation by Govt. machinery if the affected older persons come out openly. The performers of Elder Abuse sometimes are political leaders, reputed NGO heads, top citizens in

the society and Govt. The reasons are impatience, intolerance and ignorance of natural characteristic old age disabilities, glamorous life styles and materialistic wants of the youth.

The primary object of observing World Elder Abuse Awareness Day is to focus the attention of all stake holders to eradicate this evil. That is why UNO has designated June 15 in 2006 as World Elder Abuse Awareness Day and urging its member states to publicise this day emphatically thru a theme every year. The theme for this year is "One action... One nation...against elder abuse" . Unless there is a concerted effort at State level, the nation or the globe as a whole will be witnessing the manifestation of Elder Abuse in all its forms, verbal, physical, emotional, psychological, financial and social. So we need, one focused action by every family and each limb of Govt. nation wise against elder abuse. The society with utmost love, respect and dignity to older persons is considered a true prosperous and peaceful society. State must implement the Policy Acts and Rules strictly in full, observe World Elder Abuse Awareness Day and International Day of Older Persons. ❖

GLOBAL AGE FRIENDLY CITIES - A GLANCE OF WHO PROJECT

(July 2014)

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; by 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**.

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. ❖

CONGRATULATIONS - NARENDRA BAI

(June 2014)

With great pride and joy, we convey our warm greetings and compliments to Hon'ble PM of India, Thiru Narendra Damodardas Modi on his new assignment after his spectacular victory of NDA, in Lokh Saba election 2014. We wish him all success to transform India to the fore front in Democracy Ranking, Quality of life Index and Human Development Score from the current position of 72, 42 and 136 respectively, in global ranking. In this connection we appeal to him with a 10 point note as appended below for consideration and further action.

1) The Floods cause terrible havoc every now and then with loss of life, property and water, of millions worth. Rehabilitation is a mammoth task. Alternatively establish linkage of water ways and storage and demolish encroachments.

2) Build, operate and maintain (green) public transport and infrastructure free from dust and smoke. Encourage mass rapid transport and prohibit private transport within city. Renovate rail tracks and carriages. Provide equal facilities to all road users including pedestrians.

3) Ensure clean, fair and transparent single queue system everywhere, in public and private transaction. Maintain least time to

give good result with accountability for every employee, MLA, MP and Minister. Root out the corruption, black money and middle men, in delivery mechanism.

4) Restore independence, honesty and discipline in every phase of governance, viz., Judiciary, Police, Military, Para military and Administration to discharges their duties without fear or favour.

5) Implement judiciously all acts, rules and regulations. We have enough. Reward the best and punish the worst persons involved.

6) Instill honesty, morality, dedication, confidence and tolerance in all sections of the society. Make every citizen, group and organization realize social responsibility. Reap happiness, good will and equality (no gender bias).

7) Regulate the media, commerce, trade, business and industry including banking and financial markets, as social and people oriented, free from exploitation. Protect young entrepreneurs and small ventures.

8) Keep agriculture (60% rain fed) and rural economy at the top. Invoke rain with trees, forest and clean emission. Modernize and give live hood to village / rural industry. Arrest rural migration. Provide urban amenities in rural areas (PURA).

9) Decentralize all central departments other than Defence, Power, External Affairs, Communication, Rail, Air, and Water transport. State Autonomy must be primary objective with regional development at equal footing. Introduce RTI to Political parties, CBI, Judiciary and Commissions.

10) Attract and encourage new and young entrepreneurs with special zones for all spheres of their innovation, discovery, import substitutes and mass consumption at cheap rates. Provide perennial employment in projects such as inter connecting rivers, irrigating barren lands including deserts. They can convert waste to wealth. ❖

GOVERNANCE

(February 2014)

We are witnessing political conflicts, killings, lootings, struggles etc. almost all over the globe. Whether in power or not the majority of the political groups wield power by hook or crook. They keep their influential support groups, in tact, from tinstel, media, weaponry, business, industry, sports, games and smuggling Giants. This prevails irrespective of type of governance, whether monarchy, military or political (multi party or twin party).

The honest politics is rare. In spite of condemning the politics for its evils by thinkers, leaders, intellectuals, the political groups by and large hood wink the people with favouritism, freebies, unfair and illegal practices. They see the loyalty of such people remain with them. They conveniently rule over them by the optimum power whether political, money or muzzle. We see them dominating in media and every walk of life. They make the life of ordinary citizen miserable without the patronage of political party. They neither practice or preach, honesty, simplicity, morality, humanity and discipline. Those who don't toe line, are their born enemies. The politics has become an acknowledged and open industry and business.

This cannot go on for ever. It will be reversed. The society has to opt for honest and open governance. The days are not far off. This cannot remain in peak for ever. Change is inevitable. ❖

TRANSFORMATION

(January 2014)

Indian Engineers and Scientists excel 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. ❖

NOTHING IS IMPOSSIBLE

(December 2013)

We have limited resources of finance and manpower. We lack basic infrastructure, office staff and facilities but yet we deliver quality field work and journal "Link Age" month after month, to the benefit of our members and society. Work with simplicity, sincerity, service mind, utmost efficiency are yielding result. In commemoration of IDOP, you are witnessing Mega Geriatric Multi Speciality Health Camp, sensitising the youth & society on Inter-generation bonding with due respect and dignity to Senior Citizens, Get-together with TN Police on Safety & Security of Senior Citizens from September to November. Also you are aware of AGM cum Annual Conference, Seminar on Awareness against Elder Abuse and Annual Day Celebration of SCB & "Link Age" journal, taking place from June to August. We are going one step, up every year. It is acknowledged and appreciated by one and all. This demands thinking, planning, execution, sacrifice & commitment. But it is beyond the capacity of any one individual. It is achieved by good will and co-operation of Office bearers, EC members, Networking associates, Well wishers,

Supporters, Donors, Service providers, Elders, Media, Founding fathers, Friends, Relatives and Family members. My humble and hearty thanks, appreciation & salutation to one and all.

At the same time, sky is the limit to act & achieve our "Mission & Vision". There are older persons suffering from loneliness, stress, strain, lack of safety & lack of social, food, health and financial security. They are put up with one pain or the other and counting their days to eternal rest. There is no single quick solution for all the miseries. We cannot expect Govt. to resolve over night. Let us believe in our selves. We can do unitedly. Let us contribute our mite, in any form, money, labour, encouragement. Let us join together. ❖

A LONG WAY TO GO

(November 2013)

The Elder movement has picked up well, though not adequately in the past 2 decades. But still we have to go a long way. The family, society and the executive have to do a lot more to eradicate Elder Abuse and to protect the Older Persons with love, dignity and care. In spite of various measures promoted by UNO and agreement of member countries / Govts. including Indian since 1982, the challenges and issues are multiplying with population ageing. Most of the developed and developing countries particularly Federal Govt. of India and its states, have to pay serious attention to build a society for all ages. Security of nutritious food, health, finance and rights are still a farce. The executives have to move closer through their budget provisions, information, publicity and implementation.

GOT has been in fore front in Social Welfare schemes but has to learn a lot from Govts. of Delhi, HP, Madya Pradesh, Rajasthan, Maharashtra and Goa to realise the repository of older persons and to treat them with love, care, respect and dignity. There must be message of greetings in the eve of IDOP. Development measures must be visible in each of its dept. from PRI (Panchayat Raj Institution) level to top echelon. They have to stimulate the Print & Electronic media to restore simple and best family values. Let us hope for the best in future.

The Senior Citizen Forums, VOs and NGOs have to get united and empower themselves with unselfish long term goals. Their mission and vision must target the rural poor & frail older persons. We have to go a long way, in educating the politicians and strengthening the 4 pillars of the constitution. ❖

THE FUTURE WE WANT

(October 2013)

This is the 23rd International Day of Older Persons (IDOP) also known as World Elders Day (WED). The first IDOP (WED) was launched by UNO on October 1, 1991, after taking a decision in December 1990. It's all based on adoption on "Vienna International Plan of Action on Ageing - 1982" adoption of "United Nations Principles for Older Persons" by UN General Assembly in 1991. Later in 2002, 2nd World Assembly of Ageing adopted "Madrid International Plan of Action on Ageing - 2002", in order to promote the development of a society for all Ages in response to the challenges of Population Ageing in 21st Century.

The theme for IDOP (WED) this year is "The Future-Older Persons Want" ("The future we want : What Older Persons are saying"). This is the time to sensitise the Civil Society Organisations and the states to place the issues of Ageing for their plan of action, on inequality, poverty eradication, health, food security and population dynamics. Also it gives a platform to address opportunities and challenges of Longevity and Development, in transformation of social, economic and political issues.

We can debate and participate in the post 2015 UN Development Agenda towards building Millennium Development Goals (MDG). We can raise our voice to ensure that the concerns of older persons are adequately addressed. We can also echo our opinion in <www.worldwewant2015.org> we can express our priorities and exercise our vote. For details go to <www.myworld2015.org>.

Our Bureau is in the forefront to observe the Commemoration of IDOP (WED) since its inception. We involve the students from schools and colleges. Let us continue to sensitize the youth in Age Care,

Inter-generation bonding and Elder Abuse Awareness. This is the time for us the older persons to demonstrate our solidarity and to get empowered. ❖

ELDER ABUSE AND EMPOWERMENT

(October 2013)

(This article is extracted from the power point presentation made on 24.7.13 in the work shop on “Welfare of Senior Citizens – Geriatric Care”, organized by the TN State Planning Commission at Ezhilagam, Chepauk, Chennai - 5)

I. What is elder abuse ?

It is intentional or unintentional neglect, at home, civil society, institution and state which causes harm or distress affecting health or safety.

The other forms of elder abuse are :

- Physical
- Emotional
- Psychological
- Sexual
- Financial
- Maltreatment
- Mistreatment

II. What are the causes for elder abuse?

1. Disconnect between main stream and old age
2. Discrimination in all stratas of life
3. Degradation of family value led to “Burden” and Old age Home
4. Scornful life
5. Materialistic life style
6. Seniors Deprived and vulnerable
7. Ageing India
8. Lack of awareness among youth
9. Diminishing Inter Generation bond

III. What is the significance of elder abuse awareness day ?

After a considerable study by WHO and IFA (the International Federation on Ageing) from 2002, the International Network for Prevention of Elder Abuse (INPEA), has called for observance of the World Elder Abuse Awareness Day on June 15 every year since 2006, with the message “My World..., Your World..., Our world..., free of Elder Abuse” towards a society for all ages. The theme for 2013 is “Stopping Elder Abuse – A Global Priority”

Immediately after the World Congress of International Association of Gerontology and Geriatrics, as usual, the World Elder Abuse Awareness Day – 2013 was commemorated on 23rd June 2013, at Seoul jointly with Korean Elder Protection Agency. South and North America, Canada, India, Lebanon, Australia, Europe and UK presented their cases.

IV. Why not India?

The incidence of Elder Abuse is one of the largest in India. But the initiative by the State and Civil Society is deplorable. Prof. Dr. Malakapur Shankardas (Rtd) from Delhi University is spearheading the movement in India and participating in Global events.

The message has to reach every nook and corner of this vast country, because “Elder Abuse” is existing in homes, communities and institutions 75% of 110 million elderly population live in rural India and 25% of them is below poverty line; it goes un-reported, un-intervened and un-corrected.

Why not India take a lead in this noble and urgent cause ?

V. What is the role played by senior citizens bureau ?

Senior Citizens Bureau (SCB), is one among the first, in India, to commemorate the observance of this day every year from 2006, in collaboration with schools and colleges at Chennai. They regularly conduct a signature campaign, from 2000 to 3000 youth and organize competitions and cultural programs at their campus to sensitize them against Elder Abuse. They bring out case studies and special publications on this occasion.

Besides, Bureau from its inception in 1996, has been attending more than 1000 Elder requests, in order to relieve their distress, from various abuses and restore their dignity and safety.

VI. What the state can do?

All the four estates, the fore most being the Govt., have stupendous responsibility to eradicate elder abuse through:

1. Advocacy,
2. Legal aid,
3. Counseling,
4. Health treatment and
5. Home care multi service.

The various disciplines involved are:

1. Gerontology,
2. Sociology,
3. Criminology,
4. Social Work,
5. Medicine / Nursing (Geriatrics)
6. Psychology and
7. Demography

The State has to ensure the Human Rights of Older Persons (OP) as observed by UNO Human Rights Commission:

1. There is no “Hard rule” to ensure empowerment and enjoyment of OP.

2. The following Five Principles of UNO are least regarded:

- Independence,
 - Participation
 - Care
 - Self- Fulfillment
 - Dignity
3. To guarantee
- Availability
 - Accessibility and
 - Affordability in all endeavors of the State

4. To enact 4 important securities viz.:

- Social security (Universal Pension)
- Financial security (National Elders Fund)
- Health Security (Universal Health)
- Family Security (Food Security)

5. UN OEWG (Open ended working group) 2011 and 2013 is working to strengthen empowerment of OP and to voice their Rights.

VII. The state can implement the following simple measures :

1. Welcome the OP with smile and treat with dignity
2. Make him a party in the decision making process
3. Involve him in very stage of governance right from Panchayat (PRI)
4. Treat him at par with all concessions extended to disabled persons
5. Provide a separate enclosure with free entry for all State ceremonies / events
6. Provide hand rail, Elevator, Sub way, where ever necessary
7. Observe World Elder Abuse Awareness Day and World Elders Day faithfully
8. Create a separate department for Senior Citizens
9. Establish National Commission / State Commission for Seniors
10. Come out with National /State Policy for Elders
11. Implement faithfully Maintenance Act 2007 and other statutory Provisions (Sec.125 of CCP, Hindu Adoption and Maintenance act 1956, National Housing Policy, People With Disabilities Act 1995, 8th Five year plan Proposal for National Elders Fund and National Board for Senior Citizens, similar provisions in other five year plans.
12. Establish Employment exchange for elders

13. Employ him on Honorary basis to manage and regulate when ever the State needs (eg. Help Desks)
14. Encourage elders self help groups and self employment to make him financially independent
15. Encourage walking with elder friendly walk paths and use of public/private transport with comfortable seating / journey
16. Make mandatory for public and private utilities to treat elders on priority
17. Make available all the benefits of BPL elders to other sections of society on affordable payment .
18. Facilitate mercy killing for brain dead
19. Extend monetary and promotion benefits to the employees of joint family / Age Care Givers.
20. Give him love, affection and respect. ❖

HUG

(September 2013)

Unlike Western Culture, our Family system is unique. But due to influence of Internet, glamour and consumerism, in global village environment, our youth is becoming slaves to materialistic life style, confining to a small circle of he, his wife, child(ren), longing for money and easy going. He is drifting away from his parents, grand parents and relatives whome he should take care of. They must appreciate that the elderly is the rich resource available with them who have sacrificed their comforts for the sake of their wards. The elders, have equal rights. It is the society for all. It is the duty of the family community and the state to treat the elderly with love, respect and dignity.

On the contrary negligence, abuse and isolation of older persons are witnessed. The elderly are subject to woes due to lack of Health, Financial and Social security. It is worse in the case of poor and rural elderly.

The elders, on their part have to shed their ego, negative attitude, miserly behaviour and adopt change. The younger have to appreciate

the sacrifices made by their parents/ grand parents for their welfare. A warm shake-hand and embrace will wipe out all problems. They have to understand, tolerate and appreciate each other. This will help in intergeneration bonding and joint family system. ❖

JOYFUL DAY

(August 2013)

I am proud & privileged to bring out this Special Issue in commemoration of 18th Annual Day of our Bureau and the 10th year publication of our monthly journal "LinkAge". The guiding spirit of our founding Chairman 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 grow in service to 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. ❖

WARNING SIGNAL FROM UTTARKHAND

(July 2013)

Loss of Human beings, living things, natural resources & materials in Uttarkhand flood is immeasurable. This is yet another warning for abusing the nature. The human being in thirst of amassing wealth and comfort, breaks everything. Earlier generations had respected and worshiped all five elements of nature keeping them close to their heart. For example they kneel down to kiss the earth, smear it in of the forehead and pray to love and respect. Their deeds and thoughts were pro nature. They did nothing against it. They were dear to other living things, non-living things and to all forms, mountains, forests, rivers, lakes and oceans.

Every thing is now exploited by humans. Encroachment is taking place, all over. Species and natural wealth are disappearing. Earth quakes, volcanos, floods, tsunami are experienced all over the globe.

Loss of lives, materials and natural resources are countless. But still we want to conquer moon, mars and the sky. Dumping of toxic wastes, experimental debris to the ocean apart from exploiting ocean wealth is unimaginable. The space is full of satellites, rockets for all destructive and some useful purposes. It is getting alarmingly polluted.

Uttarkhand is a tiny example to correct the crazy human beings. The entire natural wealth must be protected. The humanity must be sensitized to love and respect the nature. All natural resources rivers, lakes, mountains, oceans etc. must be nationalised. Projects to link rivers must be taken up on war footing to start with. Advancement of science and Technology is more than enough. Let us regard and protect the nature. ❖

STATUS OF SINGLES

(June 2013)

More than widows, the widower feels very miserable. On retirement, he loses his profession full of authority, comfort and status. Like wise with loss of his spouse, he is deprived of his boss status. He is no longer comfortable in his daily activities of life. He feels lack of quality life, quality food and quality time. His spouse has adjusted with every body and every thing. She has sacrificed so many things directly or indirectly. The widower laments his helplessness and loneliness. He goes into the state of depression and mental agony. He resents mostly every body and every thing around. He refuses to accept the reality of new world. He has to depend upon the new players. Unlike better half, others even paid employees are in a hurry and inclined to do things in their own fashion. They cannot bear with pulling up. Better half is not here to put up with all commands. Those were the nice days of non violent reaction by life partner. Nothing big was demanded in return for love or even for bickering. But now only money speaks.

Singles with reasonable heavy purse need not hesitate to win over those around with good gift for their birth days, wedding days and important festivals. They can renew their contacts with friends,

colleagues, relatives, near and dear. They have to accept what it is today and what comes up every day. They cannot expect others to change, they can change rather. No doubt it is difficult, especially when living with wards or dependants. This is the best thing to do. You can have a TV, Phone, Nutritious food, routine health check up, food suppliments, past time of your choice. The problems become acute, if you are infirm and depend upon an assistant or escort. The physical and mental strain is more. We see people cursing themselves as well as others. We have to bear in mind that the problem is not peculiar to oneself. It is same every where. As long as you are conscious, you have to cope up with situation with mental make up. Yoga and Breathing exercise will be handy.

There are other alternatives. A descent quality old age commune is one. There are fairly dedicated NGOs, Voluntary organisations, Ashrams, Homes where many singles, couples spend their time peacefully and happily. There are remarried couples reaping the benefit of their maturity, wealth and health. The life is same and common to every body, widow, widower or elderly couple. But the way of living is in one's own hand. ❖

A NEW BILL FOR WIDOWS

(May 2013)

In 2007, Prof. Mahadevrao Shiwankar, MP, has tabled a private member's bill in Lok Sabha for the Welfare of Widows. The bill lapsed after dissolution of the parliament. It is now revived and a new bill is presented to the Loksabha Speaker by Sulabh International. The proposed "Protection, Welfare and Maintenance of Widows Bill - 2013" envisages modifications in the lapsed 2007 Bill as per recent directives of the Supreme Court, on this issue.

It is reportedly estimated that 3% of total female population in India is Widows. Nearly half of the Widows are old and infirm with no source of income. They are out of their own homes either forcibly or voluntarily. The condition of those "in-house" is no better. They suffer silently. They have been unpaid workers for their life-time, 24 x 7, in various capacities. Their well ness - medically, emotionally and

financially - is snatched away. They pray to God for early release from the fateful life.

Under such in-human conditions, the following proposals are welcome :

- Constitution of National Widows Welfare Board with their State Counterparts.
- Creation of Widows Welfare Fund.
- Free facilities in the fields of education, training, employment, health and shelter.
- Cash allowance of minimum Rs.2,000/- pm subject to revision as per price index.
- Restoration of property and maintenance allowance by the family / relatives.

Our Women Folk are subject to all abuses from the time immemorial. The social reformers and Welfare states like Tamilnadu have been in the fore front for their uplift. But still it is far less. Glamour must be clamped in every business and in every walk of life. Pride in mental, physical and intellectual strength by Women is most important to bring about change. Serious full fledged awareness campaign among women and sensitizing the youth are most immediate. We cannot ignore the plight of divorcees, spinsters and parentless (born destitutes) catagories, from the preview of the bill. ❖

WHEN WILL THE POLICY BE ANNOUNCED?

(April 2013)

“NPOP-1999”, the National Policy for older persons announced by GOI in 1999 is very well documented. It was acclaimed by all Institutions and NGOs, who insisted the GOI and State Govts. to impliment it. GOI in early 2010 constituted a committee to revise it in toto. The report was finalised and the new policy was expected to be tabled in Parliament during 2012 budget session as promised on November 02, 2011 during NCOP meeting. Nothing has happened so far, except 2 ministers concerned have come and gone, due to reshuffling of the Central Cabinet.

Most of the State Govts. are not bothered at all to initiate State Policy on Older Persons. Attempts made by Govt. of Tamilnadu were shelved and the draft policy may be lying in cold storage. Adding salt to the wound, the senior citizens were left high and dry in the last 2 consecutive Central budgets. Most of the State Govts. except Delhi, Goa, Rajasthan, Madhya Pradesh, followed suit. The woes of the older persons are innumerable due to steep price rise, worst economic conditions, insecure daily life and countless elder abuses from all quarters, including the Govt, the protector.

Where is social security? Where is Health Security? Are deaths of disadvantaged senior citizens unaccountable? ❖

WIDENING GAP

(March 2013)

The Dean / Madras Medical College Dr. V. Kanagasabai, M.D. expressed his concern about widening gap between Medical Doctors and the public. He made the following observations while inaugurating our Bureau's 5th Anniversary of Geriatric House Call Project (GHCP) on 17.02.13 to the fraternity of the Doctors.

- ❖ The bond and the relationship of the Doctors with the public has gradually deteriorated in the past few decades and the gap is widening alarmingly.
- ❖ The nobility and dignity of the profession is under stake resulting in the deterioration of high esteem prevailed in the society for the Doctors then.
- ❖ The material benefit is playing a very vital consideration nowadays just like any other field.
- ❖ Regarding Govt. Hospitals, there is no co-operation and helping hand from the public to maintain hygienic environment without littering and crowding.
- ❖ A token fee of Rs.10/- per patient, and enforcement of discipline will help to plough back the collection for more facilities to the public.
- ❖ Despite 4000 patients and 40 emergency cases brought by 108 ambulance every day, to GH alone, outnumbering the patients

attended by all big Pvt. Hospitals put together in whole Chennai, quality of treatment is good.

❖ In order to provide all hightech facilities and medicine at no cost, the Govt. is spending a huge money. Every body must realise and demonstrate social responsibility.

In this context, I firmly believe that there is a definite solution if there is a political will. It can be turned over easily. In the course of his eloquent speech, he traced the growth of geriatric medicine and geriatric multi specialities in GH and paid tribute to Dr. V.S. Natarajan and Dr. B. Krishnaswamy for their pioneering works. He commended TN Govt. for developing Geriatric ICU ward and Geriatric R & D Blcok. He promised to enter into MOU with Senior Citizens Bureau (SCB) to run short term training courses in Geriatric medicine to cope up with the demand, while lauding our GHCP.

The Chairman Capt. M. Singaraja, SM, in his welcome address on 17.02.13 traced the brief history of SCB and GHCP. In contrast to the declining attendance of panel doctors in GHCP Scientific sessions, the interest shown by young doctors like Dr. B. Harishankar and the key note speaker on “Infectious diseases among Elderly” by Dr. V. Ramasubramanian is commendable, he pointed out. Padmashri Dr. V.S. Natarajan, while launching 7th revised edition of “Doctors in Help” commended GHCP and house visits by Dr. B. Harishankar. He regretted the absence of new panel doctors in the session.

In this connection let me focus another important issue. Apathy towards the Elderly at Private Hospitals and clinics is deplorable. Despite age and serious nature of the case, Senior Citizens are put on hold to the que. Innumerable lab and screening tests and expensive medicines (generic medicines unheard) are thrust. There are a very few doctors who give priority to Senior Citizens and follow on line appointments strictly. Unaffordable consulting fees even for the second visit by most of the private clinics and refusal of cashless health insurance cards for admission in Private Hospitals are commonly prevalent. With a meagre or no pension or inadequate Govt. support, the elderly are subject to silent killing, with out medical attendance.



The State and Central Govt. cannot continue to keep their ears shut and eyes closed for ever. Elder abuse is the worst crime that Govt. machinery can inflict upon. Doctors should not be a party to this and they are expected to emulate their good old senior doctors. ❖

IF VOLCANO ERUPTS...

(February 2013)

Social conscious media is publishing, from time to time, the valuable thoughts about desirable social fabric advocated by leading luminaries and learned professionals like Bharath Ratna A P J Abdul Kalam, Justice Verma, and CAG of India, Vinod Rai.

We are losing precious public time and money, due to confrontation by politicians, radicals and criminals, among themselves and each other to amaze money power and muzzle power from the seat of governance. The majority of managers and employees of the Govt. and Pvt. Companies, Industries and Business people exploit the situation by toeing the lines of power politics to their own advantage, burying all ethics. There are large standing examples in every state of India and less in number globally. When the change of guard takes place, the leaders resort to diametrically opposite action, by buying everything. They don't care for public cause and public money when reversing worthy, popular and essential projects. How long, the fourth and fifth pillars tend to be insignificant? When does the silent majority of civil society erupt?

Many of the students and unemployed youth are impatient to achieve gainful results. This tendency is born out of fear of losing their rightful share in the queue, due to lack of honesty, transparency and accountability. The mind set of parents and teachers at large, is tuned for quick money. Hence they are busy elsewhere with inadequate time and commitment to mould character and discipline of their wards. We are lacking right type of ignition and catalytic agents to bring about social change. The exemplary leadership is yet to dawn. India is brimming with young citizens. We are young by 15 years from USA. Let us hope this mighty youth power will rise upto the occasion.

WHAT IS THE ROOT CAUSE AND REMEDY FOR RAPE CRIMES?

(January 2013)

Entire World is shaken about the fatal sexual assault committed on a college girl student in a public transport at the Capital of India on 16.12.2012. Fury of the youth as well as social outfits was spontaneous. The barbarious crime and killing of girl babies, kids, students, employees, adults, and older persons is witnessed quite often. There is no age bar of the victims as well as doers. **Why it is happening? Who is responsible? What is the remedy?**

This crime is the culmination of mental make up and mind set of the rapist. The crime is performed either by design or opportunity or out of frustration. The evil mind is built up over a period of time. Exposures to obscene & vulgar scenes through various mediums such as Cinema, T.V, Computer, Disc/Drive, News Paper, Magazine, Pub, Club, Party, etc. aid to corrupt the minds. Toxins, Liquor, Tobacco, Narcotics, Sex tools etc. are freely available to build up bad habits. Fashionable personalities copying sexy film stars and models come round in public gatherings, entertainment halls, eating places, shows, galleries, tours, travels, institutions etc. It stimulate and spoils the weak minds. Natural attraction and urge for physical contact to the opposite sex, make the corrupt minds to pave ways and means to attack the target.

Women are out in plenty to perform their duties and responsibilities. They have to travel in some mode of transport, unmindful of time and place. They have to live under different conditions. Their physical strength is poor. The evil minds take advantage and make them easy prey. There is no exemption to the status and position of sex abusers. Instances involving Governors, Ministers, MPs, MLAs, Generals, IAS, IPS, Officials and Businessmen have surfaced, though many cases are hushed up and buried. Similarly majority of the victims do not go public.

Social fabric and development, self discipline, regimentation by the family and institutions for both sex play a vital role. Distressfully, all such character building measures are neglected and shrinking. The influential media is turning a blind eye and deaf ear. There is little or no

space/time to project good conduct and character. The media in nexus with politicians, business houses and tinsel promoters, is mostly engaged in sensational news and attractive advertisements in order to increase the base and to build up powerful empire. Most of them take the youth in a wrong route. The politicians are interested in short term gains and long term hold. Good governance is becoming a rare commodity.

New laws and hanging are not the answers. Implementation of existing laws is to be insulated from political interference and favouritism by Government Authorities. Good conduct and character must be build up at all levels and section of the society. Honesty and accountability must be ensured. Help Lines and Policing must be adequate. It is in the hands of civil society to make it happen. ❖

INVOLVEMENT

(December 2012)

This year, commemoration of IDOP (International Day of Older Persons) or WED (World Elders Day) has been observed in 3 parts on September 29, October 20 and November 14, 2012 focusing the beneficiaries differently.

I am always aiming to give them positive results directly and perfectly with an eye for details, quality and standards. I have to ponder over deeply, work out options and then prioritise to execute. In spite of several constraints facing the Bureau, the degree of success is fairly good.

The first part on 29.09.12 was to promote inter generation bond, to arrest elder abuse and to ensure dignity, in the august presence of a High Court Judge. The second part on 20.10.12, was to provide multi speciality health care screening tests in the august presence of Geriatric and mental health stalwarts. The third part on 14.11.12, was to have an interface with Police Friends on safety and security. My experience is positive vibration with contact persons, the cause being, plain public interest. The results have been acknowledged, accepted and applauded, equally for a small and large budgeted programmes and projects.

I am very happy to convey my appreciation, compliments and thanks to my team, Bureau members, supporters and well wishers. There is always willing co-operation to help "march forward". I have to underline here, that it is the same individuals, or institutions repeatedly extending the helping hand, generously. This number is small while a majority is sitting tight whether it is physical contribution or financial contribution.

I appeal to appreciate that drops only make a mighty and resourceful ocean. Please come forward to strengthen the organisation and to help the needy, in line with our well defined mission and vision. ❖

LONGEVITY - SHAPING THE FUTURE

(November 2012)

To Commemorate IDOP (International Day of the Elderly), World Elders Day (WED), UNO chooses a theme to deliberate upon by all member nations, officially. The theme for IDOP - 2012 is "Longevity-Shaping the Future".

Many people wonder that our strength of 85(+) aged members, is about 10% of our Bureau's membership of 60(+) as on date. Similar to many 85(+) Thiru CVP. Rao, LM-570 (94) a formerly college lecturer from AP is agile and alert. He was feeling sorry for his inability to receive our "SCB Award of Recognition" during observance of WED on 28.09.12, due of unavoidable circumstances. He owes his longevity to our Patron, Padmasri Dr. V.S. Natarajan, a renowned Geriatrician, for the care and affection since 2 decades.

Hence it is no wonder that medical advancement coupled with individual regimental life style has contributed to this phenomena of longevity. It is estimated by 2050, the 60(+) elderly population out number the population of children. The society will have to face many challenges and issues, particularly physical, emotional and financial wellness of 60(+), 80(+) and 100(+).

A vast majority of the countries (Govts), all over the World are in deep slumber, refusing to react to the seriousness. The State and

Central Govts in India are little bit shaken that 10 to 13% of vote bank is Senior Citizens, who are empowering themselves. The future for us is in our hands. Let us shed our ego and unite ourselves. No politics please. We will win over. ❖

PRODUCTIVE AGEING

(October 2012)

It is gratifying that the Principal, NSS Staff members and Students of Ethiraj College are joining us to promote inter generation bonding by observing World Elders Day. The movement of Senior Citizens is gaining momentum and the awareness about the impact of Elder issues is making in-roads steadily.

The spheres of Productive ageing are numerous, right from smart attire, keeping physically & mentally fit, fellowship with family members and societal groups, self engagements to help others and learning & disseminating. The peace and happiness is derived from our adaptability to changes and in keeping pace with the youth. The catalytic role of all four estates is very important to establish dignity and usefulness of the elderly, in the family and in the society as well.

I am proud and happy that Senior Citizens Bureau and "LinkAge" are always in the fore front in the activities of social responsibility. I am very thankful to our leading light Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D to our Seniors and to our members for their involvement and co-operation. ❖

HISTORICAL MILE STONES

(August 2012)

We are going to commemorate the 17th Annual Day of Senior Citizens Bureau as well as the 9th year publication of "Link Age" on August 26, 2012. It gives me a great pride and pleasure to recall the historical background of our prestigious institution, its popular monthly journal and its special publications.

In early 1996, several discussions were held under the auspicious of Probus Club of Chennai, then Madras, headed by Thiru R. Venkatesan, IA & AS (LM/DM-7) with all the Senior Citizens

Forums at Chennai viz. Probus Club of Madras East headed by late Thiru M.K. Deenadayalan, IPS (R) LM-5 and then President of All India Federation of Pensioners Associations, Probus Club of Anna Nagar, headed by Er. V. Hariharan, LM-143 and Past Chairman SCB and Tamilnadu (then West Madras) Senior Citizens Association, headed by Thiru L.M. Vasagam, IAS (R), LM-753 to primarily provide free information and guidance to the needy, from all sections of society, pooling together the expertise and wisdom of Senior Citizens thru a separate organisation. Late Dr. S.M. Diaz, Late M. Balaji from Rotary Club of Madras were the special invitees. I was then Secretary of Probus Club of Madras.

The model was Citizens Advice Bureau, London, founded after World War-2. Accordingly the new organisation was named as "Madras Citizens Advice Bureau", then changed as "Citizens Advice Bureau" and subsequently in 2002 as "Senior Citizens Bureau", while registering under TN Societies Act.

The Chairman Emeritus and founding Chairman Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D, laid a very strong foundation and nurtured it to the present glory with his body and soul. With the cooperation and contribution of all those connected with the Bureau, for example Maj. Gen. Aban Naidu, Padmasri Dr. V.S. Natarajan, Thiruvargal SP. Ambrose, R. Venkatesan, P.S. Santhana Krishnan and S. Radhakrishnan, it was possible for me to put all my energy and time, to take it to the present height thru my committed involvement in various capacities right from its inception in March 1996.

The first publication entitled "A Guide" was brought out by then Chairman Maj. Gen. Aban Naidu in 1996 from the Bureau. It was meticulously carved out with every detail to its perfection like logo, slogan etc. It was in July 2004, the first issue of our monthly journal "Link Age" came out after I have completed all statutory provisions laid down by Registrar of News Paper of India, New Delhi and Post Master General, Chennai successfully, without involving any 3rd party agency. It was a strenuous task to manage single handedly for a transformation from adhoc newsletter to an elegant registered and licenced (with all Govt. concessions) publication.

Both the "Bureau" and "Link Age" are marching forward strongly inspite of many constraints such as lack of infrastructure, man-power and resources. I have ambitious projects lined up for the next 2 decades (though sky is the limit) to work for welfare of the Senior Citizens and for the society at large. I want the selfless young old to lead and bear the torch for Senior Citizens Bureau. Let us commemorate the historical days in a fitting manner. ❖

ELDER ABUSE

(June 2012)

WHO has designated June 15, annually as World Elder Abuse Awareness Day (WEAAD). This is the 7th WEAAD from its inception in 2006. "My World - Your World - Our World - Free from Elder Abuse" is the theme for this year. The global commemoration of the observation of WEAAD is scheduled to be held this year at Prague, Zheck Republic, jointly by INPEA (International Network to Prevent Elder Abuse) and IFA (International Federation of Ageing) on June 16, 2012.

We, in the Bureau has been pioneering the observance of this day, from 2006 in Schools/ Colleges 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 in to 4 catagories, 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. ❖

JOY OF GIVING

(May 2012)

It will be interesting to read letters in the "Mail Box" of this issue, from Mr. C.V.P. Rao and Mr. S.R. Satakopan, both beautifully hand written. We are proud and happy to convey our appreciation and thanks for their support and contribution. Their letters reflect their noble thoughts and commitment to public cause, void of publicity / self interest.

Similarly we are fortunate to have committed stalwarts such as Major Gen. Aban Naidu, PVSM, AVSM, M-in-D, Mr. SP. Ambrose, IAS, Mr. R. Venkatesan, IA&AS, Mr. P.S. Santhanakrishnan, C.R. Vaitheeswaran and Mr. G. Rengaswamy, to mention a few. They are genuinely interested in the growth of the Institution-the Bureau-and in welfare of the Civil Society, the elderly in particular. They have contributed unassumingly, in letter and spirit right from the inception. There are many more, whose names I have mentioned on many occasions, for rendering assistance financially or physically or both. At the same time, we have to guard the institution from exploiters, self centered and tongue twisters.

To a few whom I have mentioned and to several others whom I have not mentioned, the Institution comes first. But there is a considerable section, who keep away or who are mere spectators. I firmly, believe that such persons will be inspired and interested to emulate, from letters and names quoted above. They may also feel the joy of giving to the Bureau and to the society at large. They may also stretch their helping hands. Despite many constraints such as lack of office staff, infrastructure, and meager resources, the Bureau is voicing the elder issues to the authorities and delivering free info, guidance, advocacy to all sections of society through World Elders Day, World Elder Abuse Awareness Day, Projects, Seminars, Camps and LinkAge Journals, consistently for the past 16 years. We need your co-operation and support to nourish and strengthen further. ❖

POLICY ON THE ANVIL !

(February 2012)

Hon. MOSJ & E, Thiru Mukul Wasnik constituted a committee headed by Dr. Mohini Giri to suitably modify the “National Policy on Older Persons (NPOP)-1999” to make it implementable according to technology advancement on 28.01.10. The committee modified it as National Policy on Senior Citizens (NPOSC)-2011, and submitted the draft policy on 30.03.2011. MOSJ & E published the draft policy on 04.08.11 for public debate and invited opinion from the State Govts. and Senior Citizens Forums. The suggestions from SCB and other forums were exchanged in the meetings convened by MOSJ & E.

The final interaction was held at the meeting of National Council for Older Persons (NCOP) on 02.11.11. I had the opportunity to participate as a member of NCOP and our letter containing our suggestions along with opinion from others (including some State Govts, Help Age India and AISCCON) was circulated in the meeting. After discussion among official and non-official members present, Hon. Minister Thiru Mukul Wasnik hoped to introduce the new National Policy on Senior Citizens (NPOSC)-2011 in the budget session of the parliament. Tamil Nadu is one of the States who has not only framed its own State Policy but also not participated to offer its opinion in the NCOP meetings.

May we hope both GOI and GOT will soon come out with their policy? ❖

A PIONEER AND LAUDABLE SCHEME

(January 2012)

We welcome and appreciate the recent announcement of Tamilnadu Govt., to construct 64 integrated centres (2 per district) to house the destitutes of various categories like older persons, children, disabled, critically ill, displaced persons with medical, education, recreation & other facilities, during this financial year. The allocation for this project is Rs.12.18 crore. This is a novel and pioneer scheme to enable the different groups to help each other. For example the older persons & children will look after each other in a family atmosphere. We applaud the Hon. Chief Minister and Social Welfare Dept.

In this context, we bring the following points to the notice of the Govt.

- International standards must be followed to determine the strength of the inmates of different categories depending upon index for living space and open space of adult/child/disabled/sick etc. The centre must be located nearer to villages along with Govt. Hospitals.

- Unlike pathetic condition of existing Govt. old age homes, orphanages, hostels, etc, permanent measures of building up resources must be established.

- Construction, operation, maintenance and inspection of the centre must be in accordance with standardised specifications. Voluntary organisations must be involved.

- Private public partnership must be non political with a mix of representatives from Industry, Business & NGO of the ear-marked area.

- Unclaimed and undisbursed funds from Govt. & its agencies must be tapped along with resources from international organisations and GOI departments.

We earnestly hope and trust that this project will not stop with publicity and fanfare. A model centre and time frame to complete the project are a must. ❖

SOCIETY FOR ALL AGES

(November 2011)

I am happy and honoured that our observance to commemorate the International Day of Older Persons - 2011, on 29.09.2011 and 15.10.2011, has been commended once again for its dignified elegance and purpose. It is very encouraging. I acknowledge and thank all those connected.

In this connection, I have to make a special mention about spontaneous contribution of funds from our beloved donors and members in response to my appeal. The quantum does not matter but their concern and commitment for a cause is appreciable. If this is emulated by all our EC Members and other eligible persons, it will enhance our service with many useful projects. We are not equipped to go for fund raising separately. We have to self help.

Priority and manner of treatment to elder issues, by Central & State Govts. needs considerable multi level step, up. Their involvement for the cause of Senior Citizens, in a "Society for all Ages" must blossom as a development process of the nation. GOT has even ignored World Elders Day, this October 1, 2011 after having observed for the past 3 years, for which we fought. National and State Policy on Older Persons (NPOP) must be given life. The measures under taken by MoSJ & GOI, to create awareness through public compaign have to

be increased enormously. The contribution made by the past or living legends like R.K. Laxman (90), who has focused the "Common Man" with his love for life and sharp observation, is inspirational and it is to be publicised. The print and electronic media has social responsibility to sensitize the civil society against elder abuse and the craze for glamour and wealth.

Let us hope for the best.



INTERNATIONAL DAY OF OLDER PERSONS (IDOP) - WORLD ELDERS DAY (WED)

(August 2011)

October 1, 1991 was declared as the first IDOP by UN General Assembly in resolution 45/106 in 1990. October 1, 2011 will be the 21st year of IDOP globally. Over a period of 2 decades, the UN has continued to focus more and more on its concept, principle and plan of action. The year 1999 and 2009 was observed as IYOP (International year of Older Persons) towards creating a "society for all ages" and "our world". The theme for IDOP - 2011, is not yet published in UN Website and it is expected soon.

Our Bureau has been highlighting the principles and plan of action of UN in its own modest but effective way from the year 2000 onwards. We have been successfully creating awareness to empower the senior citizens, economically, socially and governmentally. We have been bonding with the students/youth, common public including less disadvantaged people and Govt. authorities in all our events.

I am very proud and happy that we continue to do reasonably in distributing :

- assistive devices to the poor older persons / self employed elderly,
- awards to healthy active men and women of 90 years & above 85 years & above, awards for contributors for the cause of Senior Citizens,
- awards to students / youth winners in the competitions of Elder Abuse prevention and
- books & literature in commemoration of WED and WEAAD.

Observance of IDOP at Rajah Annamalai Hall, Chennai upto 2008 drew a huge crowd of Senior Citizens not only from Chennai, but also from other places of Tamilnadu. The interactive (Q &A) session with 8 to 10 medical specialties at Annamalai Hall was very popular, which we are reviving as a separate event possibly with geriatric screening camp at Perambur Periyar Nagar jointly with Geriatric Dept. of MMC. There were many constraints to continue at Annamalai Hall.

Participation of the students has gained importance due to their increasing interest and involvement with the genuine support of their institutions. The co-operation and understanding of social work Dept. of Stella Maris College and the college management over the years paved the way to observe WED and WEAAD at their auditorium from 2009 onwards. The students came to the forefront enabling us to sensitize them year after year, through an institution. In the mean time we kept intact our social commitments to the other sections of society as usual.

We are gearing up to observe the commemoration of IDOP-2011 on September 29, 2011. Please see the announcement elsewhere in this issue. I, on behalf of EC and on my own behalf solicit your active participation and cooperation to make it purposeful. The rough estimated cost is 1 Lakh. I am hopeful to achieve this with our own liberal donation from every member and acquiring resources from philanthropic sponsors. Please act now. Procrastination is thief of time. Also please appreciate that I am doing it on your behalf amidst a lot of barriers .



RURAL ELDERLY

(June 2011)

Our organisation is a small group of about 450 members. We have executed a dozen projects and more than 100 programmes. Our contribution to the community is modest. But it is very significant. We suffer from lack of basic needs, such as infrastructure (office), human resource and funds. But cross through these road blocks to attain perfection with professionalism with the help of a few devoted members, in senior and junior levels, supporters, well wishers and activists. Still the task before us is huge and sky is the limit.

It is very painful that the vast majority of our counter parts in rural areas are not getting the support of either the Govt. or the society to get over the misery of mal-nutrition, dishonour and disrespect. It is more or less same in the case of single persons or couples in semi urban / nurban areas. The plight of middle class or even the affluent is no better, except for money. What we need is love, care, recognition and co-existence, whether in a hut or posh house.

The prospects are good. Awareness against elder abuse, isolation and neglect is gaining momentum. We are targetting the youth and Govt. for more action. In the mean time it is very important that we elders, come together and strengthen ourselves to raise our voice against injustice meted out in every aspect of life, importantly in health care, medi-claim, legal, finance, domestic care and grievance redressed in Departments/Corporate companies.

We are growing over a strong foundation laid by our illustrious Chairman Emeritus Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D and nurtured by eminent geriatrician and Immediate past Chairman, Prof. Dr. V.S. Natarajan and many a stalwart in the Bureau.

I am proud and happy to greet and thank all of you, dear members, office bearers of the present and past, supporters and service providers, on this solemn occasion. ❖

CONGRATULATIONS WORLD CHAMPIONS

(April 2011)

Team India has lifted the World Cricket Cup on April 02.02.2011 after a gap of 28 years. No doubt it is a magnificent victory and a significant land mark in the history of World Cricket. In the celebration of this proud moment, it will be fitting to ensure the following, in view of the prevailing scams and disputes at all levels. I have shared some of my thoughts while IPL 20 x 20 matches were on.

- Barring politicians from the management of sports & games and userp the benefit of the past outstanding toppers heading the District / State / National levels.

- Arresting the commercialising of sports & games, particularly the cricket arena and making participation by the public easy and inspiring.

- Providing level playing field to promote all sports & games to achieve professional excellence and bringing the rural folk to front.
- Involving children, disabled and older persons in equal footing with the main stream and providing special facilities for them to compete.
- Making the sports and games compulsory as part of education at all levels and realising it as essential to health and family welfare.

Sports and games are essential for physical and mental fitness. ❖

HISTORICAL PILLARS

(March 2011)

In continuation of an impressive meeting held on 16.01.2011, on "Active Ageing - Business opportunities", (reported in LinkAge February 2011 issue), where more than 100 members enthusiastically participated, a half a day workshop on "Role of the youth in Age Care" was held on 29.01.2011. 105 students, 85 members and 10 NGOs took active part in the deliberations. Distinguished guests and speakers participated. It was lively and appreciated by one and all.

A book containing all the articles and the Gazette notification of GOT, on "Tamilnadu Maintenance and Welfare of Parents and Senior Citizens Rules-2009", was released. The book is very valuable and priced at Rs.60/-. It was mailed free of cost to all our members, contributors, supporters and guests, on 08.02.2011. The proceedings are reported in this issue of LinkAge.

Tireless efforts, despite many constraints have yielded encouraging results as a fore runner to many such workshops in future. I am happy and proud with the pillars planted in the history of the Bureau for the continuous development of inter generation bond, love and understanding as well as character building of the youth.

This occasion was marked by release of another book, entitled "Punniathai Thedi" (புண்ணியத்தை தேடி) authored by our Life Member, Prof. R. Baahirathi (VR) (Pet name "Barathi Priya") a

reputed short story writer. I appeal to our members to come out with such talents for the benefit of the society.

It gives me great pleasure to convey my appreciation and thanks to one and all for their co-operation, contribution and support. ❖

LIVING LEGENDS

(December 2010)

There are many elderly men and women rendering yeoman service. Apart from known celebrities, there are many unknown or little known persons. They are dedicated to a small circle, doing selfless service.

Mr. E.S. Narasimhan, 82 years young of Vepampattu, was a special invite to our EC meeting, held on November 21, 2010. He is a retired VAO, tirelessly working for the rural mass. Though his educational qualification is 4th std, he has many other valuable qualifications. He is therefore treated with dignity, love and respect, everywhere, from Collectorate to Panchayat. He is Thiruvallur District President of TN State Anti Corruption movement. He is putting the erring officials in a tight/right spot under RTI (Right to info) Act. He is introduced by our Vice-Chairman, Dr. T.V. Govindan, MD, a learned RTI activist. Our best wishes.

I want to share with you about another senior citizen. She is 65 years of age and a widow. His father was assassinated in 1947. She was imprisoned for 5 years and then kept under house arrest for 16 years in Yangoon. She is Ms Aung San Su Kyi and known as "Myanmar's Lady".

She was released in November 13, 2010. She is relentlessly fighting for Democratic rule. She won elections in 1990 but power was not transferred. Her cause is supported internationally. She was awarded Nobel Peace Prize in 1991. She studied at Delhi varsity. Her late mother was Myanmar ambassador to India. Her husband is no more. What a brave and selfless elder woman ! Victory is hers !!

So what is dear to us? Service to humanity with loving smile. It is quite possible for every one to render service, may be in a small measure or in a very large way. Why not our members come forwarded to work in every possible way and assist the Bureau? There are many services waiting for you. Join the dedicated lot.

HOW TO AVOID SHAKY HAND WRITING

(October 2010)

I have come across people finding it difficult to mark in the attendance register with details of name address, contact ph, signature etc.

What are the reasons?

They stop writing due to disability, laziness, escapism etc.

What are the remedies:

Keep writing letters, importantly- b/d, w/d, festival greetings, preferably in post card/ inland letter to yr children, grand children, relatives, friends w/o expecting reply.

Writing diary w/o break

Sending brief article in whatever form you want.

Mr N. Jagannathan, our life member, is of 97 years and has replied to our greetings for his birthday (13-08-1913) with the beautiful hand writing and a cheque for sunshine fund. He has participated in our annual day conference on August 8 and exposed the ills of our health care system in his speech.

It is amazing that he is representing to the civic authorities directly and traveling alone by public transport. He has done research in ragas and built a low cost violin. He never misses our meetings. ❖

RURAL RECONSTRUCTION - A REALITY

(March 2010)

The World U3A Conference - 2010, apart from focussing on its 2 main themes of "Life Long Learning" and "Ageing with Dignity", has provided an unique oportunity of witnessing transformation of sleepy Rural India to Vibrant Techno Socio Economic Power.

This wonderful kalaidoscope was evident from the host cum principal organiser of the conference, Mahathma Gandhi Chitrakoot Gramodaya Vishva Vidyalaya (University). The University is the brain child of Padma Vibhusan Nanaji Deshmukh, the founding Chancellor & Conference Patron and of Prof. R.N. Kapoor, the founding Chairman, ISU3As. This is the first of its kind in India was and was

established by Govt. of MP in 1991, out of 500 acres of forest, on the bank of River Mandakini at Chitrakoot. Both founding fathers were present to the mammoth development of Human Resources for Rural Reconstruction, in the dias, during inaugural session of the conference.

The University offers academic programmes upto Doctoral level, integrating all facets of science, environment, GIS, remote sensing, agriculture, agro engineering, agro business, rural management, traditional medicines, humanities, social sciences, arts, yoga, journalism, mass communication, IT etc. (14 Depts. under 5 faculties of Agriculture, Engg. & Tech, Fine Arts, Education & Humanities, Rural Devpt. & Business Management, Science & Environment).

Side by side to the University, there are 2 other monuments which impress every one. One is Deendayal Research Institute (DRI) offering Social Research, Rural Devpt. Training, Arogyadham (Ayurveda & Naturopathy), Integral Humanism etc., set up by Nanaji in 1968. The other is Sadguru Seva Sangh Trust (SSST) set up in 1968 by Gurudev, offering largest Rural Eye Care and General Health care. You could hardly see any gap between theory and practice.

Why not GOI and State Govts. Venture into such Universities, along with so called world class Universities and Institutes for the benefit of Village / Tribal masses and poor elderly. The older persons from Rural India are very neglected. The marginal support from the state does not really reach them. The Indian Society of U3As is very much concerned with the welfare of Rural elderly. Let us unitedly deliberated in the Conference, ISU3A Board Meeting, ISU3A General Body, Institutional Members Meet of ISU3A and World U3A Foreign delegates meet. ❖

LIFE FOR THE HUMANITY; BODY FOR THE HUMAN BEINGS

(February 2010)

The veteran leader (late) Jyothi Basu made his last journey not to the burial ground but to the hospital. He dedicated his life for the humanity and gave away all parts of his body to the human beings. It is gratifying that his family members stood by him.

I am not sure how many other extra-ordinarily persons will sincerely follow suit. But I believe that ordinary people can create an impact on organ donation. We can record our desire, glaringly, along with our parting documents and valuables. We can make it public to all our family members and insist on their timely action, so that organs do not go waste, after our death. We do not know when the end will come. For this reason, we have to pledge while we are hale and healthy. I have registered with Mohan Foundation to make use any part of my body on 16.07.1999.

You can reach Mohan Foundation thru Website : <www.mohanfoundation.org>, E-mail : <info@mohanfoundation.org>, Ph : (044) 2620 7000. The following note will be of interest to you to act upon

"Don't take your organs to Heaven; Heaven knows they are needed on earth".

"Nine year old Aditya Kaushik was an active, intelligent and happy boy. In May 2004, while plucking flowers, Aditya slipped from the second floor of his apartment and fell to his death. Though shocked by their only son's death, Aditya's parents decided to do something extraordinary - they donated Aditya's eyes, kidneys, liver and heart. Their decision helped five recipients regain their lives. However not many recipients are as lucky. Each day, out of 55,000 hopefuls, only a meager 55 receive an organ transplant in India . The rest languish on the national organ transplant waiting list. 10 people on the waiting list die each day because of shortage of organs and every 16 minutes a new name gets added to the list".

Another exemplary approach of Mr. Jyothi Basu was to stand above board and to prove that his national interest is fore most than party interest. He was pragmatic. His concern was human welfare. In spite of his wisdom rich experience, honesty, integrity and sacrifice his young-old self styled leaders of the party betrayed him. Mr. Somanath Chatterji, the former Lok-Sabha speaker was the only one to stand behind him.

We come across many such self-styled leaders in every walk of life. Voluntary organisations are also not exempted. The

impersonators and in-experienced, suffer from inferiority complex. They have scant regard and recognition for their own valuable seniors and old-old. They try to wreck the very relevance and existence of the organisation itself. ❖

U3A

(December 2009)

What is U3A? It is “University of Third Age”. It is a World Wide Organization to provide a platform to acquire knowledge by mutual exchange of learning opportunities, with out any age bar. Our national body is known as ISU3A (Indian Society/U3A). In-depth info about U3A and ensuing World Conference in India, is provided elsewhere in this issue.

The last World Conference was held at China, three years back. The preparation for the next Conference at Chitrakut, from 8th to 10th Feb, 2010 and registration of the delegates from all over the world are gaining momentum. Senior Citizens Bureau and the other Senior Citizens Forums (SEFs) are affiliated to ISU3A. In my capacity as EC member of ISU3A, I invited the Vice President, representing the Southern Region/ISU3A, Mr. M.R. Rangaswamy from Bangalore, to interact with the MC members of TN State Federation of SCFs, at Chennai on Feb.21, 2009, about ISU3A and World Conference. There was a good response. It was covered in Mar '09 issue of LinkAge. I urge the members of all SCFs to participate in the world conference in large numbers to unite and empower globally.

It is the spirit and mind, to be part of an All India Organization. It is always good to join as many genuine organizations as possible, viz local SCFs, State Federation and All India bodies, in view of their different strength and capacity. If it is not pinching your pocket, it will be conducive further. For ISU3A, it is Rs.500/- to become a Life member and Rs.500/- is the delegate fee for the World Conference with free boarding, lodging and local sight-seeing. A group of 40 persons from Bangalore and Chennai is proceeding to Chitrakut on Feb 05, '10. You can down load the membership form and registration form from the web sites.

The founding President Prof. Dr. R.N Kapoor and his team have put in tremendous efforts to go in for such an unimaginable large congregation of U3A members from all over the world, in such a short time of its existence, despite many constraints. They are net working day and night. The ID cards and accommodation details to the delegates are being dispatched. The agenda is ready. Welcome committees are in place at main Indian cities to receive the delegates from abroad. The Bureau is receiving 2 delegates (World War-2 veterans) from Ireland, on their way to Chitrakut via Delhi and also arranging an interactive meeting on 3rd or 4th Feb. The program will be published in Jan '10 issue of LinkAge. ❖

COMPUTER IS OUR COMPANION

(November 2009)

The much-needed vacation is refreshing and revitalizing. Though away from home country, I could still do the editing of the material, which was e-mailed by our chairman for this issue of LinkAge. No doubt I take a long time to computer-typing than manual writing as well as flipping pages to co-relate, compared to our youth or experts. Nevertheless, I love computer. It is quite handy and easy to do anything you want.

Sometime back, I wanted my grandson (11th standard) to fill up the pin-code of the addressee in a letter, after getting it from the post office, before dropping it in the post box. (Nowadays, the postal department is shutting down many branch post offices and removing the existing post boxes under one pretext or another, thus denying many basic services to the public.) His swift reflex was that, "Thaathaa! Why not we search the pin code from the computer?" Yes, it was so easy to find out, as long as the spelling of the place is as recorded by the postal department. (The letter was to acknowledge the receipt of a cheque, to one of our members, pending issue of an official receipt. While some of our members, even 80+, are very alert to furnish the contact address, phone number, cheque details, etc. legibly, some, even 60+, are missing such details.) After learning computer basics, MS Office Package and Internet at NIIT in 1990, I attempted to familiarize C, C++ and multimedia at APTECH. But it

was taxing so much, that I miserably failed to catch up. However, I picked up Page-Maker, Coral Draw and 2D.

For those who are postponing or distancing themselves to learn basic computer technology, I strongly recommend to join free computer course for Senior Citizens, conducted by Bhartiya Vidya Bhavan immediately. We may be experts in our own field, but alas! Not enough! We must be computer literate. Being elderly, we are disabled internally in physique and mind, as well as disabled externally with barriers like commuting, crowding, waiting, un-friendly atmosphere, disrespectful humans, etc. We can do online booking for Air, Rail, Bus, Trade and Business show, seminar, conference, etc., remit payment for any bill, transaction (share market, mutual fund, premium, etc.) banking and what not. Moreover, you can download wonderful information and graphics on any subject and technology. We can seek alliance too. Also we can make our voice recognized and get print out after spell and grammar check. The computer will maintain our account and remind us about anything. We can communicate instantly, to anywhere anytime, spoken or written.

Every service is very cost-effective. Then, why do we refuse to change and eat the fruit. It is the mindset which is really denying you the wonderful benefits of computer literacy... Therefore, please learn, own a computer and enjoy yourself. ❖

"INSTITUTION IS GREAT"

(September 2009)

Senior Citizens Bureau (SCB), has grown from strength to strength, since its inception in March 1996, by a group of Senior Citizens Forums under the steward ship of Major General Aban Naidu, PVSM, AVSM, M-in-D, with a set of noble social objectives. The Bureau has got well established during the last 13 years and earned its name. I am proud to say that I am one of the Charter Members.

Similarly, the mouth piece of the Bureau, 'Link Age' our monthly journal, conceive, edited and published by me since July 2004, has been well received far and wide. It is an inseparable companion to

many. It has made its presence felt in the website of our Bureau and other yahoo groups providing an access to the needy. For example, one old student of SIET College was able to establish contact with her most respected and helpful Professor, a week back. Her search in the "Google" identified the Ex. teacher, Prof. Dr. Rameeza A. Rasheed, which appeared in the list of new members of the Bureau, in May 2009 issue of "Link Age". Her joy knew no boundaries, when she got the phone No. of her dear teacher, after she rang up the Editor/Publisher of the "Link Age" i.e me. There are more than one thousand cases of young and old from all sections of society, who are benefitted out of their requests, under our various projects. This is possible due to dedicated involvement of its successive Chairmen, notably Dr. V.S. Natarajan, MD, FRCP, DSc. (Hon.), a renowned Geriatric Physician and a recipient of many prestigious awards. The Bureau is fortunate to have the exemplary guidance of Gen. Aban Naidu, PVSM, AVSM, M-in-D and other stalwarts like Thiruvargal R. Venkatesan, S.P. Ambrose, P.S. Santhana Krishnan and Late M.K. Deenadayalan. There are many donors, and supportive Members, who have contributed to the growth of the Bureau and Link Age.

I may draw your kind attention to the inspiring speech delivered by our Chairman Emeritus, Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D during commemorative celebration of 14th Annual Day of SCB and 6th year publication of "Link Age" on July 25, 2009. The text of his speech is published in page-2 of this issue, where in all the important aspects are well brought out.

It is the organization, whether GO, NGO or a group, that can prosper and last for ever. There are people who give their mind, body, love and regard to the organisation, where as there are some others who exploit for their self interest. We need dedicated volunteers to serve the organisation and to hold the light of hope, together as a team.

The institution is great. It is above all. Let us give some thing back to the society till our death.



BE GRATEFUL

(July 2009)

The virtue - killer may be saved

Not benefit killer who is damned. -Kural 110

(Translation by Yogi Sudhananda Bharathi)

It is very rare that the people acknowledge and appreciate the good deeds and actions done by others. We are witnessing that the children indulge in all types of elder abuses, to the extent of driving their parents out of homes and snatch all the assets. It is becoming common that the people forget and ignore the teachers, leaders, mentors, employers, employees and organizations through whom they are benefitted and prosperous. There is no salvation to those who are ungrateful. ❖

LET US UNITE, AND EMPOWER OURSELVES

(June 2009)

The International Network for prevention of Elder Abuse (INPEA), after a considerable study by WHO and IFA (The International Federation on Ageing) from 2002, has called for observance of the World Elder Abuse Awareness Day on June 15, every year since 2006, with the message "My World,, Your World....., Our World....., Free of Elder Abuse." Our Bureau is one among the first, in India, to commemorate the observance of this Day every year from 2006, in collaboration with schools and colleges at Chennai. We regularly conduct a signature campaign, from 2000 to 3000 youth and organise competitions and cultural programmes at their campus to sensitize them against Elder Abuse. It is very much encouraging and promising every year. We bring out case studies and special publications on this occasion.

Besides, our Bureau from its inception in 1996, has been attending atleast 1000 requests, in order to relieve their distress, from various abuses and restore their dignity and safety. But the message has to reach every nook and corner of this vast country, because "Elder Abuse" is existing in homes, communities and institutions; because 75% of 10 million elderly population lives in rural India and 30% of them is below poverty line; because it goes unreported,

unintervened and uncorrected. Apart from intentional or unintentional neglect of almost every older person which causes harm or distress affecting health or safety, there are other forms of elder abuse such as Physical, Emotional, Psychological, Sexual, Financial, Maltreatment and Mistreatment.

All the four estates, the fore most being the Govt, have stupendous responsibility to eradicate elder abuse through advocacy, legal, counselling, treatment and care service. The various disciplines involved are Gerontology, Sociology, Criminology, Social Work, Medicine/Nursing and Psychology. We have maintenance of Parents & Senior Citizens Act 2007, National Policy on Older Persons (NPOP) 1999, Article 21, 39(3) 41 and 47 under the Constitution of India, Sec 125 of the Criminal Procedure Code (Amendment) Act 2001 as decorative pieces. Nothing else is needed to honour and protect Elders with dignity, if NPOP 1999 is faithfully implimented in letter and spirit by the State and Federal Govts.

Let us unite, and empower ourselves.



DELIVERING A BABY IS THE FRUIT OF LABOUR & PAIN

(May 2009)

Those who accomplish a job well, with dedication and vigour will know the arduous nature, they pass through. The responsibility to achieve the goal generally falls on a few shoulders, especially in the case of a low profile social service organisation of older persons.

But how long the old man's shoulder can withstand the burden? why not the young old take up the job, for the common cause? "Committed to Serve" is the slogan displayed int he logo of our Bureau. Slogan in the logo if "LinkAge" Journal is "Bestow unconditional love". Together with 2 significant slogans, the vow we proclaim is that "Senior Citizens Bureau" is the centre for free information and guidance. The "LinkAge" is the Journal for service and advocacy, to all age groups and sections of the Society.

The trend of the majority in this world is to look for what one can grab. It is increasingly noticed nowadays among younger generation.

With above lofty goal in mind, the Bureau was founded in 1996. I

recall the selfless services rendered by founding fathers, with reverence and gratitude. I salute late Dr. S.M. Diaz, IPS, late M.S. Sivaram Krishna, IPS, late Rtn. PDG M. Balaji, Maj. Gen. Aban Naidu, PVSM, AVSM and Probn. PP R. Venkatesan, IRS.

The first Chairman of the Bureau, Gen. Aban, worked tirelessly and nurtured the organisation along with his dear spouse late Jaya Rukmani. Whenever there was crisis, he took the trouble of resolving it. Even today he continues to shower his love and care and inspire the people. He never compromises the discipline and goal. The organisation and its members are benefitted with his active participation, in spite of his advancing age (85).

I am very fortunate to associate with these great leaders. Also I never missed an opportunity to learn and enrich knowledge from various GOs, NGOs, VOs and professional bodies. I feel happy and proud to share the experience gained with all. I derive pleasure to work for the public cause selflessly and tirelessly. But this is possible only when you comprise your professional interest, health aspects and domestic obligations.

The result is that spondylitis and blood pressure get aggravated to an unbearable level. This is more so, when you are disciplined to orient yourself towards prompt and near perfect results. With encouragement and support of the stalwarts, I single handedly compiled the Bye-Laws and got it registered in April 2002. Similarly I handled the strenuous process of coming out with the first issue of our monthly journal "LinkAge" in June 2004 and launching of our website in 2005. Every step taken with authorities viz. Registrar of Society, Chief Metropolitan Magistrate, Registrar of News Papers of India, Postal Authorities for concessional posting without pre payment, Directory of Income-Tax Exemption (80G), was smooth, easy and at no extra cost. Probn. S. Radhakrishnan, IRS (LM 4) assisted me till his late spouse became bedridden in 2005. He has now shifted to Hyderabad to live with his dear daughter, I am struggling hard with day-to-day work with out any proper secretarial employee right from the beginning till today. SCBian C. Panneerselvam (LM 27) has been rendering assistance to maintain

registers and files from time to time, till we moved the office to B-30, Anna Nagar East in 2007, from my residence at 90, Rama Street, Nungambakkam in order to lessen the burden.

No doubt we have the excellent team, under Chairman Dr. V.S. Natarajan to sail through the one-day affairs like World Elders Day, World Elder Abuse Awareness Day Monthly programme, Welfare project for young and old. But the preparation, co-ordination and execution, burning the mid-night lamp is heavy to shoulder. Top priority for me is to provide info, guidance, assistance and response, to any request in person or over phone at the quickest possible time. This is in-born and so naturally causes anxiety, stress and strain, which tells upon my health.

To quote one example, one Thiru A. Sivalingam Pillai (89) S/o.Late Arumugam Pillai landed at my home on 14th April 2009 (Tuesday - Tamil New Year Day) at 13.00 Hrs. before my lunch. I went through his 8 page computer typed (in Tamil) request under caption "Cruelty of Spouse" (ஶ்ரீஸி[ØiV|ç). He has heard about the Bureau and traced my address from our Web-site. He chose not to go to any of his well-settled children. (two sons computer engineers, one son cost a/c manager, one son SSI entrepreneur, one daughter married) but come to Senior Citizens Bureau. He was heard, comforted, fed and accomodated at my residence for two days till he was admitted to a free old age home with the help of Mrs. Indrani Rajadurai, Director, Help Age India and their Help line 1253. His case was my priority rather than to my cataract surgery, attending to my cousin brother in CCU at Apollo and answering STD Calls from my relatives.

Like wise the difficult situations in the past and present are not uncommon. Though 12 days only have passed after my cataract surgery, I am writing this piece and editing the May issue of LinkAge with late night sittings. SCBian Er. Murugaiyan (LM 293), is not able to extend his usual helping hand due to critical illness of his spouse. It is a paradox that those having heart are ridden with constraints and those having strength are greedy to grab the benefits. There are some who undermine integrity and honesty for which I have sacrificed a lot since my youth. I am sharing all my feelings with you, to ease my

heavy heart and seek relief for hurt feelings. Though mud slinging is common in public service, my ageing disability viz. diabetes, BP, (hereditary), deviation in the nose, knee problem (sports injury in 1980) warrants volunteers, employees etc. to lessen the burden. There is no response to the appeals published in the LinkAge. Surprised!



"A GHOST IN THE CITY"

(April 2009)

The country has witnessed an unparalleled show down of erring advocates, in Madras High Court. They are jubilant over the victory that they are above law. The legal profession as such, barring upright luminaries like Justice Sri Krishna has turned a blind eye. The political parties, who take the country to ransom for trivial issues, have supported their either directly or indirectly, setting aside the public interest.

The remains of a burnt down police station, established decades ago, in the campus and the plight of citizens, particularly Senior Citizens in their evening life, whose cases are piling up every day are standing examples of their victory. Are the courts not competent to punish the errand lawyers, bar council and Advocates Association. We have reports of unruly scenes in the court rooms, chambers etc. enacted by rival groups of advocates.

One merit of this episode is that litigants can appear themselves for specific cases. The federal Govt. can enact to dispense with system of engaging lawyers where ever merits, to combat such one sided situation and to facilitate quick disposal.

One golden rule of the Maintenance of Parents and Senior Citizens Act. 2008, prohibits the advocates from appearing. There is no need for the lawyer to appear before the commissions having statutory powers and consumer courts. This is really a boon.

Instead of draining the money in free schemes and subsidies, the Govts. must spend to strengthen the existing Fast Track Courts, Commissions Tribunals, Ombudsmen and to set up more and more of them. National State Commission with statutory powers for older

persons is a must to redress their mounting woes. Also implementation of one impolitical union/bar association for one profession and two party political system is worth considering seriously for the progress of real democracy. ❖

OPEN UP & CHANNELISE THE POTENTIAL OF INDIAN YOUTH !

(March 2009)

Many awards, from the Oscar Academy have been won by our Indian Youth in different categories, this year. We rejoice and celebrate their victory. We recognise their talents and praise them. Such a global acknowledgement, goes to prove once again, that our youth can excel in each and every field. Then, why it is limited to a few items, in sports & games, arts & crafts, Literature, Science & Technology, Trade & Engineering ?

Because, we have yet to open up their talents and channelise their potential beyond any unfair practice. We have to provide them the technology, facilities and opportunities right from village to metro, equally. Rehman, Pookutty and other winners have made use of technology and channelised their enthusiasm/ ingenuity to the top class. They have fully utilised opportunities to the National and International exposure. Above all, the good character & conduct, practised and preserved by them has brought them laurels. No doubt, it is inherited from their family and schools.

On the other side, some misguided youth resort to theft, gambling, tobacco, alcohol, drug, murder, hacking, etc, here and there. They are mostly influenced by glamour, luxury, easy going, extremist ideology, frustration etc. All the negative thoughts and practices are to be prevented by family, institution and ruler, who ought to be role models.

The Govt. and the Civil Society are responsible for the rise or fall of the youth and the nation. Sensitizing the youth and channelising their potential is need of the hour. ❖

WE NEED TO CHANGE

(February 2009)

Barack Hussein Obama (Obama means blessing in Kenya) continued his thumping victory right through his career as first African American President of "Harvard Law Review", Civil Rights Attorney, Illinois State Senator, US Senator, 1st African American Democratic Nominee (to beat 1st American White Woman Hillary Rodham), and as 44th President of USA.

His electrifying mantra during 21 months of campaign, viz. "Yes We Can" , "The Change We Need" with his calm and even temperament, stemmed from his historic key note address, entitled "The Audacity of Hope" (which won Grammys for the best spoken word album) at 2004 - Democratic Boston National Convention, supporting John Kerry.

He had raised hopes across the globe to improve the economy and relations between USA and rest of the world, by "Change" slogan, not by "hate or vindictive" slogan. His ability to connect individuals across class, racial, geographic lines, appreciating the struggle, hopes, fears of ordinary people, has been demonstrated. He is another Bharat Ratna, APJ Abdul Kalam who has triggered "Change" and woken up every body in the society. The "Wings of Fire" will never stop flying. The "Change" will usher prosperity to humanity, sooner or later, as in the case of great thinkers like, Thiruvalluvar, Buddha, Gandhi, Rajagopalachari, Jaya Prakash Narain, Periyar and Kalam.

We, elders, form an important limb of the society. We have to "Change" our "mind-set" and "behaviour" with a positive approach, to thought process, continuous learning, improvement and persuasion. We have to shed our ego, especially by those who have taken up the lead in the elders' cause and social movement.

A single, genuine and reputed All India Apex Body of National status, for Elders' cause is still eluding, due to lack of togetherness and mutual respect among forums of Senior Citizens. Every one wants to rule others. But most importantly we need to change a lot as an individual and as a body. Alternately or additionally commission for older persons at National and State level, must be constituted. ❖

CONSUMERISM AND ITS ILL EFFECTS

(January 2009)

The dawn of new year is celebrated on different dates in various parts of our mother land, mostly during the month of January. But yet, it has become Universal, to adore the first day of January as new year day under the influence of the West. The primary reason for this global thrust is consumerism. The promoters of the products and services push for gain, through all types of media. They popularise many such days as Valentine Day, Mothers Day.

The consumerism has taken over everything else. The junk food, fun and frolic, partying, glamorous attire, luxury goods & comforts, displayed in the print, electronic and internet media, over and again by all possible corrupt ways, are influencing the minds of children, youth and men and women. And the adventurers from this group in society, are into short cut means and measures, to enjoy. We are witnessing them involved, in every act of robbery, killing, kidnaping etc. The easy prey is elderly, may be kith & kin too.

There is no adequate and effective control over media, by the Govt, NGO and Home makers. Self regulation and social responsibility, for the media and manufacturer, service provider is next to money. Each one vies for one up in the competition. Long standing values and benefits are lost sight.

There are many International Days of immense value to the humanity, such as World Elders Day, World Habitat Day, World Health Day, World Food Day, World Water Day. There must be a law that every Corporate Company, Business House, Govt & NGO must educate the public about the importance of such International Day and National Day. The majority of the population is not even aware of such Days. There is no adequate focus and exposure among the public. Who is responsible for loosing simplicity and wholistic quality of life ? ❖

GOOD vs UGLY

(December 2008)

The landing of Chandrayan-I, with Moon Impact Probe (MIP) on the moon placed India at par with space powers, such as Soviet Union, US and Japan. Unlike space powers, it is significant that Bharat Ratna Kalam's innovative MIP proves our presence in the moon. It establishes technological capability, as well as our economical and strategic significance, relating to earth, moon and mars.

It will help us in the mapping of elements like aluminium, magnesium and uranium on the lunar surface. Also moon is going to be our next station for the Mars mission. Experts also ascertain that we will have a pioneering status when the moon is colonised in another 100 years.

The launch of Chandrayan-I on Nov.08, '08, was glorious in the history of our planetary science and exploration mission. Whereas the vulnerability of our land and sea was once again proved grievous or disastrous on Nov.26, 08. The obvious primary reason is that the manoeuver of the former is insulated from politicians. Whereas for the later the blame game and fire fighting are doing the rounds.

We are sick of stories and interviews for 24 Hrs. a day on such calamities. Every agency is exploiting and making money mercilessly, unmindful of national interest, in the name of freedom of press both print and electronic. The loose democracy and political vandalism is taking a toll of human and financial loss. The killings of common people go insignificant, with a compensation of a few thousands of rupees, at the most.

Who is responsible? Obviously the political and money power centers. The civil society must ensure the independancy of our professionals, technocrats and scientists to devise, to execute and to monitor the policies for the sake of the common man. The political and money power is eating away the discipline and simplicity rapidly. Before the any disruptive situation takes over the nation, the good must win over the ugly. The quality of society and life must be at its best every time and all the time. ❖

ABOUT SENIOR CITIZENS BUREAU

(Capt. Dr. M. Sinagaraja)

1.0 CONCEPT AND BACK GROUND

1.1 Senior Citizens Bureau is a free guidance and information centre run by Senior Citizens for all age groups. The Bureau was found on 03-03-1996 by a group of Elders, imbued with the spirit of self-less service to the society, belonging to Probus Clubs and Several Senior Citizens Associations. It is registered under Society's Act / GOT, with Regn. No. 370/2002 on 24.09.2002. It is a non profit voluntary organization, comprising Sr. Citizens, both retiring and retired professionals, employees and business persons. There is no bar in caste, creed, religion and sex.

1.2 Thanks to initiative of Mr. R. Venkatesan, IA&AS, the then President of Probus Club of Madras and the other Probus Clubs and Seniors Forums, the Bureau was first setup as Citizens Advice Bureau in March 3, 1996 in the same model as that of at London existing from the days of the second world war which then spread all over the world. The Citizens Advice Bureau, will henceforth be a division forming part and parcel of renamed and registered "Senior Citizens Bureau"

2.0 GOVERNING BODY

2.1 The bureau is governed by Memerandum of Association and Bye-laws/ It is run by an Executive Committee duly elected and governed by General Council. The funding is from the contribution received from members, sister clubs and other VOs. The account is audited annually and passed in the AGM. Then IT return is filed unflinchingly.

2.2 The Bureau is proud of its achievements. It successfully renders dedicated and honest service to the society, under the stewardship of its able leaders successively. Founder Chairman Major General Aban Naidu PVSM, AVSM, M-in-D, (former General Officer Commanding of Delhi Area and Military attache at Washington), took the Bureau to a great height with zeal, vision and mission, ably assisted by convenor Mr. R. Venkatesan, IA & AS, the founder Secretary General Mr. N. Subramanian, IRS, former Chairman of Central Bureau of Direct Taxes, and a host of other office bearers and panelists who had held very senior positions in various disciplines.

2.3 The Bureau is fortunate to have Er. V. Hariharan, FIE, Ex. President, Sundaram Fastners, Padmasri Dr. V.S. Natarajan, MD, FRCP, (Retd.) the renowned Geriatrician and multi faceted technocrat Dr. Capt. M. Singaraja, SM, C. Eng. (Retd.) as successive Chairpersons.

3.0 GOVERNMENT RECOGNITION

Both Padmasri Dr. V.S. Natarjan and Dr. Capt. M. Singaraja served as members of National Council for Older Persons (NCOP). The Social Welfare Board and the Dept. of Social Welfare, GOT, in recognition of our contribution to the Senior Citizens and to the Society at large, have involved our Bureau in framing the State Policies and Rules for Senior Citizens as well as in many interactive programs.

4.0 FREE COUNSELLING

Bureau provides free information and guidance through six departments such as Civic Affairs, Health Care, Legal, Personal Administration, Finance and Education. Each of these is headed by one SWC (Social Welfare Committee) member who is assisted by a panel of counsellors possessing professional expertise and experience in the relevant field. So far more than 1400 request letters had been received and satisfactorily dealt with.

5.0 GERIATRIC HOUSE CALL PROJECT AND HEALTH CARE PROGRAMMES

A unique programme to treat the immobile senior citizens at their door steps by Geriatric / Family Physicians and Para-medical staff, known as Geriatric House Call Project (GHCP) was launched on 17.02.2008. Anniversary of GHCP with Scientific session to Doctors is held every year. Bureau has been conducting special medical camps for elders periodically. Over 140 Health Care / Elder Welfare / Youth Programmes covering the following areas of health have been held. (i) Asthma and Hypertension (ii) Dental Health (iii) Hearing disability (ix)) Geriatric Master Health Checkup (v) Bone Mass detection (vi) Rural Eye Camp (vii) Prostate detection (viii) Elder Care (ix) Well Woman (x) Geriatric Counselling (xi) Memory Clinic (xii) Psycho Therapy (xiii) Insomnia (xiv) Obesity (xv) Hypertension (xvi) Healthy Bones & Healthy Arteries. (xvii) Skin Diseases (xviii) Geriatric Care Giving (xix) Youth sensitising (xx) career guidance (xxi) character/ skill Development etc., (xxii) Annual Free Multi Speciality Mega Health Camps (xxiii) Free Periodical Lab Tests.

6.0 GERIATRIC NURSING CARE- GIVER TRAINING

Senior Citizens Bureau conducted a six month course from September 2009 for imparting training in geriatric Nursing, supported by the Slum Clearance Board at a cost of Rs.1.1 Lacs. Dr. V.S. Natarajan was chosen to standardize and finalise a common syllabus for the course to be conducted by selected institutions of which SCB is also one. 25 candidates have been trained and absorbed by different institutions. Dr. Capt. M. Singaraja, organised the programme with indoor and outdoor hands on training.

7.0 INTER GENERATION AND YOUTH PROGRAMME

7.1 We conduct programs to sensitize the youth for developing their skill and character to promote inter generation understanding, every year during the celebration of children's day and World Elders Day / Elder Abuse Awareness Day. We visit institutions and address them in a get together and reward the winners. In 1999, field training, in Elder Care was imparted to Rrotract Students.

7.2 We conduct a variety of competitions to promote togetherness of young and old on all such occasions. In 1998, about 600 students participated from schools and colleges in Kilpauk and Purasawakkam. Books, prizes and certificates were distributed in an impressive function held at MCTMHSS.

7.3 We conduct workshops and seminars to the Students and Elders periodically. One such programme was "Role of the Youth in Age Care", jointly with Social Work Dept. of Stella Maris College on 29.1.2011 supported by Help Age India and Directorate of Social Welfare, Govt. of Tamil Nadu. As well as District Social Welfare Department.

8.0 CELEBRATION OF SPECIAL DAYS

8.1 We always take pain and effort to observe the World elders Day as community oriented with special focus on school and college students on October 1, every year. We throw open the floor to the public for a Quiz programme and question and answer session with the expert panelists of all our social welfare departments. Renowned public figures and eminent Senior Citizens will also address. There will be a cultural programme on Elder Issues.

8.2 Since 2006, World Elder Abuse awareness day is conducted involving the youth on 15th June every year. Pledge against Elder

Abuse is taken by students and public. Signatures are collected from thousands of students and forwarded to the Government.

8.3 Anniversary of Bureau as well as LinkAge and AGM are organised in a grand manner. Awards are given to special school students.

8.4 Awards & Contributions are presented on special occasions regularly as follows : • SCB award of Excellence to the public figure who serves for the cause of Senior Citizens • SCB award of Recognition to Senior Members who have sighted 1000 (+) moons • Cash Awards to indigent older persons • Cash Awards to special school students • Awards to winners of competition & participants of Cultural programmes (Students as well as members) • Contribution to Prime Minister's / Chief Minister's Relief Fund.

9.0 PUBLICATION

9.1 Bureau is publishing a Journal, entitled "LinkAge", every month for circulation among its members free of cost and for a fee to journal subscribers from outstations. It is registered with Registrar of Newspapers for India vide Regn. No.TNENG/2004/13996. Apart from publishing current activities, it provides answers to reader's queries, information on medical and other elder care problems. The Bureau has also released several publications useful for Senior Citizens and Youth.

9.2 The Titles published are :

Citizens Advise Bureau - A guide	1996
U.N. International Year of Senior Citizens	1999
National year of Senior Citizens	2000
Sevi Chelvam / Burden of Love	2001
Mudumaiyai Velvom (முதுமையை வெல்வோம்)	2002
Everything you want know about after 60	2002
Elder Friendly	2003
Meendum Vasantham	2004
Geriatric Nursing	2005
Healthy Nutrition for Healthy Ageing	2006

"Arubathu Vayathuku Piragu" (அறுபது வயதுக்கு பிறகு)	2008
Annual Day Special	2009
"Doctors in Help" I Edition	2009
Annual Day Special	2010
"Doctors in Help" II Edition	2010
Productive Ageing	2010
"Muthumai Ennum Poongratru" (முதுமை என்னும் பூங்காற்று)	2010
Role of the Youth in Age Care	2011
Doctors in Help III Edition	2011
Parkinson's Diseases (உதறுவாதம் (எ) பாரக்கின்ஸன்ஸ்)	2011
Sweet Sixt(y)een	2011
World Elder Abuse Awareness Special	2011
Healthy Ageing	2011
Doctors in Help - IV	2012
Sweet Seventeen	2012
Age Demands Action	2012
Doctors in Help - V	2013
A bridged Directory of Members	2013
Sweet Eighteen	2013

10.0 WEBSITE : Bureau has hosted its website <www.seniorcitizensbureau.org> on 01.10.2006 and is being updated periodically.

11.0 INTERACTING PROGRAMS / MONTHLY MEETINGS

11.1 Every year we deliberate on useful themes and issues related to the Elders as well as to the Society during our Annual conference and special meets by inviting eminent professionals and create an awareness. Many VVIPs/VIPs participated and encouraged us in various programmes. The list of programmes from 1999 to April 2013 is given as Annexure - 1.

11.2 Regular periodical cheer-up-visits to Hospitals and Old Age Homes are organised and gifts are presented.

12.0 MEMBERSHIP

12.1 Membership is open to all persons of age 50 and above under the following categories subject to Bye-Laws and covers spouse also. Admission fee for all is Rs.50/-. The updated list of members is given as Annexure - 2, in LinkAge July 2013 issue.

Subscription	Age		
	<69	70 > 79	>80
Link Age - Annual (JS)	150	100	50
Link Age - Life (JSL)	700	500	300
Bureau - Annual (SCB/AM)	300	200	100
Bureau - Life (SCB/LM)	1500	1000	500
Donor Member (DM)	3000	3000	3000
Patron Member (PM)	5000	5000	5000
Institution Member (IM)	-	-	5000

13.0 IT EXEMPTION

Donation to the senior Citizens Bureau is eligible for IT benefits under section 80 G. Members are also eligible for concession on the subsidised fees charged at health camps. Our Pan Card No. is AAETS 3576K. Our donors and contributors to Sun Shine Fund (SSF) are appreciated and held in high esteem

14.0 DAY CARE CENTRE

A Day-care Centre for the benefit of Senior Citizens, conceived as a pilot project by the Senior Citizens Bureau has been sponsored by Dr. Capt. M. Singaraja, 90/93, Rama Naicken Street, Nungambakkam, Chennai - 34 (behind Nungambakkam police station). The center was inaugurated by Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D, on 5th July, 2003, during Annual Day conference of the Bureau..

15.0 CONCLUSION

Your membership and donation lend support to the mission and vision of Senior Citizens Bureau. Let us empower the elders, speak in uni voice and enhance the human values. ❖

ACTIVITIES OF SENIOR CITIZENS BUREAU

The Following are among the major / important programmes that have been conducted over the years.

- 1998 : Promotion of Inter-generation understanding for Students.
- 1999 : Elder Care Field Training Programme for Rotaract Students.
- 2000 : Dental Health Checkup Programme • World Elders Day.
- 2001 : Detection of Hearing disability Distribution of Hearing Aids donated by HelpAge India • World Elders Day.
- 2002 : Geriatric Master Health Checkup • World Elders Day.
- 2003 : Bone Mass Density Detection Rural Eye Camp & Social Welfare Camp • World Elders Day.
- 2004 : • Prostate Disease Detection (2 camps) • Elder Care & BMD Interactive Programme. • Well women Camp. • Economic Welfare - Interactive Programme. • Geriatric Counselling & Psychotherapy Programme. World Elders Day • Geriatric Nursing Assistant 6 month Training Programme.
- 2005 : • Healthy Lung • Healthy Joints & Arteries. Interactive Meet - Peace & Spirituality. • Talk on Elder Movement Indian & Global Scenario. • Youth Support & Encouragement on Children's Day. • Prostate Disease Detection. • Talk on Healthy Ageing. World Elders Day.

2006

- 20-05-2006 : Screening camp on "Dementia"
- 24-06-2006 : World Elder Abuse Awareness day
- 23-07-2006 : Camp on "Healthy Arteries"
- 23-07-2006 : Camp on "Skin Diseases".
- 19-08-2006 : Lecture on "Clinical Aspects of Memory Disorders"
- 16-09-2006 : "World Alzheimers Day"
- 01-10-2006 : World Elders Day • Launch of Website.
- 18-11-2006 : Camp on "Flu Vaccination Interactive Session on the topic "Myths and Facts about Chikun Gunya"
- 16-12-2006 : Camp on "Risks of Falling down among the elderly"

2007

- 21-01-2007 : Discussion by a panel of medical experts on the "Risk of falls due to imbalance among olders adults."
- 24-02-2007 : 3 in 1 Camp - Integrated Eye, Dental & ENT checkups.

- 24-03-2007 : Incontinence Camp for Older Adults.
- 14-04-2007 : 12th Annual Day AGM Launching of Project - 1
- 24-05-2007 : Gettogether and Interactive Meet on Right to Information Act.
- 17-06-2007 : Award Presentation on Completion of Project - 1
- 15-07-2007 : First Anniversary of Memory Clinic
- 18-08-2007 : Camp on "Stomach Disorders" for Older Adults
- 22-09-2007 : World Elder Abuse Awareness Day
- 17-09-2007 : Free Health Assessment for the Women Inmates of the Mercy Home
- 02-10-2007 : World Elders Day 2007 Celebration
- 24-11-2007 : Free Health Assessment for male inmates of the Mercy Home
- 24-11-2007 : Celebration of Children's Day
- 21-12-2007 : Interactive Session with Medical Specialists & Camp on 'Flu Vaccine'

2008

- 26-01-2008 : Camp on Healthy Mind & Healthy Bones
- 17-02-2008 : 1) Inauguration of Geriatric House Call Programme
2) Story Telling on 'Caring for Life'
- 22-03-2008 : Sleep & The Elderly
- 06-04-2008 : Scientific Session on Geriatric Emergencies at Home
- 12-04-2008 : Interactive meet on Reverse Mortgage Loan
- 17-05-2008 : Lecture Programme on Save a Life & Give a Life (SAGA)
- 29-06-2008 : 6th AGM and Annual Day Conference.
- 15-07-2008 : Release of Book in Tamil "Arubathu Vayathuku Piragu".
- 27-07-2008 : Scientific Session on Cognitive Impairment in for elderly.
- 08-06-2008 : Scientific Session on Geriatric Sexuality.
- 17-08-2008 : Screening Camp for HEALTHY AGEING
- 24-08-2008 : Scientific Session on "incontinence of Urine".
- 18-09-2008 : World Elder Abuse Awareness Day.
- 28-09-2008 : World Alzheimer's Day
- 01-10-2008 : World Elders Day-2008.
- 23-11-2008 : "Family Welfare Special Health Camp (From Pediatric to Geriatric age groups)
- 15-12-2008 : "Know About Menopause".

2009

- 10-01-2009 : Lecture & Camp on "Thyroid Disorders of Older Adults".
22-02-2009 : Geriatric House Call Programme-1st Anniversary.
15-03-2009 : Mediation and Hypno Therapy for Senior Citizens.
19-04-2009 : 6th Scientific Session on Geriatric Dermatology.
21-06-2009 : A Free Seminar On 'arthritis & Its Management'.

2010

- 24-04-2010 : Lecture cum Demo on Geriatric Psychotherapy
08-08-2010 : 15th Annual Day of the Bureau
7th year of publication of Link Age celebrates
19-09-2010 : Instn. of values, Impact of celebration on Elderly
poor in Chennai
09.10.2010 : Celebration of World Elder Day and Book release
"Productive Ageing"
14-11-2010 : 'மதுமை என்னும் பூங்காற்று' நூல் வெளியீட்டு விழா, மற்றும்
இந்திய அரசின் வாழ்நாள் சாதனையாளர் விருது
பாட்பர் வ.செ. நடராசன் அவர்கள் பெற்றமைக்கு பாராட்டு விழா.
5-12-2010 : Institute of Mental Health

2011

- 16-01-2011 : Active Ageing - Business opportunity for Men & Women
29-1-2011 : Workshop "Role of the youth in Age Care".
13-2-2011 : 3rd Anniversary of Geriatric House Call Project and 8th
Academy Program for Panel doctors of HCP & release of the
Book "Doctors in Help in Assn. with M/s. CIPLA
19-03-2011 : Lecture on "Writing a Will / Settlement
23-04-2011 : Happy get-together with inmates of KIMH in Assn. with
KRWA
30-04-2011 : "World Parkinson Day" Celebration in Association with
M/s.zUCB NCS Division and release of the book on "Parkinson
Disease"
21.05.2011 : 16th Annual Day Conference.
15.06.2011 : World Elder Abuse Awareness Program cum Camp, jointly with
HelpAge India.
16.07.2011 : Pain Management Awareness Program cum Camp jointly with
Amurthanjan Health Care specialized centre.
21.08.2011 : Presentation by Dr. G.S. Kailash, MD, DTCD, AACF, FCHP on
how not to go to a Doctor, jointly with Insurance Pensioners
Trust.

- 29.08.2011 : Commemoration of World Elders Day jointly with Stella Maris College. Chief Guest Dr. T.S. Krishnamurthy, IRS (R), Former CEC.
- 15.10.2011 : Free Geriatric Health Screening Camp jointly with Dept. of Geriatric Medicine, GH. Chief Guest Dr. V. Kanagasabai, Dean, MMC & GH
- 27.11.2011 : 123rd Scientific Session of GHCP on Geriatric C a r d i o l o g y , Chief Guest Prof. Dr. D. Vaidyanathan (R).
- 16.12.2011 : Free Screening Camp for Dementia & Depression jointly with HelpAge India. Chief Guest Padmabushan Dr. M. Sarada Menon.
- 24.12.2011 : Book மறதி நோய் சுகமா? சுமையா? authored by Dr. V. S. Natarajan launched by Prof. Dr. Silamboli Su. Sellappan and CineArtist Thiru R. Sivakumar.

2012

- 26.01.2012 : Cheer-up- visit and presentation of gifts to Geriatric Ward / GH, thru Prof. Dr. B. Krishnaswamy, MD & Dean Dr. V. Kanagasabai.
- 21.02.2012 : Free seminar on Health Insurance for Senior Citizens jointly with HelpAge India. Chief Guest Mr. V. Ramasamy, B.Sc., ACA, Insurance Ombudsman.
- 17.03.2012 : Free camp on Management of Arthritis jointly with TOSH Hospital.
- 09.04.2012 : World Health Day 4th Anniversary of GHCP, Honouring Padmasri Dr. V.S. Natarajan Dr. V.S. Vijay, MS (Ortho) Hon. Minister for Health, GOT released the Book "Doctors in Help" Dean Dr. V. Kanagasabai felicitated.
- 19.05.2012 : Awareness & Demo on Emergency Management, Chief Guest Mr. B.N. Sridhar, Regional CEO, GVK-EMRI, Chennai.
- 26.08.2012 : "Sweet-17" Book Release Anniversary of SCB & Link Age, Chief Guest Thiru P.R. Anbazhagan, Direcior, Help Age, Chennai.
- 26.08.2012 : Annual General Body Meeting, Chief Guest Padmasri Dr. V.S. Natarajan Senior Geriatrician
- 29.09.2012 : World Elders Day & World Elder Abuse Awareness Day, Chief Guest Justice Tmt. K.B.K. Vasuki, Judge, High Court of Madras
- 20.10.2012 : Multi Speciality Mega Health Camp, Chief Guest Prof. Dr. B. Krishnaswamy, HOD, Geriatric Dept, MMC & GH, Chennai
- 14.11.2012 : Interaction on Safety & Security of Senior Citizens, Chief Guest Thiru S. Saravanan, Asst. Commissioner of Police

15.12.2012 : World Pneumonia Day & Vaccination Camp, Chief Guest Padmasri Dr. V.S. Natarajan, Senior Geriatrician

2013

- 24.01.2013 : Modern Senior Friendly Apartments, Chief Guest Mr. Arun Gupta, CEO, Age Ventures India, N.Delhi
- 17.02.2013 : 5th Anniversary of GHCP and Release of "Doctors in Help", Chief Guest Dr. V. Kanagasabai, Dean, MMC, Chennai.
- 23.02.2013 : Heart Diseases, What Do you need to Know? Chief Guest Dr. Amal Louis, Senior Cardiologist, Cardiologist, Visit to Apollo, Ayanambakkam.
- 23.03.2013 : Spirituality & Old Age, Chief Guest Er. R.S. Guna Sekar, Technical manager, MSys, Guindy
- 08.04.2013 : Visit to new Geriatric ICU ward, GH presenting multi purpose racks and alpa air beds
- 20.04.2013 : World Health Day, Dr. B. Krishnaswamy
- 26.05.2013 : Judiciary Today, Dr. T.S. Ramaswamy
- 23.06.2013 : Myths and Facts in Medicine, Dr. G.S. Kailash
- 21.07.2013 : 18th Annual Day and 10th Anniversary of Linkage, Padmasri Dr. V.S. Natarajan
- 21.07.2013 : 8th World Elder Abuse Awareness Day, Tmt. S. Revathi
- 21.07.2013 : AGM, Capt. Dr. M. Singaraja, SM
- 16.08.2013 : National Solidarity Day of Senior Citizens, Prof. R. Thilagaraj
- 22.09.2013 : Arogya -2013 Geriatric Mega Health Screening Camp in Siddha Medicine, Prof. Dr. P. Jayaprakash Narayanan, Prof. Dr. R.S. Ramaswamy
- 05.10.2013 : World Elders Day, Justice Thiru. K. Gnanaprakasam
- 14.11.2013 : Safety & Security of Senior Citizens, Mr. R. Shibu Kumar, IP
- 15.12.2013 : Healthy Ageing, Dr. Ilango, Dr. M. Lakshmi pathy Ramesh
- 20.12.2013 : Real Life Success An Awareness Forum on Arthritis, Dr. S. Arumugam

2014

- 12.01.2014 : Prostate Health, Dr. Krish Sairam
- 16.02.2014 : Cardiac Health, Dr. K.G. Sundar Kumar
- 23.03.2014 : Falls, Dr. N. Lakshmi pathy Ramesh
- 27.04.2014 : Demntia (Facts and Fear), Dr. Preetikaa Chary, Kauvery Hospital

- 21.06.2014 : 19th Annual Day, Mr. M. Ravi, IPS, IG of Police
- 21.06.2014 : 11th Anniversary of Journal "LinkAge", Mr. S.P. Ambrose, IAS
- 21.06.2014 : 9th World Elder Abuse Awareness Day, Padmasri Dr. V.S. Natarajan
- 21.06.2014 : AGM, Capt. Dr. M. Singaraja, SM
- 20.07.2014 : Care and Management of Diabetic Foot and Wounds, Prof. Dr. V.B. Narayanamurthy
- 16.08.2014 : Acupressure and Nature Cure, Prof. Dr. FA. Abdul Nazar
- 13.09.2104 : Nonsurgical Treatment for Peripheral Arterial Disease (PAD), Dr. R. Ravi Kumar

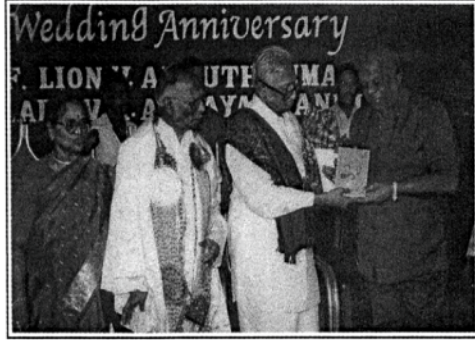


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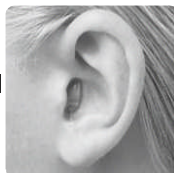
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