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LinkAge

(R.O.) New No.90, Rama Naicken Street, Nungambakkam, Chennai 600 034.

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



Bestow
unconditional love

VOLUME : 10

AUGUST : 2013

ISSUE : 02

“SWEET EIGHTEEN”

***A special issue of “LinkAge” on the occasion of
commemoration of 18th Annual Day of the Bureau,
A decade of Journal “LinkAge” and
8th World Elder Abuse Awareness Day”***



***Presenting SCB award of Excellence to Padmabushan Dr. M. Sarada Menon and
SCB award of recognition to SCB Members
who have sighted 1000(+) moons & of age 85(+) on “World Elders Day - 2012”
by the Chief Guest, Tmt. Vasuki, Judge, Madras High Court, Chennai***



**இம் மகிழ்ச்சியான நந்நாளில்
அனைவருக்கும் நல் வாழ்த்துக்கள்**

21.07.2013



Best wishes to all on this memorable happy occasion.

From the Editor cum Chairman**வொங்குக மகிழ்ச்சி**

நமது மன்றம் பல இடர்களைக் கடந்து, இப்போது 18-ஆம் ஆண்டு விழாவைக் கொண்டாடும் இம் மகிழ்ச்சியான தருணத்தில் மன்ற உறுப்பினர்களுக்கும் நல் ஆதரவு தரும் பெரியோர்களுக்கும், பத்தாவது ஆண்டு விழாவைக் கொண்டாடும் 'லின்க ஏஜ்' வாசகர்களுக்கும் எனது நெஞ்சம் நிறைந்த வாழ்த்துக்களை, நன்றி கலந்த வணக்கத்துடன் தெரிவித்துக் கொள்கிறேன்.

நம்முடன் என்றும் துணையாக இருக்கும் நமது நிறுவனத் தலைவர் மேஜர் ஜெனரல் அபன் நாயுடு, PVSM, AVSM, M-in-D அவர்களும் மற்ற பெரியவர்களும் ஆற்றிய அரும்பணி அளப்பரியது. ஒரே குடும்பமாக நற்பணியில் ஈடுபட்டிருக்கும் மன்றம், மற்றும் "லின்க ஏஜ்" நிர்வாகிகள் போற்றத்தகுந்தவர்கள்.

வாழ்க நலம் சிறக்க....


JOYFUL DAY

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.

With best wishes



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

Invitation**145th Programme****SENIOR CITIZENS BUREAU**

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

Solicits your esteemed presence on the occasion of Commemoration of

18th ANNUAL DAY OF THE BUREAU, A DECADE OF JOURNAL "LINKAGE"

and

8th WORLD ELDER ABUSE AWARENESS DAY

Date & Time : Sunday, 21st July 2013, 10.30 Hrs.

Venue : Institution of Valuers Hall (A/c),

Shop 4, Right (East) Wing, TNHB Complex, 4, Luz Church Road, Near Navasakthi Vinayakar Temple, Luz, Mylapore, Chennai - 4.

Chief Guest and "Sweet-18" to be released by **Padmasri Dr. V.S. Natarajan**, MD, FRCP, DSc.(Hon.)
Senior Geriatrician and Patron /
Indian Academy of Geriatrics and Senior Citizens Bureau

Presided over by

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

Felicitation and Distribution of Prizes to +2 Special Students by

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

Thiru R. Venkatesan, IA & AS (Retd.)

Tmt. S. Revathi, MA, M.Phil, HDCM
District Social Welfare Officer, Chennai.

All are welcome.

Brig. K. Muthulaxmi
Secretary General

Agenda

10-30 Hrs. - 11.45 Hrs.

Tea

Invocation

Welcome address by
Thiru Prakash H. Lulla

Presidential Address by
Dr. Capt. M. Singaraja, SM, C.Eng.

Special address and release of "Sweet-18" by
Padmasri Dr. V.S. Natarjan,
MD, FRCP, D.Sc. (Hon.)

Felicitation and Distribution of Prizes to
+2 Special Students of Little Flower Convent,
Chennai by

Thiru S.P. Ambrose, IAS (Retd.)
Thiru R. Venkatesan, IA & AS (Retd.)
Tmt. S. Revathi, MA, M.Phil, HDCM

Vote of Thanks

National Anthem

12-00 Hrs. AGM

13-00 hrs. Lunch

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

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

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

Awards to Special Students and Schools are sponsored by Mr. S. Aravamudhachary (LM 363), EC Member

I Little Flower Convent Hr. Sec. School for the Blind

- 1) F. Monica
- 2) P. Gowri
- 3) S. Saranya
- 4) Sr.A. Margaret, Principal

II Little Flower Convent Hr. Sec. School for the Deaf Best Students

- 1) E. Sangeetha
- 2) Srividhya
- 3) C. Monica Jebarani
- 4) Sr. Jesintha Roslaid, Principal

Thank you sir ❖

Message from the Chairman Emeritus

The Senior Citizen Bureau had a very purposeful journey in the last 17 years in elevating and meeting the human needs of different strata of the society. A very gratifying and laudable service to humanity, as stated, "Service to God is service to mankind". Senior Citizen Bureau has grown from strength to strength and greatly appreciated by one and all. In recent times the Bureau has been focusing on Health Care and Geriatric House Call Project under the dynamic Immediate Past Chairman Dr. V.S. Natrajan, Geriatric Specialist of International fame.



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

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

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

Message from the Advisory Committee Member

Dear Capt. Singaraja,

My congratulations and best wishes to you and the Executive Committee members on the publication of the special edition of "Linkage" to commemorate the 18th. Annual Day of the Senior Citizens' Bureau, which has done excellent service for the elderly. Much has been achieved by a small group of dedicated senior citizens, despite health impediments. We, the senior citizens, owe a debt of gratitude to this dedicated group for their selfless service. It is our humble prayer that the Almighty grants them good health.



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

Message from the Patron

Senior Citizens Bureau, with which I enjoy a happy association exceeding a decade has come of age, as it is stepping into its sweet 18! The Bureau has been continuously striving without any letup for the welfare of the Elderly, which is very much gratifying.



This year Senior Citizens Bureau has come forward to celebrate its Annual Day along with two other important events viz. 10th Anniversary of the Bureau's monthly journal LinkAge and World Elder Abuse Awareness Day, observed every year. It is indeed a happy and joyous occasion. All are aware that the Bureau has over the years created awareness among the public, in general, and the youth in particular, to stand against the evil of Elder Abuse in all its forms.

Mission and Vision of the Bureau along with its routine activities for the welfare of the Elderly are being spread across the nation through LinkAge. Capt. Dr. M. Singaraja who has been the editor of this mouthpiece of the Bureau from the very beginning has been consistently contributing valuable materials and facts to enrich the content of this monthly journal for the benefit of the member-subscribers. Under the Chairmanship of Capt. Dr. M. Singaraja Senior Citizens Bureau and LinkAge are marching ahead, and growing from strength to strength. It is my pleasure and privilege to offer my best wishes to the Bureau and LinkAge all success in the days to come.

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

Message from the Advisory Committee Member

I have great pleasure in sending my felicitations to the Senior Citizens Bureau on the occasion of the commemoration of the 18th Annual Day of the Bureau and the completion of a decade of its journal, 'Link Age'. As one who had some role to play during the inception of the Bureau, I feel gratified to see its steady growth with great commitment to its Mission and Vision. It has been playing an important role in the well-being of Senior Citizens and striving in various ways to promote a better understanding of the needs of elders on the part of all sections of society, including government and civic authorities. Its journal, Link Age, has been usefully complementing the activities of the Bureau. I wish the Bureau and its publication continued growth and success in their endeavours in the years to come.



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

A BRIEF NOTE ABOUT SENIOR CITIZENS BUREAU

(Dr. Capt. 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 Memorandum 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 unflinching.

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. Natarajan 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 Paramedical 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.

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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 Rotract 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
Selvi 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) பார்க்கின்ஸன்ஸ்)	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

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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. ❖

கூடி வாழ்ந்தால் கோடி நன்மை JOINT FAMILY IS AN UNIVERSITY



ACTIVITIES

Annexure - I

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 Meno Pause".

2009

- 10-01-2009 : Lecture & Camp on "Thyroid Disorders of Older Adults'.
- 22-02-2009 : Geriatric House Call Programme-1st Anniversary.

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- 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 : "முதுமை என்னும் முன்காற்று" நூல் வெளியீட்டு விழா, மற்றும் இந்திய அரசின் வாழ்நாள் சாதகையாளர் விருது டாக்டர் 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. UCB 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, AACP, 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. Kanasabai, Dean, MMC & GH
- 27.11.2011 : 123rd Scientific Session of GHCP on Geriatric Cardiology, 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 **மறுதி நோய் சுகமா? சுகமையா?** authored by Dr. V.S. Natarajan launched by Prof. Dr. Silamboli Su. Sellappan and Cine Artist 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, Director, 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

PHOTO HIGHLIGHTS OF 2012 - 2013 (REF : "LINKAGE" / JULY 2013)



09.04.12 - Book Release : Doctors in Help - IV by Hon'ble Minister for Health & FW



11.05.12 - Awareness on Emergency with 108 GVK EMRI



26.08.12 : 17th Annual Day Conference Chief Guest Mr. PR. Anbazhagan, Director / HAI, releasing "Sweet 17" Book



26.08.2012 - A view of Head Table, 9th Annual General Body Meeting



29.09.12 : Chief Justice Tmt. Vasuki, Judge, Madras High Court releasing the "Age Demands Action" Book



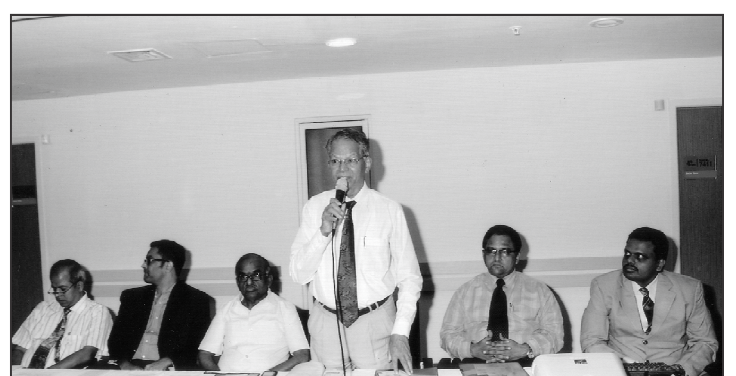
28.10.12 : Multispeciality Mega Health Camp "Arogya 2012"



14.11.12 A day with TN Police, at F3 Nungambakkam Station on Safety & Security of Senior Citizens



13.02.13 Launching the book "Doctors in Help-V" (L-R) Drs. Sarada Menon, Ramasubramanian, Singaraja, Kanagasabai, Natarajan



23.02.13 Rural Visit - A day at Ayanambakkam, Apollo Hospital

ADULT VACCINATION**Padmasri Dr. V.S. NATARAJAN**

Senior Geriatrician and Patron /

Indian Academy of Geriatrics and Senior Citizens Bureau

Two billion people will be aged 60 and older by 2050 worldwide, according to the World Health Organization. Eighty percent of the elderly population will be living in low and middle-income countries like India. By 2030, India is projected to have the world's second largest elderly population – 198 million, almost two times the current figure of 100 million. As people age, their immune system weakens. Due to the gradual decline in immunity levels, seniors face an increasing risk of infectious diseases.

By the time most people reach old age, they have been immunised or exposed to couple of diseases. Nonetheless, they still need immunisations. Certain immunisations are indicated only in elderly persons, while others are not recommended for all elderly persons but are available and appropriate for specific patients. The elderly need immunisation for protection against serious infectious diseases, just as children do.

Which are the available 'adult' vaccines?

- Influenza • Pneumococcal disease • Tetanus • Typhoid
- Hepatitis B

Influenza

Influenza is an acute systemic viral infection that primarily affects the respiratory tract; it carries a significant mortality. It is caused by Influenza virus. Spreads quickly across the world by air born, droplet or direct contact. Infection is seasonal mainly in the winter season. Those with underlying chest ailments like asthma, chronic bronchitis, diabetes, heart disease, cancer or kidney diseases are at high risk.

Influenza vaccine represents one of the most important health promotion and disease prevention measures in the elderly population. The strains of influenza keep changing with time and so to protect ourself we need to get vaccinated against the strain that is prevalent during that year. This is the reason why influenza vaccine has to be given each year to all persons above 50 years.

Influenza vaccine is by and large very safe. The most common side effects of the injectable variety include soreness, redness or swelling at the site of the injection. These reactions are temporary and occur in 15% - 20% of recipients. So we do not have to fear much about them.

The vaccine should be given intramuscularly every year to all persons above 60 years. The effectiveness decline with age, but even in the elderly the vaccine is protective and reduces the occurrence of illness, protects against serious complications and reduces death rate.

Pneumococcal disease

In contrast with influenza, pneumococcal disease is a year round threat to the health of older people. Pneumonia usually presents as an acute illness in which features such as fever, rigors, shivering and vomiting predominate. Respiratory symptoms include breathlessness and cough, which at first is characteristically short, painful and dry, but later accompanied by purulent foul smelling sputum. Spectrum of pneumococcal disease can range from a mild self-limiting infection to severe

forms of the disease requiring hospitalization. Pneumococci can also produce ear infections, sinusitis and meningitis.

The risk increases many times if you have:

- Chronic heart disease • Asthma & chronic lung disease
- Chronic kidney disease • Diabetes • Chronic liver disease
- Cancer • Chronic alcoholism • Smoking habit • Cochlear implant

Pneumococcal disease is the leading cause of deaths from vaccine preventable diseases. A new generation one-time vaccination (polysaccharide – protein conjugate vaccine) has recently been approved in India for people aged 50 and above. Rarely revaccination may be required 5 years after the first dose.

Common adverse events reported are pain, redness and swelling at the injection site, limitation of movement of the injected arm, fatigue, headache, chills, muscle ache and joint pain. These manifestations are short-lived.

By taking preventive vaccinations, senior citizens not only protect their health, but protect their savings too, as diseases like pneumonia can lead to expensive hospitalization, including treatment in ICUs.

Also, do not forget that when you get sick, your children, grandchildren and others in your family are at risk. When you are vaccinated against a disease, you no longer carry the germs and infect other people at home or in the community.

Seniors should protect safeguard their health by paying more attention to their diet, having regular exercise and taking vaccinations against infectious diseases. As the National Foundation for Infectious Diseases in the U.S. says, "Vaccines are as important to your overall health as diet and exercise".

Concomitant vaccination

Concomitant vaccination with Influenza vaccine can be done (by separate injection in the other arm) without an increase in side effect or decreased antibody response to either vaccine.

Tetanus

In older people injury and accidents are very common. Immunization is recommended for all persons who immunization status is inadequate or unknown.

If never vaccinated, administer 2 doses 1-2 months apart, followed by additional booster dose 6-12 months later. If previously immunized, administer booster every 10 years.

Contraindicated if neurological or hypersensitivity reaction to previous dose.

Typhoid

Oral or intramuscular vaccine can be given once in 3 years. Orally, four doses may be given in every alternate day or one dose of intramuscular injection.

Hepatitis B

Hepatitis B vaccine is not recommended routinely for all elders. People who are exposed to blood or blood contaminated body fluid or IV drug uses need this vaccine. Once course comprises 3 injections, i.e. first injection on first day, second injection after one month and third injection after 6 months.

Remember : Your immunity levels decline as you age. Eat healthy food, be physically active, take vaccinations recommended by your doctors and cultivate healthy habits like hand washing. Living longer is no fun if you are not healthy. Take care of your health and be an example to others. ❖

முதியோரைத் துன்புறுத்துதல் - ELDER ABUSE

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

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

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

WHO has designated June 15, annually as World Elder Abuse Awareness Day (WEAAD). This is the 8th WEAAD from its inception in 2006. “My World - Your World - Our World - Free from Elder Abuse” is an awareness slogan. The global commemoration of the observation of WEAAD is scheduled every year by WHO, jointly with INPEA (International Network to Prevent Elder Abuse) and IFA (International Federation of Ageing) on June 15.

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

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

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

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

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

நாள் : பெயர் :
முகவரி, தொலைபேசி: கையொப்பம் :

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

- MSR

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

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

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

Date: Name :

Address & Phone : Signature :

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

- MSR

Elder Abuse in India (2013) - A HelpAge India Report

NATIONAL Findings

➤ More than one fifth of the elderly 23% reportedly experienced abuse nationally.

➤ Four fifth of the elderly 83% live with family.

➤ Nationally the Daughter-in-law has been reported as a primary perpetrator of abuse (39%) followed closely by the Son (38%).

➤ The most common form of abuse nationally experienced by elderly was Disrespect 79% followed by verbal abuse 76% and neglect 69%, and a disturbing 39% elderly faced beating/ slapping.

➤ The major reasons cited by the elderly for prevalence of elder abuse include: "lack of adjustment", "economic dependence of the abused", "increasing longevity" and "economic dependence of abuser."

➤ About 35% of the elderly abused, reported to be facing it almost daily.

➤ 16% of elderly reported facing abuse for 6-10 years, while 28% reported facing abuse for 3-5 years and 26% were facing it for 1-2 years.

➤ 70% of those abused, did not report the matter.

➤ "Maintaining confidentiality of the family matter" is the major reason behind not reporting abuse 31% followed by "fear of retaliation 23%." One fifth of the elderly 20% did not report as they "did not know how to deal with the problem" .

➤ The Police Helpline is the most known redress mechanism reported by 70% of elderly, while 17.67% knew about the HelpAge India Elder Helpline and 11% about the Maintenance and Welfare of Parents and Senior citizens Act 2007.

➤ The effective mechanisms suggested by the elderly to deal with Elder Abuse include "sensitizing children and strengthening

intergenerational bonding", "increasing economic independence of the abused" and "sensitizing young adults."

'TIER - I (Metro) Cities & TIER-II Findings

➤ Among the Tier-1 (Metro) cities: Hyderabad emerged with the highest rate of elder abuse 37.50%, followed by Kolkata 28%, Delhi 20%, Mumbai 11.43% and Chennai with the lowest with 9.64%.

➤ In Tier 1 (Metro) cities Daughter-in-law has been reported as the main perpetrator of abuse. While it is the Son who is the main abuser in Tier-II cities and a disturbing fact that emerged was that 17% faced abuse at the hands of their daughter.

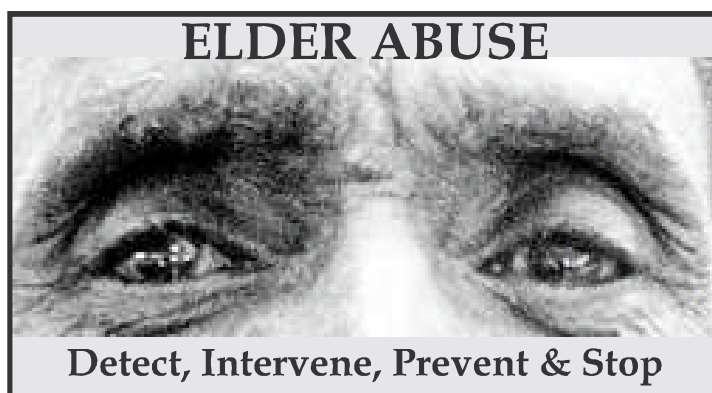
➤ Madurai 63% and Kanpur 60% recorded highest levels of Elder Abuse.

➤ J&K and Rajasthan have the highest share among non-reported cases of abuse, which is 100%.

➤ Among those elderly abused, a shocking 16.19% in Rajasthan and 13.67% in Andhra Pradesh faced beating/ slapping.

➤ In West Bengal & Tamil Nadu (TN) Economic Exploitation as a type of abuse was high, with 18.91% and 15.23% respectively.

➤ Disrespect 11.51% & Verbal Abuse 12% was also high in TN, and in West Bengal Neglect as a type of abuse was high with 12.55%. ❖



Invitation - 147th Programme - கோரிக்கை நாள் - ஆகஸ்டு 16 / Solidarity Day Aug, 16

இந்த கோரிக்கை நாள் அகில இந்தியாவிலுள்ள எல்லா மாநிலங்களின் மூத்த குடிமக்கள் அமைப்புகளாலும், அமைப்புகளின் கூட்டுக் குழுக்களாலும் கடைப்பிடிக்கப்படுகிறது. இதற்கென ஒருங்கிணைப்பு நிர்வாக குழு பல மாதங்களாக இப்பணியில் ஈடுபட்டு வெற்றிகரமாக செயல்பட்டு வருகிறது.

நீங்கள் நமக்கு நாமே செய்ய வேண்டியது

- 16.08.2013, காலை 8 மணிக்கு, அண்ணா நகர் பூங்கா கோபுரத்தின் அருகில், தமிழ்நாடு பேரவைக் கூட்டத்தில் நமது மன்றம் உள்ளடங்கிய 16 மூத்த குடிமக்கள் மன்றங்களும் கலந்து கொள்கின்றன. ஊர்வலமும், கூட்டமும் நிறைவு பெற்றவுடன், சிற்றுண்டி ஏற்பாடு செய்யப்பட்டுள்ளது. தவறாது கலந்து கொள்ளவும்.

தலைவர் / மூ.கு.ம. மன்றம்

நமது முக்கிய கோரிக்கைகளும், அறிக்கையும் கீழே உள்ளன. விவரங்களுக்கு : தொ.பே. : 94441 27704

NATIONAL SOLIDARITY DAY - AUGUST 16 A Call by AISCCON - FOSCATAN

Several sincere and serious attempts to get Governments involved and to listen to our problems and demands have failed. Should we take it lying down any more? No, we should make our needs and demands known to public and pressure the Rulers to take notice. Therefore, a Protest Day, on an all India basis, will be observed on August 16. Nearly thirty State and National level organizations connected with senior citizens from all over India are taking part in this massive movement. There will be protest activities in every city, town, district and Panchayat to highlight the indifferent attitude of the Governments to our concerns and to press our following major demands,

- Health insurance for all Senior Citizens without any age related restriction or that due to pre existing health condition.
- Immediate implementation of the Maintenance & Welfare of Parents & Senior Citizens Act all over the Country.
- Declaration and implementation of National / State Policy for Senior Citizens by Govts.
- Truthful and honest implementation of the Indira Gandhi National Old Age Pension Scheme all over the Country and payment of minimum of Rs 500/- pension.
- 50% concession in Railway and State Bus fares for all Senior Citizens.
- Exclusive Ministry and National Commission for Older Persons at the Centre.
- 2% Higher interest on deposits for Senior Citizens.

- Recognition of AISCCON as the Sola National Association.

All senior citizens are requested to actively participate in observing the Protest Day to voice our above demands. What have you to do on the Protest Day?

- Wear a black band through out that day
- Participate in any rally, procession, walkathon, human chain, signature campaign, public meeting, submission of memorandum etc that may be organized by your local Senior Citizens' or Pensioners' Association.
- Actively involve Press and Media.

Text for Post Card Campaign

Dear leaders,

- 64 years have passed and we still do not have social or health security
- 12 years have passed and NPOP has not been implemented by a single State
- 4 years have passed and MWPSA Act has become fully operational only in 3 States/UT's
- More than 50% BPL Senior Citizens [65+] either do not get any Old Age Pension or are paid much less than the stipulated minimum

It is unfortunate that we have to resort to observing Protest Day on August 16 to bring our plight to your notice

Regards,

Signature

Name, Address & Organization

To

1. **Hon'ble Prime Minister of India,**
South Block, New Delhi - 110 101.
2. **Hon'ble Chief Minister, Govt. of Tamil Nadu**
Fort St. George, Chennai - 600 009.

All our members are requested to assemble at Anna Nagar Tower Park, near Tower, on 16.08.13 at 08.00 Hrs. There will be a procession and meeting inside the park. Breakfast will be served at 9.00 a.m. 16 Seniors Forums including SCB, who are affiliated to Federation of Senior Citizens Associations of Tamil Nadu (FOSCATAN) are assembling together to observe National Solidarity Day.

For details Ph : 94441 27704

Chairman / SCB

“PENSION BILL”

On 7 Jun 2012, the Government was forced to defer a decision on the pension bill following objections raised by some UPA allies. This article explains the provisions of the bill.

What is the Pension Bill?

The Pension Fund Regulatory and Development Authority (PFRDA) Bill 2011 is usually referred to as the pension bill. It was introduced in the Lok Sabha on March 24 last year and was subsequently referred to the standing committee on finance for a detailed examination.

The Government had introduced a similar bill in 2005 but it had lapsed as the term of the 14th Lok Sabha expired before it could be passed.

What does the Bill seek to do?

The Government was finding it difficult to manage its rising pension liability because of the defined-benefit system, under which the pension paid to employee was based on their last salary drawn.

In 2004, it shifted to a defined contribution system, which required employee to save for retirement from their earnings.

Towards this end, it set up a new pension system (NPS) for those joining government service after January 2004 and subsequently set up the Interim Pension Fund Regulatory and Development Authority to oversee the scheme that already managed the retirement savings of lakhs of state and central government employees.

The NPS was later extended to private individuals. The government now hopes to establish the NPS as the premier retirement savings scheme.

The pension bill seeks to give statutory or legal powers to the PFRDA, and set the framework for the regulation of pension fund schemes, including the ones being currently offered.

What is the current status?

The standing committee had submitted its report on the bill in August last year. The government has to now take a stand on the recommendations and bring an updated bill. However, it has not been able to build a consensus on the terms of the proposed law within the coalition.

What are the Bill's key provisions?

- Powers to PFRDA to regulate and develop the sector.
- Provides for foreign investments in the sector but has not set a limit.
- Detailed frame-work for the management of the NPS, which has two types of accounts, Tier-1 and Tier-2. Withdrawal from Tier-1 accounts will be allowed only on retirement. The NPS has three investment options of varying exposure to equities, govt debt and corporate debt.

What are the Committee's main suggestions?

- Mention a FDI limit of 26%, same as that for the insurance sector.
- Allow emergency withdrawal facility even from Tier-1 account and a 100% government securities option for subscribers.
- A minimum guaranteed return.

Why are UPA allies against the Bill?

They are objecting to provisions enabling foreign direct investment in the sector and allowing management of pension schemes by private players.

Source: *Economic Times dated 9 Jun 2012*



**முதியோர்களை !
நம்முடைய சக்தியையும்
பெருமையையும்
வெளிக் கொணர்வோம்**

**ELDERS !
Let us
Empower Ourselves**

National Programme for the Health Care of the Elderly

In a boost to geriatric care across the country, the national programme for the healthcare of the elderly has been allotted Rs. 150 crore under the Union Budget 2013-14. This fund is to be split among 21 states for 100 selected centres to improve facilities in hospitals/clinics for treatment and care of senior citizens. It is aimed at meeting the needs of the 13.2 crore senior citizens in the country. Tamil Nadu will especially benefit, as it has one of the eight regional centres for geriatric care in the country. The Rajiv Gandhi Government General Hospital, attached to the Madras Medical College, pioneered the concept of geriatric care in 1978 by launching an out patient clinic.

The hospital received Rs. 5 crore in 2012 to construct a separate building and equip it with facilities such as physiotherapy care and a separate ward. Last year, six districts in the State were identified for furthering the elder care project, said B. Krishnaswamy, head of the hospital's geriatrics department. Apart from serving as a nodal centre for the State, the regional centre also covers some districts in Karnataka and Kerala.

"The elder care project was launched in the 11th Five Year Plan and we were allocated 20 crore last year. This budget allocation means that the funds will be extended for the next year too," he said ❖

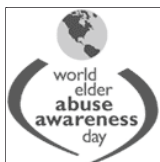
Obituary

Mrs. Namagiri (83), W/o. our regular supporter and a humanist, Mr. S.R. Satakopan, (LM 598), Chennai - 44 lost his dear wife on 09.06.13, 90th birthday, after a brief illness.

I pray God to give him strength to bear the loss and to comprehend, who is now at Mumbai with his son. 68 years of his married life is fresh and green on 15.07.45, the memorable date of Wedding. ❖

Prof. R. Rajagopalan (85), passed away peacefully, at Nanganallur, Chennai on 17.07.13. He is survived by his daughter (US) and grand children. He is long associate and activist. ❖

Our heartfelt condolence to be bereaved family



**"Elder-abuse is an evil.
Avoid it and be proud with good-will"**

Jottings by Vincent D'Souza

There are lots of young people who live abroad who want to reserve tickets and give their parents here the opportunity to have a good time or even relive their young days at Chepauk. A CSK offer and the online facility makes these things so simple.

Yes, everybody in business is looking at the huge young India.

But don't forget the seniors who also form a huge community today.

I am trying to imagine the key services that ought to have been placed in all our neighborhoods.

I recall a time when Adyar-based sabha, Hamsadhvani's founder late. RR (Ramachandran), wanted to set up a Community Kitchen and Health service for seniors. Is this a facility that a NGO or a community body can execute?

A fortnight ago, a couple who run a 'mess' in Mylapore had a story to share - there was a time not so long ago when they used to supply 'sapad' at the doorstep of 200 seniors. They _ suspended it recently because they could not get delivery people to stay with the job.

Now the couple host 30 plus senior's for lunch at the 'mess'.

Is there an idea to take from the 'Amnia Unavagam' in each ward of this city? An idea, that is for seniors only and starts with food and health? ❖

*Courtesy : Mylapore Times,
April 12, 2013*

வாழ்த்துகிறோம் / Congrats

மனிதாபிமானியும் பரோபகாரியும் நமக்கு அன்பும் ஆதரவும் தரும் நமது செயற்குழு உறுப்பினர் திருவாளர் S. ஆராவமுதாச்சாரி (LM-363) அவர்கள் "108 வைஷ்ணவ சேத்திரங்களின் ஆழ்வார்கள் ஆசாரியார் அருளிய மங்கள சாசன பாசுரங்கள்" என்ற அருமையான நூலையும் (பக்.480, ரூ.175/-), சங்கேசப ராமாயணம் (மூலமும் குறுகிய தமிழ் விளக்கமும்) என்ற அழகிய நூலையும் (பக்.48) தொகுத்து வெளியிட்டுள்ளார்கள்.

அவருடைய (82) தொண்டுக்கு நமது பாராட்டுதலும் நல்வாழ்த்தும்.

தொடர்புக்கு : 87544 11231. ❖

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

Our best wishes. ❖

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Birthdays : August

Wishing you a Cheerful, Peaceful and Prosperous Life

Sl. No.	D.O.B	Memb No.	Name
1.	02-08-1943	LM 518	Thiru E. Nagaraja Sarma
2.	03-08-1942	LM 684	Er. Justin Paul
3.	05-08-1936	LM 298	Thiru N. Sethuraman
4.	07-08-1933	AM 686	Thiru V.S. Natarajan
5.	07-08-1937	LM 583	Er. Olney Aaron
6.	10-08-1932	LM 613	Thiru G. Seshadri
7.	11-08-1936	LM 458	Thiru N. Balasubramanian
8.	13-08-1913	LM 117	Thiru N. Jagannathan
9.	14-08-1948	LM 22	Er. R. Harinder Sagar Naidu
10.	14-08-1937	LM 515	Thiru M.L. Amarnath
11.	14-08-1936	LM 485	Er. C. Visweswara Raju
12.	15-08-1936	LM 23	Thiru T.V. Hariharan
13.	15-08-1927	LM 826	Tmt. Habibunissa Begum
14.	15-08-1933	LM 540	Lion K.S. Mani
15.	15-08-1937	LM 680	Thiru S.N. Kolandan
16.	16-08-1948	LM 740	Thiru S. Antonysamy
17.	17-08-1949	LM 596	Tmt. Umakanthan
18.	17-08-1948	LM 529	Thiru M. Kannappan
19.	18-08-1944	LM 617	Tmt. Chandra Veeraraghavan
20.	19-08-1942	LM 574	Dr. R. Vasanthavalli
21.	23-08-1931	LM 332	Thiru H. Krishnamurthi
22.	23-08-1932	LM 754	Thiru P.K. Uma Shankar
23.	23-08-1935	LM 239	Thiru A.R. Loganathan
24.	24-08-1944	LM 608	Tmt. A. Rajeswari
25.	26-08-1934	LM 807	Thiru J. Ratnasamy
26.	26-08-1948	LM 649	Dr. A.J. Prem Kumar Satya
27.	27-08-1934	LM 137	Dr. Gomathi Narayanan
28.	28-08-1940	LM 250	Thiru B. Augustin
29.	30-08-1927	LM 134	Tmt. M.N. Duraisamy Ammal

Your liberal contribution to Sunshine Fund is solicited

National / International Days - August

01.	World Breast Feeding Day	(I)
06.	World Peace Day, Hiroshima Day/Nagasaki Day	(I)
09.	Quit India Day	(N)
12.	World Youth Day	(I)
15.	Independence Day (India)	(N)
29.	National Sports Day	(N)

Note : (N) = National (I) = International

Welcome to Our Family Fold

I NEW MEMBERS

1	Thiru N. Srikanthan	LM 829
2	Thiru R. Kuppuswamy	JSL 830
3	Tmt. Meera Pattabiraman	JSL 831
4	Thiru S. Subramanian	JSL 832
5	Thiru Kamal Chattopadhyay	JSL 833
6	Thiru V. Sainath	AM 834

II RENEWAL

1.	Tmt. N. Dhanalakshmi	AM 657
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Acknowledgment

Thanks a lot & God Bless You

I. Prime Minister Relief Fund

1.	Tmt. M. Janakam, AM 657
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I. Sunshine Fund

1.	Thiru L.V. Rajarethnam, LM 60	₹ 500/-
2.	Thiru K.R. Narayanan, LM 115	₹ 500/-

III. Donation

1.	Thiru A. Kanthimathinathan, LM 507	₹ 50/-
2.	Thiru S. Aravamudhachary, LM 363	₹ 3200/-
3.	Tmt. R. Sundari Bai, LM 602	₹ 2000/-

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

Additions

- 1) LM 829 Ph : 9884459831 DOB :
Thiru N. Srikanthan
Block 7, Flat 2B, Rani Meyammai Tower, MRC Nagar, Ch - 28
- 2) JSL: 830, Ph: 04142-221652, DOB:
Thiru R. Kuppuswamy
President, Cuddalore Senior Citizen Forum
No.14, LIG, Anna Nagar, Cuddalore - 607 001
- 3) JSL : 831, Ph:9790931470, DOB:
Tmt. Meera Pattabiraman
Chairperson, ARDSI, No.3, East Spur Tank Road,
Chetpet, Chennai - 600 031
- 4) JSL: 832, Ph: 9843813583 DOB:
Thiru S. Subramanian
241, Main Road, Nagore - 611 002.
- 5) JSL : 833, Ph:8697503319, DOB:
Thiru Kamal Chattopadhyay
13 AL, 1, Greenwood Nook,
369/2, Purbachal Kalitala Road, Kolkata - 700 078.
- 6) AM : 834, Ph:9840764174, DOB:20.02.1948
Thiru V. Sainath
91, Paper Mills Road, Perambur, Chennai - 600 011.