



Committed to serve

Link Age

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

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



Bestow unconditional love

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From the Editor cum Chairman

நெடும் பயணம்

A long way to go

உலக முதியோர் நாளை ஒட்டி இந்து, டெக்கான் கிரானிகல், தினத்தந்தி, தினகரன் என ஒரு சில நாளிதழ்களிலும், பொதிகை சென்னை தொலைக்காட்சியிலும் சில முக்கிய முதியோர் பிரச்சினைகள் கையாளப்பட்டன. அரசுத் தரப்பிலிருந்து நல்லிணக்க வாழ்த்துச் செய்தி வந்திருக்க வேண்டும். மைய அரசு சார்பாக பல சமூக விருது அறிவிப்பு, நாளிதழ்களில் விளம்பரப்படுத்தப் பட்டதோடு சரி. ஏன் இந்தப் பாரா முகம்? முதியோர்களுக்கும் சம உரிமையுள்ள சமூகம், சத்தான உணவுக்கும், மருத்துவ வசதிக்கும், பொருளாதார வசதிக்கும் உத்திரவாதம் கொடுத்து, கிராமப் பஞ்சாயத்து முதல் மேல்மட்டம் வரை, ஒவ்வொரு துறையிலும் திட்டம் தீட்டி பணம் ஒதுக்கி அமல் படுத்த வேண்டியது மாநில, மைய அரசுகளின் தலையாய கடமை.

சமூக நலத் திட்டங்களில் முன்னிலை வகிக்கும் தமிழக அரசு, மூத்த குடிமக்கள் நல வாழ்விற்காக டில்லி, இமாச்சல், ம.பி., இராசஸ்தான், மராட்டி, கோவா போன்ற மாநிலங்களைப் பின்பற்ற வேண்டியவை அநேகம். மூத்த குடிமக்களின் ஆற்றல், அநுபவம், சேவைகளைப் போற்றிப் பாதுகாத்து, அவர்களைப் பராமரித்து அன்புக் கரம் நீட்டி, அவர்களைத் துரிதமாக மரியாதை செலுத்தி, மதிப்பதில் முந்த வேண்டும். அச்ச மற்றும் எல்லா ஊடகங்களையும் நமது கூட்டுக் குடும்பநெறி, ஒழுக்கம், எளிமை, நேர்மை ஆகியவற்றை இளைஞர்கள் மத்தியிலும், சமூக அங்கங்களிலும் எடுத்துச் செல்ல ஊக்கப்படுத்த வேண்டும். முதியோருக்கு எதிரான செயல்களை, எண்ணங்களை, பழக்க வழக்கங்களை முற்றிலுமாக ஒழிக்க வேண்டும்.

உலக நாடுகள் அவை 1982 முதல் ஏற்பாடு செய்த எல்லாப் பேரவையிலும் அனைத்துலக அரசுகள் பங்கேற்று ஒப்புக் கொண்டு கையெழுத்திட்ட திட்டங்களைப் பெரும்பாலான நாடுகள் (முன்னேறியவை முன்னேறுபவை உள்பட) அவற்றின் தாக்கங்களை உணராமல் கிடப்பில் போட்டவண்ணம் உள்ளன. அவற்றின் ஆழத்தை உதாசீனப்படுத்துகின்றன. வெகுவேகமாக வளர்ந்து வரும் முதியோரின் மக்கள் தொகை பல விளைவுகளை ஏற்படுத்தி வருவதை உலக நாடுகள் அவையும், மூத்த குடிமக்கள் சங்கங்களும் எச்சரித்தவண்ணம் உள்ளன. கடந்த 20 ஆண்டுகளில் படிப்படியாக விழிப்புணர்வு எல்லா மட்டத்திலும் ஏற்பட்டுள்ளது. அது போதாது. இன்னும் விரைவாக அதிக அளவில் ஏற்பட, நாம் நீண்ட நெடுந்தூரம் பயணிக்க வேண்டும்.

மூத்த குடிமக்கள் சங்கங்கள் மற்றும் அனைத்து தொண்டு நிறுவனங்களும் ஒன்றுபட்டு தன்னலமின்றி புதிய பார்வையுடன் கிராமப்புற ஏழை நோஞ்சான் தாத்தா பாட்டிகளை நினைவிலிருத்தி அரசியல்வாதிகளையும், நமது அரசியல் சட்டத்தின் 4 தூண்களையும் நெறிப்படுத்த வேண்டும்.

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

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, VO's 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.

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

Invitation

135th Programme
SENIOR CITIZENS BUREAU

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



Jointly with

TAMIL NADU POLICE, F3 NUNGAMBAKKAM

*cordially invites you for a get-together
on safety and security in commemoration of*

WORLD ELDERS DAY - 2013.

Date & Time : November 14, 2013,
Thursday, (Childrens Day), 11.00 AM.

Venue : F3 Nungabakkam Police Station,
Valluvar Kottam High Road, Chennai - 34.

Chief Guest :

Thiru V. Ganasekaran,

(Asst. Commissioner of Police, Chennai - 34.)

Presided Over by :

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

(Chairman, Senior Citizens Bureau)

All are welcome.

R. Shibu Kumar

(Inspector, Nungambakkam Police Station)

CD release of Geriatrician Padmashri Dr. V.S. Natarajan and Inauguration of "Geriatric Immunization Centre" of Kauvery Hospital, Alwarpet, Chennai - 18, will be held on 27-11-2013 at 5.30 pm at Mini Hall, Music Academy, No.168, T.T.K. Road, Chennai - 18.

ALL ARE WELCOME

NB : In the course of 25 years of experience in the field of Geriatrics, Dr.V.S.Natarajan has written many books both in English and Tamil related to health as well as social problems of elders. Out of which 14 books (both in Tamil & English) are selected and brought out in the form of CD.

Salient features of CD

Most of the books are printed in big font letters to enable easy reading for the seniors. • Since many books are presented in Question and Answer format, it will be easy to understand the contents. • Some books are printed in colour. • Some of his previous books are out of print, so this is the only opportunity to get his previous books. • Back ground light music is included to break the monotony of continuous reading. • Price of the CD is about Rs.300/-.

"Geriatric Immunization Centre". For details,
PI Ph : 81449938757, 044 - 4000 6000

News from our Networking Associates

Probus Club of Chennai, jointly with Russian Centre of Science and Culture celebrated "International Day of Elderly" on 1st October 2013. Mr. N. Gopalaswami, I.A.S., (Retd.), Former Chief Election Commissioner was the Chief Guest. Probus Award of Excellence was conferred on Thiru R.T. Chari, MD, TAG Group of Companies, Chennai. Probus recognition awards were presented to Dr. (Capt.) M. Singaraja, T.T. Srinivasamurti, T.K. Balasubramanian, and V. Balasubramaniam. Special Memento, Platinum Memento and Golden Jubilee Memento to the Senior members of Probus Club were presented.

HelpAge India, Chennai, organised the following programmes to commemorate World Elders Day - 2013, on 01.10.2013, at Kuchalambal Kalyana Mahal, Chetpet, Chennai.

- Walkathon at Merina Beach flagged off by Thiru K.V. Chary.
- Release of Greeting Cards by Cine Director S.M. Vasanth,
- Presentation of Assistive Devices by Thattikonda Vatsala Ramachandra Foundation,
- Presentation of Social Responsibility awards to Schools, NGOs & Corporates by Hon'ble Governor, Dr. K. Rosaiah,
- Honouring Grandpa King and Grandma Queen by Prof. K. Aludia Pilla, IAS (Retd.), former VC, M.K. University.

TANSECA, Anna Nagar, Chennai - 40, held a Walkathon in Anna Nagar Tower Park on 01.10.13, to observe IDOP-2013. Thiru C. Dorairaj, IPS (R), former AGDP, Chennai, flagged off.

Kaveri Hospital, Chennai - 18, introduced "Kaveri Sweet - 60" card for the benefit of Senior Citizens, to commemorate World Elders Day Celebration on 05.10.13, at Music Academy Mini Hall thru the hands of Veteran Cine Director Padmasri K. Balachander, in the august presence of Padmasri Dr. V.S. Natarajan and the orator Mrs. Barathi Baskar. For details Ph : 95662 86396, (044) 4000 6000.

DD Chennai, Podigai, in commemoration of IDOP - 2013, telecast an interview with Dr. (Capt.) M. Singaraja and a couple from an old age home on 01.10.13.

தினத்தந்தி நாளிதழ், சென்னை, உலக முதியோர் நாளை முன்னிட்டு, "மூத்த குடிமக்களை மதிப்போம்" என்ற தலைவங்கம் தீட்டியது.

தினகரனின் வாராந்திர ஆன்மிக மலர் 12.10.13 இதழில் திருமதி ஆண்டாள் பிரியதர்சினி எழுதிய "வீட்டுக் கோயிலில் பெற்றோர்

contd..

தெய்வங்கள்” என்ற கட்டுரையும், 12.10.13 அன்று தினகரன் நாளிதழில் “தனிமை கொடுமை” என்ற தலையங்கமும், உலக முதியோர் நாள் - 2013 என்பதை சிறப்பிப்பதாக அமைந்தன.

சென்னை தொலைக்காட்சி பொதிகை, முதியோர் பாதுகாக்கப்படுகிறார்களா? இல்லையா? என்ற தலைப்பில் முதியோர் மருத்துவர் பத்மஸ்ரீ வ.செ. நடராசன் மற்றும் ஃகெல்ப் ஏஜ் இந்தியா இயக்குனர் அன்பழகன் ஆகிய இருவரது அணியில் பலர் பங்கேற்ற காரசார நிகழ்ச்சியை உலக முதியோர் நாளை ஒட்டி ஒளிபரப்பியது.

Deccan Chronicle Correspondent, Chennai featured a quarter page article on 01.10.13, to commemorate International Day of Older Persons - 2013, on the topic “Money matters to keep Elderly Free”, in conversation with Dr. (Capt.) M. Singaraja, septuagenarian. Subsequently, callers were provided with free information and guidance.

The PONCARE (Govt. of Puducherry), HelpAge India and Pondichery Senior Citizens Welfare Association organised on day celebration of IDOP - 2013, at Kamban Kalai Arangam, Pudukkottai, on 01.10.13. Hon'ble Chief Minister Thiru N. Rengasamy was the Chief Guest. 3 Ministers, Legislators, Chief Secretary, Social Welfare Secretary and PONCARE Secretary from Govt. of Puduchery felicitated. Cultural Performance, Active Ageing by Indian Medicine Practice, Salient Features of Maintenance Act were presented. Thiru S.V. Iyer, President, Pondichery Senior Citizens Welfare Association proposed a vote of thanks.

CDISSA (Chennai District. Small Scale Industries Association), Guindy, Chennai - 32, has brought out on the front cover, a picture of SCB's World Elders Day - 2013 Celebration held on 05.10.13 in its October - 2013 issue of CDISSA. Its President and SCB's Advisory Committee Member Thiru T.V. Hariharan delivered felicitation address.

Tamil Nadu Elders' Welfare Association commemorated World Elders Day - 2013, on 19.10.13, at Ambattur, Chennai. Many prominent dignitaries participated.

FOSWL India, Chennai Anna Nagar, invites you for its monthly meeting at 5.00 p.m. on Sunday, 24.11.13, at NICM, Shanthi Colony, Anna Nagar, Chennai - 40. Dr. B.S. Tiruvadanan, Senior Surgeon, speaks on “Are we eating or We are being eaten”.

AISCCON elected a new EC for a term of 3 years (2013 - 16), in the AGM held on 29.09.13, at Jyeshtha Nagrik Bhavan, Nerul, New Numbai. *President* : Mr. D.N. Chapke (Maharashtra), *Vice President* : Mr. D. Rajasekaran (TN) and 7 others from different states, *Secretary General* : Mr. Anil P. Kaskhedkar (Maharashtra), *Treasurer* : Mr. Ashok V. Deshpande (Maharashtra), *Organising Secretary - 2, Joint Secretary - 4, Editor AISCCON News (nominated)* : Mr. B. Ranganathan. We wish the new team all the best and place it on record the excellent work done by the outgoing team, headed by Mr. R.N. Mital.

MOSJE, GOI assigned to AISCCON a project to study the reasons for non-implementation of NPOP (National Policy on Older Persons) and recommend the measures for implementation. The 1st meeting of the project was held at Nerul, New Mumbai on 28.09.13, headed by its Director Prof. D. Jamuna, (Head, Dept. of Psychology, Sri Venkateswara University, Tirupati).

GOI Constituted 7th Pay Commission for its employees (50 (+) lakhs) and pensioners (30 (+) lakhs) to revise their emoluments w.e.f. 01.01.2016, for another period of 10 years. State Govts. are expected to follow suit once announced by the centre.

மயிலை திருவள்ளூர் சங்கம், நேருயுவ கேந்திரா, பாரதீய வித்யா பவன் ஆகியவை இணைந்து கடந்த ஆகஸ்ட் மாதத்தில் “வாரம் ஒரு வண்ணக் களஞ்சியம்” என்ற நிகழ்ச்சியை திங்கட்கிழமை தோறும் ஏற்பாடு செய்தது. குழந்தைகள், இளைஞர்கள், பெண்கள். முதியவர்கள் என்று தனித்தனியாகச் சிறப்பு செய்யப்பட்டனர். 26.08.13 அன்று நடைபெற்ற முதியவர்களுக்கான நிகழ்ச்சி, மயிலை பாரதீய வித்யா பவன் குறு அரங்கில் நடைபெற்றது. மூத்த குடிமக்கள் மன்றத் தலைவர் Dr. (Capt.) மூ. சிங்கராஜா, சிறப்பு விருந்தினராகப் பங்கேற்று சிறப்புரை ஆற்றினார். மருத்துவர் இலட்சுமிபதி ரமேசு, பவன் இயக்குநர் திரு. K.N. இராமசுவாமி, பேராசிரியர் K. அரிகரன் கலந்து கொண்டு பேசினார்கள். கவியரங்கமும் நடைபெற்றது. மயிலை திருவள்ளூர் சங்கச் செயலர் மற்றும் சென்னை வானொலி மேநாள் துணை இயக்குநர் Dr. N. முருகன் (சேயோன்), முன்னின்று நடத்தினார்.

Vision India, Pune Organised a 2 Day “Celebrating Age - 2013” show on October 26 & 27, 2013 at Keys Katti Ma Hotel Thiruvanniyur. It was inaugurated by Dr. (Capt.) M. Singaraja, Chairman, Senior Citizens Bureau. Experts including Dr. Lakshimipathy Rameshy, Geriatric Physician, shared their views on healthy and active ageing. ❖

Senior Citizens Bureau - 150th Programme

COMMEMORATION OF INTERNATIONAL DAY OF OLDER PERSONS (IDOP) - 2013



Pledge against Elder Abuse



Launch of Special edition of "LinkAge" - "The Future We Want"



Honouring the recipients of "SCB award of Excellence"



Honouring the recipients of "SCB special award of Recognition"



Honouring the winner in the students campaign for Inter-generation Bonding



Student Participants in the cultural programme

It is a matter of pride and welcome step, by the Governing Body of Ethiraj College for Women, headed by its President Thiru A.M. Swaminathan, IAS (Rtd.) and Secretary Dr. Jothi Kumaravel, Principal, to encourage NSS Students to observe IDOP, for the 2nd year in succession jointly with SCB.

The beautiful Library auditorium of Ethiraj College was buzzing with activities of the students when we readied at 09.00 a.m. on 05.10.13 to join them. The program was to kick start at 09.30 a.m. The vibrant students decked up the entrances of Library Building, Auditorium and the dais with thought providing banners depicting elder issues. Every senior citizen was received, escorted and provided refreshment in the auditorium seat by the students with real love, affection, respect and dignity. All senior citizens were beaming with happiness for the harmonious human touch till the program was over at 1.00 p.m.

The Vice Chairman of SCB Thiru Prakash H Lulla charmingly performed the job as Master of Ceremony. There was an interesting quizz at 09.30 a.m. and the winners were applauded and given prizes. At 10.00 a.m. every body stood for invocation and soon, took the pledge against Elder Abuse. NSS Coordinator, Dr. P. Padmini, welcomed the Chief Guest and others. Special Edition of LinkAge, "The Future We Want", to commemorate IDOP - 2013, was released by Padmashri Dr. V.S. Natarajan, followed by conferring "SCB Award of Excellence" on the veteran members of age 90 (+) viz. M/s. N. Jagannathan, K.P. Mahalingam, S.R. Amruth Kumar and P.S. Santhanakrishnan by the Chief Guest, Hon'ble Justice Thiru K. Gnanaprakasam, Rtd. Judge of Madras High Court, with shawl, memento and citation to each. On behalf of the recipients, Er. K.P. Mahalingam (92) LM - 320 responded. The senior most veteran, Thiru N. Jaganathan, (101), LM-118, spiritedly appealed to the youth to be disciplined and honest to live long like him. He

emphasized to learn carnatic music and to respect the values. He challenged to meet them next year. He was very emotional and well received by one and all.

Similarly 5 veteran members of age 85(+), to signify the sighting of 1000 (+) moons, viz. Mr. G. Rengaswamy, Mr. N. Surbamanian, Ms. P. Satya Priya, Mr. S.P. Ambrose and Mr. T. Rajarethinam were honoured with “SCB Award of Recognition” by the Chairman, Dr. (Capt.) M. Singaraja. They were presented each with a shawl, memento and citation. Thiru N. Surbamanian, responded on behalf of the recipients.

The Chairman, in his presidential address appreciated the enthusiastic co-operation of 2 prestigious institutions, Ethiraj College and SCB, to promote inter generation bonding. He introduced the theme of IDOP-2013 “The future we want : What Older Persons are saying” set out by UNO and highlighted the issues and challenges of older persons in the State, National and Global scenario. Then Padmashri Dr. V.S. Natarajan, in his special address, focussed the situation at present and in the past about 30 years back. The Chief Guest, Hon’ble Justice K. Gnanaprakasam in his inaugural address, commended the participation of the students, in the efforts of SCB to bring out empathy and understanding of young and older generations. He presented a special prize to Selvi Anugraha, II B.Sc., (CSC),

the winner of the students competition, who just then addressed the gathering, eloquently about elder abuses and remedial measures.

The Principal and Secretary, Dr. Jothi Kumaravel in her address expressed their happiness in imparting family and social values to their students thru such extra curricular activities with leading NGOs. She recalled the contribution of their President of the Board, Thiru A.M. Swaminathan. It was then followed by the brief felicitation address by Advisory board members of SCB, Mr. S.P. Ambrose, Mr. T.V. Hariharan and Dr. V. Chockalingam. Assistive info brochures, Idayam oil pulling packets, Diabetic Dezire Sugar etc. were distributed.

To cap it all, the students, in their cultural performance, brought out good family themes, It was very well received. The Chairman appreciated and presented a gift to each. Dr. R. Rajalakshmi NSS co-ordinator proposed a vote of thanks. The meeting was adjourned after national Anthem. Lunch was served and every body disbursed with air of dignity and happiness.

EC members, particularly Mr. Prakash, Mr. S. Lakshmi Narayanan, Mr. C. Panneer Selvam, Dr. R. Nirmala, Mr. S. Jayakumar and Mrs. Seethalakshmi, along with student volunteers rendered very good assistance.

❖
- MSR

Mail Box

E-mail dt. 07th October 2013 from Mr. Thomas Kuan, U3A Singapore :

Congratulations to all great recipients of SCB award of Excellence - 2013. You deserve it for your hard work. Promote “Senior Citizens Life Long Learning”. Cheers. ❖

Tribute

We have just released the 10th Anniversary issue of “LinkAge Sweet - 18”. It is time to remember the sincere dedication, appreciation of mind, crafting each of 120 issues; new value addition articles and ideas; and editorials; news items all perfectly error free in Good Queens Language and vernacular. A lot of patience; co-ordination and commitment has been responsible for this. We have seen this gentleman officer; publisher; human and compassionate a do-gooder in thought and deed personally not caring for his health; time or lunch or discomfort only to reach targets each time. Our salutations to Shri Dr. Capt. M. Singaraja for all his personal sacrifices in bringing out this journal LinkAge. Without him it would not have been possible to celebrate its 10th Anniversary. May God’s best blessings be showered on him and family. May he reach higher levels of happiness; joy; and contentment in the years to come.

With warmest regards, ❖
21.07.2013 Yours affectionately,
Chennai. **Prakash H. Lulla**

Editor : The best is yet to be. Thank you Sir

Additions

LM : 846 Ph : 9841141825 DOB : 25.10.1930

Thiru Nagendra Prasad
‘Rohini’, No.9, Montieth Road, Egmore,
Chennai - 600 008.

LM : 847 Ph : 9443351953 DOB : 19.02.1941

Thiru Thangaraj .R
C/o. Ganesan, No. 5, 1st Street, M.E.S. Road,
Avadi IAF, Muthapudupettai, CHENNAI - 600 055.

JSL:848 Ph : 9442955342 D.O.B : 21.11.1934

Thiru A.K. Balakrishnama Raja
No.35, Sundari Raja Street, Rajapalyam - 626 117.

JSL : 849, Ph : 9443720887 D.O.B : 31.03.1960

Thiru K.B. Bharath Singh
Sri Balaji Chit Funds,
140, Gandhi Kalaimandram Road, Rajapalyam - 626 117.

Changes

LM : 791 Ph : 9444428514 DOB : 13.12.1936

Thiru R. Ramakrishnan
Flat 212, DECCAN ENCLAVE, T.M. Maistry Street,
Vannanthurai, Tiruvanmiyur, CHENNAI - 600 041.

JSL : 265 Ph : 9710308043 DOB : 29.08.1934

Thiru S.K.D. Murthy
No.15, 5th Street, J.B. Estate,
Avadi, CHENNAI- 600 054.

AM : 842 Ph : 7200943838 DOB : 01.03.1949

Thiru R. Sethuraman
No.2/1085, Tiruvur Housing Colony, Tiruvur Post,
Sevvetpet Road, Tiruvallur Dist., Pin : 602 025. ❖

SCB AWARD OF EXCELLENCE - 2013**PRESENTED ON 05.10.2013****Mr. N. JAGANNATHAN, LM-117,**

born on 13.08.1913, at Ariyalur Trichy, has just completed a happy century of living a very disciplined life, pious and believing in sincere hard work. He has served in various Govt. Institutions like Food Corporation of India, Customs, Govt Press and retired as Asst. Director of Govt Press. After retirement he has taken up various public causes and won laurels. He is a vivid reader publisher of pomes, a Carnatic Music critic. He plays the Violin with glee, in his self make low cost instrument. He has given informative talks at Music Academy and Sabahs. He has very enthusiastically performed many solo programmes at the Senior Citizens Bureau celebrations.

**Er. K. P. MAHALINGAM, BE (Hons.), LM-320,**

born on 12.09.1922, had graduated with first class Honours in Mech. Engineering in 1942. He joined Tata Steel at Jamshedpur. By sheer sincere hard work he rose from the post of foreman to Director, Technical Services. He severed Tata Steel for 37 good years. He has also distinguished as a member of United Nations Industrial Development Organization, Vienna, Yemen and Ethiopia. He has served and guided Asian Development Bank, Manila etc. After 42 years of active life, he has very keenly adapted to his new life and involved in art of living movement. He has won great laurels as a contract bridge player. He has been blessed with a very supportive and pious wife in Saroj and two very adorable daughters.

**Mr. V.M. ANNAMALAI, LM-364,**

was born on 21.01.1923. Lived and studied in various South Indian cities as his father was in the Defence Service of British Military. Served as a civilian clerk in the Defence Service during the Second World War from 1943 to 1948. Joined Southern Railway (Perambur) as Semi Tech Clerk in August 1948. Served for over 34 years. Retired as Dy. Shop Superintendent in 1982.

**Mr. S. R. SATAKOPAN, BA, LM-598,**

born on 18.05.1923, studied at St. Josephs College Trichy, joined Central Board of Taxes and rose to the post as Asst. Commissioner of Central Excise. He risked his life in anti smuggling operations. He is a proud recipient of 25 years outstanding service award from the hands of late Hon'ble Prime Minister Mr. Morarji Desai. He is a humanist and supporter of public cause.

**M.J.F. Lion. V. AMRUTH KUMAR J. P., LM-844,**

born on 29.09.1913, is friendly called brother by all his friends and well wishers. He is a role model of an ideal citizen. He likes to finish all he undertakes. He has been very actively involved in the Programmes of Lions Clubs International District. He was Honorary Presidency Magistrate, District Chairperson for Tree Plantations, District Chairperson of Sports for Handicapped, Executive Committee Member of the Cosmopolitan Club, Film fans Association, Ramaswamy Mudaliar Hospitals and Library. He is the founder of Zamindhar Ramaswamy Mudaliar Memorial Charitable Trust. His never say no attitude has earned him the love of all.

**Mr. P. S. SANTHANAKRISHNAN, LM-13,**

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

**Major. S. RAGHUNATHAN, LM-809,**

born on 01.07.1925 did his graduation and joined the Military Service and has excelled and dedicated his service at the Military College of Engineering Secundrabad.

**Mr. R. RENGASWAMY, BA, MEd, DGC, LM-114,**

born on 18.05.1926 successfully did BA, BT, MEd, DGC. He served in the education department for over 62 years as Head Master, District Educational Survey officer, Auditor of Govt & Aided Schools and Asst. Prof. State Educational & Research Trust. After retirement he rendered his service as Admin. Officer of both State & Defence Ministry Schools. He takes special pride in following the ideals of EVR Periyar for the past 70 years.

**Mr. M. KANDASWAMI, BSc., LM-45,**

born on 07.09.1926 in a poor rural family, studied in St. Joseph's College and Pachaiappa's College by his sheer hard work and support from philanthropists. He rose from the post of LDC in Revenue Dept. and retired as Deputy Collector. After retirement he continues active public duty in various Associations like The World Community Service Centre of Vedatri Maharishi, Gnaneswari Matrimonial Service Centre, Anti Corruption movement, Anna Nagar Welfare Associations etc.

**Mr. N. SUBRAMANIAN, LM-6,**

born on 30.05.1927, by his sincere hard work rose to become Commissioner of Income Tax, served on the Central Board of Taxes as Chairman. He headed Indian delegation for avoidance of double tax to US & Japan. He has written Books and treatise on Management, Bhagavat Gita, Physics and Vedas. He is a great Sports and Social activist. He is the charter member of many Religious Trusts and Social Service Organisations.

**Selvi P. SATHYAPRIYA, MA, MEd, DSM, LM-451,**

born on 12.12.1927 has devoted her 35 years service as a School Administrative of government Higher Secondary Schools and Teacher Training Programmes.

**Mr. SP. AMBROSE, IAS (R), LM-14,**

born on 11.4.1928 is former Home Secretary to GOT and retired as Additional Secretary to GOI. He is a reputed upright and honest officer with his deep commitment to the department or organization, he belonged and to the welfare of its employees. He is the founder of Adyar Times and many reputed NGOs. He is the trustee of Catalyst Trust and is closely networking with Citizens Centres all over Tamilnadu. He is in the advisory Board of Senior Citizens Bureau and his valuable thoughts are always sought after and shared.

**Mr. T. RAJARETHINAM, LM-465,**

born on 07.09.1928 has devoted his life to the service of humanity as a member of The Tamilnadu Police for 36 years. He was Scientific Assistant and later posted to CID branch and Police Research Centre. He retired as Inspector of Police. He has earned many awards including a meritorious service Entry.

NB : We salute and wish them all the best. We are very thankful for their response and valuable presence on World Elders Day to receive the awards. The veteran members who have been honored earlier do not figure in this list. ❖

Money matters to keep elderly free

An interview by the Correspondent, DC

Capt. M. Singaraja (77) not only manages his own work but also helps other elders in despair. At a time when elders are increasingly being forsaken by their own wards, this septuagenarian is spreading awareness among elders on the need to be financially independent.

Capt. M. Singaraja, who served in the Indian Army, said the major reason for elders being abandoned was due to financial dependence. "As we grow older it is very important to have post-retirement financial plans. I see many people who do not save and in the last days are forced to depend on their children for everything," he said on the eve of International Day of Older Persons, observed every October 1. He also pointed out that properties possessed by elders should be transferred only after their death. "Every day, I see many cases where elders are abandoned. On enquiry I find that most of them were abandoned after they had transferred all their wealth in their children's name and they don't have even a single paisa with them. Every elderly person should transfer the property only through will, this is the present awareness campaign we are advocating," he said. The active septuagenarian also runs a organisation called 'Senior Citizens Bureau', that has a monthly union of all elders for sharing their views. "We regularly organise workshops and talk shows which interest the elders and so far there are 400 elders in the group. The courage to be self-dependent helps me in my life," he said. Stressing on the need for self-dependence, he said old people are capable of managing by themselves. "In our organisation, we meet once a month and if we are going out, we go out together. The elderly should connect with other elders in the neighborhood and automatically they will also gather courage," he suggested.

The organisation presently operates house call project in which it envisages to help elders who need medical care at home. "We send our team of health experts when we receive a call," he explained. Contact : Capt M. Singaraja, 9445631388. ❖

Courtesy : Deccan Chronicle 1.10.13

தனிமை

நல்ல விஷயங்களுக்கு அமெரிக்காவை பார், ரஷ்யாவை பார் என்பார்கள் இங்குள்ளவர்கள். முதன்முறையாக பிரிட்டனை சேர்ந்த அமைச்சர் ஒருவர் இந்தியர்களிடம் இருந்து கற்றுக் கொள்ள வேண்டும் எனக் கூறியிருக்கிறார். அந்த நல்ல விஷயம் பெற்றோரை கடைசி வரை வைத்து காப்பாற்றுவது.

தனிமை கொடுமையானது, அதிலும் முதுமையில் தனிமை மிக கொடுமை. அந்த வயதில்தான் அன்பும் அதரவும் அதிகம் தேவைப்படும். ஆனால் இந்த இரண்டும் இன்றி 8 லட்சத்துக்கும் அதிகமான முதியோர் அரசு காப்பகங்களில் இருப்பதாக வருத்தப்பட்டிருக்கிறார் பிரிட்டன் சுகாதார துறை அமைச்சர் ஜெரேமி ஹண்ட். தேசிய குழந்தைகள் மற்றும் முதியோர் சேவை தொடர்பான

கருத்தரங்கில் பேசிய அவர், தனிமை மிகக் கொடிய நோய். தினமும் 15 சிகரெட் புகைப்பதற்கு சமமான கெடுதலை ஏற்படுத்தக் கூடியது. உடல் பருமனை விட மோசமான தனிமை நோயால், இதய நோய், ரத்த அடைப்பு, மறதிநோய் ஏற்படுகிறது. தனிமையை மறக்க அதிகம் குடிக்கிறார்கள். இது மேலும் பிரச்சனையை ஏற்படுத்துகிறது. இது ஒரு தேசிய அவமானம் என பேசியிருக்கிறார்.

இந்தியா போன்ற தெற்காசிய நாடுகளில் முதியோர் தனிமையில் வாடுவதில்லை. அவர்கள் குடும்பத்துடன் இருக்கிறார்கள். அவர்களை மரியாதையோடு நடத்துகிறார்கள். பிள்ளைகளையும் பேரக்குழந்தைகளையும் கொஞ்சியபடி சந்தோஷமாக இருக்கிறார்கள். தாத்தா, பாட்டிகளின் சந்தோஷத்தை பார்க்கும் பேரக்குழந்தைகள் தங்களுக்கு வயதாகும்போதும் இதே மரியாதை கிடைக்கும் என்ற நம்பிக்கையோடு வளர்கிறார்கள். அதேபோன்ற நிலைமை இங்கும் வர வேண்டும். ஆரம்பத்தில் கொஞ்சம் கஷ்டமாகத்தான் இருக்கும். ஆனால் அதற்கு நாம் பழகியாக வேண்டும். என நாட்டு மக்களைக் கேட்டுக் கொண்டிருக்கிறார்.

மற்ற விஷயங்களில் எப்படியோ குடும்ப விஷயத்தில் மேலை நாடுகள் மோசம்தான். இந்தியா, சீனா, கொரியா போன்ற நாடுகளில் இருக்கும் குடும்ப பாசம், பிணைப்பு அங்கு கிடையாது, வயதானவுடன் அரசு காப்பகங்களில் கொண்டு விட்டுவிடுவார்கள். சாகும்வரை அங்கு தான் வாழ்க்கை ஓடும். இவர்களில் 50 சதவீதம் பேரை உறவினர்கள் யாரும் வந்துகூட பார்ப்பதில்லை. இதனால்தான் லட்சக் கணக்கான முதியோர், டிவி தான் எங்களின் ஒரே நண்பன் எனக் கூறியிருக்கிறார்கள். கொடுமையான விஷயம்தான். ❖

நன்றி : தினகரன் 12.10.13

சாப்பாடு போடாமல் கொடுமை

வீடுகளை தன் பெயருக்கு எழுதி தரும்படி கூறி சாப்பாடு போடாமல் அடித்து உதைப்பதாக மகன் மீது 70 வயது மூதாட்டி, கமிஷனர் அலுவலகத்தில் புகார் கொடுத்தார். தரமணி மாரியம்மன் தெருவை சேர்ந்தவர் ஓமனா (70). இவர் வேப்பேரியில் உள்ள போலீஸ் கமிஷனர் அலுவலகத்தில் அளித்த புகார். எனது கணவர் கோவிந்தன். அவருக்கு 80 வயது ஆகிறது. எங்களுக்கு ராமகிருஷ்ணன் என்ற மகனும், ஒரு மகளும் உள்ளனர். மகனை வக்கீலுக்கு படிக்க வைத்தோம். திருமணமாகிவிட்டது. இப்போது எங்களுக்கு மகன் சாப்பாடு கூட போடுவது இல்லை. எனது பெயரில் 2 வீடுகள் உள்ளன. ஒரு வீட்டில் மகன் ராமகிருஷ்ணன் தங்கியுள்ளான். மற்றொரு வீட்டில் நான் வசிக்கிறேன். இந்த இரண்டு வீட்டையும் தனது பெயருக்கு எழுதி தரும்படி மகன் மிரட்டுகிறான். வீட்டில் எங்களை நுழைய விடாமல் தடுக்கிறான். மின் இணைப்பை துண்டித்து, தண்ணீர் மோட்டரையும் எடுத்து சென்று விட்டான். தற்போது வாழ்வா, சாவா என்ற நிலையில் உள்ளோம். எனது மகன் என்னையும் கணவரையும் அடித்து துன்புறுத்துகிறான். தகாத வார்த்தைகளால் திட்டுகிறான். வீட்டை எழுதி கொடுக்கவில்லை என்றால் வண்டியை ஏற்றி கொண்டு விடுவேன் என்று மிரட்டுகிறான். மகன் வக்கீல் என்பதால் போலீசார் நடவடிக்கை எடுக்க தயங்குகின்றனர். ❖

நன்றி : தினகரன் 5.10.13

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Birthdays : November

Wishing you a Cheerful, Peaceful and Prosperous Life

Sl. No.	D.O.B	Memb No.	Name
1	1-11-1943	LM:837	Thiru Kumaran Thambi .N
2	2-11-1950	LM:506	Thiru Gurumurthy .J
3	3-11-1938	LM:345	Thiru Manickam .S. Er.
4	3-11-1931	LM:25	Thiru Vaitheeswaran . C.R
5	4-11-1937	LM:558	Thiru Mathinirai Chelvan .L.K
6	4-11-1948	LM:687	Thiru Narendra J. Dave
7	5-11-1927	JSL:413	Er. Subbaiah .K
8	7-11-1927	JSL:698	Thiru Chandrasekar Raja .M.S.D.
9	7-11-1943	AM:459	Thiru Selvaraj .R
10	7-11-1930	LM:575	Thiru Seshadri .R
11	8-11-1950	LM:376	Thiru Rajendran Raja .K.V.
12	9-11-1944	LM:821	Thiru Loganathan .R
13	10-11-1945	LM: 483	Thiru Agarawal .R.K.
14	10-11-1947	LM:805	Thiru Pandian .P.M.
15	13-11-1939	LM:522	Thiru Dominic .A
16	16-11-1938	LM:130	Thiru Vadivel Raman .P
17	18-11-1933	LM:774	Thiru Kokila .D
18	19-11-1949	LM:823	Thiru Tharakaram .G.N
19	21-11-1934	JSL:848	Thiru Balakrishnama Raja, A.K.
20	30-11-1932	LM:100	Thiru Krishnamoorthy .K.N

Your liberal contribution to Sunshine Fund is solicited

National / International Days September

9-11	World Service Day	(I)
12-11	World Pneumonia Day	(I)
14-11	Children's Day	(N)
16-11	International Day for Endurance	(I)
17-11	World Students Day	(I)
17-11	National Journalism Day	(N)
18-11	World Adult Day / International Day of Men	(I)
19-11	World Citizens Day	(I)
20-11	Universal Childrens Day	(I)
21-11	World Television Day	(I)
25-11	World Non -Veg Prevention Day	(I)
26-11	World Enviroment Protection Day	(I)
26-11	National Law Day	(N)

Note : N = National I = International



Padmashri Dr.V.S. Natarajan is organizing a pneumonia vaccination camp on 12.11.2013, World Pneumonia Day at his clinic, New No.50, Old No.18-A , Flowers Road, Kilpauk, Chennai - 10, between 05:00 p.m. - 08:00 p.m. at a cost of 3,500 /- (MRP Rs.3,801 /-). For details Ph : 9445790321, 044 26412030

Welcome to Our Family Fold

I. NEW MEMBER

1.	Thiru Nagendra Prasad	LM 846
2.	Thiru Thangaraj .R	LM 847
3.	Thiru A.K. Balakrishnama Raja	JSL 848
4.	Thiru K.B. Barath Sing	JSL 849

II. RENEWAL

1.	Thiru R. Govindaswamy	JSL 167
2.	Name not clear in MO from Anna Nagar	

II. RENEWAL

1.	Thiru V.S. Natarajan	LM 686
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Acknowledgment

Thanks a lot & God Bless You

I. Sunshine Fund

1	Thiru K. N. Krishna Morthy	LM:100	₹	1000/-
2	Thiru V. S. VenuGopalan	LM:576	₹	250/-
3	Thiru TV.Ramamurthy	LM:790	₹	200/-

II Donation- World Elders Day - Additional List

1	Dr. T. S. Ramaswamy	LM:737	₹	10000/-
2	MJF Lion V. Amruth Kumar	Advt	₹	3000/-
3	Dr. B. Harishankar	Advt	₹	5000/-
4	Thiru R. Govindaswamy	JSL:167	₹	500/-
5	Thiru R. Venkatesan	LM:7	₹	1500/-
6	Thiru S. K. Vasudevan	LM:18	₹	500/-
7	Padmabhusan Dr. Sarada Menom	LM:599	₹	1000/-
8	Er.V. Balasubramainam	LM:576	₹	200/-
9	Er. S. Ranganatha Rao	LM:29	₹	500/-
10	Tmt. Kausalya Sarathy	LM:19	₹	500/-
11	Old is Gold Store	Advt	₹	3000/-
12	Hearing Aid Centre	Advt	₹	5000/-
13	Thiru K. B. Bharath Singh	JSL:849	₹	3000/-
14	Thiru T. J. Xavier Pillai	LM:80	₹	50/-
15	Thiru K. N. Krishna Morthy	LM:100	₹	4000/-
16	Thiru P.S. Santhana Krishnan	LM:13	₹	1000/-

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

Obituary

Thiru P. Thiruvengadam, (LM - 746), 88, Senior Manager, SBI (Rtd.), resident of Nungambakkam, passed away peacefully on 25.10.13. His contribution to Banking Services is remarkable. "SCB Award of Recognition" was conferred on him during the commemoration of World Elders Day - 2011.

Thiru V. Govindarajan, (LM - 578), 69, Neyveli Lignite Corporation (Rtd.), resident of K.K. Nagar died of massive heart attack on 22.10.13.

We pay homage to the deceased and convey our heartfelt condolence to the bereaved family. ❖