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Link Age

(R.O.) New No.90, Rama Naicken Street, Nungambakkam, Chennai 600 034.
A Monthly Journal for Service and Advocacy
to all Age Groups, by Senior Citizens Bureau



Bestow
unconditional love

VOLUME : 10

OCTOBER : 2013

ISSUE : 04

Link Age presents
“THE FUTURE WE WANT”
a special publication in Commemoration of
WORLD ELDERS DAY 2013



**29.09.12 - Sensitizing the Youth -
Quiz Programme by the Students of Ethiraj College**



**சிறைவருக்குத்
உலக முதியோர் நாள் நல்வாழ்த்துக்கள்
05.10.2013**

*Warm greetings and best wishes to all
on the occasion of World Elders Day*



From the Chairman Emeritus

My dear Readers, Elders and the Young,

World Elders Day, as enunciated by the United Nations is celebrated by the Senior Citizens Bureau with great enthusiasm each year. Their primary aim is to render Aid, Advice, Guidance and support to The Elderly in need. Besides, the Bureau conducts a variety of programmes like Monthly Health Camp, Interaction with Doctors of Specialities, Lecture, Discussion and other essential civic needs. More importantly the Bureau can be proud of the creation of Geriatrics Clinic, the first of its kind in Chennai and indeed all over India, the Memory Clinic, House call attendance by Doctors - also the first in Chennai. All this is a boon and the most welcome facility to The Elders,

I am most appreciative of the growth of the Senior Citizens Bureau rendering useful service to mankind in general. The Immediate Past Chairman Dr. V.S. Natarajan, the Geriatric Specialist of international fame, the dynamic Chairman Capt. Dr. M. Singaraja and the persevering hardworking team need hearty congratulations for their vision and success of all programmes. May God Bless them!

I Wish the Senior Citizens Bureau the very best for all times to come.



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

150th Programme**AGENDA****SENIOR CITIZENS BUREAU**

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



Jointly with

ETHIRAJ COLLEGE FOR WOMEN,

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

Cordially invites you to observe the Commemoration of

WORLD ELDERS DAY - 2013

Date & Time : 5th October 2013, Saturday, 09.00 Hrs. to 12.30 Hrs.

Venue : Library Auditorium (A/c), **Ethiraj College for Women**
 70, Ethiraj Salai, Egmore, Chennai - 600 008.

Chief Guest :

Hon'be Justice Thiru K. GNANAPRAKASAM

Judge, High Court of Madras (R)

Recipients of SCB Awards :

Thiru N. JAGANATHAN, (of age 101), LM : 117,
 Formerly AD, Department of Printing & Stationery, Chennai.

Thiru L.M. VASAGAM, IAS, (of age 95), LM : 753,
 Founding President, TN Senior Citizens Association, Chennai.

Er. K.P. MAHALINGAM, (of age 92), LM : 302,
 Formerly Director, Tech Services, Tata Steels Ltd., Jamshedpur.

Thiru P.S. SANTHANA KRISHNAN, (of age 91), LM : 13,
 Formerly MD, State Bank of Mysore.

MJF Lion V. AMRUTHKUMAR, J.P. (of age 90), LM : 844,
 Ex. Honorary Presidency Magistrate, Landlord & Merchant.

and

SCB Members who have sighted 1000+ moons (of age 85+)

Release of special publication of "LinkAge" by

Padmasri Dr. V.S. NATARAJAN, MD

Patron / Indian Academy of Geriatrics and Senior Citizens Bureau

Distribution of Prizes & Certificates by

Dr. JOTHI KUMARAVEL,

Principal and Secretary, Ethiraj College for Women, Chennai - 8.

Presided over by

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

Chairman, Senior Citizens Bureau, Chennai - 34.

All are welcome.

Dr. R. Rajalakshmi & Dr. P. Padmini
 NSS Co-ordinators, Ethiraj College

Brig. K. Muthulaxmi
 Secretary General, SCB

09.00 Hrs. : Registration and Tea

09.30 Hrs. : Quiz by **Mr. Prakash H. Lulla**

10.00 to 11.30 Hrs.

Invocation

Pledge

Welcome address by

Dr. R. Rajalakshmi

About the theme of WED - 2013, by

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

Presenting SCB Awards and Extending financial assistance to the Indigent Senior Citizens by

Hon'be Justice Thiru K. Gnanaprakasam

Acceptance speech by awardee

Releasing special publication of "LinkAge" by

Padmasri Dr. V.S. Natarajan, MD

Inaugural address by

Hon'be Justice Thiru K. Gnanaprakasam

Felicitation by

Thiru S.P. Ambrose, IAS

Thiru R. Venkatesan, IA & AS

Thiru T.V. Hariharan

Dr. V. Chockalingam, MD

11.30 to 12.30 Hrs.

Cultural Program

Distribution of prizes and certificates by

Dr. Jothi Kumaravel

Vote of thanks by **Dr. P. Padmini**

National Anthem

Lunch

Master of Ceremony : Thiru Prakash H. Lulla ❖

Note: EC members are requested to attend EC meeting at 13.00 Hrs. following the above programme, at the same venue.

From the Editor cum Chairman

எதிர்காலம் பொற்காலமாக வேண்டும்;

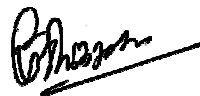
உலக நாடுகள் அவை (UNO), அக்டோபர் முதல் தேதியை உலக முதியோர் நாளாகக் கடைப்பிடிக்க வேண்டும் என்று 1990 டிசம்பரில் முடிவு செய்தது. அதன்படி 1991 அக்டோபர் - 1 இல் முதலாம் உலக முதியோர் நாள் கொண்டாடப்பட்டது. எனவே இவ்வாண்டு 23 ஆவது உலக முதியோர் நாளாகும். அதற்கு தேர்ந்தெடுக்கப்பட்ட கருப்பொருள் (Theme) என்னவென்றால், “முதியோர் விரும்பும் எதிர்காலம்”. இதன் மூலம் உலக நாடுகளின் அரசாங்கங்களும், அரசு சாரா அமைப்புகளும், சமுதாய அங்கங்களும், முதுமையின் பரிணாமத்தை உலக நாடுகளின் வளர்ச்சித் திட்டத்தோடு இணைத்து எடுத்துச் செல்ல வேண்டும் என்பது நோக்கமாகும்.

ஆண்டுக்கு ஆண்டு ஆயுட்காலம் நீண்டு கொண்டு போகிறது. இதனால் ஏற்படக் கூடிய பிரச்சினைகள், சவால்கள், வாய்ப்புகள் முதலானவற்றை உலக அளவில் உலக முதியோர் நாளில் விவாதிக்க வாய்ப்பு ஏற்படுகிறது. இன்னொரு முக்கியத்துவமும் உண்டு. உலக நாடுகள் அவையானது 2015க்குப் பின் உலக வளர்ச்சி என்ற திட்டத்தின் கீழ் இவற்றை பரிமாறிக் கொள்ளவும் வழி கோலுகிறது. ஆகவே பெருகி வரும் மூத்த குடிமக்கள் தொகையின் தாக்கம் சமுதாய பொருளாதார முன்னேற்றத்திலும், மக்கள் உரிமைப் பாதுகாப்பிலும் எந்த அளவுக்குப் பாதிக்கும், எப்படி எதிர் கொள்ள வேண்டும், என்ன செய்ய வேண்டும் என்று பதிவு செய்ய “உலக முதியோர் நாள்” ஒரு நல்ல வாய்ப்பாகும்.

முதியோர்கள் சந்தித்து வரும் முக்கியமான பிரச்சினைகள் என்னவென்றால் சம உரிமை இல்லாமை, ஏழ்மை, போதிய மருத்துவ வசதி, சத்தான உணவு இல்லாமை மற்றும் மக்கள் தொகைப் பெருக்கத்தின் ஏற்றத் தாழ்வுகள். இவை எப்படி கையாளப்படுகின்றன. எப்படி கையாளப்பட வேண்டும், எவற்றுக்கு முன்னுரிமை வேண்டும் என்ற எண்ணங்களை <www.worldwewant2015.org> என்ற இணைய தளத்தில் நாம் பதிவு செய்யலாம். மேலும் விவரங்களுக்கு : <www.myworld2015.org>.

நமது மன்றம் தோன்றியதிலிருந்து உலக முதியோர் நாளை சிறப்பாகக் கொண்டாடுவதில் முன்னணியில் இருந்து வருகிறோம். இளைஞர்களிடம் இதன் நோக்கத்தைப் பரப்பும் வகையில் பள்ளி மற்றும் கல்லூரி மாணவர்களுடன் இணைந்து செயல்பட்டு வருகிறோம். இந்தச் சமுதாயமும் உலகமும் இளைஞர் முதியோர் ஆகிய இருபாலாருக்கும் உரியது. ஒருவரையொருவர் மதித்து இணக்கத்துடன் கைகோர்த்து நடக்க வேண்டும். முதியோர் ஆற்றிய சேவையைக் கருத்தில் கொண்டு அவர்களைப் போற்ற வேண்டும். எக்காரணத்தைக் கொண்டும் இழிவு செய்யக் கூடாது. அவர்களுடைய பாதுகாப்புக்கும் வசதி வாய்ப்புகளுக்கும் உத்திரவாதம் வேண்டும். உலக நாடுகளால் ஏற்றுக் கொள்ளப்பட்ட “வியன்னா சர்வதேச முதியோர் நலப் பாதுகாப்புத் திட்டம்-1982” என்ற கொள்கையும் உலக நாடுகள் அவையின் “1991ஆம் ஆண்டு முதியோர் நல நோக்கங்களும்”, “மாடிரிட் சர்வதேச முதியோர் நல பாதுகாப்புத் திட்டம்-2002” என்ற கொள்கையும் எல்லா அரசங்கங்களாலும் அமுல்படுத்தப்பட வேண்டும்.

இந் நாளன்னாளில் நம் ஒற்றுமையைப் பேணுவோம். அதிகாரத்தை நிலை நிறுத்துவோம்.



THE FUTURE WE WANT

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. ❖



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

**SALUTATION AND BEST WISHES
TO OUR SENIOR ELDER MEMBERS
WHO HAVE SIGHTED 1000+ MOONS (of AGE 85+)**

| S.No | NAME | PLACE | MEMB.No | PHONE | D.O.B |
|------|--|-----------------------|----------|-----------------|-------------|
| 1 | Jaganathan, N | Chennai -600 050 | LM:117 | 044-26244537 | 13-Aug-1913 |
| 2 | Balasubramanian, C | Chennai - 600 102 | LM:111 | 044 - 26263001 | 27-Apr-1914 |
| 3 | Rama Rao, T.S.K. | Chennai-600 004 | LM:601 | 044 - 24742124 | 26-Dec-1917 |
| 4 | Mannar Krishnan, A. Dr. Prof | Chennai-600 116 | LM:149 | 044 - 24760384 | 30-Mar-1918 |
| 5 | Vasagam, L.M. I.A.S., | Chennai-600 102 | JSL: 753 | 9094578008 | 31-Mar-1919 |
| 6 | Nagarajan, B | Chennai-600 014 | LM:594 | 044 - 281336213 | 26-May-1921 |
| 7 | Ajit Kumar, T.S. | Chennai-600 017 | LM:214 | 044 - 24347859 | 20-Oct-1921 |
| 8 | Sundararajan, G | Chennai-600 031 | LM:123 | 044 - 28360129 | 17-Apr-1922 |
| 9 | Mahalingam, K.P. Er. | Chennai-600 010 | LM:320 | 044-26411577 | 12-Sep-1922 |
| 10 | Annamalai, V.M. | Chennai-600 099. | LM:364 | 044 - 26864637 | 21-Jan-1923 |
| 11 | Aban Naidu, Maj. Gen. PVSM, AVSM, M-in-D | Chennai-600 010 | LM:1 | 044 - 26425555 | 27-Jan-1923 |
| 12 | Sarada Menon, M. Dr. Padmabhusan | Chennai-600 010 | LM:599 | 044 - 26412697 | 5-Apr-1923 |
| 13 | Madhavan, C. Er. | Chennai-600 102 | LM:528 | 044-26261294 | 8-Jun-1923 |
| 14 | Amrutha Kumar MJF Lion | Chennai-600 021 | LM:844 | 98840 52161 | 29-Sep-1923 |
| 15 | Santhana Krishnan, P.S | Chennai-600 010 | LM:13 | 9840003131 | 17-Dec-1923 |
| 16 | Iyer, S.V.Cdr | Chennai-600 032 | LM:367 | 044-22326468 | 12-May-1924 |
| 17 | Kamatchi Sundaram, Dr. | Chennai-600 086 | LM:16 | 044 - 24661938 | 15-May-1924 |
| 18 | Xavier Pillai, T.J | Sriperumbudur-602 100 | LM:80 | 9380275151 | 24-May-1924 |
| 19 | Ramaswamy, S. Prof. Dr. | Chennai-600 035 | LM:539 | 9444140829 | 20-Jul-1924 |
| 20 | Venkatraman, S.S | Chennai-600 017 | LM:425 | 044 - 28140248 | 16-Mar-1925 |
| 21 | Chandrakanthom, M.N. Prof | Chennai-600 010 | LM:133 | 044 - 26428382 | 16-May-1925 |
| 22 | Ragunathan, S.Major | Chennai-600 097 | LM:809 | 9962464221 | 1-Jul-1925 |
| 23 | Thiruvengadam, P | Chennai-600 034 | LM:746 | 044 - 28274087 | 29-Jul-1925 |
| 24 | Jayachandran, C | Chennai-600 082 | JSL:416 | | 26-Sep-1925 |
| 25 | Ayyanar Raju, K.P | Rajapalayam-626 117 | LM:586 | 9443571324 | 27-Sep-1925 |
| 26 | Raja Rajeswariamma, S.R | Chennai-600 034. | LM:606 | | 5-Apr-1926 |
| 27 | Chellam, N | Chennai-600 093 | LM:616 | 044 - 23761844 | 27-Apr-1926 |
| 28 | Rengaswamy, G | Chennai-600 050 | LM:114 | 044 - 26257070 | 18-May-1926 |
| 29 | Kandaswamy, M | Chennai-600 040 | LM:45 | 044 - 26212636 | 7-Sep-1926 |
| 30 | Chaco, P.E. | Chennai-600 002 | JSL:423 | 044 - 26623809 | 26-Sep-1926 |
| 31 | Subramanian, N | Chennai-600 018 | LM:6 | 044 - 24996905 | 30-May-1927 |
| 32 | Habibunissa Begum | Chennai-600 014 | LM:826 | 9840749487 | 15-Aug-1927 |
| 33 | Duraiswamy Ammal, M.N. | Chennai-600 010 | LM:134 | 044 - 26428382 | 30-Aug-1927 |
| 34 | Arun Dev Choudhuri | Chennai-600 034. | LM:611 | 044 - 28330580 | 12-Oct-1927 |
| 35 | Ramaiah, D.S. Dr. | Chennai-600 106 | LM:739 | 99641232247 | 26-Oct-1927 |
| 36 | Chandrasekar Raja, M.S.D. | Rajapalayam-626 108 | JSL:698 | 9789507895 | 7-Nov-1927 |
| 37 | Sathya Priya, P | Chennai-600 034 | LM:451 | 988447724 | 12-Dec-1927 |
| 38 | Ambrose, S.P. IAS (Retd) | Chennai-600 020. | LM:14 | 044-24916494 | 11-Apr-1928 |
| 39 | Satagopan, S.R | Chennai-600 044 | LM:598 | 044 - 22233001 | 18-May-1928 |
| 40 | Ramesh S. Chickermane | Mumbai-400 016 | LM:216 | | 1-Jun-1928 |
| 41 | Rajarethinam, T | Neyveli-607 801 | LM:465 | 9487140969 | 7-Sep-1928 |

From the Senior Geriatrician & Patron, SCB, Chennai.

TIPS TO SLOW DOWN THE AGEING PROCESS

Padmasri Dr. V.S. NATARAJAN, MD

The structural and functional changes which occur with the advancing years are called as 'ageing process'. There are two types of ageing. Chronological age which is calculated from the day you were born and the number of years you have lived. Biological age which refers to the condition of your physiological body at the basic cellular level, the two are not necessarily the same.

An individual may chronologically be 30 years old, but have the body and mind of a 45 year old. This could be due to fact that she is overweight or underweight or have a poor immune system that is prone to infections. We see more such people these days. Young chronologically, but way beyond biologically.

On the contrary, some individuals may be 45 years old chronologically and have a biological age of 25 in terms of energy, stamina, strength, and mind power.

What determines 'real' or biological age?

- Genes : Good genes set the stage for a good or poor quality body.
- Environment and lifestyle choices, however, are the final predictors of the ageing process. No matter how good your genes, rapid ageing is inevitable if you subject your body to stressors like tobacco, alcohol, drugs and poor lifestyle choices like unhealthy food, lack of exercise and sleep.

Tips to slow down the ageing process

- Foods with antioxidant properties and fibre like fruits, vegetables, berries, nuts, whole unrefined grains, pulses and millets are the best options.

- Exercise - Regular exercise, like brisk walking, cycling, swimming provide the most well documented health benefits.
- Daily exposure to sunlight helps to strengthen the bone and thus prevents fractures.
- Flexibility of joints decreases with age. Sustaining and improving flexibility of various body parts with modalities like yoga and simple stretches keeps the body lighter, prevents pain and poor posture due to muscle imbalance.
- Managing stress properly is possible with proper training, meditation, relaxation techniques, time management and a basic willingness to make the necessary life-style changes.
- Hobby - Simple things like developing a hobby, having strong family ties and close friends that one can count on and relate to. Working at something you love or nurturing relationships, especially those with pets or children, can be enormously rewarding and add meaning to life.
- Pets - This would make one feel relaxed and also makes one very active.
- Learning something new or developing a new skill improves neurological function. It appears that keeping the body and mind active slows the ageing process.
- Vaccination - Many infections can be prevented by vaccination, thereby many lives can be saved.



If the above facts are implemented, one can assure a healthy and happy ageing and hence can delay the process of ageing. ❖

முதுமையில் அறுவை சிகிச்சை

கேள்வி : வயதான காலத்தில் ஆபரேஷன் என்றாலே பயமாக இருக்கிறது. மயக்க மருந்து, ஆபரேஷன், அதற்குப்பின் ஊசி ஆஸ்பத்திரியில் தங்குவது என்று நினைத்தாலே ஈரக்குலை நடுங்குகிறது. ஆபரேசன் செய்யாமலேயே நோய்களை குணப்படுத்தினால் எவ்வளவு நன்றாக இருக்கும் ! முதுமையில் செய்யும் அறுவை சிகிச்சைகளைப் பற்றி கூறுங்கள் டாக்டர்

பதில் : ஒரு சென்செஸ் கணக்குப்படி அடுத்த பத்து ஆண்டுகளில் அறுவை சிகிச்சை செய்துகொள்ள விரும்பும் முதியவர்களின் எண்ணிக்கை பெருமளவு உயரக்கூடும் என்று தெரிகிறது. முதியவர்களின் எண்ணிக்கை அதிகரித்தல், விழிப்புணர்வு, வாழ்நாளை நீடிப்பதில் ஆர்வம், நிதி வசதி, அறுவை சிகிச்சை நிபுணர் மற்றும் மயக்க மருந்து நிபுணர்களின் (Anaesthetist) திறமை, கண்புரை, விபத்து இதய அறுவை சிகிச்சை, எலும்பு அறுவை சிகிச்சை, சிறுநீரக இயல் அறுவை சிகிச்சை, மற்றும் ஜீரண உறுப்புகளில் செய்யப்படும் அறுவை சிகிச்சைகளே இதற்கு முக்கிய காரணங்கள்.

கேள்வி : முதியோருக்கு அறுவை சிகிச்சை செய்யும் போது ஏற்படும் பிரச்சனைகள் என்னென்ன ?

பதில் : முதியோருக்கு அறுவைசிகிச்சை மேற்கொள்ளும் போது சில பிரச்சனைகளை எதிர்கொள்ள நேரிடும்.

நோய் கண்டறிதலில் ஏற்படும் பிரச்சனை முதலில் நோய் கண்டறிதலே சிரமமாக இருக்கும்.

உதாரணம் : குடல்வால் அழற்சி (Appendicitis) இது ஓர் இளைஞனுக்கு வரும் போது கடுமையான வயிற்று வலி, வாந்தி போன்ற தொல்லைகள் ஏற்படலாம். இதே நோய் ஒரு முதியவருக்கு வரும்போது வயிற்றில் ஏதோ சங்கடம் அல்லது சாதாரண தன்மை மட்டுமே உணரப்படும். பரிசோதனையிலும் பிரச்சனை தெளிவாக தெரியாது.

அறுவை சிகிச்சைக்குப் பின் தோன்றும் பிரச்சினை

அறுவை சிகிச்சைக்குப் பிறகு முதியவர்களுக்கு அதிக பிரச்சினைகள் ஏற்பட வாய்ப்புள்ளது.

உதாரணம் : குழப்பம், நோய்தொற்று, திரவத்தின் சமச்சீரினமை, அதிகநேரம் படுக்கையில் கழிப்பதால் ஏற்படும் உடல் புண்கள், மலச்சிக்கல், மன அழுத்தம் மற்றும் கால்களில் ரத்தம் கட்டிக் கொள்ளும் வாய்ப்பு.

கேள்வி : முதியோருக்கு எந்த மாதிரியான அறுவை சிகிச்சை பாதுகாப்பானது?

contd. p.7

ELDER ABUSE AND EMPOWERMENT - Dr. (Capt.) M. SINGARAJA, SM, C.Eng.

(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 volulnerable
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 foremost 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. ❖

contd. from p.5

பதில் : அறுவைசிகிச்சைகள் மூன்று வகையாக பிரிக்கலாம்.

அவசர அறுவைசிகிச்சை

வயிறு சம்பந்தமான பிரச்சனைகள் விபத்து போன்றவற்றுக்கு முதல் ஒரு மணி நேரத்துக்குள் சிகிச்சை அளிக்கப்பட வேண்டும். இதில் பிரச்சனை அதிகம்தான் என்றாலும், அறுவைசிகிச்சையை தவிர்ப்பது உயிருக்கே ஆபத்தாக முடியலாம்.

முன்கூட்டியே செய்யப்படும் அறுவைசிகிச்சை

உதாரணம் : சர்க்கரை நோயாளிகள் சிலருக்கு கால்களில் புண் ஏற்பட்டு, சில சமயங்களில் காலையே அகற்ற நேரலாம் அதனால், கால்களில் புண் உருவான உடனேயே அறுவைசிகிச்சை செய்து கொள்வது நல்லது.

தேர்ந்தெடுத்து செய்யும் அறுவைசிகிச்சை

இது மிகவும் பாதுகாப்பானது. ஒரு நோயைப் பற்றி நிறுத்தி, நிதானமாக ஆராய்ந்து, தேவைப்படுமாயின் செய்யப்படும் அறுவைசிகிச்சை முறை, நீரிழவு, ரத்த அழுத்தம் இருந்தால் அதைக் கட்டுக்குள் கொண்டுவந்த பிறகு மேற்கொள்ளப்படுவது. இதனால், அவசர சிகிச்சையும் தவிர்க்கப்படும்.

முதியோர் அறுவைசிகிச்சை நிபுணரின் அறிவுரையைப் பின்பற்றி அறுவைசிகிச்சை செய்து கொள்ளலாம். இதை தவிர்ப்பது உயிருக்கே ஆபத்தை விளைவிக்கும்.

கேள்வி : அறுவைசிகிச்சை வெற்றியடைய என்ன செய்ய வேண்டும்?

பதில் : அறுவைசிகிச்சை செய்து கொள்ள வயது ஒரு தடை அல்ல. ஆனாலும் வயது அதிகரிக்கும் போது பிரச்சினைகளும் அதிகரிக்கும்.

அறுவைசிகிச்சை வெற்றியடைவதற்கு கடைப்பிடிக்க வேண்டியவை

- ஆரம்ப நிலையிலே நோயின் தன்மையைத் துல்லியமாகக் கண்டறிய வேண்டும்.
- சிகிச்சைக்கான திட்டம்
- அவசர சிகிச்சையை தவிர்த்தல்
- ரத்த அழுத்தம், சர்க்கரை அளவை கண்காணித்தல்
- சிறந்த அறுவைசிகிச்சை நிபுணரை தேர்ந்தெடுத்தல்
- அறுவைசிகிச்சைக்குப் பிறகு வரும் பிரச்சனைகளை சமாளித்தல்.

என கடைப்பிடிக்க வேண்டிய முறைகளை சரியாக பின்பற்றினால் அறுவைசிகிச்சை வெற்றியடையும் முதுமையில் கட்டாயம் அறுவை சிகிச்சை செய்துகொள்ள வேண்டிய நோய்கள் பல உள்ளன. அவசியம் என்றால், காலம் தாழ்த்தாமல் உடனே செய்துகொள்வது நல்லது! ❖

பாராட்டுக்குரிய முதியவர்

நெல்லை மாவட்டம், கடையம் யூனியன், பாப்பான்குளம் அருகே ஏ.பி. நாடானூர் கிராமத்தில் 80 வயது முதியவர் பால்துரை தோசை மாஸ்டராக இருக்கிறார். கடைக்கு முதலாளியும் அவரே. அவருக்குத் துணையாக அவரது மனைவி கோகிலா (வயது 70) இருக்கிறார்.

காலை 5 மணி முதல் இரவு 9.30 மணி வரை தோசை வியாபாரம் நடத்துகிறார். ஒரு தோசையின் விலை ரூ.1.50 மட்டுமே. கடந்த மாதம் வரை தோசை ரூ.1 க்குத்தான் விற்பனை செய்துள்ளார். வாடிக்கையாளர்களின் நச்சரிப்புத் தாங்க முடியாமல் 50 பைசா விலை ஏற்றியுள்ளார். இவரது தோசை 3 சாப்பிட்டாலே வயிறு நிரம்பிவிடும். அதாவது காலை டிபன் ரூ.4.50 இல் முடிந்து விடும். வேறெங்கும் கிடைக்குமா இந்த வாய்ப்பு. ஓய்வு இல்லாமல் 45 ஆண்டுகள் தோசை சுட்டுப்போட்டு, சாப்பிடுவோர் வயிற்றில் பால் வார்த்து வருகிறார். இங்க வேலைக்குச் செல்லும் ஏழைகள், காலையில் தோசை சாப்பிட்டு, மதியம் தோசை பார்சலும் வாங்கிச் செல்கின்றனர். பார்சல் கட்டும்போது இலையை மட்டுமே பயன்படுத்துகிறார் பெரியவர் பால்துரை. பிளாஸ்டிக்கை பயன்படுத்த மாட்டேன் என்று உறுதியாக இருக்கிறார்.

விளம்பரமே இல்லாமல் உயர்ந்த வாழ்க்கை வாழும் அவரல்லவா பெரியார். லாபத்தையே குறிக்கோளாகக் கொண்டு செயல்படும் ஹோட்டல் உரிமையாளர்கள் பெரியவர் பால்துரையிடம் வந்து டியூசன் படித்து செல்வார்களா? செய்தால் நம் வயிற்றுக்கு நல்லது. முதியோர் தினத்தில் இதுபோன்ற பெரியோர்களை நாம் கௌரவம் செய்ய வேண்டாமா? திருப்பதி கோவில் உண்டியலில் கோடிக்கோடியாக கொட்டும் மனிதர்களுக்கு இந்த பெரியவரின் வாழ்க்கைத் தேவைகளை நிறைவேற்றிக் கொடுக்க மனம் வருமா? 80 வயதில் நாள் முழுவதும் உழைக்கும் அண்ணா பால்துரை அவர்களின் உழைப்பை நம் உழைப்போடு ஒப்பிட்டுப் பார்த்து, வெட்கமடைந்து தன்னைத் திருத்திக் கொள்ளப்போகும் தம்பிமார்கள் எத்தனைபேர்.

பெரியோர்களைப் போற்றுவோம்; பெருமையை நிலைநாட்டுவோம். ❖

நன்றி : ஞானமுரசு

Some Happy Thoughts

Each day is a precious Gift from God. Receive it with Thankfulness, unwrap it with anticipation and relish it with Joy.

Lost some where between sunrise & sunset, is one golden hour, encrested with sixty silver minutes, each studded with sixty diamond seconds. No reward it offered. They are lost and gone, forever.

The real change is when you are able to make a change to people who would not repay you in kind or cash.

Love is **forgiving** because Love is for **giving**

I keep my thoughts & they become my words,

I keep my words and they become my actions,

I keep my actions and they become my habits,

I keep my Habits and they become my character,

I keep my character and they become my destiny. ❖

- Prakash H Lulla

மகிழ்ச்சியான நாடுகளில் இந்தியாவுக்கு 111வது இடம்

உலகில் மகிழ்ச்சியான நாடுகளில் இந்தியா 111வது இடத்தில் உள்ளதாக ஐ.நா.வில் தாக்கல் செய்யப்பட்டுள்ள அறிக்கையில் தெரிவிக்கப்பட்டுள்ளது.

ஐக்கிய நாடுகள் சபையின் நிலையான வளர்ச்சிக்கான நிறுவனம், கடந்த 2010 முதல் 2012 வரை 156 நாடுகளில் மனிதர்களின் மகிழ்ச்சியான மனநிலை குறித்த ஆய்வு மேற்கொண்டது. பேராசிரியர்கள் ஜான்கெலியெல், ரிச்சர்டுயார்டு மற்றும் ஜெப்ரிசாக்ஸ் ஆகியோரின் தலைமையில் ஏராளமானோர் இந்த ஆய்வில் ஈடுபட்டனர். குடும்ப வருமானம், வேலைவாய்ப்பு, நன்கொடை அளிப்பது, ஊழல், முடிவெடுக்கும் சுதந்திரம், அரசு வழங்கும் உதவி, நாட்டின் சாதக, பாதகம் உள்ளிட்டவை தொடர்பாக 10 கேள்விகள் கேட்கப்பட்டன.

இதற்கு மக்கள் அளித்த பதில்களின் அடிப்படையில் ஆய்வு அறிக்கை தயாரிக்கப்பட்டது. இந்த அறிக்கையின் முடிவு அண்மையில் ஐ.நா. பொதுச்சபையில் தாக்கல் செய்யப்பட்டது. இதில், உலகில் மக்கள் அதிக மகிழ்ச்சியுடன் உள்ள நாடுகளில் முதல் இடத்தை டென்மார்க் பிடித்துள்ளது. நார்வே 2ம் இடத்தையும், சுவீட்சர்லாந்து 3ம் இடத்தையும், நெதர்லாந்து 4ம் இடத்தையும், சுவீடன் 5ம் இடத்தையும் பெற்றுள்ளன. கனடா, பின்லாந்து, ஆஸ்திரியா, ஐஸ்லாந்து மற்றும் ஆஸ்திரேலியா ஆகிய நாடுகள் அடுத்தடுத்த இடத்தைப் பிடித்துள்ளன. கடந்த ஆய்வின் போது 11வது இடத்தில் இருந்த அமெரிக்கா 6 நாடுகளுக்கு பின் தங்கி 17வது இடத்திற்கு சென்றுள்ளது. இங்கிலாந்து 22வது இடத்திலும், பிரான்ஸ், ஜெர்மனி நாடுகள் 25 மற்றும் 26வது இடத்தையும் பெற்றுள்ளன. ஆசிய நாடுகளான சீனாவிற்கு 93வது இடமும், வங்கதேசத்திற்கு 108வது இடமும், இந்தியாவிற்கு 111வது இடமும் கிடைத்துள்ளது. கடந்த ஆய்வின் போது 94வது இடத்தில் இருந்த இந்தியா தற்போது 111வது இடத்தை பெற்றுள்ளது. சீனா போன்ற அதிக மக்கள் தொகையைக் கொண்ட நாடுகளில் மக்களிடையே பொருளாதார ஏற்றத் தாழ்வுகள் அதிகம் இருப்பதால் மக்களிடையே மகிழ்ச்சியின் விகிதம் மாறுபடுவதாகவும் தெரிவிக்கப்பட்டுள்ளது. ஐ.நா. பொதுச் செயலாளர் பான் கீ மூனின், கவுர் ஆலோசகரான ஜெப்ரிசாக்ஸ் வெளியிட்டுள்ள அறிக்கையில், 'உலக நாடுகளின் தலைவர்கள் தங்கள் நாட்டு மக்களின் நலன்களைக் கருத்தில் கொண்டு நல்ல முடிவுகளை எடுத்து மக்களை மகிழ்ச்சியாக வைத்திருக்க முன்வரவேண்டும்' என குறிப்பிட்டுள்ளார். ❖



உத்திரப்பிரதேசத் தை சேர்ந்த படிப்பில் கூட்டியான 13 வயது சிறுமி சுஷ்மா வர்மாவுக்கு லக்னோ பல்கலைக்கழகத்தில் எம்.எஸ்சி படிப்பில் சேர இடம் கிடைத்துள்ளது. தனது தந்தை தேஜ் பகதூருடன் சுஷ்மா. ❖
நல் வாழ்த்துக்கள்

Elders need a Fair Deal

Another World Elder Abuse Awareness Day comes up today, even as 'a steady stream of reports of elders being denied care and aid, indeed abused and attacked, comes in from different parts of India. The problems of the elderly are primarily economic, marked by the loss of independent incomes. Health-related problems typically dog them too.

Lack of safety and security are added perils, especially in urban settings. Pan-India surveys have revealed that almost 30 per cent of the elderly are subjected to some form of abuse or neglect, abandonment, and physical, financial or emotional abuse, often by their own family members. Many are left lonely. Yet, the absence of detailed data on crimes against the elderly in official compilations is striking, and points to inadequate focus the issue. With improvement in life expectancy, the number of seniors in India is expected to reach 177 million in the next 25 years and 324 million by 2050 - and women will constitute a majority of that.

By 2050, the global population of seniors above 60 is set to exceed the number of younger people. The challenges posed by an ageing population are clearly upon us.

The Maintenance and Welfare of Parents and Senior Citizens Act, 2007, placed a legal obligation on children and relatives to enable the elderly to live a normal and dignified life. Senior citizens who are unable to maintain themselves financially shall have the right to apply to a maintenance tribunal for an allowance from their children and relatives. The tribunal may initiate the process suo mote. The Act also has provisions to ensure the state takes care of them, but in practical terms these are hardly of any help. Overall, this legislation is too narrow and ineffective to serve as the primary legal channel for guaranteeing the rights of the elderly. India now needs to set new priorities as its demographic profile undergoes a rapid, change. It ought to put in place a comprehensive policy and programme interventions for older persons. Meanwhile, free healthcare, more old age homes, other kinds of affordable housing, and financial assistance in the form of pension and other payouts, especially to widows, have to be provided for. The right of an elderly citizen to live a life of dignity must be made justiciable. Programmes to enhance skills and knowledge in geriatric care are needed. According priority to the needs of senior citizens in development plans, including in infrastructure facilities, is essential. It is time separate ministries at the Central and State levels were set up to deal with issues concerning senior citizens. The government has a responsibility protect the elderly and must take this job seriously. ❖

Courtesy : The Hindu

Walking - a Boon for Healthy Living

We know people in those days mostly walked to reach their destination and were generally keeping good health. Unfortunately after the introduction of modern transport facilities the habit of walking gradually faded a way, especially in urban areas.

We know Mahathma Gandhi was a fast walker. His walking habit and disciplined way of life led him to good health and longevity. So also our former Prime Minister Morarji Desai, the Bhoodham Movement leaders Acharya Vonobabhave.

Now let us study the great benefits of walking. Looking for to be healthy to lose weight and to be generally more energetic?. Why not start walking. It is easy, you need no special equipment and just 30 minutes a day can dramatically improve and extend your life, plus walking is often the gate way for more active lifestyle. According to British Heart Foundation "Moderate rhythmic exercise such as brisk walking makes the heart and blood circulation more efficient, improves the 'protective' blood cholesterol level, prevent high blood pressure and helps to reduce the risk of developing diabetes".

Health experts believe that U.S. Surgeon General's endorsement of 30 minutes of physical activity doing is the equivalent of walking 10,000 steps - which is about 5 miles and burns 400 calories. Studies have found that 10,000 steps is also the amount of exertion your body requires to burn enough calories to reduce the risk of chronic diseases.

Most people walk 2000 to 5000 steps daily by performing everyday activities such as moving about the house or doing errands. According to a new set of physical activity guidelines from U.S. health studies, this level of activity is considered to be sedentary. To keep fit for life, you should aim for at least 10,000 steps a day in your walking

The 3 P's for good walk

1. Posture : It is not just a walk - that is important but you need to mind your posture.

2. Persistence : The toughest thing about walking is to develop a habit of walking 10,000 steps a day to gain good health.

3. Pace : Start your walk at a slow warm up pace, stop and do a few warm up / flexibility drills. Then walk fast for the desired length of time. End your walk with a slower cool-down pace and stretch well after your walk.

Note : Those who have heart ailments please consult your physician for walking exercise. ❖

- K. Ayyasamy, AM 652

Maharashtra likely to set up Senior Citizens commission

The Maharashtra Government will set up a senior citizens' commission and a separate department, while a special provision for it will be Made during the next budget session. NCP senior citizens' cell chief Dilip Ghule said that Deputy Chief Minister Ajit Pawar who is also the state's finance minister agreed to the party's charter, of demands for senior, citizens welfare, which includes a separate helpline, employment opportunities and enhanced interest rate on fixed deposits. The government will also take decisions; on financial assistance to senior citizens, legal assistance and guidance, recreation centres, setting up old-age homes, reservation of seats in the transport system and health schemes, which, have been included in the charter. ❖

Rajasthan offers free pilgrimage to senior citizens

The Rajasthan government will launch a new scheme next Month under which it will bear all the expenses of boarding and lodging for senior citizens going to selected pilgrimage destinations. The government's Devasthan department will implement the scheme, according to an official statement released here. The whole journey will last for about a week. The government will spend a sum of Rs 1,700 per person during the journey under the scheme.

The benefit of this scheme would be given to those senior citizens who don't have the financial means to undertake religious journey. The express for the entire journey would be borne by the government and those undertaking the journey would also be looked after by the authorities," it said

Rajasthan Chief Minister Ashok Gehlot had announced the scheme in the state budget for financial year 2013-14 presented recently. The Devasthan department that manages and controls religious and charitable institutions and temples recently signed an agreement with the Indian Railway Catering and Tourism Corporation (IRCTC) for help in the smooth implementation of the scheme. According to the department, every pilgrimage train will carry about 1,000 senior citizens. If the number of applications is more, the pilgrims will be selected through a lottery.

"Arrangements will be made for transporting the pilgrims from the station to the pilgrimage site. There will be one support person in every bogey to help the pilgrims during the train journey," it said. Eleven pilgrimage sites have been included in the scheme. The special pilgrimage train will start from each divisional headquarter. ❖

Kerala raises welfare pensions

The State Cabinet has approved across-the-board hike in pension payouts and associated doles for social security and labour Welfare. Chief Minister Oommen Chandy announced this to newsmen after a meeting, of the Cabinet here on July 10th. The revised payouts would entail and outgo of Rs. 4.78 crore, the Chief Minister added.

The extent of hikes in different Categories of pensions are as follows: farm labourer's pension has been raised from Rs.400 to Rs.500; small and marginal farmers (Rs.400 to Rs.500); widows (Rs.525 to Rs.700); and differently-abled (Rs.525 to Rs.700), those with disability of 80 percent above (Rs.700 to Rs.1,000), and unmarried women above 50 years of age (Rs.525 to 700).

OLD AGE PENSION: Indira Gandhi national old age pension (Rs 400 to Rs 500); Indira Gandhi national old age pension for those above 80 years of age (Rs 900 to Rs 1,100), kidney patients belonging to the BPL category requiring permanent dialysis support (Rs 525 to Rs 900), Indigent artistes (Rs 550 to Rs 650); circus artistes (Rs 1,000 to Rs 1,100), dairy farmers (Rs 300 to Rs 500), indigent sportsmen above 60 years of age Rs 1,000 to Rs 1,100), those above 60 years of age (Rs 750 to Rs 850), Coir workers (Rs 400 to Rs 500), cashew workers (Rs 400 to Rs 500), handloom weavers (Rs 400 to Rs 500), fish workers (Rs 400 to Rs 500), and bamboo and associated forest produce workers (Rs 400 to Rs 500).

JOURNALIST PENSION : Kerala State journalists pension (Rs 4,500 to Rs 7,000), non-journalists (Rs 2,500 to Rs 4,000), khadi workers (Rs 300 to Rs 500), tailors (Rs 400 to Rs 500), beedi-cigar workers (Rs 400 to Rs 500), barbers (Rs 400 to Rs 500), and washermen (Rs 400 to Rs 500), unorganised labour pension (Rs 400 to Rs 500), tree climbers (Rs 400 to Rs 500), marriage assistance for widow's daughter (one-off, Rs 20,000 to Rs 30,000), assistance to tuberculosis patients (monthly, Rs 525 to Rs 800), and cancer patients (Rs 525 to Rs 800), monthly grant to residents of orphanages, old age homes, destitute and differently-abled (Rs 525 to Rs 700), and food allowance for students in Government-aided schools for hearing and sight-impaired (Rs 750 to Rs 900). ❖

South Delhi hikes Old age pension

Municipal Corporation (SDMC) on 15th July decided not only to increase the number of elderly pensioners but also announced a hike in the pension given to them. The proposal provides for adding 50 more pensioners in each of the 104 wards of South Delhi taking the number of elderly pensioners in every ward to 750. The sum of the pension will also be raised from Rs 800 to Rs 1,000. ❖

**Senior Citizens Bureau - 149th Program -
"Multi - Speciality Geriatric Mega Health Screening Camp In Siddha Medicine" 22.09.13**

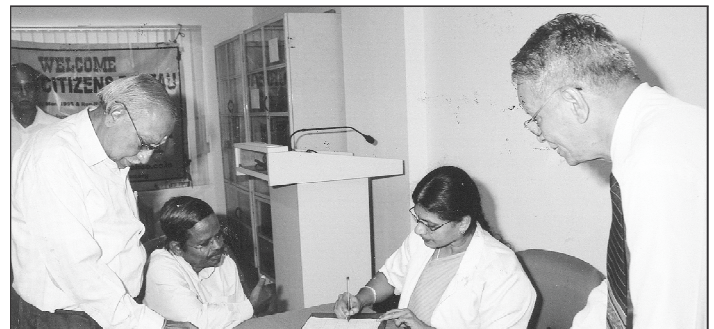


A view of the head table

SCB jointly with Siddha Central Research Institute Hospital, GOI, Chennai - 106 organised a Mega Multi-Speciality Geriatric Health Screening Camp in Siddha Medicine, on 22.09.13, at Institution of Valuers Hall, TNHB Complex, Mylapore, Chennai - 4 from 10.00 to 13.00 hrs. More than 75 persons participated. Dr. (Capt.) M. Singaraja, the Chairman, introduced the guests in his welcome address.

The camp was inaugurated by renowned Prof. Dr. P. Jayaprakash Narayanan, Retired Vice Principal, Govt. Siddha Medical College, Chennai - 106. He gave an insight to siddhars, who did wonders with the help of herbals. Their poetic verse of medicine, 1000 years ago is invaluable treasure. Tripala Soornam must be taken every day by every one Food must be medicine. There is remedy for any critical illness Allopathy is really alternate to Indian medicine.

Prof. Dr. R.S. Ramaswamy, is the first Director General, Central Council for Research in Siddha, GOI, Chennai - 106, which has been established recently. He explained that Dept. of Ayush, MOH&FW, GOI is running various Research Institutes & Hospitals throughout India to propagate our ancient Indian Medicine. Siddha CRI & Hospital are formulating new Siddha Medicine for all types of critical illness. Dr. Natarajan, Dr. Murugan and Dr. Ilankani examined more than 75 participants. Medicine for all ailments was given at no cost. Mr. Lakshmi Narayanan greeted the Birth Day babies & donors for September. Mr. Prakash, the Vice Chairman, compered.



Screening by Siddha Specialist

EC Meeting for the month of September 2013 was held at 12.30 Hrs, immediately after the camp at the same venue. The Chairman conducted the business. He reviewed the activities held in July, August & September 2013. EC after discussion approved the following :

- 1) IT return filed
- 2) No. TDS exemption from 13.09.13.
- 3) Contribution to PM's relief fund (Uttarkhand Flood) - 5K
- 4) Contribution to Special Children in Annual Day - 4K
- 5) Contribution to InFA Silver Jubilee Celebration - 1 K
- 6) 3 year subscription to Nisargopacharvartha from NIN, Pune Dept. of Ayush, MOH&FW 550/- & குடிமக்கள் முரசு from catalyst Trust - 600/-.
- 7) Audit Fees - Rs.3,370/-

The Chairman then explained how we are observing the Commemoration of World Elders Day - 2013 in 3 parts.

- 1) Arogya - 2013 in September
- 2) WED - Inter Generation Bonding - 2013 in October
- 3) Safely & Security of SCB - 2013, in March

The Vice-Chairman gave the agenda for WED-2013 & budget. On the spot donation of Rs.2802/- from EC Members was received. It was unanimously decided to raise the salary of Part time OA by 10% annual increment and Audit Fees to Rs.4,000/- next year. Dr. Nirmala, Treasurer proposed a vote of thanks. ❖

Senior Citizens Bureau - 148th Program - "Solidarity Day - 16.08.2013"



A section of the rally

The members of our Bureau in large number joined the other constituents of Federation of Senior Citizens Associations of Tamilnadu (FOSCATAN) who in turn is affiliated to AISCCON - (All India Senior Citizens Confederation) at 8 a.m. on 16.08.13, at Anna Nagar Towr Park, to observe National Solidarity Day of Senior Citizens. The programme commenced with a procession and ended with a meeting. The rally was symbolic with the display of play cards, banners and raising slogans to indicate the plight of



A view of the head table

Senior Citizens and pending issues with State and Central Govts. Thiruvalargal V. Veerabdran, President of TANSECA, Dr. (Capt.) M. Singaraja, Chairman, SCB, Prof. R. Thilagaraj, HOD, Criminology Dept., Madras University and D. Rajasekaran, President of FOSCATAN, addressed the meeting. National Policy, Commission & Ministry for Senior Citizens, Universal Security for Health, Social and Financial aspects and issues of Elder Abuse were highlighted and resolutions were passed. ❖

Mail Box

Mr. S. Radhakrishnan, (80), LM-4, Hyderabad, Former Treasurer, writes,

Greetings. It was nice of you to give me a tinkle and find out how I am carrying on. However, during telephone conversation we are not able to express all our feelings, difficulties and problems. Hence this letter.

Well, I am happy SCB is growing from strength to strength under you able guidance. It is good so many voluntary agencies have cropped up to help old age persons. It has created benevolence and goodness in the society. Our T.V. Channels and print media are also exposing lot of evils in our society leading to good debate and loud thinking. Despite Hindu religious Vedas, their sages and plethore of religious gurus, castism, stupidity, and irrational thinking still prevail. Untouchability in the lower strata is still prevalent. It is all a bane. Some reformer should be born to wipe out all these nonsenes so that Hindu society will be a better one.

O.K. Saheb enough of my loud thinking. Sorry to have tested your patience, with best regards,

Editor : Thank you sir for your contribution.

Mr. R. Seshadri, LM Mylapore, Chennai - 4

I am one of those covered by your Editorial of June 2013 Link Age. As you know I am a sufferer from multiple diseases requiring hospitalisation every alternate year. I am taking medicines every day costing me about 10K every month. As one son among my five children is kind enough to give me food, shelter and medication. I am a big burden to him. Kindly take up with authorities for free medical Aid, comprehensive and complete, along with old age Pension. I know you are persuading and fighting for these causes but your editorial prompted me to write this.

Editor : Sir, We are pursuing for Universal health Care. It may take time to materialise. Reg. 40% price hike in IOBET eye drops, I have taken up with controller of drugs. With best wishes

Mr. S.R. Satakopan, LM-598, (86) writes

Trust this letter finds you in the best of health and sprits. I returned from Bombay a couple of weeks back. Due to my health problem, I could not contact you early. My wife's birthday comes on 17.01.2014. I wish to contribute some small amount as donation to the organisation which is doing so much to the welfare of old people's health care. I am not waiting to send my donation in memory of my dear wife's birthday till that day as we are not aware of what is in store to us tomorrow. Last time, I wanted to celebrate our 68th wedding anniversary in a grand manner and also send a donation to the Bureau for that day. That day never dawned. Hence this time. I am not waiting till that day. She stood by me supporting me in my high and low days. How could I forget her? She was a brave lady at heart. I will just narrate an event in my life at which time how courageously she with stood and faced the agonosing uncertain days. At that time I was serving as the leader of a sea patrol party engaged on anti smugling at Pamban Island. My boat was on its usual sea patrol duties on one afternoon. Suddenly the sea turned rough and torbulent due to a sudden storm un announced. Unfortunately, our vessel was very near the eye of the storm and it could not withstand the ferocity of the storm. Our mast broke and propellers got twisted and damaged. We drifted in the sea for 2 days and nights. On the 3rd day, we touched shore near Masulipattinam some 60 miles off the place from where we started our fateful journey. Meanwhile, some fishing people, who hurried to shore to escape the storm, came and told my wife than our boat has capsized and the chances of any survivor bleak. At that time, we had a children of age 7, 5, 3 and 1. She bore the days of uncertainty very bravely without anyone to offer her a word of encouragement. It is hard to imagine what would have happened to any other woman of ordinary mind. She bore it well having hopes on God who would not let her down. She had come back to easy mind only after getting my telephone sent from Masulipattinam regarding our safety. I have lost that magnificent lady. I am enclosing a cheque as donation. Please accept.

Editor : Sir, I appreciate your love & cherish the fond memory of your beloved spouse. Thanks for your continuous support. God bless you. ❖

Changes

LM : 801, Ph : 9884486378, DOB : 19.06.1932
Thiru M. Venkata Raju (Retd PM)
 C - 8, Block - 1, Ceebros Heritage Apt.,
 211, Velachery Main Road, Velachery, CHENNAI - 600 042.

LM : 802, Ph : 9884486378, DOB : 15.06.1943
Tmt. V. Rukmani
 W/o.Venkataraju, C - 8, Block - 1, Ceebros Heritage Apts.,
 211, Velachery Main Road, Velachery, CHENNAI - 600042.

Er. R. Madhavan
 Villa No. 159, 5th Street, 'SERENE PELICAN'
 49TH Mani Road, Pinnachikuppam,
 Seliamedu Post, Bahour, Puducherry - 607 402.

LM : 540, Ph : 9444364365, DOB : 15.08.1933
Thiru K.S.Mani (Lion A.SP Retd.)
 P2, Rajendra Apt, No.11, B.R.P, 1st Street,
 West Mambalam, CHENNAI - 600 033. ❖

News from our Networking Associates

Kilpauk Residents Welfare Association (KRWA) held their "Kilpauk Utsav - 2013" a family get-together and 37th Association Anniversary on 11.08.13, at SCS, Kothari Academy, Kilpauk, Chennai - 10.

TANSECA proposes to conduct Human Process Lab at its Arumbakkam office premises for a group of 10 person in batches for the benefit of the participatns in inter/infra personal activities. For details Ph : 2621 3908.

The Tamilnadu Senior Citizens and Pensioners Welfare Association under the leadership of Thiru Siva Somanathan, held its 8th State Conference on 10.08.13 at Thirunelveli. Hon'ble Ministers for Social Welfare Tmt. B. Valarmathi.

22nd AGM of Jawahar Nagar Railway Pensioners Association, Chennai - 82, was held on 25.08.13, at Perambur, Chennai - 11, according to the infor given by its President and our member LM-825, Mr. V. Lokiah Naidu.

Respect Age International (RAI), Agra organised a Free Prostate Operation Camp. 200 patients were examined with pathological test & sonography. 47 operations were done from January to April 2013. Doctors and supporters were felicitated on 31.07.13.

The 34th AGM and the Annual Conference of All India Federation of Pensioners' Association (AIFPA), was held on July 19 and 20, 2013 at Chennai-15. 284 delegates and 50 observers/guests participated. The AGM was inaugurated by Er.S.C.Maheswari, Secretary General, Bharat Pensioners' Samaj, New Delhi on 19/07/13. Nearly 35 delegates addressed in the delegate session and 105 resolutions were adopted. The new office bearers for a term of 3 years assumed office with Thiru K. Venkatachari as President. Acu Puncture treatment camp, General Medical check- up camp by Kauvery Hospital and Adult Vaccination camp were held. **On 20.07.13, the Annual Conference** was inaugurated by Hon'ble Minister Thiru

V. Narayanasamy, Minister of state in PMO's Office and the Ministry of Personnel, Public Grievances and Pension. The Memorandum and the Charter of Demands adopted in the AGM were presented to the Hon'ble Minister. A Cheque for Rs.1,00,001 (Rupees One Lakh and One Only) representing the contributions made by the AIFPA, towards Prime Ministers' Relief fund (Uttarkhand) was presented to the Hon'ble Minister. He favorably responded to the various issues and the important announcements are;1) The meeting of SCOVA, will be held four times in a year to settle Pensioners' Grievances. 2) The merger of 50% of DR with pension as well as the Constitution of VII Central Pay Commission is under the active consideration of the Government of India. 3) His Ministry has proposed free medical treatment to the pensioners in all centrally run hospitals.

Probus Club of Chennai disbursed Scholarship Fund each Rs.800/- to 184 poor students of various schools studying from 9th to 12th Std. on 09.09.13.

Gourmet Group of Cosmopolitan Club met on 20.09.13.

AISCCON's 13th National Conference of Senior Citizens will be held at Lucknow, UP, on November 22nd & 23, 2013, hosted by Bharatiya Varishtha Nagrika Samiti (BHAVANA). Theme : Geriatric Care in India : Challenge & Prospects. TANSECA arranges a sight seeing tour to coincide the conference. For registration & details Ph : 2621 3908.

FOSWL India invites for its monthly meeting at 5 p.m. on Sunday, 27.10.13 at NICM, Shanthi Colony, Anna Nagar, Chennai - 40. Dr. N.R. Davey, B.Tech, Ph.D. speaks on "The Hindu Temple".

A sum of Rs. 1,11,288.00 was contributed to PRIME MINISTER RELIEF FUND and was handed over to Shri P.K.Bali on 12th July, 2013, under Secretary (Funds), Office of the Prime Minister of India for the help of victims of Uttarkhand in Recent Disaster, by Senior Citizens Council of Delhi. ❖

Additions

1) LM : 835, Ph : 9944192733, DOB : 01.06.1946

Thiru T.K. Perumal,
No.137, Bajanai Koil Street, Thandalam Post,
(Via)Periyapalayam, PIN - 601 102

2) LM : 836, Ph : 9488668395, DOB : 23.05.1940

Thiru P. Sivaramkrishan,
C/o S.Sivakumar, Block 48 B /FFB, Manikandan Enclave,
Parvathy Nagar North Main Road,
Madambakkam, CHENNAI- 600 073.

3) LM : 837, Ph : 9444953148, DOB : 01.11.1943

Thiru N. Kumaran Thambi,
Nehru Salai, Near Muniswaran Koil, Uthukottai - 602 026.

4) JSL : 838, Ph : 9444829046, DOB :

Dr. B. Harishankar
G2, Sivasakti Trisulam Apts, No. 41/A, Durairaj Street,
Pazhvanthangal - 600 114.

5) JSL : 839, Ph : 9444991415, DOB:

Dr. N. Murugan (CHEYON)
'Mayugam" C-13, Chaitanya Nest Apts., No.9, Rathna Nagar
Main Road, Teynampet, CHENNAI - 600 018

6) JSL : 840, Ph : 9444917739, DOB:

Prof. K. Hariharan
Flat 153 - D, Kamaraj Street, Ramakrishna Nagar,
CHENNAI - 600 087

7) JSL : 841, Ph : 98403 66306, DOB:

Kudanthai P. Shanmugam,
No.55,V.O.C. Street, MGR Nagar, CHENNAI - 600 078.

8) JSL : 842, Ph : 72009 43838, DOB :

R. Sethuraman
Secretary, Retired Officials Association, Ikkadu
Tiruvallur Dist., 602 001.

9) JSL : 843, Ph : 94458 86686, DOB:

C G. Ratnam
1225-S2, 20th Main Road, Anna Nagar West, Chennai - 40.

10) LM:844, Ph:98840 52161, DOB: 29.09.2013

MJF Lion V. Amruth Kumar
17/45,G.A.Road,Old Washermpet, CHENNAI - 600 021.

11) JSL:845, Ph:9940369457 DOB:

Er. V. Pachiappan
79, Part 2, 2nd Mani Road, VGP Layout, Palavakkam,
CHENNAI - 600 041. ❖

Birthdays : October*Wishing you a Cheerful, Peaceful and Prosperous Life*

| Sl. No. | D.O.B | Memb No. | Name |
|---------|------------|----------|-----------------------------|
| 1. | 01-10-1931 | LM-819 | Tmt. Savithri Vathi |
| 2. | 01-01-1935 | AM-412 | Thiru N. Ramalingam |
| 3. | 01-10-1939 | LM-409 | Thiru D.V. Raju |
| 4. | 03-10-1939 | LM-293 | Er. S. Murugaiyan |
| 5. | 05-10-1929 | LM-536 | Thiru V. Balasubramanian |
| 6. | 05-10-1932 | LM-530 | Thiru V. Chellappa |
| 7. | 07-10-1934 | LM-825 | Thiru Lokiah Naidu |
| 8. | 10-10-1942 | LM-732 | Er. P.S. Shankar |
| 9. | 10-10-1943 | LM-770 | Ln. V.K. Ramgopal |
| 10. | 10-10-1944 | LM-502 | Thiru P.S. Rajam |
| 11. | 10-10-1953 | LM-658 | Er. E. Subbarayan |
| 12. | 11-10-1950 | LM-582 | Prof. Dr. R. Bhagirathi |
| 13. | 12-10-1939 | LM-503 | Thiru K.G. Poornachandraiah |
| 14. | 12-10-1927 | LM-611 | Thiru Arundev Chowdhri |
| 15. | 13-10-1945 | LM-557 | Thiru R. Pandyan |
| 16. | 15-10-1928 | LM-576 | Thiru V.S. Venugopalan |
| 17. | 15-10-1933 | LM-790 | Thiru T.V. Ramamurthy |
| 18. | 16-10-1930 | LM-610 | Thiru P.S. Manian |
| 19. | 16-10-1939 | JSL-797 | Thiru N.Y. Dhandapani |
| 20. | 17-10-1932 | LM-776 | Thiru M.S. Varatharajan |
| 21. | 19-10-1936 | LM-127 | Thiru A.R. Guru Raja Rao |
| 22. | 19-10-1939 | LM-775 | Er. C.P. Shanmugam |
| 23. | 20-10-1921 | LM-214 | Thiru T.S. Ajitkumar |
| 24. | 23-10-1935 | LM-755 | Tmt. Parvathi Umasankar |
| 25. | 23-10-1935 | LM-535 | Thiru V. Jagannathan |
| 26. | 24-10-1933 | AM-577 | Thiru M. Chidambaram |
| 27. | 24-10-1934 | LM-125 | Thiru V.R. Vaidyanathan |
| 28. | 26-10-1927 | AM-739 | Dr. D.S. Ramaiah |
| 29. | 30-10-1949 | LM-677 | Thiru V. Sudarson |

*Your liberal contribution to Sunshine Fund is solicited***National / International Days October**

| | | |
|--------|--|-----|
| 01.10. | International Day of Older Persons | (I) |
| 02.10. | Mahatma Gandhi's Birth Day (International Non-Violence Day) | (I) |
| 02.10. | Lal Bahadur Sastri Birth Day | (N) |
| 03.10. | World Habitat Day | (I) |
| 04.10. | World Animal Welfare Day | (I) |
| 05.10. | World Teacher's Day | (I) |
| 06.10. | World Wild animal Day | (I) |
| 08.10. | Indian Air Force Day | (N) |
| 09.10. | World Post Day | (I) |
| 11.10. | Loknayak Jay Prakash Narayan Birth Day | (N) |
| 13.10. | UN International Day for Natural Disaster Reduction | (I) |
| 14.10. | World Standards Day | (I) |
| 16.10. | World Food Day | (I) |
| 16.10. | World Allergy Awareness Day | (I) |
| 21.10. | World Iodine Shortage Day | (I) |
| 24.10. | United Nation (UN) Day | (I) |
| 30.10. | World Thrift Day | (I) |
| 31.10. | Anniversary of Indira Gandhi | (N) |

Note : N = National I = International**Welcome to Our Family Fold****I. NEW MEMBER**

| | | |
|----|--------------------------|---------|
| 1. | MJF Lion V. Amruth Kumar | LM 844 |
| 2. | Er. V. Pachiappan | JSL 845 |

Acknowledgment**Thanks a lot & God Bless You****I. Sunshine Fund**

| | | | | |
|----|------------------------|--------|---|--------|
| 1 | Thiru Murugesan .C.V | LM:661 | ₹ | 500/- |
| 2 | Thiru Jayakumar .S | LM:546 | ₹ | 500/- |
| 3 | Thiru Kandaswami .M | LM:45 | ₹ | 500/- |
| 4 | Thiru Mahalingam .K.P | LM:320 | ₹ | 500/- |
| 5 | Thiru S.K. Vasudevan | LM:18 | ₹ | 100/- |
| 6 | Thiru S.K. Janardhanan | LM:447 | ₹ | 100/- |
| 7 | Thiru M. Namasivayam | | ₹ | 100/- |
| 8 | Thiru K.S. Shanmugam | LM:665 | ₹ | 100/- |
| 9 | Thiru John Selvaraj | LM:771 | ₹ | 500/- |
| 10 | Thiru S. Radhakrishnan | LM:4 | ₹ | 501/- |
| 11 | Thiru N. Jagannathan | LM:117 | ₹ | 200/- |
| 12 | Thiru K. Jayaraman | LM:343 | ₹ | 200/- |
| 13 | Thiru S.R. Satakopan | LM:598 | ₹ | 1000/- |

(Birthday remembrance of late spouse)

II Donation - World Elders Day

| | | | | |
|----|------------------------------|---------|---|----------|
| 1 | Dr. (Capt.) M. Singaraja, SM | LM:3 | ₹ | 500/- |
| 2 | Mr. Prakash H. Lulla | AM:41 | ₹ | 300/- |
| 3 | Mr. C. Panner Selvam | LM:27 | ₹ | 100/- |
| 4 | Mr. S. Lakshmi Narayanan | LM:792 | ₹ | 100/- |
| 5 | Er. V.S. Balakrishna Raja | LM:567 | ₹ | 100/- |
| 6 | Mr. P.M. Pandian | LM:805 | ₹ | 200/- |
| 7 | Mr. S. Jayakumar | LM:546 | ₹ | 500/- |
| 8 | Dr. V. Balambal | LM:12 | ₹ | 100/- |
| 9 | Dr. G. Vijayalakshmi | LM:526 | ₹ | 101/- |
| 10 | Mrs. S. Seethalakshmi | LM:796 | ₹ | 101/- |
| 11 | Dr. R. Nirmala | LM:765 | ₹ | 500/- |
| 12 | Major R. Ragunathan | LM:809 | ₹ | 1000/- |
| 13 | Mr. S.R. Satakopan | LM:598 | ₹ | 1000/- |
| 14 | M/s. Inspiration | Advt. | ₹ | 1500/- |
| 15 | Mr. R. Govindasamy | JSL:167 | ₹ | 500/- |
| 16 | M/s. Kauvery Hospital, Advt. | Advt. | ₹ | 10,000/- |

*Note : AM/LM = Annual / Life Member JSL = Journal Subscriber Life**PM/DM/HM = Patron/Donor/Honorary Member***III. Sale of Books****600/-****Obituary**

Thiru P.A. Natarajan, (LM - 373), 91, Washermenpet, Chennai - 21 passed away suddenly on 06.09.13. He was hale & healthy except for poor eye sight & diabetes. He looked after himself, w/o. expecting for any care taker. We were in regular touch. I sent 5 copies of **முதுமையே வா வா...** & 1 copy of Old Age, authored by Padmasri Dr. V.S. Natarajan, as he desired. He was a regular donor & buyer of books to gift them. He was keen to attend our Arogya - 2013 Camp in Siddha Medicine scheduled for 22.09.2013. He promised me to receive our SCB award of Excellence on 05.10.13 during World Elders Day Celebration. We have lost an ardent campaigner for River Water Linking and taking back Katch Island from Srilanka.

Er. V. Krishnan, (LM - 311), 80, Ex. TNEB, North T. Nagar, passed away on 29.08.2013 after a brief illness.

Our heartfelt condolence to the bereaved family ❖

SENIOR CITIZENS BUREAU - GOVERNING BODY

| | |
|--|------------------|
| Chairman Emeritus : Maj. Gen. ABAN NAID , PVSM, AVSM, M-in-D | Ph : 98400 37068 |
| Patron : Padmasri Dr. V.S. Natarajan , MD, FRCP, DSc. (Hon.) | Ph : 95000 78740 |
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| Vice Chairman : Prakash H. Lulla , | Ph : 98418 66747 |
| Secretary General : Brig. K. Muthulaxmi | Ph : 98401 73733 |
| Treasurer : Dr. R. Nirmala | Ph : 99529 08745 |

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| Er. V. Balasubramaniam | 94451 66319 |
| Mr. S. Lakshminarayan | 99621 31682 |
| Mr. C. Pannirselvam | 94446 77076 |
| Mr. P.M. Pandian | 94441 71757 |
| Dr. G. Vijayalakshmi | 95000 51741 |

Editor & Publisher - Link Age
Capt. Dr. M. Singaraja, SM
 BE, PGDBM, M.Sc.(Psy), FIE, FIV, Ph.D.
 E-mail : <m.s.raja@sify.com>

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| Er. S. Ramalingam | 96770 11766 |
| Mr. T.V. Hariharan | 94440 24609 |

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SENIOR CITIZENS BUREAU

(Estd. 3/1996 & Reg. # 370/2002)
 (R.O.) 90/93, Rama (Naicken) Street, Nungambakkam,
 Chennai - 600 034. Ph : (044) 2823 1388, E-mail : <m.s.raja@sify.com>



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.

With best wishes from



HEARING AID CENTRE

Lokesh Tower, 18, Kodambakkam High Road,
(Near Hotel Palmgrove), Chennai - 600 034.

Phone : 2827 6945 / 2827 3279

With best compliments from



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E-mail : <inspireatwork@yahoo.co.in>

With best wishes from : MJF Lion V. AMRUTH KUMAR



"NARPANI SELVAM"

Gnana Oli, MJF, LION SHRI.V.AMRUTHKUMAR, J.P.
 Lion Lady shrimath: V.A.Angayarkanni
 Celebrated 83rd Birthday and 59th Wedding Anniversary
 On 29th September 2006 at Cosmopolitan Club Chennai .
 (D.O.B.29th September 1923.

Hon'ble Professor Thiru. K.ANBAZHAGAN
 Minister for Finance Gaverment of Tamilnadu
 Presided and Birthday souvenir was received by Dr.M.A.M.Ramaswamy M.P.
 Pro Chacellor Annamalai University.

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

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

Gnana Oli MJF. Lion. V. AMRUTHKUMAR,J.P.,
 Honorary Presidency Magistrate (Ex), Landloard & Merchant
 Lions Clubs Internationl Distrit 324 - A5
 President Lions Club of Madras North (2002 - 2003)
 District Chair person Tree Plantations (2004 - 2005)
 District Chair person Green City (2005 - 2006)
 District Chair person for Honouring Freedom Fighters (2008 - 2009)
 District Chair person Sports for Handicaped for (2009 - 2010)
 District Chair person Care for Senior Citizens (2010 - 2011)
 Cosmopolition Club Member A27, Executive Committee Member
 The Southern India Chamber of Commerce and Industry
 Film Fans Associations, S.P.C.A. MRC.,A.A.S.L.,U.L.B.A.,
 Association For Hospitality, Tuluva Vellala Association, Probus Club of Chennai
 Indian Red Cross Society, Madras Society, Madras Society for the Protection of Children
 Palyur Kotta Vellala Marabinar Ramaswamy Mudaliar & Santhanayaki Ammal
 Reading Room & Library at Kattur Village, Ponneri Taluk - Social Adventurist
 Founder, zamindhar Ramasawmy Mudaliar Memorial Charitable Trust

Zamindhar Ramaswamy Mudaliar Illam"
 17/45, G.A.Road, Old Washermenpet, Chennai-600 021. (Union Bank of India
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| | | | | | |
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|  |  |  |  | | Mobility |
| Walkers | Quadripod | Wheel Chair | Walking Stick | | |
|  |  |  |  | Toilet Aids | |
| Toilet Safety Rail | Folding Commode | Toilet Seat Raiser | Wheel Commode | | |
|  |  |  |  | Safety | |
| Anti Slip mat | Grab Bars | Senior Mobile | Mosquito Net | | |
|  |  |  |  | Ortho Aids | |
| Knee Support | Lumbar Sacral Belt | Cervical Collar | Back Support | | |
|  |  |  |  | Patient Care | |
| Air bed | Shampoo Basin | Adjustable Backrest | Bedsore Healers | | |

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