



# ELDERS

Monthly Journal of the  
**TAMILNADU SENIOR CITIZENS' ASSOCIATION**

Regd. No. 255/87

Old V-95, New 78, 5th Main Road, Anna Nagar, Chennai - 600 040

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**LIFE IS LIKE  
RIDING A BICYCLE**

**TO KEEP YOUR  
BALANCE YOU  
MUST KEEP  
MOVING**

**-Albert Einstein**

## INSULT TO IDENTITY

“What is your name? Please show your identity card. I have an important item to deliver at this address” says the ubiquitous courierwallah. This demand is made at the very place where you have been living for decades and the person who makes the demand is in his early thirties and never taught any elementary principle of courtesy particularly when he butts in a residence and has to move out quickly to scores of other residences repeating the same to unload his burden.

On the face of it, the question irritates, if not offends, a person who has lived in the same place for years and years. The staff employed by courier agencies are generally unemployed youth who perhaps take this job only as a stop gap arrangement till they get better opportunities elsewhere. Most of them may have some familiarity with the geographical location of their place of duty but may not know any individual by way of acquaintance or otherwise. Instructions are issued by their employer that the items should be delivered only on proof of identity and relationship with the addressee. Fortunately, they are not wanting the DNA proof for establishing relationship but the acknowledgement slip (original retained by the courier) has a column for the relationship between the addressee and the one to whom the item is delivered. If the person at home refuses to establish his identity and take delivery, the courier messenger takes it back to his office leaving a curt message that an item addressed to you is at his office and this can be taken delivery during office hours at an address which the poor would-be recipient may not be familiar with, again producing identity proof.

The above is the daily ordeal many persons in the urban areas are exposed to thanks to the age old postal system's constraints in meeting their obligations. By and large, the postal system has been serving the citizens well despite the enormous increase in the number of items to be handled and the mind boggling expansion that has taken place in the number of offices, residential colonies, flats etc.

Speaking of identification needs, we are in the process of getting Aadharised. We have our PAN cards, Electoral Identity cards, Driving Licences, Passports, Bank Pass Books, Smart cards, Ration cards etc. At some stage in

our life we should be able to get all our business of identity proof done with only one card. So much is spoken about single window clearance and reduction of paper work, paperless office, i-tickets, m-ticket proof etc that it appears to be within the realm of human ingenuity to invent a simple and universally acceptable proof of identity. One wag suggested that without violating human rights in a big way, tattoo the name on some generally uncovered part of the body and be done with the matter.

A host of festivals – Navarathri, Deepavali etc are round the corner and these establish the identity of our Indian Society at large. Greetings of the season to all.

— K. ALUDIAPILLAI

## ACTIVITIES OF THE ASSOCIATION

### WALKATHON ON WORLD ELDERS DAY:

The World Elders Day was observed by the members of TANSECA by conducting a “Walkathon” within the Sri Visvesvariah Tower Park in Anna Nagar, Chennai -40 on Tuesday 1<sup>st</sup> October 2013. Over 100 senior citizens participated in the event. Sri C. Dorairaj IPS @ former Addl Director General of Police flagged off the group of walkers from the East Gate of the Park. The walkers carried placards reading “Walk for Health”, “Walk for Fun”. “Walk for Joy”, etc highlighting the importance of walking. Leaflets in English and tamil, explaining the benefits of walking were distributed to all present at the park.

### EAST COAST TOUR :

The second batch of 35 of our members also completed the East Coast Tour successfully. The group commenced its journey on 10.09.2013 and returned as scheduled on 16.09.2013. Like the earlier batch they also visited temples and various tourist spots at Vishakapatnam, Annavam, Sri Sailam, Arakku Valley, Rajamundhry, and Vijayawada. Letters have been received appreciating the arrangements made for food, accommodation, travel and sightseeing.

### BIRTHDAY GREETINGS:

Greetings were sent to one hundred and thirty four of our members on their birthdays during the month of September. Some of them have responded with thanks letters and donations.

**TOUR TO LUCKNOW:**

Twenty five persons have registered as delegates to attend the 13<sup>th</sup> National Conference of AISCCON scheduled to take place at Lucknow on 22<sup>nd</sup> and 23<sup>rd</sup> November 2013. While there, they will take some time out to visit some of the historical places of tourist interest in and around Lucknow. They have also planned to visit Gaya and Bodhgaya during their onward journey and Allahabad and Benares on their way back. Detailed itinerary is being sent to the participants individually.

Mr. D. Rajasekaran, General Secretary of TANSECA and President of FOSCATAN will be making a power point presentation at the Conference showcasing the activities of both the organizations.

**LIST OF NEW MEMBERS**

TANSECA extends a hearty welcome to the following individuals who have been enrolled as Life Members during the month of September 2013.

L.M. No. Name, address, occupation and post last held if any

- 2288 Mr. A. SUBRAMANIAN,**  
Sr. Lecturer, Govt Arts College, Nandanam  
"Violin House", 52, II Avenue,  
Ashoknagar, Chennai – 600 083.
- 2289 Mr. RAMAN THILAKAR,**  
Jr. Warrant Officer, IAF,  
28/2113, Jeevan Bima Nagar,  
Anna Nagar West Extn. Chennai – 600 101.
- 2290 Mr. R. SIVARAMAN,**  
Senior Manager  
13, V.V. Koil St, Chinmayanagar Stage I,  
Chennai – 600 092.
- 2291 Mr. K.P. PURUSHOTHAMAN,**  
Head of Civil Engineering Dept,  
71 (Old 75), South West Boag Rd,  
T. Nagar, Chennai – 600 017.
- 2292 Ms. J. REVATHI,**  
Library Asst. Grade I, Anna University,  
"Sree Padam", 30 (Old10), Branson Garden Rd,  
Kellys, Chennai – 600 010.

- 2293 Ms. J. SHYAMALA,**  
Teacher, Ursulas Presentation Convent,  
"Sree Padam", 30 (Old 10), Branson Garden Rd,  
Kellys, Chennai – 600 010.
- 2294 Mr. T. SELVARAJ,**  
Chartered Accountant,  
32 (Old 36), Dewan Rama Road,  
Purasawalkam, Chennai – 600 084,
- 2295 Mr.S. KRISHNAN,**  
Labour Officer, Coonoor, T.N. Govt,  
"Thiru Avinan Kudi", Plot 39/43, II st,  
Anjugam Nagar, Ashok Nagar,  
Chennai – 600 083
- 2296 Mr. K. JANARDHANAM,**  
Dy. Director, Animal Husbandry Dept,  
12 (Old 20) Ramanathan St,  
Mahalingapuram, Chennai – 600 034.
- 2297 Col. JAS DIAZ,**  
Ex-Indian Army,  
H-25/G-1, Vasuki Apts, Thiruvalluvar Nagar,  
Thiruvanmiyur, Chennai – 600 041
- 2298 Mr. T.S. DHARMALINGAM,**  
Deputy Collector,  
126 (Old 138) Lake view Road,  
West Mambalam, Chennai – 600 033
- 2299 Mr. AARON DAVID,**  
Divisional Forest Officer,  
2, Thommayappan Street,  
Royapettah, Chennai – 600 014.
- 2300 Mr. M.N. VENKATESWARAN,**  
Mg. Director, LPH Pharma,  
10, Sumitra Flats, 2, Maharani Chinnama Rd,  
Alwarpet, Chennai – 600 018.
- 2301 Mr. V. BALACHANDER,**  
Dy. G.M. State Bank of India,  
Flat T-33, I Block, 3<sup>rd</sup> Floor, Jain's Avantika,  
55, Manapakkam Main Road,  
Chennai – 600 125.



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12 months <36 months	9.25	9.75

- 2302 Mr. G. SANKARAN,**  
President, Customs/C.E./Gold Control  
Appellate Tribunal, T-43A, 7<sup>th</sup> Avenue,  
Beasant Nagar, Chennai -600 090.
- 2303 Dr. T. KAMAL SHERIFF,**  
Dean, Dr. MGR University,  
T-10 (Old 23), 11<sup>th</sup> Street, Annanagar,  
Chennai – 600 040.
- 2304 Mr. M. PAUL RAJ,**  
Jt. Secretary, T.N. Government,  
F-1, Vasanth Apartment, II Block,  
9, Kamdar Nagar 1st Street,  
Nungambakkam, Chennai -600 034.
- 2305 Mr. D.VENUGOPALAN,**  
Senior Technical Manager,  
45A, Srinivasa Street, Madipakkam,  
Chennai -600 091
- 2306 Mr. A. HARI KRISHNAN,**  
Dy General Manager, FCI,  
4/5, III Cross st Logaiah Colony,  
Saligramam, Chennai – 600 093.
- 2307 Mr. V. RAVINDRANATH,**  
CEO, ONGC Mittal Energy Ltd, London,  
Flat 4A-B, Sai Sarovar, 150 Ft By Pass Rd,  
Velachery, Chennai – 600 042.
- 2308 Mr. S.A. RADHAKRISHNAN,**  
G.M. T.N. Coop State Land Development  
Bank, 11/7, Sapthagiri Colony, Jafferkhanpet,  
Ashok Nagar, Chennai – 600 083.
- 2309 Mr. S. CHOCKALINGAM,**  
Asst. Planner (S.G), CMDA, Chennai  
22(Old 15), New St., West Mambalam,  
Chennai – 600 033
- 2310 Mr. K. SAMPATH KUMAR,**  
Sr. Marketing Officer,  
Directorate of Marketing, GOI,  
18/8 (Old 33/8), Aishwarya Apartments,  
Venkataraman Street, T. Nagar,  
Chennai – 600 017.
- 2311 Mr. S. VENKATACHALAM,**  
Botany Lecturer, C.N. College, Erode,  
Sinthu Apts, 17/16, Cenotaph 1<sup>st</sup> Street,  
Teynampet, Chennai-600 018.
- 2312 Commander A. BALASUBRAMANIAM,**  
Ex-Indian Navy  
Flat 1, D.No. 65, G.F. 1<sup>st</sup> Avenue,  
Indra Nagar, Adyar, Chennai – 600 020.
- 2313 MR. NALINKUMAR R. SAVANI,**  
Agent, Textiles,  
2-C, Nityashri, 9 & 11, 6<sup>th</sup> Cross Street,  
Beasant Nagar, Chennai – 600 090.
- 2314 DR. C. RAJA,**  
Medical Doctor,  
28/30, Raman St., T. Nagar,  
Chennai – 600 017.

- 2315 MR. ABDUL JAMEEL,**  
Dy. Secy, TNEB,  
49/19-B, 27<sup>th</sup> St., GKM Colony,  
Periyar Nagar, Chennai – 600 082.
- 2316 MR. P. HARI BABU,**  
108, Kumaran Nagar,  
1<sup>st</sup> Cross St, Koyambedu, Chennai -600 092.
- 2317 MS. S. BHAGYALAKSHMI,**  
12/18, Ganesh Nagar, 1<sup>st</sup> Cross,  
Rajaji Nagar (Near RTO)  
Thiruvanmiyur, Chennai 600 041.
- 2318 MR. S.P. SUBRAMANI,**  
Sri Venkateswara Textiles,  
Basement Shop No. 4, Waikiki complex,  
289, Puraswalkam High Rd, Chennai – 600 007.

**DONATIONS**

**TO TANSECA**

	Rs
L.M. 2267 Mr. K. Sivasubramanian	7,500
L.M. 1715 Mr.T. P. Krishnamurthy	1,000
L.M. 1797 Dr. G. Elumalai	1,000
L.M. 1403 Mr. K.P. Mahalingam	500
Rangarajan Ammal Nagarajan Charitable Trust	500
L.M. 1180 Mr. R. Pandurangan	200

**TO TANSECA CHARITABLE TRUST**

Mr. GAUTHAM KUMAR THAMBIDORAI	50,000
L.M. 1475 Mr. Murli S. Chhabria	1,000
Mr. P. Sebanayagam (former Chief Secretary, Govt. of Tamil Nadu)	1,000

The donations are gratefully accepted

**OBITUARY**

TANSECA records with regret the demise of the following members and offers it sincere condolences to the members of the bereaved families.

1. Mrs. Mary Clara, Former Accounts Officer, A.G's Office, 17/129, Y- Block, Anna Nagar, Chennai – 600 040. – Expired recently.
2. Mr. T.R. Rajagopal, Former Officer of the State Bank of India, 174, Charles Convent Road, Kurnchi Nagar, Madurai. – Pin 625 006. – Expired recently.
3. Mrs. Geetha W/o Mr. A.R. Ramakrishnan, former City Engineer, Corporation of Chennai - Expired on 30-09-13

**MAY THE DEPARTED SOULS REST IN PEACE**

## NEWS AND EVENTS:

### WORLD ELDERS DAY EVENT AT PONDY

Pondicherry Senior Citizens Welfare Association observed World Elders day on 1<sup>st</sup> October 2013, in coordination with PONCARE (Puducherry Government institution for Senior Citizens Welfare) and Help Age India Pondichery Branch.

The function was attended by Shri N. Rangaswamy, Chief Minister, Puducherry, who distributed prizes to the winners of the various sports events held earlier for men and women senior citizens. The competitions included 100 meter walking race, tug of War, etc and Rangoli, Cooking, and musical chairs which were exclusively for women. Several hundreds of senior citizens attended the function,

Mr. S. Sridarane, Secretary, PONCARE welcomed the gathering. Among those present were Mr. Vivek Pande IAS, Welfare Secretary, Pondy Govt, Mr. S.V. Iyer, of PSCWA and Mr. Venugopal Ramalingam of HelpAge.

This year the government took special efforts to conduct the celebrations as a week long programme covering several villages in the State.

—oo0oo—

### SCB'S WORLD ELDERS DAY EVENT.

The Senior Citizens Bureau, Nungambakkam, Chennai, in association with the Ethiraj College for Women observed World Elders Day on 5<sup>th</sup> October 2013 at the Library Auditorium of the College. Justice Thiru K. Gnanaprakasam, Judge of the Madras High Court who was the Chief Guest inaugurated the event.

A special publication of "LinkAge" the monthly journal of Senior Citizens Bureau was released by Dr. V.S. Natarajan, renowned geriatric physician and patron of the Bureau.

SCB members who had the distinction of having sighted 1000+ moons and a few distinguished citizens aged 90 and above were honoured with awards.

The event concluded with a cultural program. Prizes and Certificates were distributed by Dr. Jothi Kumaravel, Principal, Ethiraj College, Dr. (Capt) M. Singaraja, Chairman of the Bureau presided. Dr. R. Rajalakshmi NSS Coordinator of Ethiraj College welcomed. Felicitations were offered by Thiru S.P. Ambrose, Thiru R. Venkatesan, Thiru T.V. Hariharan and Dr. V. Chockalingam.

—oo0oo—

### CARROMS TOURNAMENT FOR SENIORS

Taneca proposes to conduct a caroms tournament for its members sometime in December at its centre in Arumbakkam. Interested members (men as well as women) may please give their names to the Secretary before 9<sup>th</sup> November. Finalised arrangements will be announced in the next issue of "Elders".

### AISCCON'S NEW EXECUTIVE COMMITTEE

The following were elected to the Executive Committee of the All India Senior Citizens Confederation (AISCCON) at the General Body Meeting held on 29<sup>th</sup> September 2013, at the Jyeshtha Nagarik Bhavan in Nerul, Navi Bombay. They will hold office for a period of three years. (2013-2016).

**President:** Mr. D.N. Chapke (Maharashtra)

**Vice-Presidents:** Mr. B.B. Dixit (Uttar Pradesh); Mr. Daljit Singh Grewal (Chandigarh); Mr. Sujan Bhatia (Delhi); Mr. Krupasindhu Sahu (Odisha); Mr. Narayan N. Ingle (Maharashtra); Mr. Prabhakar S. Kulkarni (Belgaum); Mr. Haneefa Rawther (Kerala), and Mr. D. Rajasekaran (Tamil Nadu).

**Secretary General :** Mr. Anil P. Kaskhedikar (Maharashtra)

**Organising Secretary:** Mr. Om Prakash Hingar (Rajasthan)

**Joint Organising Secretary:** Mr. Satya Deo Tiwari (U.P.)

**Joint Secretaries:** Mr. A. K. Malhotra (Uttar Pradesh)  
Mr. C. Yella Reddy (Andhra Pradesh)  
Dr. P. Vyasamurthy (Andhra Pradesh)  
Mr. Mukund P. Koranne (Maharashtra)

**Treasurer:** Mr. Ashok V. Deshpande (Maharashtra)

**Editor Aisccon News:** Mr. B. Ranganathan (Nominated)

The Confederation has affiliates from 24 States and 4 Union Territories and is the largest body of senior citizens in the country. The General Body consists of 134 representatives of the affiliated organizations. The election this year witnessed keen contests for some of the key posts.

### RESEARCH PROJECT GETS UNDER WAY

A meeting of Research Assistants and Regional Coordinators working on the research project "Centre's Policy of Older Persons – Reasons for non implementation and recommendations for better implementation" assigned to AISCCON by the MOSJE was held on Sept 28, 2013 at Nerul, Bombay. It was addressed by Dr. D. Jamuna, Project Director (Professor, Andhra University)

Questionnaires for eliciting information from beneficiaries as well as non-beneficiaries, politicians, rulers and bureaucrats were distributed for use during the survey to be conducted as part of the research. It was decided to divide the whole country into four regions and contact 60 officials, 50 non officials and 350 beneficiaries totally in each region on a random basis and gather responses.

The States of Andhra Pradesh, Tamil Nadu, Karnataka and Kerala and U.Ts. of Pondicherry, Karaikal, Yanam and Mahe are in the southern region for which Mr. D. Rajasekaran has been appointed as the regional coordinator. The coordinators who will be directing the project in the states will be as follows: Andhra – Mr. Narayana Murty; Kerala- Mr. Hanifa Rawther; and Karnataka: Mr. M.R. Rangaswamy. A time-schedule has been drawn up for the work and it is expected that the final report will be furnished to the Ministry within about four months.

*Homes, not Houses...*



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**7TH PAY COMMISSION ANNOUNCED**

The Central Government has announced constitution of the 7th Pay Commission for revision of the pay of its 50 and odd lakhs of employees (including Defence and Railways) and the pension of its 30 and odd lakh pensioners. The recommendation of the commission will be implemented from 1st January 2016.

The government constitutes Pay commission almost every ten years to revise the pay scales of its employees and often these are adopted by the States too with some modifications.

The Sixth Pay Commission recommendation was implemented from 1st January 2006, the fifth from 1st January 1996 and the fourth from 1st January 1986.

It is expected that the names of the Chairperson and Members of the commission and the terms of reference will be announced shortly.

It is further expected that the retirement age of Central Government employees will be raised by two years, from 60 to 62.

Pay Commissions in the past have generally recommended a three times increase in the pay. If the same practice is followed pay and pensions can go up by three times as a result of the 7th Pay Commission also.

—oo0oo—

**TANSECA's website does well**

TANSECA is happy to find that many of its members are taking to the internet route to communicate with it. In the month of October alone there were as many as ninety mails sent to the Association's e-mail address gensec@tanseca.com. This is a welcome trend which the Association would like to encourage as it makes for easy and quick exchange of communications.

The Association's website has also received quite a few visits from senior citizens, members as well as non-members. The website has recently been updated and carries reports and photographs about the latest events held under the aegis of the Association.

Copies of "Elders" published during the last 12 months also find a place in it. The photo gallery contains photos taken by our members while going on the tours organised by the Association.

Space has been provided for publishing advertisements too. Business men who have products or services targeted at senior citizens may advertise them here. Rates can be ascertained from TANSECA office.

Comments are welcome about the features that can be added to make the website more interesting.

—oo0oo—



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**LAUGH A WHILE**

Boy1: Meet my wife, Tina. Boy2: Oh! I know her. Boy1:How?  
Boy2: We were caught sleeping together  
Boy1:What the hell? Boy2: During lecture in maths class  
\*\*\*

What is the perfect example of both Good & Bad Luck? The  
naughty wind blows the girl's skirt high (Good luck) but at the  
same time dust falls into the boy's eyes (Bad luck)  
\*\*\*

An Egyptian man is walking through the Cairo bazaar, when  
a stranger comes up to him and offers to sell Viagra (illegal in  
Egypt) for 100 Egyptian pounds.

"No, not worth it!" - "OK, how about 50 Egyptian pounds?" -  
"No, not worth it!"  
"OK, 20?" -"No, not worth it!" - "How about 10?"  
"No, not worth it!" - "Listen, these pills cost US \$10 each.  
How can you say they are not worth it?"  
"Oh, the pills ARE worth it. My wife is not worth it."  
\*\*\*

Woman's Quote of the Day:"Men are like fine wine. They all  
start out like grapes, and it's our job to stomp on them and keep  
them in the dark until they mature into something with which you'd  
like to have dinner with."

Men's Counter Quote of the Day: "Women are like fine wine.  
They all start out fresh, fruity and intoxicating to the mind and  
then turn full-bodied with age until they go all sour and vinegary  
and give you a headache."  
\*\*\*

A teacher asks her class, "If there are 5 birds sitting on a  
fence and you shoot one of them, how many will be left?" She  
calls on little Johnny. "None, they all fly away with the first  
gunshot."

The teacher replies, "The correct answer is 4, but I like your  
thinking."

Then Little Johnny says, "I have a question for YOU. There  
are three women sitting on a bench having ice cream. One is  
delicately licking the sides of the triple scoop of ice cream. The  
second is gobbling down the top and sucking the cone. The third  
is biting off the top of the ice cream. Which one is married?"

The teacher, blushing a great deal, replies, "Well I suppose  
the one that's gobbled down the top and sucked the cone."  
"The correct answer is the one with the wedding ring on... but I  
like your thinking."  
\*\*\*

Let me kiss your lips, let me feel your teeth, let me feel your  
tongue. SMILE! This is your friend "PEPSODENT" reminding  
you to brush your teeth, Twice a day Everyday.  
\*\*\*

Boy and girl of class 2 ask teacher: "Can kids of our age  
have kids?" Teacher replies " NO Never!!"

Boy says to girl : "See I told you not to worry!!!!".  
\*\*\*

A beautiful girl goes to Professor's cabin and says, " I will do  
anything to pass in the exams"

And professor says, "NOW OPEN YOUR .....  
Books and Study".

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**ELDERS**

**October - 2013**

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