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SCB NEWS

A Quarterly News Letter for Service and Advocacy
from SENIOR CITIZENS BUREAU
(Estd. 3/1996 & Reg. No. 370/2002)

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ISSUE : 3



Thirumathi Sudha Ramalingam Popular Advocate in Madras Highcourt and Human Rights Activist addressing the audience our Quarterly Meeting held on 13th April 2024 at Andhra Chamber of Commerce, Nandanam, Chennai - 35.

குறள் எண் : 892, உட்பகை
பெரியாரைப் பெணாது ஒழுகின் பெரியாரால்
பேரா இடும்பை தரும்.

பொருள் : பெரியவர்களை மதிக்காமல் நடந்தால் அவர்களின் மனவேதனைகள் குடும்பத்தில் நீங்காத துயரங்கள் ஏற்படும்.

Honouring Chief Guest, Thirumathi SUDHA RAMALINGAM, and other Guests by our Former Chairman Thiru. G.N. Prasad



Chairman's Message

Dear Members,

It gives me immense pleasure to communicate with you all through this SCB NEWS Letter with a sense of Comradship and fulfillment.

During this quarter, there are two most important International days viz World Elders Abuse Awareness Day and International day of Yoga being observed through out the world. This year, the theme for World Elders Abuse Awareness Day is "Spotlight on older persons in emergencies" This theme highlights the importance of protecting and supporting older people during crisis. Emergencies whether natural disasters or conflicts, disproportionately impact older people. Under these circumstances, they may face mobility issues, chronic health problems or social isolation, making it difficult for them to access aid as well as support services. This year World Elders Abuse Awareness Day calls on Governments, International Donors, Organizations and communities to prioritize the safety and well-being of older people. It encourages the development of inclusive policies that ensure that older persons are not overlooked during crisis. World Elders Abuse Awareness Day also emphasizes the importance of education and framing for emergency responders, caregivers and the public. As we come to gather to observe World Elders Abuse Awareness Day, let us reaffirm our commitment to safeguarding the rights and dignity of older citizens.

International Day of Yoga (21st June) is the day when the world comes to gather to celebrate the ancient wellness practice of Yoga with the theme of "Yoga for Women empowerment" This year marks 10th International day of



Yoga, a celebration that welcomes the values and participation of all. Yoga, a transformative practice represents harmony of mind and body. It integrates the body, mind and soul, offering a holistic approach

to health and well-being. Let us resolve to practice simple Yoga practices on daily basis to keep our body and mind healthy and fit. Better late than never.

Our Annual General body meeting will be held on 12th July 2024 (Friday) at 10am at Andhra Chamber of Commerce building, West CIT Nagar, Nandanam, Chennai 35. We look forward to your gracious presence and active participation in the deliberations of the Annual Generalbody Meeting. After the conclusion of the Annual Generalbody Meeting, We will have a function organized for the observance of World Elders Abuse Awareness Day and International day of Yoga where in students of Ethiraj College for Women, Chennai will participate. Dr. Ravi Thamilvanan, Executive director, Manimekalai Publications will be the Chief Guest. Notice for the Annual Generalbody Meeting along with the Audited Balance sheet for the period 2023-24 and the Invitation for the program to commemorate the observance of World Elders Abuse Awareness Day and International day of Yoga are given in this issue of SCB News Letter. We fervently hope that all our members will enthusiastically attend the meeting and make this event a grand success.

with regards,

T.V. Nagarajan, Chairman, SCB.



Committed to serve

226th Event

World Elder Abuse Awareness Day 2024

**SENIOR CITIZENS BUREAU
CHENNAI**

Cordially invites its Member to
attend our Quarterly Meeting
organized to celebrate

WORLD YOGA DAY
and observance of
**WORLD ELDER ABUSE
AWARNNESS DAY**

on **12th July 2024 (Friday) at 10 am**

VENUE: Andhra Chamber of Commerce
No. 23, 3rd Cross Street, West CIT Nagar,
Nandanam, Chennai - 600 035.
(Opp to Saidapet Bus Station and
behind Amrita Catering Institute)

Chief Guest:

Thiru. RAVI TAMILVANAN
(Publisher Manimegalai Prasuram)

Presided by:

Thiru. T.V. NAGARAJAN
Chairman, SCB

We request you to please attend the
meeting with your family & friends.

With Regards,
Dr. P. SETHU SESHAN
Secretary General SCB

PROGRAMME

10 A.M.

Registration of Members
With Welcome Drinks

10.45 A.M

Conduction of
Annual General Body Meeting
(AGM Notice with
Aganda is given separately)

11.30 AM

Welcome Address
Dr. P. Sethu Seshan
Secretary General SCB

Presidential Address by
Thiru. T.V. Nagarajan
Chairman SCB
Address by Chief Guest

Thiru Ravi Tamilvanan
(Publisher Manimegalai Prasuram)

Vote of Thanks
Thiru T.V. Nanda Kumar
Assit. Sec. General SCB

National Anthom

Lunch

Message from Secretary General

I hope that our members have come out of the summer hot weather with early monsoon rain. However we conducted our quarterly meeting (225th event) at Andhra Chamber of Commerce West CIT Nagar, Chennai 35 on 13th April 2024

Since it was arranged to celebrate "World Women's Day" we had our chief guest Thirumathi Sudha Ramalingam, popular Advocate in Madras High Court and Human Rights Activist. Incidentally she is one of our founder members of our Bureau. We also wished all the members a Happy Tamil New Year and commenced the meeting at 4 p.m. With our Chairman Thiru T.V. Nagarajan's lovely welcome speech.

Then our chief guest Thirumathi Sudha Ramalingam in her interesting speech narrated the struggle of Indian women in getting their liberation from our Independence



to today. Since she is a leading women's advocate in Madras Court after her speech she invited the speakers to raise the questions to get clarification in the means of women's liberty. In

.... Almost all members raised the questions and Thirumathi S..... Ramalingam with her Experience. All points ... by the speaker..... The question and answer ... was very unique and all the members were very happy. The meeting ... and all the ... very happy. The meeting ... with ... of thanks by Thiru T.V. Nanakumar our C... The... taken on the above issues..... in this issue of SCB News.

P.Sethu Seshan

Secretary General, Senior Citizen's Bureau

Donations Received

Thiru S. Loganathan	LM 870	Rs. 1000
Thiru T.V. Nanda Kumar	LM 942	Rs.1086
Maj. Joy Korathou	LM 884	Rs. 2072
Thiru Kumarappan, New Member		Rs.3050
Tmt. Leela Srinivasan	LM 71	Rs.1000
Thiru A. James	LM 877	Rs.1000

***We give below the Pledge to be taken on
WORLD ELDER ABUSE AWARENESS DAY***



Our Committee Member R.T.Namachivayam gave an interview in all India Radio, Chennai. 26/5/2024



HELPAGE INDIA observed' WORLD ELDER ABUSE AWARENESS DAY-2024 on 14/6/2024 at Andhra Chamber of Commerce, Chennai. Our Chairman Thiru T.V. Nagarajan was honoured by the Chief Guest Tmt. V. Amuthavalli, I.A.S., in that function.



Our Parent Organization The Tamilnadu Senior Citizen's Association had their AGM on 9th June 2024 at Firm Foundation Hall Anna Nagar. Our Chairman Thiru T.V.Nagarajanm, Secretary General Dr. P. Sethusesan and E.C. Member Thiru R.T.Nanachivayam attend the meeting. Our Farmer Chairman Dr. V.S. Natarajan was one of the Chief guest meeting.

Notice for 22nd AGM for the Financial Year 2023-24

Notice is hereby given that 22nd AGM of SCB for 2023-24 will be held at 10 am. On July 13. 2024 (Saturday) at Andra Chamber of Commerce (Conference hall) No.23, 3rd Cross st, West CIT Nagar, Nandanam, Chennai - 600 035. Members currently on the roll as on 31.3.2024 are eligible to transact, the business as per following agenda.

1. Adoption of the minutes of 21st AGM for Fy 2023-23 held on 30 sep 2023

2. Adoption of Annual Report for Fy 2023-24

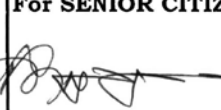

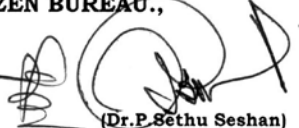

3. Adoption of Accounts for FY 2023-24 (Audited balance sheet is given to this SCB news issue.

4. Appointment of Auditors and approval of Audit fees

5. Any other business subject to prior notice and approval of the chair.

Chennai
10.6.2024

Secretary General
Senior Citizen Bureau

SENIOR CITIZENS BUREAU Old No.93, New No.90, Ramanaicken Street Behind Police Station, Nungambakkam Chennai -600 034 Balance Sheet as on 31.03.2024			
(Amount in Rs.)			
PARTICULARS	SCH	As On 31.03.2024(Rs.)	As On 31.03.2023(Rs.)
<u>CAPITAL AND LIABILITIES</u>			
GENERAL FUND	I	1,68,302	2,12,385
CORPUS FUND	II	7,54,104	7,38,324
TOTAL		9,22,406	9,50,709
<u>ASSETS</u>			
FIXED ASSETS	IV	1,046	1,162
FIXED DEPOSITS	V	8,53,705	8,35,555
CURRENT ASSETS	VI	67,655	1,13,992
TOTAL		9,22,406	9,50,709
For SENIOR CITIZEN BUREAU.,  (T.V.Nagarajan) CHAIRMAN		FOR A.JOHN MORIS & Co., CHARTERED ACCOUNTANTS FRN:007220S  (S.Muralikannan) PARTNER M.No: 211698 UDIN : 24211698BKBHAC2253	
 (Dr.P.Sethu Seshan) GENERAL SECRETARY			
(N.Sampath kumar) TREASURER Date : 14-05-2024 Place : Chennai			

SENIOR CITIZENS BUREAU
 Old No.93, New No.90, Ramanaikken Street
 Behind Police Station, Nungambakkam
 Chennai -600 034

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31.03.2024

	For the year ended 31.03.2024	For the year ended 31.03.2023	INCOME	For the year ended 31.03.2024	For the year ended 31.03.2023
EXPENDITURE					
To Lunch Expenses	29,815	11,200	By Subscription		
To Meeting Expenses	28,685	21,562	Membership & Annual Renewal	15,780	3,000
To Postage	12,436	9,510	By Donation		
To Linkage and Other Publications	-	13,631	General purpose	25,271	31,387
To Audit Fees	9,440	5,900	Sunshine Fund	18,639	27,069
To Scholarship & Gift Paid	366	5,500	Silver Jubilee	-	47,000
To bank Charges	-	35	Advertisement	0	85,000
To Travelling Expenses	31,949	14,310	By Covid Relief Fund	-	-
To Printing & Stationery	28,135	16,387	By Interest Received		
To Donation Paid	2,500	-	Fixed Deposit	36,863	38,015
To Society Renewal	-	-	Savings bank A/c	2,806	3,489
To General Expenses	-	11,479	To Excess of Expenditure Over Income	44,083	190,231.36
To Silver Jubilee Expenses	-	7,442			
To Website Renewal	-	-			
To Depreciation	116	709			
To Excess Of Income Over Expenditure		3,07,526			
TOTAL	1,43,442	4,25,191	TOTAL	1,43,442	4,25,191

For SENIOR CITIZEN BUREAU.,

FOR A.JOHN MORIS & Co.,
 CHARTERED ACCOUNTANTS
 FRN:007220S


 (T.V. Nagarajan)
 CHAIRMAN


 (Dr. P. Seshan)
 GENERAL SECRETARY

(N. Sampath Kumar)
 TREASURER


 (S. Muralikannan)
 PARTNER

Date : 14-05-2024
 Place : Chennai

M.No: 211698
 UDIN : 24211698KBHAC2253

SENIOR CITIZENS BUREAU
 Old No.93, New No.90, Ramanaicken Street
 Behind Police Station, Nungambakkam
 Chennai -600 034

RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31.03.2024

	For the year ended 31.03.2024	For the year ended 31.03.2023	Payments	For the year ended 31.03.2024	For the year ended 31.03.2023
Receipts					
To Opening Balance					
Cash in Hand	2,392	15,475	Bv Expenditure on Camps and meetings	29,815	51,515
Cash at Bank	-	69,185	Lunch Expenses	28,685	45,535
Axis Bank	-	1,47,466	Meeting Expenses	-	81,350
Indian Overseas Bank	1,11,600	-	Linkage and Other Publications	-	661
To Subscription			Bv Bank Charges	366	74,000
Memberships	15,780	3,000	Bv Scholarship & Gift paid	2,500	14,000
To Donation			Bv Donation Paid	-	-
General Purpose	25,271	31,387	Bv Society Renewal	28,135	2,300
Sunshine Fund	18,639	27,069	By Printing & Stationery	31,949	13,291
Silver Jubilee	-	47,000	By Travelling Expenses	-	16,813
To Interest Received			By Photographic Expenses	2,370	6,352
Fixed Deposit	36,863	38,015	By Short Term Deposit	12,436	1,00,000
Savings bank A/c	2,806	3,489	By Postage and courier	-	15,523
To TDS Received	-	3,320	By Silver Jubilee Expenses	9,440	87,655
	-	-	Bv Audit Fees Paid	0	17,700
	-	-	By Website Renewal	-	4720
To FD Closed	-	75,000	Bv Closing Balance	1,970	2,392
To Short Term Deposit closed	-	1,00,000	Cash in Hand	-	-
To Advertisement of Silver Jubilee	-	85,000	Cash at Bank	65,685	1,11,600
Total	2,13,351	6,45,406	Total	2,13,351	6,45,406

For SENIOR CITIZEN BUREAU,

FOR A. JOHN MORIS & Co.,
 CHARTERED ACCOUNTANTS

FRN:007220S


 (T.V. Nagarajan)
CHAIRMAN


 (Dr. P. Seshu Seshan)
GENERAL SECRETARY


 (N. Sampath Kumar)
TREASURER


 (S. Murahkannan)
PARTNER

Date : 14-05-2024
 Place : Chennai

M.No: 211698
 UDIN : 24211698BKBHAC2253

Birthdays - July, August, September 2024

LM	LMNO	DOB	THIRU/TMT Name	LM	LMNO	DOB	THIRU/TMT Name
				12	LM 680	15-Aug-37	Er. Kolandan S.N
1	LM 603	01-Jul-47	Wing Cdr Murugesan M	13	LM 740	16-Aug-43	Thiru Anthony Samy S
2	LM 18	01-Jul-40	Thiru Vasudevan S K	14	LM 596	17-Aug-49	Thiru Umakanthan C
3	LM 660	01-Jul-39	Thiru Prabakaran S	15	LM 901	18-Aug-36	Thiru Raja Raman V
4	LM 669	02-Jul-39	Thiru Balasubramanian V A	16	LM 617	18-Aug-44	Thiru Chandra Veera Raghavan
5	LM 852	02-Jul-35	Thiru Madhava Rao A.G	17	LM 574	19-Aug-42	Dr Vasanthavalli R
6	LM 352	04-Jul-39	Thiru Kandaswamy A.C	18	LM 859	23-Aug-52	Thiru Rajendra Raja, K.P
7	LM 681	04-Jul-38	Thiru Balaraman M	19	HM 452	23-Aug-31	Thiru Chellaswamy S.M.
8	LM 800	04-Jul-52	Tmt BabyParimala S	20	LM 239	23-Aug-35	Thiru Loganathan A R
9	LM 60	06-Jul-39	Thiru Rajarathnam L.V	21	LM 608	24-Aug-44	Tmt Rajeswari A W/o.M.Arunugham
10	LM 410	09-Jul-45	Thiru Ganapathy N C/o. M. Nagarajan	22	LM 807	26-Aug-34	Thiru Ratnasamy J
11	LM 863	10-Jul-42	Thiru Raghunatha Rao D	23	LM 137	27-Aug-34	Prof.Dr. Gomathi Narayanan
12	LM 808	14-Jul-30	Thiru Rajaram S				
13	LM 767	15-Jul-55	Thiru Vir Prakash Jain	1	LM 888	01-Sep-34	Thiru Sundara Rajan
14	LM 785	15-Jul-40	Thiru Gnanasambandam V	2	LM 903	02-Sep-37	Dr. Sujayakumari
15	LM 562	15-Jul-46	DR Govindan T.V.	3	LM 954	04-Sep-46	Thiru Balasubramanian L
16	LM 587	15-Jul-55	Thiru Viswanathan .S	4	LM 845	05-Sep-38	Er. Pachiappan V
17	LM 495	15-Jul-46	Dr Sanjeeva Rao A	5	LM 512	05-Sep-39	Thiru Santhanam R
18	LM 501	16-Jul-40	Er. Easwaran C G	6	LM 879	06-Sep-40	Thiru Lakshmi Narayanan S
19	LM 663	16-Jul-48	Thiru Ramani S	7	LM 516	07-Sep-33	Tmt Parvathi Menon
20	LM 539	20-Jul-24	Prof.Dr. Ramaswamy S	8	LM 902	07-Sep-51	Thiru Nagarajan, T.V
21	LM 772	20-Jul-39	Thiru Davaram W I I.P.S.(Retd)	9	LM 546	08-Sep-37	Thiru Jayakumar S
22	LM 447	20-Jul-46	Thiru Janarthanon S K	10	LM 665	08-Sep-39	Thiru Shanmugam K S
23	LM 674	22-Jul-45	Er. Swaminathan E	11	LM 734	08-Sep-31	Thiru Umapathy A
24	LM 816	24-Jul-43	Thiru Kumaravel D	12	LM 520	11-Sep-35	Thiru Raman, A Dy. TAHSILDAR (Retd) (Executive Magistrate)
25	LM 682	27-Jul-45	Dr.Prof. Chockalingam V	13	LM 492	11-Sep-40	Dr Krishnamoorthy S R
				14	LM 332	11-Sep-37	Thiru Krishnamoorthy H.
1	LM 518	02-Aug-43	Thiru Nagarajan Sharma E	15	LM 320	12-Sep-22	Er. Mahalingam K P
2	LM 298	05-Aug-36	Thiru Sethuraman N	16	LM 741	14-Sep-38	Thiru Krishnamoorthy S.T
3	AM 941	06-Aug-53	Tmt Saroja Chandran	17	LM 4	16-Sep-30	Thiru Radhakrishnan s
4	LM 686	07-Aug-33	Thiru Natarajan V.S	18	LM 869	16-Sep-26	Dr Vedagiri Shanmuga Sundaram
5	LM 613	10-Aug-32	Thiru Seshadri G				
6	LM 458	11-Aug-36	Thiru Balasubramanian N	19	LM 827	17-Sep-46	Tmt Mumtaz Begum
7	LM 7	13-Aug-33	Thiru Venkatesan V IAAS Rtd.,	20	LM 138	18-Sep-34	Thiru Mukundan R.
8	LM 22	14-Aug-48	Er. Harinder Sagar Naidu	21	LM 552	22-Sep-46	Er. Sharma B.V.S.C.
9	LM 485	14-Aug-36	Er. Visweswara Raju C	22	LM 443	30-Sep-41	Thiru Kuttalam Pillai,
10	LM 540	15-Aug-33	Thiru Mani K S - Ln A.SP (Retd)	23	443	30-Sep-41	Thiru Kuttalam Pillai
11	LM 23	15-Aug-36	Thiru Hariharan T.V				



முதியோருக்கு எதிரான அவமதிப்பு மற்றும் கொடுமைகள் பற்றிய உலக விழிப்புணர்வு நாள் உறுதிமொழி

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

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

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

WORLD ELDER ABUSE AWARENESS DAY PLEDGE

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

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

<p><i>If undelivered please return to:</i></p> <p>SCB NEWS C/O. P. Sethu Seshan 768/1, 9th Street, Anna Nagar (WE), Chennai - 600 101.</p>	<p>To</p>
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