



ELDERS' VOICE

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Editor: Dr P I John

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President's Message

Dear Members and Friends,

Warm greetings to all readers of Elders Voice.

Everyone is now in the FIFA mood. By the time this news letter reaches you, the suspense over who will win the FIFA world cup will be over. All the teams are giving their best performances.

The world of sports continues to inspire and unite people beyond national boundaries. The enthusiasm surrounding international football and preparations for future FIFA events remind us that healthy competition can foster friendship, discipline, and respect among nations. Such occasions demonstrate how people from diverse cultures can come together in a spirit of harmony and goodwill.

We are living in a time of rapid change, where events across the world remind us of both the challenges and opportunities before humanity. Recent international developments have once again highlighted the importance of peace, cooperation, and mutual understanding among nations.

The efforts being made in different parts of the world to bring an end to conflicts and restore peace offer hope for a better future. Wars and unrest bring suffering to millions and every step towards reconciliation

is a step towards a more secure and compassionate world. As senior citizens who have witnessed many changes over the decades, we understand the true value of peace and stability in society.

In our own country, democratic processes and public participation continue to shape the nation's progress. While opinions may differ, our shared commitment to the welfare of society remains a source of strength. As citizens, we should encourage constructive dialogue, mutual respect, and a sense of responsibility towards future generations.

For senior citizens, these developments carry a special message. Our experience, wisdom, and values are important resources for our families and communities. In a fast-changing world, we have the opportunity to guide younger generations by sharing lessons learned through life's journey.

Let us continue to promote kindness, compassion, and understanding in our daily lives. Let us remain active, engaged, and supportive of one another. Together, we can contribute to building a society where every individual is respected and where peace and harmony prevail.

After listening to the talk by the cardiologist Dr Rajan Manjooran,



I hope that all of you are taking good care of your heart health. I thank all our members for their continued support and participation. May we move forward with optimism, good health, and renewed commitment to serving our community.

With warm regards,

President

Rani Mathew



The memento presented to Dr Rajan Manjooran: Louise Hay's "You can Heal your Life"

A New Religion?



The transition from traditional spirituality to the scientific era isn't a rejection of the "religious" structure, but its radical renovation.

In this interpretation, Reason is not merely a tool; it is the "Supreme Good." Where traditional religion requires faith—the evidence of things not seen—Science demands verification—the evidence of things measured.

The core tenet of this belief system is that the universe follows consistent, logical laws that the human mind is capable of decoding. If the ancient believer looked at a storm and saw the wrath of a deity, the modern practitioner looks at the same storm and sees the invisible hand of atmospheric pressure and fluid dynamics.

In the religion of Science, the intermediaries are:

The Prophets (The Visionaries): Figures like Einstein, Newton, and Darwin serve as the Great Prophets. They didn't just study the world; they had "revelations" that fundamentally shifted the human perspective. Their writings like the *Principia Mathematica* or *On the Origin of Species* are the sacred texts, preserved and studied with reverence.

The Priesthood (The Researchers): The PhDs and career researchers are the ordained clergy. They undergo years of rigorous initiation, take vows of objectivity, and perform daily rituals within the "temples" (laboratories).

The Liturgy (The Peer Review): This is the communal rite of purification. No "revelation" is accepted until it has passed through the fires of skepticism and replication, ensuring the "doctrine" remains untainted by falsehood.

Controlled Experiment is the highest form of worship: an attempt to commune directly with Reality to ask it a specific question.

To look through a telescope or a microscope is a form of prayer—a moment of profound silence and focus where the individual humbles themselves before the

vastness of the micro and macrocosm.

The Doctrine of Progress: Traditional religions often look backward to a lost paradise. Science looks forward to a "Singularity" or a "Theory of Everything"—the ultimate Enlightenment where all mysteries are solved.

In this framework, Dark Matter and Dark Energy function much like the "Will of God"—omnipresent, invisible forces that govern the movement of the heavens, which we acknowledge but do not yet fully comprehend.

The beauty of this "religion" lies in its humility. Unlike dogmatic faiths that claim absolute certainty, the religion of Reason finds its sanctity in the Hypothesis. It is a faith that is proud to say, "I do not know yet," while remaining certain that the truth is out there, waiting to be measured, calculated, and finally, understood.

P I John



12th June meeting. 1. Prof Rajan Manjooran, the Chief Guest being felicitated . 2. Mrs Molly Ipe adorning the President with the collar

Why I Cherish the SCF

After a busy professional life in a metropolis, moving to a small town post retirement meant a sudden shift to a quiet, boring life. Since I knew few people in Kottayam, I felt lost and lonely. Which is when we met Gopi and Dhanya, while on our morning walk and they suggested that we join the Senior Citizens Forum.

We did so with some trepidation but after the initial couple of meetings itself, we felt welcome and at ease.

Members made us feel like we were part of an extended family, sharing experiences and

memories. Since our children were far away, it felt good that we had some friends who cared and could be counted upon in a crisis.

As one grows older, loneliness is natural. In such circumstances, shared social activities reduce isolation and promotes mental health. Having a social network helps one to cope and the SCF provides just that. The fortnightly meetings where we meet and exchange thoughts, ideas and experiences are eagerly looked forward to. The talks by distinguished scholars at each meeting and the discussions that follow provide mental stimu-

ation. And the fellowship and high tea in the end provide the icing on the cake. It's no small wonder why we look forward to these meetings regularly and cherish the Senior Citizens Forum.



Pushpa George

Why I Cherish the SCF

Man is a social being. He needs a society to enjoy life in full. With the objective of developing fraternity among elderly people through interaction and socialisation, Mr V C Lukose, a visionary and a team of like minded people founded the Kottayam Senior Citizens' Association in 1987. The forum is growing from strength to strength. We joined the forum by the encouragement of our uncle, late Mr Joseph John, one of the founder members. I am happy to say that my husband had his own humble contributions as joint secretary, secretary, Vice President and President in the past. I have to admit - myself being an introvert, could not play any active part in the forum except by my attendance and support.

But I enjoy every activity of the forum indoor and outdoor. I always look forward to the fortnightly meetings. Unlike in our family get togethers and church meetings where we meet

familiar faces, in the forum meetings we get to know eminent men who have excelled themselves in their chosen fields of specialisation. Interaction and socialization with people of different walks of life helped me to have a wider outlook in life. Talks, discussions, book reviews form part of the programme which are very interesting and informative. Speeches by great scholars on topics of common interest like modern development in technology and medicine are worth listening. Which help us to enrich our knowledge. Speeches by some social activists like Tharabai makes us think of the realities of life and encourages us to give financial help to her noble endeavors.

I am a regular reader of the Elders' Voice. Though most of our members prefer the mobile version, a few copies are made available to super seniors like us. It is very thoughtful of the editor. I enjoy reading the available articles and try to follow some tips given to us to make our ageing life healthier and happier.



We all look forward with enthusiasm to our annual picnic, Onam and Christmas celebrations. Outings helped me to know our members more closely and learn something new. Members are encouraged to exhibit their proficiency in art work, singing, writing and all sorts of creativity.

Celebrating birthdays and wedding anniversaries are held in all pomp and splendor. Cutting cakes take us back to our good old days. The gift given to us - a couple in their golden years is highly appreciated and valued as great treasure.

Kunjoonjamma Mathew

The SCF Social Service Fund

A huge thank you to all our members for contributing so generously to our Social Service Fund. After getting due approval from the Governing Board and the General Body, we were able to disburse the funds at our meeting on 26/6/26 to the following deserving charities:

1. Santhwanam Charitable Trust that runs a home for destitute women and children
2. Swaruma Palliative Care Centre for the poor and ailing
3. Ardhratha Fellowship

Each of them was given a cheque for Rs 50,000/-

A cheque for Rs 10,000/- was also given to Perumal, who has been loyally helping us in organising and setting up our meetings every alternate Friday. He has a daughter doing nursing, for which he was in need of funds.

It is a matter of great joy and satisfaction to know that the SCF, as a group, was able to mobilise these funds to help these organisations, which are actually working for uplifting the needy. All of us are in the age group when we have the means and want to help others but are not physically able to do so ourselves. The best alternative is to support such social entrepreneurs, who are actually working in the field, as we did today.

Pushpa George

Secretary, Social Service Fund

Figures on the right show the representatives of Santhwanam Charitable Trust, the Swaruma Palliative Care and the Ardrata Fellowship receiving the contributions during the 840th meeting on 26 June. Shri Perumal was also given funds for his daughter's education.



12th June Meeting: 1. Dr Annie Mathew introducing Prof Rajan Manjooran, the renowned Heart Specialist 2. Mrs Soosy Isaac giving the vote of thanks

The Secretary's Corner

The 838th meeting of the SCF had an autobiographical talk by a member.

Mrs Leelamma Varghese talked about her interesting life in the Rubber Board. She also mentioned meeting her future husband, Mr P C Varghese, who was her Professor in her college days.

Mr K I James, who was introduced as a new member, was very nostalgic about his

parent organisation and its management.

The next meeting of the SCF was an interesting session by Cardiologist Dr Rajan Manjooran. He discussed many cardiological problems and after that there was a lively Q & A session, where he answered many of the questions raised by members.

I was away for almost two months on vacation and Dr Annie Mini Mathews handled the Secretarial functions



magnificently in my absence. Many thanks and best wishes to her.

Joseph Mathew



July Birthdays

1st Molly Abraham

2nd Elizabeth Philip

4th Pushpa Mathew

13th Dr Rachel George

19th Prem Prakash

20th Minnu John

25th Saleema Joseph

29th Mariamma Poullose



Scenes from meeting on 26.6.26: 1. Mrs and Mr Joseph Chennattuserry being sworn in as members by Prof K M Verghese 2. Vote of thanks by Mrs Dhanya Gopinath 3. Dr Markose Arackal's talk 4. Sri John Kunnath's song 5. The wedding anniversary celebrants 6. Birthday celebrants

Smoothies With Assorted Nuts and Seeds

For those of us who are not familiar with Smoothies, let me briefly explain what a smoothie is. A smoothie is nothing but a beverage made by blending ingredients in a mixie. The lassi & fruit juices, the pineapple juices that we drink, are all Indian versions of smoothies from India.

Generally smoothies have a liquid base like fruit juice, milk or yoghurt but smoothies can be made with a variety of ingredients. Here I will speak of a smoothie made with assorted nuts & seeds.

Nuts & seeds are “Nutritional power houses for Seniors”.

This is so, as nuts & seeds provide healthy fats, plant proteins, trace minerals & fibre. These are essential to support heart health, brain function & bone density. By taking nuts & seeds in smoothies, we can avoid taking the salted variety, yet get the benefits. Walnuts being rich in omega-3 fatty acids help lower inflammation & promote brain health.

Packed with vitamin E & calcium, Almonds help maintain bone density & skin health. Chia seeds & Flax seeds are excellent sources of ALA(alpha linoleic acid). Flax seeds are packed with plant-based omega-3 fatty acids, dietary fibre & powerful antioxidants. They support heart health, help regulate blood sugar & aid digestion. Pumpkin seeds

are good for seniors as they are good sources of magnesium, zinc & plant protein. The trace elements contained in pumpkin seeds boost the immune function & promote better digestion. Pumpkin seeds promote better prostate health also.

Pistachios are good for eye health as they contain lutein. The lutein in pistachios are powerful anti-oxidants. By filtering out harmful blue light & oxidative stress, it protects the eye tissues from damage & lowers the risk of age-related muscular degeneration.

Dates & raisins are not only energy boosters; they also contain essential minerals like potassium, iron & cell-protecting anti-oxidants.

A Smoothie made with this combination of nuts & seeds can be an excellent item in the diet of a senior, as seniors tend to suffer from decreased appetite, reduced nutrient absorption & medication interactions.

Recipe: Ingredients

- 1) Walnuts -3 to 4 pieces
- 2) Chia seeds -1tbsp
- 3) Flax seeds -2 tbsps
- 4) Pistachios -4
- 5) Almonds -4
- 6) Raisins -a few
- 7) De-seeded dates-4
- 8) Pumpkin seeds -2 tbsps
- 9) Sunflower seeds -2tbsps

Method

Soak all these ingredients in



enough warm water for 2 to 3 hrs.

Blend the assorted nuts & seeds in a mixie along with the water used for soaking them.

The smoothie that we get from this combination is not only high in nutritional value, it is tasty too.

Dhanya Gopinath



1. Prayer song by Mrs Lizzy Kunnath
2. Shri Joseph Chennattuserry speaking on becoming a member of SCF