



ELDERS' VOICE

FOR PRIVATE CIRCULATION ONLY

News Bulletin of

Senior Citizens' Forum, Kottayam

October 2023 Editor: Pushpa Mathew

President's Message Dhanya Gopinath



Hello Friends,

When our Editor releases this month's issue of our newsletter, the seniors of the world will be getting ready to celebrate the World Elders' Day. Following a declaration in the UN General Assembly, the 1st of October was named as the World Elders' Day in the year 1990.

Much before this declaration, seniors had started feeling the need of getting together & forming organizations for

their social & emotional needs.

The Kottayam Senior Citizens' Forum was started in the year 1987. Many such forums have come up all over Kerala and has led to the formation of an umbrella body called the Federation of Senior Citizens' Association of Kerala (FOSCAK). The Kottayam Senior Citizens' Forum is also affiliated to FOSCAK. Every year, one of the units is assigned the responsibility of hosting a meeting of all these associations on World Elders' Day. This year the FOSCAK meeting is being held at Kayamkulam. The Kottayam SCF had hosted the World Elders' Day function in 2012 at the Public Library auditorium, which was a great success.

“What is the point celebrating the World Elders' Day when very few privileges are given to the senior citizens in

India?" is the question uppermost on our minds.

The offices of most banks, insurance companies & public utilities are located on the second & third floors, in old buildings that do not have a lift. Does anybody bother to think about the senior, who comes huffing & puffing up the stairs?

At airports, seniors find it easier to navigate, as wheel chair assistance & buggy rides are easy to come by. Although there are battery-operated cars in major railway stations, this service is absent in smaller stations.

Recently, during our trip to Thrissur, we had a pleasant surprise at the railway station. Having had the experience of not finding porters & working lifts during our previous visits to this city, we were quite ap

prehensive. On boarding the train, I decided to check on the Google App to find a solution to our impending problem .I was directed to the all- too familiar no.139.Having used this number many times in the past, I was surprised to know that it had become an integrated one,that carried the numbers 1-10. I decided to key in no.4, as it was meant for special facilities. Not being satisfied with the response, I keyed in no.9 as it would permit me to speak to an executive. I explained our problem & made a request for porter service at Thrissur.

Do you know what happened, when we alighted at the Thrissur station? We were greeted by the Dy. Station Master & a porter. This porter carried our luggage & waited until we were seated comfortably in a cab. Such facilities are available but

very few seniors are aware of it. Your PNR no. & train no. have to be kept handy and keyed in promptly.

While private sector banks have been offering door step banking facilities to seniors for a long time, some public sector banks have also started offering such facilities.

According to the Print, India's elderly population is set to triple by 2050. As for Kerala, the number of senior citizens is expected to see a rise of 23% by 2036!

In time, with the advent of Artificial Intelligence, robotics, internet of things & an innovative combination of these three, it would be possible for seniors to stay healthy & independent for much longer than before.

Seniors, do not despair, we are in for a long haul & can hope for the best in the near future.



Chief Guest Sarath P Nath



Shri Punnoose explaining TIES to members

Editor's Musings

Pushpa Mathew



Hello Everyone,

Seeri Auditorium is undergoing some repair and renovation and hence our meeting on 25th Aug was held at one of the rooms of the Darsana Academy on Shastri Road. The agenda for the day was discussion of the picnic proposed for 2nd Sept and it was decided to hold the AGM too on that day.

On 2nd Sept, as decided, members met at the Public Library premises at 9 am and around 9.30 am we all set off for TIES (Tropical Institute of Ecological Sciences) at Velloor.

Dr Punnen Venkadeth introduced TIES

to the members. TIES is a not-for-profit institute for environment research and education.

We then proceeded to have our AGM and the audited balance-sheet was presented by Shyam, our Treasurer and was passed. It was decided to increase the membership fees to Rs 1500/- per per-

Guess who is this?



Answer to the last month's quiz: Guess who is this?

Bhasi and Molly Ipe

son and Rs 2000/- per couple.

It was also decided to form a committee of the President, the Secretary, the Treasurer, Prof K M Varghese, Dr P I John and Mr P I Mani to decide on the frequency and the location for future meetings after discussion with the SEERI and Darsana authorities.

After the Onam message by the day's speaker Dr Sarath P Nath, the fun and frolic of the picnic took over. There were prizes for the best dressed. The first prize for gents was shared by our 2 doctors – Dr Joseph Cherian and Dr Markose Arackal, who had both come in traditional Onam gear. The second prize went to Prof K M Varghese. As for the women, Lizzy Kunnath and Minnu John shared the first prize, while the second prize went to Maya Cherian.

Then it was time for entertainment and

many of our members contributed items, which made the day thoroughly enjoyable. (Pictures of the items appear in this issue.) This was followed by a sumptuous Onasadya.

Some of you were able to guess our last time's "Guess Who?" couple – Bhasi and Molly Ipe. Now try guessing this month's couple.

Until next time, then.



Mr Manoharan introducing the guest speaker
Sarath P Nair to the audience

മാനസാർത്ഥ്

പി.കെ. ഫിലിപ്പോസ്



പണ്ടൊരു മാവേലി നാടു ഭരിച്ചതാ
യുണ്ടൊരു കഥ നമ്മൾ കേട്ടിട്ടുണ്ട്
സത്യമാണോ അതു മിത്താണോയെന്ന്
സത്യലാർക്കുമറിഞ്ഞുകൂടാ

ഇത്തരം കാര്യങ്ങൾക്കുത്തരം നൽകുവാൻ
ഉത്തമനാരുണ്ട് കേരളത്തിൽ
ആരെന്ന് വിവ്വദിത്തമോതിയാലും
കേരള മക്കൾക്കു വേണമോണം
ചിങ്ങം പുലരുന്ന നാൾമുതൽക്കേ
എങ്ങുമാഘോഷമാരംഭിക്കും
മാവേലിമന്നനെ വരവേറ്റീടാൻ
ഏവർക്കുമുത്സാഹമേറെയാണ്.
മന്നൻ പതിവു മന്നീടാതെ
ഇന്നത്തെ കേരളം കാണാനെത്തി.

പണ്ടത്തെ കേരളമല്ലിതെന്ന് കണ്ടപ്പോൾ മന്നന് ബോധ്യമായി വിദ്യക്കു പേർപെറ്റ കേരളത്തെ മദ്യത്തിൽ മുക്കിക്കുളിപ്പിച്ചല്ലേ? കഞ്ചാവുപോലുള്ള സാധനങ്ങൾ പിഞ്ചുകുഞ്ഞുങ്ങൾക്കും ലഭ്യമാണ് രോഗം നാട്ടിൽ പരക്കെയായി ഭീഷണിയൊന്നുമേൽക്കാതെയായി

പീഡനം പ്രകൃതിവിരുദ്ധങ്ങളും നാടിനു ദുഷ്പേരു ചാർത്തിവച്ചു കൊല്ലും കൊലയും പരക്കെയായി ഇല്ലൊരു കൂസലും കൾമലർക്ക് രാഷ്ട്രീയക്കാർക്കെല്ലാം ലക്ഷ്യമൊന്ന് ശ്രേഷ്ഠരായിടണം പണമുണ്ടാക്കി.

മനസ്സിലെ വൈകൃതവും പുഴ്ത്തിവെച്ച് മന്നൻ നിരാശനായ് പിൻവലിഞ്ഞു സീനിയർ സിറ്റിസൺ ഫോറം കാണാൻ മാനുനാം തമ്പുരാൻ നിശ്ചയിച്ചു പൊന്നോണമെന്നു ധരിച്ചുവന്നു പക്ഷേ പെണ്ണോണം കണ്ടു തരിച്ചുനിന്നു.

യന്മ, പ്രസിദ്ധനായി ശോഭിക്കുന്നു.
രാണിയും ആനിയും കൂട്ടിനുണ്ട്.

പുഷ്പകൾ വാമിനി വേഷം കെട്ടാൻ
ഇഷ്ടമെന്നാകോ പറഞ്ഞുകേട്ടു.

ആണൊരാൾ കണ്ണുകൊരനാവൻ
മാണിച്ചനെയവർ ചാക്കിലാക്കി

അംഗനമാരെല്ലാമുദ്യമിച്ച്
ഭംഗിയായ് ഫോറം നടത്തീടുന്നു.

പേണ്ണോണമാകയാലാണുങ്ങളെ
ഉണ്ണാനായ് മാത്രം ക്ഷണിച്ചിട്ടുണ്ട്.

ഓണസദ്യയ്ക്കായി മാവേലിയും
വേണമെന്നംഗങ്ങൾ നിശ്ചയിച്ചു

സദ്യ സന്തോഷമായ് ആസ്വദിച്ച്
ഹൃദ്യനായ് മന്നൻ തിരിച്ചുപോയി

ഇനിയുമൊരോണത്തിനെത്തീടുവാൻ
തുനിയുമൊരന്നനതാർക്കറിയാം?

Wish you all
A Very Happy Birthday

May your birthday and everyday ahead be filled with the warmth of love, the joy of good health and blessings in abundance!

K I Philip 2nd October
Dhanya Gopinathan 13th October
M J George 17th October
P K Philipose 21st October
Prof P C Varghese 22nd October
Sushila Elizabeth Issacs 24th October



Prayer song by Dr Elizabeth Philip

Our golden couple
John Kunnath & Lissy John





Mrs Leelamma
Varghese
regales the
audience



Our versatile P I
Mani sings a
song



Prof P C
Varghese
quizzing the
audience



The inimitable
Prof K M
Varghese



P K Philipose recites his Vanji pattu



Baburaj creates a laugh riot

Our audience at the venue





Our audience at the venue

Printed for private circulation for and on behalf of Senior Citizens' Forum by Shri. P. I. Mani, Pukadiyil House, Kollad,