

## Inauguration of Parivu, A Senior Citizens' Society



Parivu, a Senior Citizens' Society was inaugurated on September 29, 2013 at Kikani Higher Secondary School, Coimbatore.

Dr. P.C.Raju, President of the Society welcomed the gathering. He advised the Senior citizens to accept their limitation and limit their expectation.

Pujya Swami Dayananda Sarasvati gave the inaugural address. He said that Dr. P.C.Raju and Dr. Rajagopal are the people behind this initiative. It can become a movement.

If we ask a simple Villager anywhere in India, where God is, he will tell that God is everything and everywhere. This is a profound knowledge taught by Isa Upanisad, "Isavasyam idam sarvam". The Villager got this knowledge by vridha vyavahara handed over by Elders.

For us home is temple, marriage is yoga, money is Laxmi and knowledge is Sarasvati. All that is here is God. This vision is imbibed from Elders.

A society that takes care of Elders is a mature society. We had joint family system and we did not have a problem of Elders.



Now husband and wife both go for work. We have nuclear families. It is not easy to take care of Elders.

Elders should have a certain maturity. Doting on children is not going to help. As we grow older, we should grow out of



emotional need from children. Allow them to grow in their sphere. If they do not come to us, feel good. If the children cannot make it, leave it, it is their problem. We give them our blessings and leave them alone. Be grateful to God that you have survived so many winters and summers and earned the wrinkles. We should work as a



team and help mutually. We should do whatever help that is possible from our side. We should learn to age gracefully with maturity and leisure.

Dr. V.S.Natarajan, Senior Geriatric Surgeon gave the special address. He advised Senior Citizens to go for preventive geriatrics like vaccination. Walking is the best exercise. Food should be nutritious. Service to humanity is the best way to be emotionally and physically healthy.

He advised the Senior Citizens' Society to start Geriatric department in Hospitals, start Geriatric day care centre, arrange home visit of medical personnel, arrange awareness programme in schools and colleges and arrange meals on wheels.

*Report by N.Avinashilingam*

