



RETIRED BUT NOT TIRED

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## VARISHTA VAANI

NEWSLETTER OF MANGALORE SENIOR CITIZENS' ASSOCIATION (R)

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*Let Noble Thoughts come to Us from all sides - Rigveda*

May 2026

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### Best Senior Citizens Association in urban category



The AISCCON conference held at Bhubaneswar Orissa from 22/02/2026 to 23/02/2026. In the all India conference our MASCA has been awarded with Best Senior Citizens Association in the urban category for the year 2023-24. The award is presented at the meeting by President Sri S K Raina on the second day. This award is given to MASCA for the second time in the history of our Association and the first award in the same category was awarded in the year 2010 for the good work done by then Team of MASCA. We thank everyone for their support and contributions in obtaining the award. The conference was attended by 26 members of our Association. In all more than 1500 delegates attended the conference. Many resolutions were passed important being demanding restoration of railway fare concessions for seniors, separate exclusive ministry for elderly at central government, Uniform pension all over India for seniors, Elders Care home in each District head quarters etc. The team Masca entertained the gathering with energetic folk and tiger dance by members which was appreciated by all.

K. N. Shashidhar, Secretary

### A Letter from an Orthopedic Doctor to All Senior Citizens (Aged 60+ & and above)

I no longer recommend bone density tests because senior citizens are bound to experience osteoporosis. As age increases, osteoporosis inevitably worsens, and the risk of fractures naturally rises. Here's a formula: Risk of fractures = External impact force / Bone density. Seniors are more prone to fractures because the denominator (bone density) decreases, thus increasing the risk. The most critical step for seniors to prevent fractures is to do everything possible to avoid accidental injuries. How to Reduce Accidental Injuries? I have summarized it into seven secret words:

**"Be careful, be cautious, be vigilant!" Specific precautions include:-**

1. Never stand on chairs or stools to reach for something, even low stools.
2. Avoid going out on rainy days if possible.
3. Be cautious while bathing or using the restroom to prevent slips.

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4. For women especially: Avoid wearing undergarments in the bathroom by leaning against walls or other objects. This is a leading cause of slips and hip fractures. After bathing, go to your room, sit comfortably on a chair or bed, and then wear your undergarments.
5. When using the restroom, ensure the floor is dry and not slippery. Use a seated toilet and install handrails to support yourself when getting up. Use a bath stool if showering while seated.
6. Clear the floor of clutter before bedtime and be extra careful when the floor is wet.
7. If waking up in the middle of the night, sit on the bed for 3-4 minutes before standing up, turn on the light first, and then get up.
8. Do not lock the bathroom door from the inside, especially at night or even during the day. If possible, install an emergency bell in the bathroom to call for help if needed.
9. Always sit on a chair or bed to wear pants, etc.
10. If you fall, use your hands to support yourself. It is better to suffer a wrist or forearm fracture than to break the neck of the femur at the hip joint.
11. Exercise regularly, at least walking as much as you can.
12. For women, maintaining body weight within permissible limits is critical. Diet control is key. Avoid eating leftovers. Instead, give them to stray animals. Keeping your weight in check should always be a priority. "It's better to stop eating when half full than to eat until completely full."
13. To improve bone mass, I recommend dietary supplements like dairy products, soy-based foods, and high-calcium fruits like bananas, rather than medical supplements.
14. Spend time outdoors to expose yourself to sunlight (under UV rays), which converts cholesterol in the skin to Vitamin D. This promotes calcium absorption and slows down osteoporosis.

Pay close attention to keeping bathroom floors slip-resistant. Use handrails when climbing stairs, and avoid falling. Take care of yourself. Therefore, seniors must focus on anti-slip and anti-fall measures.

A single fall can cost ten years of life, as all bones and muscles may get damaged. So, be cautious. Avoid standing for long periods. This message might seem lengthy, but it is worth reading, especially for seniors and caregivers of senior citizens.

## International Women's Day Celebration 28 March 2026



Women's Day celebrations was conducted with enthusiasm and fervour led by the lady members of MASCA. Ladies draped pink colour sarees and dresses and wore of a red rose as a brooch. The program highlighted the contributions, and achievements of women in society. It was graciously supported by the gentlemen of MASCA. The event began with an invocation by Sathyavathi Shetty. Our Vice President, Smt. Theresa A. V extended a warm welcome to the Chief Guest and the gathering.

A Ladies Team then presented a dance that celebrated womanhood. Smt. Sudha K. P delivered a talk on the significance of International Woman's Day, tracing its history and relevance. This was followed by a creative performance by the Ladies Team MASCA showcasing influential Indian women, bringing history and inspiration alive through costume and role-play.

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## REFLECTIONS

***"When the body stops cooperating, when there is no chance of recovery, do not perform treatments on me"***

- Dr. Lopa Mehta

Dr. Lopa Mehta was a professor at GS Medical College in Mumbai, where she served as the head of the Anatomy Department. At the age of 78, she wrote a living will. In it, she clearly stated... "When the body stops cooperating, when there is no chance of recovery, do not perform treatments on me. No ventilators, no tubes, no unnecessary hospital commotion. My final moments should pass peacefully. Wisdom should take precedence over the stubborn insistence on treatments." Dr. Lopa not only wrote this document but also published a research paper on death. In it, she clarified that death is a natural, inevitable, and biological process.

According to her argument, modern medicine has never viewed death as an independent concept. Medicine always assumes that death results from some disease and by treating that disease, death can be prevented. But physiology is far more profound than that.

She argues... the body is not a machine that runs continuously. It is a limited system with a specific amount of vital energy. This energy does not come from some stored tank but from the subtle body. This subtle body is something everyone experiences but cannot see. It is a system composed of the mind, intellect, memories, and consciousness. This subtle body acts like a gateway for vital energy. This energy spreads throughout the body, keeping it alive. The heartbeat, digestion, and the ability to think all depend on it. But this energy is not infinite. Each body has a specific amount of it. Like a fixed battery in a machine, it cannot be increased or decreased. "As much as Rama winds the key, that's how much the doll dances"... as the saying goes.

Dr. Lopa wrote that when this energy in the body is depleted, the subtle body separates from the physical body. At that moment, the body becomes still. We call this "the life force has Eastern News NOVEMBER 2025 Page 8 of 26 left." This process is not related to any disease or any fault. It is the internal rhythm of the body.

This begins in the womb, progresses, and culminates in death. This energy is constantly being spent every moment. Every cell, every organ completes its lifespan and when the entire body's "quota" is exhausted, the body comes to rest peacefully.

The moment of death is not measured by a clock. It is a biological time. It is different for each individual. For some, life is complete in 35 years, for others in 90 years. But both complete their full journey. If we do not see it as a defeat or something forced, no one dies incomplete.

According to Dr. Lopa, when modern medicine stubbornly tries to prevent death, not only the patient's body but the entire family becomes exhausted. The cost of a month in the ICU for a breath can sometimes destroy a lifetime of savings. Relatives keep saying, "There's still hope," but the patient's body has long been saying, "Enough." That's why she wrote... "When my time comes, just take me to KEM Hospital. I trust they won't intervene unnecessarily. They won't cause prolonged suffering in the name of treatment. Do not stop my body. Let it go."

But the question is... have we made such a decision for ourselves? Will our family respect that wish? And will those who respect it be respected in society? Do our hospitals honor such wishes, or is a bill issued for every breath, and are accusations made for every death? This is not so simple. Balancing logic and emotions is perhaps the most difficult task. If we learn to see death as a peaceful, inevitable process arising from the body's internal rhythm, perhaps the fear of death will lessen, and our expectations from doctors will become more realistic.

We should stop fighting death and instead prepare to live before it and when that moment comes. face it peacefully, with dignity. In the words of the Buddha - death is the next stage in the journey of life. No science can make it eternal. That's why we must be able to observe this true state.

*Eastern News NOVEMBER 2025 Page 9 of 26. THE FOOTFALLS.*

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Smt. M. C. Rekha gave an impactful introduction of the Chief Guest Smt. Vinisha Shetty who worked as head of cabin crew in Qatar Airways and is presently working in Aerodynamiks at Hotel Avetar. The chief Guest delivered a powerful speech, encouraging women to pursue their dreams- age is not a limitation.

An interactive quiz conducted by M. C. Rekha and Team highlighting the accomplishments of women achievers across various fields. Two Super Seniors, Smt. Sunitha Shenoy and Smt. Saroini G. Shenoy were felicitated for their contributions to the community.

Sri Peter Oswald Rodrigues, President of MASCA distributed prizes to winners and participants. The program concluded with a heartfelt vote of thanks and a song by Secretary Sri K. N. Shashidhara, appreciating the efforts of organizers, participants, and guests.

ನಮಗೆ ಬರುವ ಕಷ್ಟಗಳು, ನಮ್ಮ ಅಹಂಕಾರವನ್ನು ಬೆಂಕಿಯಿಟ್ಟು ಸುಡುವುದಕ್ಕೆ ಬರುತ್ತವೆಯೆಂದು ತಿಳಿಯಬೇಕು - ಮೌನಮುಖಿ.  
ಭಾರವಿಲ್ಲದ ನೋಟಿಗೆ ಇರೋ ಬೆಲೆ, ಭಾವನೆಗಳಿರುವ ಮನುಷ್ಯನಿಗೆ ಇಲ್ಲ.

#### ACTIVITIES OF MASCA:

- 28.02.2026 Sri P. Ravishanker, Retd. RTO: Accidents: Reasons & Remedies & Health Check-up BY KMC Staff.  
28.03.2026 International Women's Day Celebrations By Lady Members  
25.04.2026 1. Sri K. Ramesh Rao Income Tax for Seniors  
2. Sri Rajesh Karkera Cyber Security

**Members in the news: Life Members:** Our Member Sri Abdul Hameed K. P. presided over the inaugural ceremony of 2nd Kannada Sahitya Sammelana of Moodabidire Taluk held on 22.02.2026 at Kadandale Paladka Sri Narayanaguru Sabhabhavana. Further, he was also felicitated on the last day of Sahitya Sammelana.

Sri Cherkady Sachidananda Shetty was felicitated by Mangalore Management Association on 28.02.2026 in their meeting.

**Congratulations to our Member,** Col. N. Sharath Bhandary, was awarded the Veteran Achievers Award, by Gen. Upendra Dwivedi, Chief of Army Staff, in Bengaluru on 8th April 2026, in recognition of his contribution to the welfare of ESM fraternity and Social Service activity for uplifting Students and Society.

**Welcome to New Life Members since Feb. 2026:** Girish Bhat, Smt. Saraswathy Shetty, Smt. Eunice D'Cunha, Smt. Vijaya M Kudva, Somanath Shetty, Smt. Mallika S. Shetty, Narayana Puthran, Smt. Malini M, M. Divakara Bhat, Smt. Sandhya D. Bhat, Ananthashayana Bhat, Smt. Kamalavathi, Smt. Chandalekha Mallya, Smt. Preethi Amin,, B.R.S. Alva, Rathnakara Rai K, Satish Sadananda Shanbhag and Smt. Voilet Margaret oviyas.



#### **Obituary - Our Prayers for the departed Souls.**

Nemic David Almeida (2025), Neelalohita K (11.04.26), Smt. Timothy Menezes (15.04.26) and Brian Fernandes (18.04.26) - *May the Noble Souls rest in Eternal Peace*

**P.S. - We request relatives / friends of deceased members to inform demise of our members to our Secretary for noting in our records.**

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To

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