



RNI No. : DELENG/2014/54294

Post Office Registration No. : DL-SW-17/4178/17-19

Posting Date at Lodhi Road H.P.O. on 13 & 15 of same month

Website : www.seniorcitizensdelhi.org

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ELDERLY NEWS

MONTHLY NEWSPAPER OF SENIOR CITIZENS COUNCIL OF DELHI

ASSOCIATED WITH MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVT. OF INDIA
SOCIAL WELFARE DEPARTMENT OF DELHI GOVT., I.C.C.R. & SENIOR CITIZENS CELL OF DELHI POLICE

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DAILY FREE VARIOUS FACILITIES FOR SENIOR CITIZENS IN RECREATION CENTER, GREEN PARK EXTENTION FROM 12.30 NOON TO 5.00 PM

AFFILIATED WITH CONFEDERATION OF SENIOR CITIZENS ASSOCIATIONS OF DELHI (AN UMBRELLA BODY OF 11 LAKH SENIOR CITIZENS)

VOL : 006

Issue No. : 64

MONTH : APRIL, 2019

Rs. 5/-

A.K.SINGLA, ADDITIONAL COMMISSIONER OF POLICE (CRIME) SAYS SENIOR CITIZENS ARE ASSETS OF THE SOCIETY/NATION



Senior Citizens Council of Delhi organised workshop creating awareness among senior citizens about Maintenance & Welfare of Parents & Senior Citizens Act, 2007 at Recreation Center, Green Park Extension on 12-12-2018, in which more than 200 senior citizens participated from across Delhi. **Shri A.K.Singla, IPS, Addl. Commissioner of Police (Crime)** addressed the senior citizens and briefed about various provisions of the aforesaid Act. He also briefed the members about the various steps being taken by Delhi Police for their safety & security particularly lonely, as they are respectable having vast knowledge in various fields and are an assets of the Society/Nation. **Ms.Geetanjali Goel, Additional District & Session Judge and Special Secretary, Delhi State Legal Services Authority** briefed about salient feature of the Act on Judicial Perspective. **Shri Aditya Soni, Advocate** also addressed the workshop. While welcoming and felicitating all the guest Speakers, **J.R.Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi** (an umbrella body of 11 lakh senior citizens) highlighted the various provisions of the Act and role of the Tribunal District Courts in Delhi. After an amendment in the Act by Delhi

Contd on page 4 with more photos

MEETING WITH NEW DG ICCR SHRI AKHILESH MISHRA, IFS ON 05.04.2019

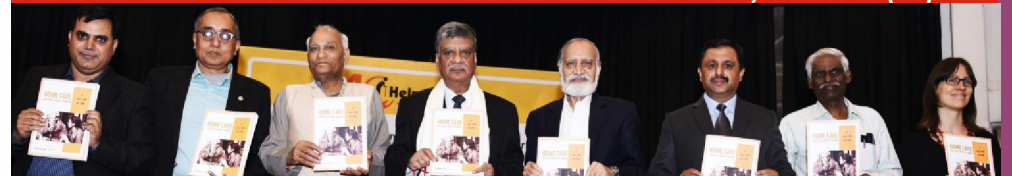


L to R : D.K.Sharma, L.R.Garg, J.R.Gupta, Akhilesh Mishra (DG, I.C.C.R), Vimal Bhan, S.C. Saluja & Virender Pahuja

6 members delegation of Senior Citizens Council of Delhi met new Director General, I.C.C.R., **Sh. Akhilesh Mishra** on 05-04-2019 in his office led by its President, **J.R.Gupta**. The other members were **L.R.Garg, Virender Pahuja, Dinesh Sharma, S. C. Saluja** and **Vimal Bhan**. The members briefed him about daily activities of the Council for senior citizens. The members also extended invitation to visit its Recreation Center as per his convenience & he accepted the invitation.

-A Report by Vimal Bhan

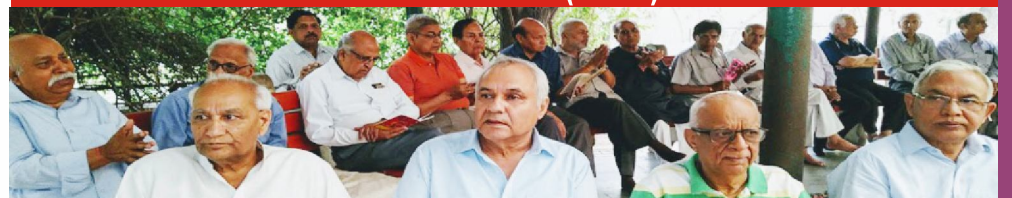
HELP AGE INDIA RELEASES REPORT ON LONG TERM CARE OF ELDERLY ON 18-03-2019 & FELICITATION OF HARI BASKARAN, CYCLIST (70)



A report on Long Term Care of Elderly prepared by Help Age India released on 18-03-2019 by **Dr. Imtiaz Ahmed, Mathew Cherian, J.R.Gupta, Chairperson, Confederation, Dr.A.B Dey, Kiran Karnik, Manmohan Sharma, Prof. Sivaraju, and Ms.Caitlin Littleton**. The report was on the basis of problems faced by elderly in Leh (J & K), Shimla (Himachal Pradesh) and Cuddalore (Tamil Nadu), 59% of the elderly suffer from long term diseases and need help to carry out basic activities such as bathing and dressing etc. On this occasion, **Hari Baskaran,(70)**, was welcomed and

Contd on page 4 with more photos

SENIOR CITIZENS SHOULD NOT TRANSFER THEIR PROPERTIES DURING LIFE TIME SAYS JUSTICE V.B.GUPTA (RETD.) DELHI HIGH COURT



Senior Citizens Council of Delhi celebrated Nav **Vikram Samvatsar- 2076** at Deer Park on 06-04-2019 in presence of large numbers of senior citizens Chief Guest was **Justice V.B.Gupta (Retd.), Delhi High Court**, and also

Contd on page 3 with more photos



Smt. Surinder Kaur, widow (74), a life member of Council filed Maintenance Allowance Claim of Rs.15,000/- per month against her son **Mr. Gurcharanjit Singh** in Maintenance Tribunal, District West, Delhi In early 2018, The Tribunal Court passed following judgement on 18-12-2018. **She has expressed her sincere thanks to Shri J.R.Gupta for his continuous support and legal guidance.**

"Respondent, **Sh. Gurucharanjit Singh** is directed to pay the maintenance allowance to her mother/petitioner, **Smt. Surinder Kaur**, from the date of filling of her request i.e. January, 2018 at Rs. 8,000/- per month on her account in Account No. 19551570000740, HDFC Bank on or before 5th of every month. as regards to outstanding maintenance allowance i.e. from January, 2018 to December, 2018, total Rs.96,000/- to be paid by the respondent in four (*04) installments ie. Rs. 24,000/- in January, 2019, February, 2019, March, 2019 and April, 2019 each. The concerned, **S.H.O, P.S. Punjabi Bagh** is directed to depute a beat Officer to visit the house of **Smt. Surinder Kaur**, Senior Citizens fortnightly for her safety & security from his son **Sh.Gurcharnjit Singh**".

EDITOR

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CONFEDERATION NEWS

DIGNIFIED LIFE FOR ELDERLY



L.R. Garg

Visibility of Elderly mistreatment is yet to be achieved. Suppression of such problems are wide and given that population ageing and elder mistreatment are emerging issues globally. Major stakeholders like Senior Citizens Organisations, NGOs, Government Departments, members of National and State Human Rights Commissions, academicians in the field of social science, health, demography and other experts associated with ageing issues need to work together. Emotions are very much alive among the elderly, irrespective of their general health conditions; hence all are requested to take care of their emotional feeling and treat them with respect and provide comfort for their daily living. All of us should try to provide them Dignified Life during their remaining years.

- EDITOR

TOUR TO SRI RANI SATI TEMPLE AT JHUNJHUNU BY MOTI NAGAR SCCA ON 11.02.2019



Moti Nagar Senior Citizens Cultural Association organized a tour of its 45 members to visit Sri Rani Sati Temple at Jhunjhunu said to be the first ever voluntary act of a married woman to die on the pyre of her husband who died in the battlefield within 15 days of her marriage at the age of 14 years then visit to Salasar Temple & Khatu Shyam Ji

-Subhash Sharma, President

J.R. GUPTA GRACES ANNUAL DAY FUNCTION OF TRIVENI SC FORUM ON 17.03.2019



Triveni Senior Citizens Forum celebrated their 20th Annual Day Function on 17.3.2019. Shri J R Gupta was the Chief Guest. Dr. G S Grewal of Max Health Care & Dr. P P Kotwal of PSRI gave their very interesting and informative lectures. About 250 members and guests were present, the function was followed by lunch.

-A report by R C Sharma, President

HOLI MILAN OF VARISHTH NAGRIK MITTAR MANDAL, MAYUR VIHAR PHASE -I ON 17-03-2019



Varishth Nagrik Mittar Mandal, Mayur Vihar Phase -I organised Holi Milan and Joint Birthday Celebrations on 17-03-2019 at Shri Radhey Shyam Mandir in the presence of large number of its members. J.R.Gupta, Chairperson, Confederation graced the function as Chief Guest and felicitated members on their birthday. Ved Prakash Gupta, President and Ashok Gupta also felicitated him. J.R.Gupta, appreciated the efforts of Sh. Ved Prakash Gupta for the constitution of Varishth Nagrik Mittar Mandal and honouring them on their birthday every month. He also praised him as he is also organising Shree Ram Janam Maha Utsav on a large scale for the last so many years under the banner Sanatan Dharam Maha Sabha, Delhi. Sh. Bipin Bihari Singh, Mayor, East Delhi Municipal Corporation presided the function.

-A report by Ved Prakash Gupta, President

HOLI MILAN, BIRTHDAY WITH SUNDARKAANTH PATH BY SCW FORUM - SHIV PARK ON 19.03.2019



SENIOR CITIZENS WELFARE SOCIETY, SHALIMAR BAGH, CELEBRATED 'NAV VARSH' SAMVAT 2076



DUBAI TOUR BY SCWA SAKET



BIRTH DAY CELEBRATIONS BY SVN CC BLOCK-SHALIMAR BAGH ON 31.03.2019



JOINT BIRTHDAY CELEBRATION ON 24-2-10 BY SC FORUM, PLATINUM ENCLAVE, ROHINI



HOLI MILAN PROGRAMME ORGANIZED BT SCWA - ROHINI, SECTOR 13



24 SENIOR CITIZENS, SIDHARTHA EXTN. VISITED VARANASI & PRAYAGRAJ FROM 13.3.19 TO 17.3.19



HOLI CELEBRATION BY JODHANA SENIOR CITIZENS SOCIETY



GULMOHAR COLONY SC FORUM ORGANIZE "HOLI PE CHARCHA" ON 31.03.2019



On Sunday March 31, 2019, Gulmohar Journalists' Colony Senior Citizens Forum organized a "Holi Pe Paricharcha – Holi Tab aur Ab". All members shared their experiences of how they celebrated Holi as children, as youth and now as Senior Citizens. Their experiences ranged from neighbourhood childrens frolicking with water balloons and colours to rough tackles with deep colours with friends, family gatherings to the soft holi with organic gulal being used now. Many members expressed that as children they were asked to take bath in the morning, join in the puja and offer gulal and sweets to God. Only then they were allowed to play holi. The varied experiences of members from different states were relished by all. Gulmohar Journalists SC Forum also celebrated the birthday of members born in the month of March.

-A report by Vimal Bhan

Editorial Board of Elderly News : B.S. Yadav (Dwarka), G.R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), J.C. Narang (Tagore Garden), Dinesh Kumar Sangal (Arjun Nagar) Reporters : Pratap Singh, Mrs. Manjula Agarwal, Gyan Singh Tokas & (Chief Editor J.R. Gupta (Responsible only for selection of News under the P.R.B. Act. 1867). All disputes, subject to Delhi Jurisdiction. E-mail: guptajr2005@gmail.com, Web: www.seniorcitizensdelhi.org.



Daily Spiritual Discourses at Deer Park (7AM & 8AM) Pt. Sanjay Mishra (Mumbai) from 16.04.19 to 30.04.19, Acharya Shyam Ji Shahstri (Mirzapur) from 01.05.19 to 15.05.19 & Vidushi Neelam Shastri (Banaras) from 16.05.19 to 31.05.19 & Also at Shiv Mandir, Green Park from 5.00 pm to 6.00 pm daily, Shri Ram Mandir, B5 Block, Safdarjung Enclave from 7.00 pm to 8.00 pm daily, Sadbhavana Satsang Mandal, DDA Flats, Munirka on every Sunday from 9.30 am to 10.30 am & **RECREATION CENTRE, GREEN PARK EXTENSION DAILY FROM 3.15 PM TO 4.15 PM**

-H.D. RALHAN, Founder Member



APPEAL TO ENROLL LIFE SUBSCRIBERS of ELDERLY NEWS : Elderly News requests to all readers to enroll themselves by making one time payment of Rs. 500/- along with 1 photo as life time subscription fee which can be deposited in Bank Account No. 603610110002726 of Senior Citizens Council of Delhi in Bank of India, Safdarjung Enclave Branch, which is exempted under 80G of Income Tax Act 1961.

-L.R. Garg, Secretary



APPEAL FOR AFFILIATION WITH CONFEDERATION

Till Date **135** Registered Senior Citizens Associations have affiliated with the Confederation of Senior Citizens Associations of Delhi (An umbrella Body of 11 Lakh Senior Citizens across Delhi). In order to take up issues of Senior Citizens with the Govt., all other SCAs are requested to join hands with the Confederation by joining as life member by making one time payment of Rs. 500/- only.

-B.S. Yadav, Secy. General

APPEAL FOR LIFE MEMBERS OF COUNCIL



Senior Citizens Council of Delhi has been organizing daily spiritual, social & cultural activities for its members for the last **38 years**. The Council is also protecting lonely Senior Citizens from abuses/humiliations from their own children & others. A good number of cases have already been solved by the Council headed by its President Sh. J.R. Gupta, during the current year. Any Senior Citizens residing in any part of Delhi is cordially invited to become a life member of the Council by paying one time payment of Rs. 1200/- by cheque/cash including 1 photo with Rs. 500/- for Elderly News as life subscriber.

-A.C. BANSAL

JOINT BIRTHDAY CELEBRATIONS AT RECREATION CENTER, GREEN PARK EXTENSION ON 29-03-2019



Senior Citizens Council of Delhi organised Joint Birthday of its 29 members on 29-03-2019 at Recreation Center, Green Park Extension in the presence of more than 200 members. On this occasion, an entertainment programme was performed by various members like bhajans, poems and songs, which was enjoyed by all present. Each member was felicitated by flowers, shawl and gift as a token of respect and regards, followed by refreshments. **- EDITOR**

HEALTH CHECKUP CAMP AT RECREATION CENTER, GREEN PARK EXTN. ON 17-03-2019



Senior Citizens Council of Delhi organised Health Checkup Camp in association with Primus Hospital at its Recreation Center, Green Park Extension on 17-03-2019. Senior Citizens availed various free facilities at their doorsteps such as random blood sugar, BP, bone test, ECG etc. including consultation by senior doctors of cardiology and joint knees, followed by refreshments. **-A report by D.K. Sangal, Incharge**

NEW EXECUTIVE BODY OF ISU3A ELECTED IN AGM AT PRAYAGRAJ ON 09.03.2019



62 members of Senior Citizens Council of Delhi visited Prayagraj, Banaras and Sarnath from 08-03-2019 to 12-03-2019 led by its President, J.R.Gupta. The members also attended AGM of ISU3A in which elections for Executive Body were held at Allahabad on 09-03-2019. Sh. V. K. Shukla, Election Officer declared elected G.K. Khara, Chairperson, J.R.Gupta, National Executive Chairperson, L.R.Garg (Vice-Chairperson, North Zone) Executive members Gyan Singh Tokas & D.K. Sangal. The members had holy bath in Sangam at Prayagraj & Darshan of Akshayvat & Hanuman Temple. The members have also Darshan of Kashi Vishwanath, Sankatmochan Mandir, Shri Durga Temple, Manas Mandir boating at Dasmesh Ghat. The members had also visited Sarnath and have Darshan of Lord Buddha. The members returned back to Delhi in the morning of 12-03-2019. **-D.K. Sangal, Incharge**

HOLI CELEBRATIONS AT RECREATION CENTER, GREEN PARK EXTENSION ON 19-03-2019



Senior Citizens Council of Delhi organised Holi Celebrations at its Recreation Center, Green Park Extn. on 19-03-2019 in the presence of large number of senior citizens. On this occasion, a cultural programme was also performed by the artists by reciting bhajans, holi songs, which was appreciated by all present including dance by Sh. Hari Singh Gurse & his wife Mrs.Naresh Rani Gurse, followed by refreshments including poems by Sh. Sunder Kataria, Poet. **- EDITOR**

INTERACTION WITH SENIOR CITIZENS ON 12-03-2019



Mr. Pallab Kamal, a student of M.A, Criminology from LNJP National Institute of Criminology and Forensic Science visited Recreation Center, Green Park Extension on 12-03-2019 and interacted with a few senior citizens on the problems of senior citizens and role of Police.

-A report by D.K. Sangal, Incharge

HEALTH CHECKUP CAMP AT RECREATION CENTER ON 31-03-2019



Senior Citizens Council of Delhi organised Health Checkup Camp at Recreation Center, Green Park Extension on 31-03-2019 in association with Manipal Hospital, Dwarka in which large number of senior citizens availed the free facilities at their doorsteps like B.P., Sugar Test, Bone Density test, ECG and Consultations from doctors, followed by refreshments.

-A report by D.K. Sangal, Incharge

FELICITATION OF FEMALE SENIOR CITIZENS ON INTERNATIONAL WOMEN DAY ON 08-03-2019 AT RECREATION CENTER



SENIOR CITIZENS SHOULD NOT TRANSFER THEIR PROPERTIES DURING LIFE TIME SAYS JUSTICE V.B.GUPTA (RETD.)



Patron, Council, along with his two friends **Dr.M.K.Rai**, Shakti Nagar, & **Dr.V.Dabas**, Shakti Nagar & **Ms.Geetanjali Goel**, ADJ & Special Secretary, DSLSA. On this occasion Souvenir-2019 was also released by Guests & distributed among senior citizens. J.R.Gupta, President briefed about various activities being organised for the cause & care of elderly. Ms.Geetanjali Goel also conveyed New Year greetings to all present. Justice V.B.Gupta advised senior citizens not to transfer their properties during life time so that their children could be forced to look after them properly, of course after death, they will become owner automatically. He also advised how to invest their savings into fixed deposits for getting regular income of interest, there on. Refreshments also served. **-Manjula Aggarwal**

SUNDERKAND PATH ON AT DEER PARK SATSANG AT RECREATION CENTER



Senior Citizens Council of Delhi organised Sunderkand Path at Deer Park Satsang on 15-03-2019, with the support of Sh. K.D.Singh & his family followed by refreshments. Sunderkand Path was also organised on 05, 12, 19 & 26-03-2019 at Recreation Center. **-A report by D.K. Sangal, Incharge**

SENIOR CITIZENS MEETS N. D. GUPTA, M.P. (RAJYA SABHA) ON 16-03-2019



5 members delegation of Senior Citizens Council of Delhi led by its President, J.R.Gupta met **Sh. N.D. Gupta, M.P. (Rajya Sabha)** on 16-03-2019. The other members were Harjeet Singh Jubbal, Virender Pahuja, Gyan Singh Tokas & Mrs. Manjula Aggarwal. The delegation members extended invitation to him for visiting Recreation Center, Green Park Extension on any convenient day. He assured to be there in due course. **- EDITOR**

TALK ON INVESTOR AWARENESS & PREVENTION OF FRAUDS AT RECREATION CENTER ON 01-04-2019



Senior Citizens Council of Delhi organised a special talk on Investor Awareness and Prevention of Frauds at Recreation Center, Green Park Extension on 01-04-2019 in the presence of large number of senior citizens in association with officers of Reserve Bank of India, State Bank of India and Security & Exchange Board of India. Amit Rana, Manager, RBI, AK Sahoo, AGM, RBI, Raman Morwal, Manager, SEBI and Jayanta Banerjee, Dy. Vice-President, SBI Card briefed audience about various precautions while transacting online or offline and should not share ATM PIN to anybody including banks. If any fraud is detected, a complaint should be lodged with police and concerned bank on the same day. The talk was very useful and affirmative. J.R.Gupta, President, thanked the officers, followed by refreshments. **-A report by D.K. Sangal, Incharge**

FROM FRONT PAGE :- HELP AGE INDIA RELEASES REPORT ...



A report on Long Term Care of Elderly prepared by Help Age India released on 18-03-2019 by Dr. Imtiaz Ahmed, Mathew Cherian, J.R. Gupta, Chairperson, Confederation, Dr. A.B. Dey, Kiran Karnik, Manmohan Sharma, Prof. Sivaraju, and Ms. Caitlin Littleton. The report was on the basis of problems faced by elderly in Leh (J & K), Shimla (Himachal

FROM FRONT PAGE :- A.K.SINGLA, ADDITIONAL COMMISSIONER OF POLICE (CRIME) SAYS..



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NEWLY ELECTED EXECUTIVE COMMITTEE OF SCWS - SHALIMAR BAGH



Capt Chander Sachdev, President ; Sh R N Khosla, Vice President ; Sh P P Tuteja, General Secretary ; Sh K K Agarwal, Treasurer ; Sh H M Sharma, Joint Secretary assumed their duties with effect from 6-4-2019 .

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BIRTHDAY CELEBRATIONS BY SCWA - ROHINI, SECTOR 13



FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA SAKET COURT ON EVERY TUESDAY AT RECREATION CENTER DURING THE MONTH OF MARCH, 2019



Ms. Geetanjali Goel, ADJ & Special Secretary, Delhi State Legal Services Authority, services of an advocate from DLSA Saket Court has been placed at the disposal of Senior Citizens Council of Delhi at its Recreation Center, Green Park Extension on every Tuesday from 2 pm to 4 pm with effect from 12-06-2018. During the month of March, 2019, Advocates, Dheeraj Bhardwaj, Anuj Aggarwal had visited Recreation Center and rendered Legal advice sought by senior citizens. While thanking Ms. Geetanjali Goel, J.R. Gupta, President of the Council says that more and more members are coming forward to avail this facility at their door steps and waiting for their turn.

- A report by D.K. Sangal, Incharge

GOVERNING BODY MEETING OF CONFEDERATION AT TAGORE GARDEN ON 24-03-2019



Governing Body Meeting of Confederation of Senior Citizens Associations of Delhi was held at Tagore Garden on 24-03-2019, which was hosted by SCWM led by Sh. R.K. Katyal, President and his entire team followed by lunch. The Minutes of the Meeting already circulated to the members. **- B.S. Yadav**

श्री गौरी शंकर मंदिर, सेक्टर-12, आर.के.पुरम्, नई दिल्ली-110022

आपको यह जानकारी अपार हर्ष होगा कि श्री गौरीशंकर मंदिर, सेक्टर-12 आर. के. पुरम्, नई दिल्ली-110022 के प्रांगण में पिछले 25 वर्षों से प्रत्येक शनिवार को सांयकाल 4.30 बजे से 7.30 बजे तक प्रभु श्रीराम के भक्त हनुमान जी का संगीतमय हनुमान चालीसा तथा सुन्दरकाण्ड पाठ का आयोजन किया जा रहा है। कृपया आपकी उपस्थिति प्रार्थनीय है। **यदि कोई भक्तपूजन अपने निवास स्थान या मंदिर में सुन्दरकाण्ड पाठ करवाना चाहता है तो वह निरुशुल्क किया जाता है। संपूर्ण जानकारी के लिए संपर्क करें-9818424774, 9891262317, 9910173644**

SPECIAL PROGRAMMES

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| 12-04-2019 | : Shree Durga Saptasathi Path from 1pm to 3 pm followed by refreshment. |
| 13-04-2019 | : Cultural Programme on Shree Ram Janam Maha Utsav in association with Sanatan Dharam Mahasabha, Delhi at Hindi Bhawan at 5 pm onwards. |
| 20-04-2019 | : Special Pravachan by H.H. Sudhanshu ji Maharaj at Siri Fort Auditorium from 5.30 to 8.00 pm. |
| 21-04-2019 | : Talk on World Health Day from 1.00pm to 3.00 pm followed by refreshment. |
| 30-04-2019 | : Joint Birthday Celebrations of Council Members (enrolled upto 31-03-2018) if confirmed before 20-4-19 from 1:30pm to 3:30pm followed by heavy refreshments. |

-EDITOR