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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., DSLSA & SENIOR CITIZENS CELL OF DELHI POLICE

E-mail : guptajr2005@gmail.com
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DAILY FREE VARIOUS FACILITIES FOR SENIOR CITIZENS IN RECREATION CENTER, GREEN PARK EXTN. FROM 12.30 NOON TO 5.00 PM, Ph. : 011-26171092

AFFILIATED WITH CONFEDERATION OF SENIOR CITIZENS ASSOCIATIONS OF DELHI (AN UMBRELLA BODY OF 18 LAKH SENIOR CITIZENS)

VOL : 007

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Rs. 5/-

SENIOR CITIZENS NEEDS DIGNIFIED LIFE SAYS GOVERNOR OF WEST BENGAL SHRI JAGDEEP DHANKHAR



38 members of Senior Citizens Council of Delhi led by its President J.R. Gupta met **Shri Jagdeep Dhankhar, Governor, West Bengal** at Raj Bhavan, Kolkata on 25-02-2020 during their visit to Ganga Sagar & Kolkata from 23 to 25 -02 -2020 . The delegation members prominently includes Ram Raj Bhandari , Prem Sukh Daga , Sat Narayan Aggarwal , L.R.Garg , Gyan Singh Tokas , B.N.Singh , S. S.Dhawan , Manjula Aggarwal and others . While welcoming Governor & felicitating with shawl , J.R.Gupta briefed Governor about various daily free activities being organised by the Council for its members at its Recreational Center , Green Park Extension such as Homoeopathy Dispensary , Physiotherapy , Blood sugar test , Computer Training , Yoga Classes , Library , News Papers ,Television , Carom Board , Chess , Ludo health checkup camps , consultations from eminent doctors & Spiritual Discourses etc including protection of lonely senior citizens from abuses /humiliations at the hands of their own children and others even without the intervention of Delhi Police. He expressed sincere thanks and gratitude to Governor for his kind gesture to meet the delegation members in spite of his busy schedule . On the other hand , Governor appreciated the efforts of the Council to take care of Delhi elders and welcomed all at Raj Bhavan and extended his good wishes. He further told that Central Govt. as well as State Govts. should take care of the needs of senior citizens who had rich experience in various fields in order to live with dignity and respect till the fag end of their life . Governor was also pleased to host high tea in the honour of delegation members. - **A report by L.R.Garg, Secretary**

SENIOR CITIZENS MEETS NEW DIRECTOR GENERAL I.C.C.R ON 09-03-2020



3 members delegation of Senior Citizens Council of Delhi headed by its President, J.R.Gupta, met **Sh. Dinesh Patnaik, new Director General, I. C.C.R.** on 09-03-2020 in his office . The other members were Amar Chand Bansal & V.K. Pahuja . The members also extended invitation for visiting Recreation Center as per his convenience . He accepted the invitation and assured to visit in due course.

--- **A report by Amar Chand Bansal, Executive Member**

SENIOR CITIZENS ARE ASSETS OF NATION SAYS MS. BANDANA KUMARI DY. SPEAKER, DELHI VIDHAN SABHA ON 14-03-2020



Sahyog Varishth Nagrik Manch, Shalimar Bagh headed by its President , R. K. Nanda hosted Quarterly Meeting of Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 lakh senior citizens) on 14-03-2020, which was **Continued on page 3...**

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ELDERLY NEWS WISHES ITS READERS HAPPY BAISAKHI, AMBEDKAR JAYANTI & BUDH POORNIMA

CONFEDERATION NEWS

CORONAVIRUS (COVID-19) ELDERS ARE AT RISK ?



The dreaded Coronavirus (Covid -19) is spreading fast across the world and the most susceptible and at risk are the elderly . Here are some Do's & Don'ts you must adhere to. SYMPTOMS :- Fever , tiredness , dry cough and some may have aches & pains , nasal congestion , runny nose , sore throat or diarrhoea . Do's :- Wash your hands frequently with soap and water or an alcohol-based Sanitizer . Maintain at least 1 m e t r e (3 f e e t) distance between yourself and anyone who is coughing or sneezing . Cover your mouth and nose with tissue or your bent elbow when you cough or sneeze . Throw used tissue in to a closed dustbin immediately . Stay at home if you are feeling unwell . If you have fever , cough , difficulty in breathing , seek medical attention immediately . Don't :- Avoid close contact with anyone, if you have cough or fever. Avoid touching eyes, nose and mouth. Avoid gatherings . Do not spit in public . Confederation of Senior Citizens Associations of Delhi request its all members to follow the aforesaid guidelines to beat the Corona .

--L.R GARG, EDITOR

ACTIVITIES OF MIXED HOUSING COMPLEX MAYUR VIHAR PHASE-III



Senior Citizens Association , Mixed Housing Complex , Mayur Vihar Ph-3, welcomed its newly elected MLA, Sh.Kuldeep Kumar . Association requested to Hon 'ble MLA for 1. Setting up a Recreation Centre for its members 2. Monthly grant from Social Welfare Deptt. & 3. Pension from Delhi Govt. for its members. Sh. Kuldeep Kumar assured us for all help which our Association needs.

-A report by Dr.Tapan Chakraborti, President

HONOR OF 80+ MEMBERS OF SCW MISSION(SCWM)- TAGORE GARDEN



SCWM Tagore Garden held a Function on 01/03/2020 & Honoured total 54 Members (who have completed 80 years Age) & 34 Female Members (who have completed 75 years Age). Such Members were honoured one by one & presented gift. 260 members attended the function which lasted for two hours followed by Tea & distribution of Snack packets.

-A report by R.K.Katyal, President

CLAPPING FOR DOCTORS AND OTHER STAFF ON 22-03-2020 ON JANTA CURFEW



--Naresh and Alka Mittal (Rohini)

SENIOR CITIZENS ARE FOLLOWING GUIDELINES DURING LOCKDOWN & DOING VARIOUS ACTIVITIES



I am a member of Senior Citizens Council of Delhi and have been visiting the Green Park Center regularly in its indoor and outdoor activities . However, due to COVID 19 crisis there is a lockdown in India .Our Recreation Center is also closed . We as honest Law abiding Senior Citizens are also following Directives and have confined ourselves and our family members at home. It seems days , when the entire family used to have all the meals together and discuss individual and family problems , have returned . My 4 year old grandson helps me in gardening and watering plants. The chirping of birds and their flying in big flocks in the morning , brought us closer to Nature . We do Yoga in the morning and evening to keep ourselves fit. Also, we eat only home made healthy food to increase our immunity . After breakfast , I have an opportunity to teach my students from home through Zoom sessions . It is a new way of teaching to my students .In the evening also one of my old friends , who has made a group on Zoom , chat and reminisce of our younger days . It gives a feeling of a real joint family which was experienced only in my childhood with lesser gadgets and luxuries .I wish that the lockdown is over and the economy revives soon, but also wish that we do not become slaves to our gadgets, and in particular our mobile.

- A report by Ajay Payal



"I do not consider isolation having to stay at home with who I love. Stop saying that you are bored inside home while everyone in the hospital wants to go home! Perhaps it is time to transform your house into a wonderful place to stay, a place of peace and not of war , of embrace and not of distance .Anyway , look with different eyes at the situation you are experiencing !!Make your house a party: Listen to music, sing, dance ...Make your house a temple : Pray, pray, meditate Make your home a school : Read, write, draw, paint, study , learn, teach ...Make your house a store: Clean, order, organize, decorate, label, move, sell, donate ... Make your house a restaurant : cook, eat, try, create recipes, grow spices, plant a garden ...Anyway ... make your house, your family, a place of love. "Have a great week ahead.

- A report by Wing Cdr Amolak Singh



Due to lock down presently in vogue , my family members prepared this cake at home from leftover and biscuits which got broken down into extremely small pieces and thus becoming difficult to be served to anyone and decorated on top with gem chocolate. Finally it was cut by my grandson Master Aayaansh Bhatnagar (age 2.5 years) presuming his birthday cake. Anyway the homemade cake proved out to be very tasty and delicious. Why don't you also try!!!

-A report by Ravi Kant Bhatnagar

Editorial Board of Elderly News : B.S. Yadav (Dwarka), G.R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), Vimal Bhan, R.K. Singhal, Amar Chand Bansal & Mrs. Pushpa Mishra, Reporters : Pratap Singh, Mrs. Manjula Aggarwal, 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. Bal Mukund Shukla (Prayag) from 16-03-2020 to 31-03-2020, Acharya Dhananjay Mishra (Prayag) from 01-04-2020 to 15-04-2020 & Pt. Ram Anugrah Ramayani (Allahabad) from 16-04-2020 to 30-04-2020. Also at Shiv Mandir, Green Park from 5.15 pm to 6.15 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 10.00 am to 11.00 am & **RECREATION CENTRE, GREEN PARK EXTENSION DAILY FROM 3.30PM TO 4.30PM . 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 139 Registered Senior Citizens Associations have affiliated with the Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 Lakh senior citizens across Delhi).In order to take up the issue with the Govt., all the 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 40 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. The Payment is also exempted under 80G of Income Tax Act. 1961.

-A.C. BANSAL

FROM FRONT PAGE----



chaired by its Chairperson, J.R.Gupta . On this occasion , Ms . Bandana Kumari , Area MLA and Dy. Speaker , Delhi Vidhan Sabha also graced the function . She felicitated J.R.Gupta , Chairperson along with R. K. Nanda, host and told that Senior Citizens are assets of the Nation and it is our duty to ensure their life with dignity & respect . A delicious lunch was hosted in the honour of Members by the host and the meeting ended with a vote of thanks to the Chair . The Minutes of the meeting has already been issued .
-A report by Balbir Singh Yadav, Secretary General.

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY
DLSA SOUTH DISTRICT

With the support of Delhi State Legal Services Authority (South District), during the month of March , 2020 . Advocate Harpal Singh visited Recreation Centre , Green Park Extension on 03/03/2020 and 17/03/2020 and rendered free legal advice sought by members of Senior Citizens Council of Delhi. So far, 1610 Senior Citizens have benefitted in sorting out their petty matters upto 31/03/2020.

-A report by Mrs Manjula Aggarwal

LOCKDOWN LEAVES SENIOR CITIZENS WITHOUT FRIENDS & SUPPORT



The ongoing nationwide lockdown has brought sudden , overwhelming challenges to the lives of the elderly in Delhi – thousands of who live alone and usually depend on networks of fellow senior citizens for emotional support , with whom they used to socialise with in local parks and recreation centres for senior citizens .They have had to stop their domestic helpers from coming , as a result of which they are left to fend for themselves in terms of cooking and cleaning , depending upon neighbours and Good Samaritans to procure medicines and essential items for them. Ironically , the restrictions meant to ensure their safety have come at an emotional cost for thousands of the city's 18 lakh senior citizens .Take for example , Amar Chand , 80, who lives alone in the walled city's Hauz Qazi. His wife died a few years back and his son lives in Uganda . “As my domestic help is unable to make it due to the lockdown , I tried cooking myself but found it physically draining . So for now I have bought ready -to-cook meals , including chapattis , but they are not good for my stomach ,” says Chand .“ The bigger problem , though , is loneliness ; all I can do these days is talk on the phone with my son and my friends, but that does not always help when you live alone; also, I know that if something wrong goes with me , my son would not be able to come immediately , given the lockdown .”For 78-year - old Lakhi Ram Garg --- though he does not feel lonely as he lives with his spouse -- the lockdown has disrupted his daily routine , causing health challenges . Before social distancing became the norm, every day at 6am he would walk about three km to Hauz Khas ' Deer Park from his home in south Delhi 's Munirka , come rain or shine “However , I cannot go out anymore , and the lack of exercise has worsened my diabetes . In addition , we had to bar our household help from coming , and my wife and I now have to do all household chores ourselves , which is not easy at our age. The two hours I used to spend at Deer Park, where I, along with my wife , used to participate in several social and spiritual activities , helped keep boredom at bay,” says Garg . “The fact is that most

senior citizens in south Delhi are lonely , as the children of most of them live abroad .” Many seniors say the closure of the 119 Delhi government - supported recreation centre for senior citizens across the city, many of which offered facilities such as reading rooms , physiotherapy rooms and board games , has also deprived them of community .”One of the biggest problems , says 77 - year -old JR Gupta , the chairperson of the Confederation of the Senior Citizens ' Associations of Delhi , is that the seniors are facing a lot of problems in getting essential items. “We all know that social distancing is the need of the hour , but the Delhi government should ensure home delivery of essential commodities and medicines to senior citizens ,” says Gupta .According to Aruna Broota , 77, a well - known psychologist , social distancing and lockdown have created an acute sense of loneliness and insecurity among senior citizens . A lot of them , she says , are feeling physically and emotionally weak —which , she says , gives rise to acute health anxiety .“Many of them are reflecting on the choices they made in life – whether they should have encouraged all of their children to move abroad. I keep reminding them of the advantages of technology , and how it allows them to connect with their children ,” says Broota .“I tell them about various advantages of being alone. They listen to me as the advice is coming from a mental health expert who is their age, and is facing almost the same problems as them . I do pranayam with three -four elderly people every day online and it helps them distress , because essentially what they are missing is company ,” she adds .According to psychiatrist Deepak Raheja , elders are always more resilient , and will eventually adapt better to the crisis than youngsters . And the current crisis, he says, might just change parent-child relationship for the better . “A lot of young people are realising that elderly people are particularly vulnerable to the Covid -19 outbreak and are frightened by the prospect of losing their parents . They will show more compassion and empathy towards elders. ”
-EDITOR

COUNCIL/CONFEDERATION HELPS LONELY SENIOR CITIZENS DURING LOCK DOWN

The Confederation of Senior Citizens Associations of Delhi is an only registered body representing 18 lakh Senior Citizens all over Delhi duly associated with the Ministry of Social Justice & Empowerment, Govt. of India; Social Welfare Department of Delhi Govt., Delhi State Legal Services Authority, I.C.C.R. and Senior Citizens Cell of Delhi Police. As on date, 139 registered Senior Citizens Associations stands affiliated with the Confederation across Delhi. The main aim of the Confederation is to protect lonely senior citizens from abuses/humiliations from their own children and others. The Confederation has its own Recreation Center, at First floor of Community Center, Green Park Extension, New Delhi since 2016. More than 200 senior citizens had been utilising various free facilities on daily basis before lock down imposed on 25/03/2020, such as Homoeopathy Dispensary, Physiotherapy, Blood sugar test, Computer Training, Yoga Classes, Library, News Papers, Television, Carom Board, Chess, Ludo, health checkup camps, consultations from eminent doctors & Spiritual Discourses including free consultation by an advocate with the support of Delhi State Legal Services Authority (South District). The lock down has been further extended upto 03/05/2020. During lock down, we have been continuously in touch with lonely senior citizens through whatsapp group in each colony. In many cases, lonely senior citizens are feeling inconvenience

in the absence of their driver or maid servant who had left after the lock down for urgent need in day to day life such as visit to doctor, purchasing of essential commodities, visit to barber shop, absence of electricians, carpenter, plumber in hot summer days particularly for repairing AC and RO etc. The Confederation had received a telephonic complaint about beating and throwing out widow Mrs. Supti Chaudhary of 75 years, on 09/04/2020 from her own house at Sheikh Sarai, Phase- II by her own daughter. The matter was pursued with our counter parts Senior Citizens Association of the colony and members of RWA. With the help of local police, she was restored in her own house and an FIR was lodged against her daughter. After that no complaint has been further received.

On same day, a complaint was received about a widow Mrs. Karamjeet Malhotra residing in the same colony who needed food and the same was also solved by serving her required food with the support of neighbours. During lock down, senior citizens have a great difficulty to pass the time as they are confined in their own houses. We have our own whatsapp group for each colony through which we are motivating them to follow the guidelines of lock down such as washing of hands from time to time for 20 seconds, not to touch their face, stay home, engaging them in various activities such as reading of newspapers and other religious books, online yoga & meditation classes, music classes. If any complaint is received from any lonely senior citizens of a particular colony, we are ensuring immediate help for him/her through whatsapp group with the help of our members of the same colony.

- J.R.GUPTA, PRESIDENT

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1091		Mrs. Jayashree Rajaraman, 21-D/B, Yusuf Sarai, New Delhi-110016	1096		Shri R.K. Jain, President, Seniors Hub Dwarka, 409, Mass Apartments, Sector-10 , Dwarka, New Delhi-110075

ATTENTION OF COUNCIL/CONFEDERATION MEMBERS

1. **Souvenir - 2020 containing Parv Deepika - 2021 -22** was due to release on 1st Navratra on 25/03/2020, but due to imposition of lockdown to beat the Corona pandemic on 25/03/2020, the Council could not meet the dead line due to lockdown of the printing press, although, hard copy of the same was delivered well in advance to the press for final printing. As such, we have no alternative but to wait till the end of lock down.

2. **Printing of Elderly News for the month of April, 2020** was due to be issued on 15/04/2020, but could not be printed due to closure of printing press because of lock down. However, the Council has tried to print e-copy of the same for the information of our readers. Hard copy of the same would be got printed from the printing press after the end of lock down.

3. **APPEAL FOR DONATION IN PM CARE FUND** You are already well aware that whole India is under the threat of Corona Virus pandemic and as such being senior citizens, it is our duty to support the Government of India by collecting some funds in the name of 'PM CARES Fund'. As such, Council & Confederation members are therefore, requested to kindly contribute for the same as per their capacity and also collect the funds from individual members **through cheque** only. The amount so collected would be deposited personally in the office of PMO by a delegation of 5 members as we did previously in so many occasions. The cheque should be drawn in the name of "PM CARES Fund" and send the same to the Confederation registered office :- B-2/73-B, Safdarjung Enclave, New Delhi-110029 along with 2 copies of the list showing name, SCA name, address, amount and PAN number within 20 days. Please mention your name, mobile number and PAN number on the backside of each cheque. **Awaiting your positive response at the earliest in the National Interest.** RSVP :- J.R.Gupta, 9810488059

4. **ELECTION OF GOVERNING BODY OF CONFEDERATION** is due on 01/05/2020. Due to lockdown, it has been decided with the approval of its Chairperson to post pone the elections till the normalcy is restored.

RSVP:- Balbir Singh Yadav, Secretary General

ACTIVITIES OF SENIOR CITIZENS DURING LOCKDOWN



Photo of Rajiv Bhalla cooking and Kamlesh Ram Garia learning computer
Rajiv Bhalla's passion for cooking bring out his best during the quarantine Period a new item each day. Though made a lot of things but his wife caught him on the camera. A few other things made by him in the last few days.. As above, magi masala in the making. But other things made are also enclosed Teela Kulfi, Phirni, Pakoras, Shammi Kebab

- A report by Rajiv Bhalla

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