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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

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

VOL : 008

Issue No : 088

MONTH : APRIL, 2021

Rs. 5/-

SAFETY OF LIFE & PROPERTY OF SENIOR CITIZENS ARE OUR FIRST PRIORITY SAYS INSPECTOR PARAMJEET SINGH, ADDITIONAL SHO



Senior Citizens Council of Delhi organized Joint Birthday Celebrations of its 26 members at Recreation Center, Green Park Extension on 23-03-2021 in the presence of more than 100 senior citizens by observing social distancing norms. The members have also been enjoying various free facilities on daily basis continuously throughout the year, such as, Homeopathy Dispensary, Physiotherapy Center, Gym, Library, Newspapers & Television. Every efforts are being made to keep them free from loneliness by organizing various activities such as Joint Birthday Celebrations, Talks on Health, Health Checkup Camps & Legal consultations etc. **Inspector Paramjeet Singh**, Additional SHO, Safdarjung

Enclave was the Special Guest who felicitated them with shawl & gift as a token of respect & regards and also wished them long life with sound health. He was also felicitated by the members of Council. On this occasion, Sunderkand Path was also recited by **Dinesh Sharma & Harikesh Kumar Shukla**, Attendant. **Sunita Sharma**, **Chandrakanta & Shashi Nangia** recited bhajans which were appreciated by all present. J.R.Gupta thanked the members present in large numbers & extended birthday greetings to the concerned members with pray to God for their long life, followed by heavy refreshments.
- a report by Mrs. Manjula Aggarwal

SENIOR CITIZENS COUNCIL OF DELHI EXTENDS HELP TO SENIOR CITIZENS



Mrs Promila Lamba (80), widow, resident of Sarojni Nagar complained against her daughter in law Mrs. Ekta Lamba residing in the same house for harassing, abusing and even broke her CCTV cameras. The matter was taken up by the Council with Commissioner of Police and rendered legal guidance. On 20-03-2021, the Court of Civil Judge, Patiala House Courts ordered to daughter in law to re-install CCTV cameras in her house within 3 days. She is now living peacefully. She has extended thanks to the Council headed by Shri J.R Gupta.
- EDITOR



Shri Sunil Kumar (67) resident of East Vinod Nagar was harassed, tortured, abused by his daughter in law Smt. Khusbu Bamotra with a sole motive to grab his property and sought intervention of Council. The matter was taken up by the Council with Commissioner of Police and also rendered legal guidance. He approached the office of the District Magistrate (East) for initiating eviction proceedings against her in 2020. In the mean time, his house got vacated from her daughter in law. On 23-02-2021, the father in law and daughter in law appeared before the Court of DM (East) and their case was withdrawn. Now he is living peacefully in his own house and extended thanks to Shri J.R Gupta, President of Council.
- EDITOR



Sundar Singh Godara (64) resident of Samalka, New Delhi complained against his tenant Dr. Anand Kumar Pandey and sought the intervention of the Council. His case was taken up with the Commissioner of Police and rendered legal guidance. With the help of Council & his neighbour Shri B.K Bhardwaj, who is also Life Member of Council, his house got vacated on 22-09-2020 including receipt of pending arrears of rent amounting to Rs. 2,65,000/-. He is living peacefully in his own house. He has conveyed his sincere thanks to Shri J.R Gupta, President of Council.
- EDITOR



Sh. Sri Krishan (65), resident of Radhey Shyam Park, East Delhi complained against his wife Mrs Rita Bhucher & Daughter Niharika residing in the same house and sought intervention of the Council. Immediately, his case was taken up with Commissioner of Police and also rendered legal guidance. On 26-02-2021, the Court of DM (East) observed that Senior Citizen himself has no other place to live and he has been evicted from his own house. The Court further ordered to allow the senior citizen to reside in his own house in his room. Now he is living peacefully in his own house and extended thanks to the Council, headed by J.R.Gupta.
- EDITOR

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CONFEDERATION NEWS

SENIOR CITIZENS ABOVE 75 TO BE EXEMPTED FROM FILING INCOME TAX RETURNS, SAYS FINANCE MINISTER



Finance Minister Nirmala Sitharaman on 01-02-2021 announced that citizens above the age of 75 will be exempted from filing income tax returns, while presenting the Budget 2021-22 in Parliament. Under the proposal, senior citizens who depend only on pension will no longer have to file I-T returns. "In the 75th year of Independence of our country, we shall reduce the compliance burden on senior citizens," Sitharaman said while delivering her third Budget speech in the Lok Sabha. "For senior citizens who only have a pension and interest income, I propose exemption of filing of income tax returns. The Confederation of Senior citizens Associations of Delhi has hailed the decision of Central Govt."

-L.R.GARG, EDITOR

DENTAL CAMP BY DAS SCW SENIOR CITIZENS WELFARE ORGANISATION ON 12-03-2021



Senior Citizens Cultural Association, Dilshad Garden organized Dental Camp on 12-03-2021 at its Recreation Center. K.N.Chhabra, President welcomed doctors team who checked more than 50 members followed by refreshments.

-a report by K.N.Chhabra, President

PICNIC AT MADHAVGARH FARMS, GURUGRAM BY SCFF, JANAKPURI



One Day Picnic was arranged on 14-03-2021 at Madhavgarh Farms, Gurugram by members of Senior Citizens Friendship Forum, A1 Block Janak Puri. Free masks and Sanitizers were distributed to all members followed by lunch.

-a report by Arun Sabharwal

MOTI NAGAR SCCA CELEBRATES JOINT BIRTHDAY ON 25-03-2021



Moti Nagar SCCA celebrated its Joint Birthday of its members (falling from 1.1.2021 to 31.3.2021) at its Recreation Centre, by observing social distancing norms in the presence of more than 100 members, headed by its President, Shri Subhash Sharma (Advocate) along with all the Executive Committee Members. The program was enjoyed by the members with songs, poems, bhajan, etc., after which cake was cut and lunch packets were distributed.

-Subhash Sharma, President

SCWS, SHALIMAR BAGH HELD ONLINE MEETING WITH SCHOOL CHILDREN OF VENKATESHWARA INTERNATIONAL SCHOOL, DWARKA



Members of SCWS Shalimar Bagh participated in zoom meeting on 26-03-2021 with school children of Venkateshwara International School, Dwarka on Topic: **How children can help in building a better Society and what Senior Citizens expect from the children**. School children, their teachers and members of the Society enjoyed each moment of the session. Four Teacher Members of the Society had very fruitful discussion with the school children which were applauded by all. On 23-03-2021, SCWS members comprising of **Capt Chander Sachdev, P. P. Tuteja, H. M. Sharma & M. C. Mehtani** met **Smt. Bandana Kumari, MLA**, and handed over a letter requesting her to provide a suitable large space to the Society for holding activities. She promised to get us a suitable accommodation in Shalimar Bagh.

- P.P.Tuteja, Genl. Secretary

DENTAL CAMP ORGANIZED BY SCA MIXED HOUSING COMPLEX



SCA, Mixed Housing Complex, organised a dental camp through Mobile Dental Clinic Project, Maulana Azad Institute of Dental Sciences on 5th March 2021. Dr. Tapan Chakrabarti, President gave warm welcome to Dr. Swati Jain, Dr. Neha Gangi & Dr. Deepak Verma. Doctors team demonstrated how to use brush & how to keep teeth safe from diseases. After the demonstration, teeth of everyone were checked up & advised accordingly. A free dental kit was distributed by the Doctors team & assured every help. The SCA thanked the doctors team.

-Dr. Tapan Chakrabarti, President

SURAJ PRAKASH MANCHANDA, PRESENTS HIS TWO BOOKS TO J.R.GUPTA, CHAIRPERSON, CONFEDERATION OF SENIOR CITIZENS ASSOCIATIONS OF DELHI



Suraj Prakash Manchanda, Vice-President, Elderly People's Forum, Keshav Puram along with his colleague Mr. Behal visited

Recreation Center, Green Park Extension & presented his two books on **Digital Literacy For Senior Citizens & Embrace your own Power to Fight Corruption** to Sh. J.R.Gupta, President of Council & Chairperson, Confederation of Senior Citizens Associations of Delhi. J.R.Gupta, thanked him and also extended congratulations.

- Manjula Aggarwal, Incharge

TALK ON COVID-19 VACCINE BY DR. AVATAR SINGH AT RECREATION CENTER



Dr. Avatar Singh delivered a Talk on Covid-19 Vaccine Precautions in the presence of more than 100 senior citizens at Recreation Center, Green Park Extension on 23-03-2021. which was appreciated by all present. He also advised them to take free Covid-19 vaccine with the support of Govt. of India as and when made available to them to save from Covid-19 pandemic. Surinder Mohan Sharma also recited many songs which were appreciated by all present. J.R. Gupta, President thanked both the speakers followed by refreshment packets.

- a report by Mrs Manjula Aggarwal, Incharge

ADVOCATE MS. GARIMA ANAND ADDRESSING SENIOR CITIZENS



Please see more photos at page ...4

Editorial Board of Elderly News : B.S. Yadav (Dwarka), G.R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), Vimal Bhan, R.K. Singhal, & 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 Satsang (7 AM to 8 AM) & Recreation Center, Green Park Extension (3 PM to 4 PM) by Pt. Sudhakar Tiwari, Badhoi, UP from 16-04-2021 to 30-04-2021, Pt. Suresh Mishra, Banaras from 01-05-2021 to 15-05-2021 and Pt. Shyamal Mishra, Mirzapur, UP from 16-05-2021 to 31-05-2021 respectively.

- Ramesh Aggarwal, Vice-President



APPEAL TO ENROLL LIFE SUBSCRIBERS OF ELDERLY NEWS: Elderly 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 141 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 membe--rs for the last 41 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.

- H.D.Ralhan, Founder Member

TALK ON FINANCIAL LITERACY ON 12-03-2021 AT RECRETATION CENTER, GREEN PARK EXTENSION



Senior Citizens Council of Delhi organized a talk on Financial Literacy at Recreation Center , Green Park Extension on 12-03-2021 by **Mr . Kaushik Bhaduri** in association with Help Age India in the presence of 100 senior citizens . The talk was very useful and appreciated by all present . He was also felicitated by J.R.Gupta & other members of Council including **Mr . Sheikhar & Arun Kumar** followed by heavy refreshments. -**EDITOR**

SPECIAL SUNDARKAND PATH ON BIRTHDAY CELEBRATIONS OF MR. J.N.KHURANA AT RECREATION CENTER ON 13-03-2021



Senior Citizens Council of Delhi organized Sunderkand Path on 13 - 03 - 2021 at Recreation Center , Green Park Extension in the presenc of more than 80 senior citizens with the support of **Mr . J.N.Khurana & Mrs . Santosh Khurana** . J .R .Gupta & other members felicitated the couple in the presence of their two daughters on his Birthday & prayed to Almighty for their long life with sound health followed by refreshments. -**EDITOR**

COUNCIL ORGANIZED EYE CHECKUP CAMP AT ITS RECREATION CENETR ,GREEN PARK EXTENSION ON 09-03-2021



Senior Citizens Council of Delhi organized Eye Checkup Camp in association with Sharp Sight Center at its Recreation Center, Green Park Extension on 09-03-2021 in which more than 100 members availed the unique free facility at their doorsteps . J.R.Gupta, President thanked the Doctors team followed by heavy refreshments. - **Mrs. Manjula Aggarwal**

THE COMMITTEE TABLED ITS REPORT ON THE MAINTENANCE & WELFARE OF PARENTS & SENIOR CITIZENS (AMENDMENT) BILLN, 2019

The Parliamentary Standing Committee on Social Justice and Empowerment , Govt. of India has suggested digital and financial literacy services for seniors . In its report on the Maintenance and Welfare of Parents and Senior Citizens (Amendment) Bill, 2019 tabled in Parliament on 29-01-2021, the committee commended the Bill for consideration and enactment , while giving some recommendations . The Bill expands the definition of children under the Act to include adopted , step-children , son-in-law and daughter -in-law, making them responsible for maintenance of parents or senior citizens. The definition of maintenance itself has been expanded to include housing , safety , security , medical attendance, healthcare and treatment necessary for leading a life of dignity. The committee recommended that the tribunals under the Act be given adequate staff , training and infrastructure by States . "The Committee notes that the MWPSA Act, 2007 has prescribed establishment of old age homes in a phased manner , beginning with at least one in each district of the country . However , it is a matter of concern for the Committee that out of more than 700 districts in the country, in only 482 districts senior citizens homes have been established so far under the Integrated Programme for Senior Citizens . There are still many districts without functional old age homes despite the thirteen years that this Act has been in existence," the committee's report said. It said the Bill should be changed to include the stipulation that a senior citizens care homes shall be set up in each district. "Regular

DELHI POLICE IS COMMITTED FOR THE SAFETY OF PROPERTY & SECURITY OF SENIOR CITIZENS SAYS ACP V.K.S. YADAV



ACP V.K.S. Yadav , visited Recreation Center , Green Park Extension on 09-02- 2021 in the presence of more than 80 senior citizens & assured them that Delhi Police is committed for their safety and security . He also appreciated the efforts of the Council for providing various free facilities to them on daily basis . J.R.Gupta along with other members namely **Vimal Bhan , R.K. Singhal & Dinesh Sharma** felicitated him followed by refreshments. -**EDITOR**

COUNCIL MEMBERS VISITS VRINDAVAN ON 22-03-2021



40 Members of Senior Citizens Council of Delhi visited Vrindavan on 22-03-2021 by bus . The members have the **Darshan of Lord Bankey Bihari Temple** followed by light refreshments . The members also had a lunch in Shri Balaji Ashram , Vrindavan . The members also enjoyed the trip very much and also singing bhajans / songs throughout the journey in the bus . The arrangements were made by J.R.Gupta , President of the Council himself which were appreciated by all. The members returned in the evening with sweets memories. - **EDITOR**

COUNCIL MEMBERS VISITS WASTE TO WONDER PARK ON 25-03-2021



40 members of Senior Citizens Council of Delhi visited **Waste to Wonder Park, Sarai Kale Khan** on 25-03-2021 by bus. The members enjoyed the tour very much followed by light refreshments.

- a report by **Mrs. Manjula Aggarwal, Incharge**

counselling for senior citizens contribute significantly towards better physical and mental health and ably guides them to lead a life of dignity during old age . Unfortunately , the Bill does not carry any separate provision for counselling of the elderly ,” the committee . “Regular counselling for senior citizens contribute significantly towards better physical and mental health and ably guides them to lead a life of dignity during old age . Unfortunately , the Bill does not carry any separate provision for counselling of the elderly ,” the committee said . It recommended that a provision be added to ensure adequate counselling facilities are available in district hospitals . “The Committee are deeply concerned over the present situation of inadequate awareness of the MWPSA Act , 2007 , in the light of adverse findings on awareness by the National Productivity Council in its report . **The committee also recommended that the Bill provide for skill training of senior citizens who want to learn new skills and be independent . The bill also proposes removal of a ceiling of Rs 10, 000 as maximum maintenance amount to be awarded to parents /senior citizens** which the government told the standing committee will ensure that it is fixed according to the needs of parent and senior citizens and capability of children or legal heirs to pay the maintenance allowance based on their earnings . "This will help parent /senior citizens to lead a life of dignity which is commensurate with their normal standard of living ,” the ministry told the standing committee. -**EDITOR**

COUNCIL MEMBERS VISITS TO SUNDAR NURSERY ON 25-03-2021



40 members of **Senior Citizens Council of Delhi** visited Sundar Nursery on 25-03-2021 by bus. The members enjoyed the tour very much followed by light refreshments. - a report by **Mrs. Manjula Aggarwal**, Incharge

RUDRABHISHEK ON THE OCCASION OF SHIVRATRI AT RECREATION CENTER, GREEN PARK EXTENSION ON 11-03-2021



Senior Citizens Council of Delhi performed Rudrabhishek by Pt. Rajesh Tripathi in the august presence of **Pt. Ram Anugrah Ramayan** from Prayagraj (U.P.) at its Recreation Center, Green Park Extension on the occasion of Mahashivratri on 11-03-2021 in the presence of more than 50 senior citizens followed by prasad. - **Manjula Aggarwal**

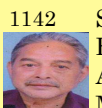
FREE LEGAL CONSULTATION BY ADVOCATE DEPUTED BY DELHI LEGAL SERVICES AUTHORITY (SOUTH DISTRICT)



With the support of Delhi Legal Services Authority (South District), during the month of March, 2021, **Advocate Garima Anand**, visited Recreation Center, Green Park Extension on every Tuesday & rendered free Legal advice sought by members of Senior Citizens Council of Delhi, by observing social distancing norms in the presence of more than 100 members. As on 31-03-2021, **2180** senior citizens have benefited in sorting out their petty matters and also by creating awareness among other senior citizens in the adjoining colonies since June, 2018.

- a report by **Mrs. Manjula Aggarwal**

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ISU3A 5th WEBINAR ORGANIZED ON 20-03-2021



Fifth in the series of ISU3A webinars was held on 20th March, hosted on Zoom by **Dr Vyasamoorthy**. Some twenty persons participated. **Dr RK Garg**, co-ordinated the meeting. He welcomed all, mentioning how luck we are to have **Tom Holloway** as the day's speaker and the relevance of the topic. **Sri JR Gupta** added his comments and recollected the initial days of formation of ISU 3A. **Sri Khare** introduced the speaker recalling Tom's contribution in pioneering the U3A movement in India, supported by **Sri Kapoor and Dr Sajjan Singh**. He also told very briefly how U3As in the UK were of 'self-help -type'. His activities in India, especially Hyderabad, regular dissemination of U3A news through two newsletters (Signpost & World U3A News) etc were highlighted. **Mr Tom Holloway** made a succinct presentation on the topic "U3A in India – Past and the Future", using a ppt full of catchy photographs and stimulating visuals. He traced the history U3As in India – Chitrkoot conference, involvement of luminaries like **RN Kapoor, JG Patil and K Mogra**. He talked of U3A Signpost being brought out regularly (PVM was the editorial board). U3A Asia, intended to disseminate news from India, Malaysia, Singapore, Nepal had to be stopped for want of contributions. He praised the work done in Delhi especially the newsletter **Elderly News**. After stressing the increasing role of smart phones where even automatic translations could be seen, including voice output, he predicted that zoom will continue to play a major role; he has started Young Zoomers Club to bridge the inter generational gap. **Dr RK Garg**, while summing up the speech, said we should take care the next generation and look into the welfare of the downtrodden as well. Participants added details about their U3A activities: **Sri Khare** remarked that U3A & LLL activities will increase in Allahabad as a new Day Care Centre is being set up shortly. **Sri AP Singh** spoke of their training people in acupressure in Allahabad. **Sri Pradeep Sinha** informed us how Zoom was used to encourage singing talents of the elderly via frequent music events. **Sri JR Gupta** said how the conference on active ageing held in Haridwar in March by his Senior Citizens Council Delhi was a great success. Presence and participation of **Sri RN Mital** and a couple of friends of Tom was also noted. **Avinash Lakare** proposed a vote of thanks, thanking all and leaving out none, just in time before the Zoom connection went off. On the whole it was pleasant to recollect the past and to see many friends online. - **A report by Dr. Vyasamoorthy**

SPECIAL PROGRAMMES AT RECREATION CENTER

13-04-2021 : Shabad Kirtan on Baisakhi, Shree Durga Saptasati Path from 2 pm to 4 pm including Sunderkan Path from 1 pm followed by refreshments.

21 -04-2021 : Shree Ram Navmi celebrations from 2 pm to 4 pm followed by refreshments.

27 -04 -2021 : Joint Birthday Celebrations of Council Members (enrolled up to 31-03-2020) if confirmed before 15-04-2021 from 2 pm to 4 pm followed by heavy refreshments. Special Bhandara on Hanuman Jayanti at 1 pm and onwards.

NOTE :- Council Members who are unable to visit either daily Deer Park Satsang or Recreation Center may furnish their email id so that they can know special programmes through **Elderly News**. - **EDITOR**

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