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**SENIOR CITIZENS COUNCIL OF DELHI**  
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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 18 LAKH SENIOR CITIZENS)

VOL : 009

Issue No : 100

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Rs. 5/-

SENIOR CITIZENS COUNCIL OF DELHI ORGANIZED GRACEFUL AGEING CONFERENCE AT HARIDWAR ON 12,13 & 14.03.2022



Senior Citizens Council of Delhi organized Graceful Ageing Conference at Nishkam Sewa Trust, Haridwar on 12, 13 & 14.03.2022 in which 83 members participated. Chief Guest was **Justice V.B.Gupta (Retd)**, Delhi High Court who delivered a lecture on Rights of the Senior Citizens & Precautions for drafting a WILL. **Dr. Vikram Kumar Dabas** delivered a talk on Diabetes and also on Precautions During Covid/Omicron. **Dr. Mahavir Agrawal**, Pro-Vice-Chancellor, Patanjali University delivered a key note address followed by Cultural Programme by the students of the University.

**. Shyam Lal Aggarwal, Sat Narayan Aggarwal & Prem Sukh Daga** (all from Jodhpur), also spoke about various issues on Ageing. Laughter Session was conducted by **J.R.Gupta, President**. Ladies wing of Delhi & Jodhpur performed dance on the songs sung by students headed by **Sh. Chander Mohan Sharma**, Teacher, Patanjali University. The members also have holy bath at Harki Pauri, Haridwar for both days. All members returned on 14.03.2022 with sweet memories of the trip. - report by **R.K.Singhal**, Incharge & Tour Coordinator Please see page ..3 for more photos

57 SCAs GETS RECREATION GRANTS IN MARCH, 2022 AT THE PERSONAL EFFORTS OF SANDEEP KUMAR, IAS, SECRETARY, SOCIAL WELFARE DEPARTMENT, GNCTD



**Sandeep Kumar, IAS, Principal Secretary, SW** visited Recreation Center along with Mrs. Aarti Kapoor, DD(SS), Ms. Neelam Venkatachalam, DO South, Ms. Symphony, OSD to Pr. Secretary and Praveen Kumar, Welfare Officer on 29.03.2022. All guests took a round of the Recreation

Center and appreciated the efforts of the Council for providing various free facilities to senior citizens on daily basis such as Physiotherapy, Gym, Library, Indoor Games, Homeopathy Dispensary including free Legal Aid Counsel. ....Contd at Page 3 with more photos

## COUNCIL EXTENDS MORAL SUPPORT & LEGAL GUIDANCE



**Ganeshi Devi, (66), widow** resident of Chattarpur Extension visited Recreation Center on 20.03.2022 and informed that her daughter-in-law has shifted from her house. She had harassed, abused and threatened to lodge false cases against his mother-in-law with a sole motive to grab her property. At that time, her case was taken up with the Commissioner of Police for providing security. However, since then she is living peacefully in her own house and thanked the Council for extending moral support and legal guidance from time to time. - Editor



**Ramesh C. Agarwal, (73), owner of land in Rajokri** approached the Council / Confederation on 17.03.2022 with a complaint against driver of Joint CP Sh. A.K.Singh, who is a relative of Mr. Manish and his family members. All had been harassing his labours by lodging false complaints. The matter was immediately taken up with Commissioner of Police on 19.03.2022 against the aforesaid driver. The complainant has informed that DCP and area SHO has been transferred. No further harassment has been reported by the complainant who has extended thanks to the Council. -Editor

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ELDERLY NEWS WISHES ITS READERS BAISAKHI, MAHAVIR JAYANTI, GOOD FRIDAY & HANUMAN JAYANTI

# CONFEDERATION NEWS

**51 COUNCIL MEMBERS VISITED AMRITSAR & WAGAH BORDER ON 26 & 27.03.2022**


Senior Citizens Council of Delhi organized visits to Amritsar & Wagah Border on 26 & 27.03.2022 in which 51 members participated. The members stayed 5 star International Ramada Hotel. We all reached Amritsar station after taking lunch served in the train and boarded in already booked very comfortable double decker bus usually running between Amritsar and Attari border. Instructions were already issued to all the check posts to give way to our bus without any delay by BSF Officers with the efforts of Sh. J.R.Gupta. We reached and seated well before starting time of ceremony. We witnessed a blustering parade of soldiers of both the countries

The parade ended in the perfectly coordinated lowering of the two National flags. Thereafter, we returned to our already booked hotel, with luxurious facilities. After a bit rest we went to take our lunch in near by RK Food Plaza. After dinner we were at leisure to have round of our choice places like Golden temple, Jalian Wala Bagh, Durgyani Mandir and shopping etc. After spending night in the hotel, delicious breakfast was served having various number of varieties. We boarded in bus for train to Delhi, lunch was arranged at Amritsar station. We reached New Delhi railway station and dispersed to respective houses with sweet memories. - Surinder Mohan Sharma

## MOTI NAGAR SENIOR CITIZENS CULTURAL ASSOCIATION



Moti Nagar SCCA celebrated International Women Day on 08.03.2022 at its Recreations Centre, in which 60 ladies members participated. A cake was cut with the support of Sharp Sight Center followed by heavy refreshments. - Report by Subhash Sharma, President

## GULMOHAR SENIOR FORUM ORGANIZED TALK ON COMMON HEALTH ISSUES IN ELDERLY



On 26.03.2022, Gulmohar Journalist Colony Senior Citizens Forum organized a talk on "Common Health Issues in Elderly" by Dr. Ruchika Sharma, Consultant Psychologist, through a Power Point Presentation. She introduced to members the concepts of Ageing and problems associated with ageing with special emphasis on mental health followed by Q & A session. Birthday was also celebrated of members born in the month of March. Cake was cut and Mr. K. M. Azad gave away memento to Dr. Sharma. - report by Vimal Bhan

## ACTIVITIES OF SCWS SHALIMAR BAGH IN NEW PREMISES



SCWS, Shalimar Bagh resumed its activities in New Premises (Atal Bihari Vajpayee Varisht Nagrik Manoranjan Parisar, AB Block) during March, 2022. Multifarious activities were held throughout the month e.g. Inauguration Function on 06.03.2022, Holi Celebrations, Health Camp, Excursion Trip to Bharat Darshan Park, Visit to Suraj Kund (International Craft Mela) and Yoga Camp.

- a report by Mr. P.P.Tuteja

## ACTIVITIES OF SAHYOG VARISHTH NAGRIK MANCH, SHALIMAR BAGH



Sahyog Varishth Nagrik Manch, CC-Block, Shalimar Bagh organized Birthday Celebrations of its members on 31.03.2022 at its Recreation Center.

-a report by Raj Kumar Nanda, President

## ACTIVITIES OF SCA MIXED HOUSING COMPLEX, KONDLI GHAROLI



Senior Citizen Association, Mix Housing Complex, Kondli -Gharoli Phase -II Delhi -110096, organized a Spiritual speech by GURU Bal Krishna Jha on 20.2.2022. The members of SCA also felicitated him for his excellent speech which was appreciated by all present followed by prasad.

- President, SCA

## NEW EXECUTIVE BODY OF SHIV PARK, SHALIMAR BAGH FOR YEAR 2021-23



New Executive Committee of 2021 -2023 of Shiv Park Senior Citizens Welfare Forum :- K.K.Singhal, President, S.N.Sharma, Vice-President, Azad Tandon, General Secretary, S.C.Anand, Joint Secretary, Dr.Satish Chandra Sharma, Treasurer. - a report by Azad Tandon, General Secretary

## FAG UTSAV AND HOLI SNEH MILAN BY JODHPUR SENIOR CITIZENS



Jodhana Senior Citizens Society, Jodhpur celebrated FAG MAHOTSAV AND HOLI SNEH MILAN on 20.03.2022 at ASTHA a senior citizens home. Shri Bal Gopal maharaj presented fag songs of Krishna and manmohak bhajans. He compelled audience to dance and enjoy. At the end, dinner provided to all present along with the members residing in old age home. The program was sponsored by Shri Gopal Sahoo. He and his wife were honored by Shri Prem Sukh Daga, Shri Dhan Raj Gehlot and Smt. Shobha Parihar.

- Shri P.D.AGARWAL, Secretary

**Editorial Board of Elderly News :** B.S. Yadav (Dwarka), G.R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), R.K.Katyal (Tagore Garden), Dinesh Kumar Sangal (Arjun Nagar) Reporters : Pratap Singh, R.K.Singhal, 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) & Shiv Mandir, Green Park (5 to 6 PM) by Pt. Radhey Shyam Dubey, Gonda, UP from 16.04-2022 to 30-04-2022, Pt. Ram Gyan Pandey, Banaras from 01.05.2022 to 15.05.2022 & Pt. Prahlad Mishr Ramayani, Shahbad Markanda from 16.05.2022 to 31.05.2022 respectively. -Editor

## APPEAL TO ENROLL LIFE SUBSCRIBERS ELDERLY NEWS

Elderly News requests to all its readers to enroll themselves by making one time payment of Rs. 500/- along with one photo as life time subscription fee which can be deposited in Bank Account No. 000603610110002726 of Senior Citizens Council of Delhi in Bank of India, Safdarjung Enclave Branch, IFSC code: BKID0006036. The amount is exempted under 80G of Income Tax Act 1961. -L. R. Garg, Secretary

## APPEAL FOR AFFILIATION WITH CONFEDERATION

Till Date 144 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 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. The amount can be deposited either cash /cheque or can be deposited in the SB Account No : 000603610110006266 of Confederation in Bank of India, Safdarjung Enclave Branch, IFSC code : BKID 0006036. The amount is exempted under 80G of Income Tax Act 1961. -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 the last 43 years. The Council is also protecting lonely Senior Citizens from abuses /humiliations from their own children & others. A good number of such cases have already been solved by the Council headed by its President Sh. J.R. Gupta, during the current year. Any senior citizen 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 as life membership fee. The amount can also be deposited in the name of Senior Citizens Council of Delhi in Bank of India, Safdarjung Enclave Branch, Saving Bank Account No : 603610110001482, IFSC Code : BKID 0006036. The amount is exempted under 80 G of Income Tax Act, 1961.

-H.D.Ralhan, Founder Member

### - FROM FRONT PAGE- HARIDWAR CONFERENCE -- COUNCIL PROVIDES PLATFORM TO SENIOR CITIZENS TO HIGHLIGHT THEIR HIDDEN TALENTS



### -FROM FRONT PAGE--- SANDEEP KUMAR , IAS , SOCIAL WELFARE DEPARTMENT ----- JOINT BIRTHDAY CELEBRATIONS-----



On this occasion a cultural performance was performed on the friendship of Lord Krishna and Sudama which was appreciated by all present including bhajan by Surinder Mohan Sharma and Cultural performance by female members led by Mrs. Poonam Bhagotra , Cultural Coordinator. J.R.Gupta appreciated the efforts of Chief Guest in getting cleared old files of 57 SCAs , Recreation Grants from FD

were pending since , 2011. The members extended thanks to the Chief Guest for his kind gesture . He also felicitated 19 members born in the month of March during Joint Birthday Celebrations . Chief Guests was also felicitated with shawl and memento including all other guests in the presence of more than 125 members followed by heavy refreshments

- A report by R.K.Singhal, Incharge

### THE KASHMIRI FILES MOVIE ON 17.03.2022 AT PRIYA CINEMA



Recently a film "The Kashmir Files " has been released , which depicts the horrific incidents of violence perpetrated on Kashmiri Pandits and their exodus from Kashmir . Senior Citizens Council of Delhi organized a special screening of the film for its members at Priya Cinema in Vasant Vihar. About 100 members saw the film. The film is written and directed by Vivek Ranjan Agnihotri with stellar performances from Anupam Kher , Mithun Chakraborty , Darshan Kumar , Pallavi Joshi and others . The film is an honest vision of Vivek Agnihotri to tell a tale (which needed to be told ) about the sufferings of Kashmiri Pandits , the atrocities, day light murders, rapes which forced their flight from their homes . It is based on true events and detailed research unraveling the truth which was hidden from the public for 32 years . The film was highly appreciated by the audience , a majority of whom were in tears during the show . The audience gave the film a standing ovation and a thunderous round of applause. -report by Vimal Bhan

### COUNCIL MEMBERS WITH H.E.SANTI BAI HANOMANJEE ON 16.03.2022



9 members of Senior Citizens Council of Delhi participated in Holi Festival Celebrations at Mauritius Embassy on 16.03.2022 . The members also extended their Holi Greetings to H.E.Santi Bai Hanomanjee , Mauritius High Commissioner to India & also photographed with her followed by high tea. - A report by R.K.Singhal, Incharge

### FELICITATION OF MRS. SHASHI ARORA ON 30.03.2022



Special Sunderkan Path was organized by the Council at Recreation Center, with the support of Mrs. Shashi Arora on the occasion of First Anniversary of her husband Late Sh. S.S.Arora. She was also felicitated. -Editor

### FREE VACCINATION CAMP AT GREEN FIELDS SCHOOL ON 23.03.2022



Senior Citizens Council of Delhi organized free vaccination camp at Green Fields School, Safdarjung Enclave in association with team of DM (South) on 23 .03.2022 in which 500 senior citizens/ students/youths in the age groups of 60 + & 12+got their vaccine doses respectively . The response was very good. The cooperation of Mrs. Minni , Principal was praise worthy including Mr. S.S. Monti & Mrs. Renu Singh Monti . -Editor

### TALK ON INVESTMENT BY HDFC SECURITIES ON 22.03.2022



Senior Citizens Council of Delhi organized talk on investment in association with HDFC Securities on 22.03.2022 at Recreation Center , Green Park Extension in the presence of more than 80 senior citizens . The members of HDFC Securities were also felicitated followed by heavy refreshments . -Editor

## NEW EXECUTIVE OF ISU3As ELECTED ON 25.03.2022



The AGM of Indian Society of U3As was held in the Community Hall of Green Park Extension, New Delhi on Friday the 25.03.2022 which was attended by a large number of members including Delhi, Prayagraj, Lucknow, Hyderabad, Udaipur, Haridwar, Mumbai and other places. The meeting was hosted by "The Senior Citizens Council of Delhi". The election for the New Executive was held by Election Officer – S.K. Pant Retired ACP - Delhi and Retired Metropolitan Magistrate (Traffic). The following persons were declared elected unanimously Chairperson Dr. P. Vyasamoorthy, Executive Chairperson J.R. Gupta, Secretary General Dr. R.K. Garg, Secretary – Finance S. L. Bhandari, National Coordinator Avinash Lakare, Vice - Chairperson (South) Bahadur Linga Reddy, Vice-Chairperson (North) L.R. Garg, Vice -Chairperson (West) D.C. Babel, Vice - Chairperson (Central) Dr. P.K. Sinha, Vice -Chairperson (East) Apratim Chattopadhyaya, Deputy General Secretary M.K. Raina, Organizing Secretary Shyam Behari Bhargava, Convener - Health & Nutrition A.P. Singh, Members :- Gyan Singh Tokas, Dr. Meena Darbari, Rajendra Kumar Singhal & Ms. Mousami Gupta - **Dr. R.K.Garg**

## TALK ON JOINT REPLACEMENT BY DR. GURINDER BEDI ON 03.04.2022



## LIFE SUBSCRIBERS OF ELDERLY NEWS

|      |                                                                                |      |                                                                                  |
|------|--------------------------------------------------------------------------------|------|----------------------------------------------------------------------------------|
| 1227 | Sh. Rakesh Aggarwal,<br>B-403, Palam Apartment, Sector-5,<br>Dwarka, ND-110075 | 1234 | Sh. Naresh Kumar Mangar,<br>K-47A, Chanakya Place,<br>Uttam Nagar, New Delhi-59  |
| 1228 | Mrs. Renu Aggarwal,<br>B-403, Palam Apartment,<br>Sector-5, Dwarka, ND-110075  | 1235 | Mrs. Rama Rani<br>K-47A, Chanakya Place,<br>Uttam Nagar, New Delhi-59            |
| 1229 | Sh. Satnam Singh,<br>285, Bal Mukand Khand,<br>Giri Nagar, Kalkaji, ND-110019  | 1236 | Smt Sudesh Dutta,<br>24/721, DDA Flats, Madangir,<br>New Delhi-110062            |
| 1230 | Sh. Trilok Goel,<br>Hno-34, Arjun Nagar,<br>New Delhi-110029                   | 1237 | Sh. Krishan Kumar Tokas,<br>92, Munirka Village,<br>New Delhi-110067             |
| 1231 | Mrs. Kusum Goel,<br>Hno-34, Arjun Nagar,<br>New Delhi-110029                   | 1238 | Smt. Harish Kumari,<br>F-92, Munirka Village,<br>New Delhi-110067                |
| 1232 | Mrs. Santosh Kumari Dogra,<br>C- 6/46/2, SDA,<br>New Delhi-110016              | 1239 | Sh. Anil Kumar Makhija,<br>A-2/123 (GF), Safdarjung<br>Enclave, New Delhi-110029 |
| 1233 | Sh. Navdeep Soni,<br>122-B/4, Gautam Nagar,<br>New Delhi-110049                | 1240 | Sh. Sanjeev Ghildiyal,<br>269, Type-IV, Laxmibai Nagar,<br>New Delhi-110023      |

## FREE LEGAL CONSULTATION BY ADVOCATES DEPUTED BY DELHI LEGAL SERVICES AUTHORITY, SOUTH DURING MARCH, 2022 &amp; ON 05.04.2022



With the support of Delhi Legal Services Authority (South District), Advocate **Tanvi Sapra** visited on 08.03.2022, Advocate **Avnit Kaur** visited Recreation Center, Green Park Extension on every Tuesday on 15.22 & 29.03.2022. Advocate **Suman Arora** visited on 05.04.2022. They rendered free Legal advice sought by members of the Senior Citizens Council of Delhi, by observing social distancing norms in the presence of more than 50 members at their doorsteps each day. So far **3650** senior citizens have availed the facilities since June, 2018 in sorting out their petty matters and also by creating awareness among other senior citizens. The Council is grateful to Ms. Nabeela Wali, Secretary, DLSA (South), for her continuous support. During the current financial year 2021 -22, **1470** senior citizens benefited from this facility up to 05.04.2022.

- a report by **R.K.Singhal**

## GOVERNING COUNCIL NOMINATES R.K.SINGHAL &amp; POONAM BHAGOTRA



During meeting held on 26.02.2022, the Governing Council of Senior Citizens Council of Delhi nominated Sh. R.K. Singhal, as Incharge of Recreation Center in addition to Tour Coordinator and also nominated Mrs. Poonam Bhagotra as Cultural Coordinator with effect from 01.03.2022, as their predecessor Mrs. Manjula Aggarwal neither returned the keys of Center nor attending the Center without any information since 20.02.2022 in the interest of smooth running of Center. - **L.R.Garg, Secretary**

## SPECIAL PROGRAMMES AT RECREATION CENTER, GREEN PARK EXTENSION

**Free Consultation** on Legal Matters by an Advocate & Sunderkand Path:- Every Tuesday from 2pm to 4pm followed by refreshments. **Free Homeopathy Dispensary** :- Every Tuesday, Thursday and last Saturday from 1:00 pm to 3.30 pm. **Free Physiotherapy** from 2:00 pm to 4:00 pm on every Tuesday, Thursday and Saturday. **10.04.2022** : Shree Ram Janam Mahautsav at Hindi Bhawan by A.C. bus. **13.04.2022** : Special Sunderkand Path at Deer Park Satsang with the support of Mrs. Shalini Aggarwal, daughter of L.R.Garg, Secretary on her Marriage Anniversary followed by heavy refreshments.

**Joint Birthday Celebrations** of Council Members (enrolled up to 31.03.2021 up to membership : 2311 and born in the month of April on or before 30.04.1961 to be confirmed up to 14.04.2022 subject to availability of Chief Guest at Recreation Center, Green Park Extension. - **Editor**

## CONDOLENCES

I convey with sorrow demise of following members of Senior Citizens Council of Delhi from 01-03-2022 to 10-04-2022. I, on my behalf and members of the Council convey heartfelt condolences to the bereaved families & pray Almighty God to rest their noble souls in eternal peace and also give strength to bear irreparable loss.

LIFE MEMBER MEMBERSHIP NO ADDRESS

1. Sh. D.C.Gupta 77 D-2 (SF), Arjun Nagar, ND-29
2. Smt Phoolwati Sharma 35 266-C, Ward-2, Mehrauli, ND-30
3. Narain Singh 44 B-7/98, Safdarjung Enclave, ND-29

-**HARI OM SHANTI OM J.R.Gupta, President**

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