



FREE CIRCULATION OF ELDERLY NEWS FOR THE MEMBERS OF SENIOR CITIZENS
COUNCIL OF DELHI & CONFEDERATION OF SENIOR CITIZENS
ASSOCIATIONS OF DELHI FROM 01-04-2024 & ONWARDS
Website : www.seniorcitizensdelhi.org
Website : www.confederationscdelhi.com



Page-1

If Undelivered, Please return to:
SENIOR CITIZENS COUNCIL OF DELHI
B-2/73-B, SAFDARJUNG ENCLAVE
NEW DELHI - 110029 (M): 9810488059

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

E-mail : guptajr2005@gmail.com
Website : www.seniorcitizensdelhi.org

DAILY FREE VARIOUS FACILITIES FOR SENIOR CITIZENS IN RECREATION CENTER, GREEN PARK EXTN. FROM 12.30 NOON TO 5.00 PM, Ph. : 011-40537962

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

VOL : 011

Issue No. : 124

MONTH : APRIL, 2024

100 MEMBERS OF SENIOR CITIZENS COUNCIL OF DELHI & JODHPUR MEMBERS PARTICIPATED IN GRACEFUL AGEING CONFERENCE AT NISHKAM SEWA TRUST, HARIDWAR FROM 02 TO 04-03-2024



Like past years, Senior Citizens Council of Delhi organized **Graceful Ageing Conference at Nishkam Sewa Trust, Haridwar on 02 to 04-03-2024** in which 100

COUNCIL MEMBERS MET NAVIN KUMAR, ADC, CSD, MCD ON 26-03-2024



L to R :- R.K.Singhal, Y.K. Singhal, J.R. Gupta & Navin Kumar

3 members of Senior Citizens Council of Delhi led by J. R. Gupta, President met Navin Kumar, Additional Deputy Commissioner, CSD, MCD at his office at 15th Floor, Civic Centre on 26-03-2024. The other members were R. K. Singhal & Y. K. Singhal. J. R. Gupta requested him to kindly issue necessary directions to Mrs. Yashoda officiating Deputy Director to post lift man for 4 hours daily at Community Centre, Green Park Extension, as Senior Citizens between the age of 80 to 90yrs are facing breathing problems while climbing upstairs. The lift was inaugurated by MOS, Smt. Meenakshi Lekhi on 19-08-2023 & also got safety certificate on 01-09-2023. Even, Commissioner, MCD approved the proposal of MCD, CSD one month back, but the lift is still un-operational. He assured to look into the matter on priority basis. He also accepted the invitation of J. R. Gupta to grace as Chief Guest for 30 minutes on 16-04-2024 on any convenient time between 2pm to 3.30pm. A report by R. K. Singhal, Incharge.

members participated. Cultural programme performed by 16 students of Patanjali University headed by Contd at Page 3 with more Photos

NEW DELHI LOK SABHA CANDIDATE MS. BANSURI SWARAJ GRACED AS CHIEF GUEST DURING JOINT BIRTHDAY CELEBRATIONS AT RECREATION CENTRE ON 12-03-2024



Senior Citizens Council of Delhi organized **Sunderkand Path and Joint Birthday Celebrations** of its members born in the month of March at its Recreation Centre, Green Park Extension on 12-03-2024 in which **New Delhi Lok Sabha Candidate Ms. Bansuri Swaraj D/O Late Smt. Sushma Swaraj, Padam Vibhushan & Former Union Minister**, gave her Sanskar to her daughter who graced as Chief Guest. She felicitated 22 members born in the month of March with flowers/ shawls in the presence of 200 members including S. S. Monti, Smt. Renu Monti & other guests. She also extended good wishes to them including long life with sound health. J. R. Gupta, President introduced her to the members. ..Contd at Page 3 with more Photos

COUNCIL / CONFEDERATION EXTENDS MORAL SUPPORT & LEGAL GUIDANCE TO SENIOR CITIZENS



Smt. Rajinder Kaur (68 yrs) resident of Mehrauli, visited Recreation Centre on 09-03-2024, with complaint. She has alleged that her tenant Mrs. Simran Sethi not vacating her house, already lodged at Mehrauli Police Station. She has alleged whenever, she asked to vacate her house, the tenant is not vacating with a sole motive to grab her / self acquired property & misbehaving, harassing, abusing in connivance with her husband & their staff. No further harassments reported so far. She has extended thanks to the Confederation/ Council for their moral support & legal guidance from time to time. - Editor



Sh. Sanjay Kumar Rana (69yrs) resident of Bhagwati Garden, Siddhtri Enclave, Uttam Nagar visited Recreation Centre on 25-02-24, with a complaint against neighbor. Next date of hearing at Metropolitan Magistrate, Tees Hazari Courts on 10-04-2024. In his representation, he has alleged that she has falsely implicated him with a sole motive to grab his property in connivance with his family. No further harassments reported so far. He has extended thanks to the Confederation / Council for their moral support & legal guidance from time to time. - Editor



Accurate : Precise : Assured Results : Faster Recovery: Most Advanced State of the Art - "ROBOTIC Total Knee Replacement"

ROBOTIC Total Knee & Hip Replacement

For Surgery in Max Super Speciality Hospital, Patparganj Delhi. (Tel. No. 7676 600 800, 8447 600 473)

Delhi Centre

Prof. Arora's Knee and Hip Surgery Clinic
70, Hargobind Enclave, Opp. Karkardooma
Railway Reservation Center, Delhi 110092

Tel. No.: **011 42141516, 22378910, 9650100800**

E-mail: aakneehip@gmail.com

Indirapuram Centre

Prof. Arora's Knee and Hip Surgery Clinic
Aditya Gold Crest Mall, GC 205, 2nd Floor,
Above Bikaner Sweets, Indirapuram, Ghaziabad, U.P.

Tel. No.: **9292929236, 0120 4093516**

E-mail: aakneehip@gmail.com

**GUINNESS WORLD RECORDS
HOLDER 2018**

FOR LARGEST GATHERING OF JOINT REPLACEMENT
PATIENTS

www.jointreplacementdelhi.in



ELDERLY NEWS WISHES ITS READERS HAPPY WORLD HEALTH DAY, NAVARATRAS, BAISAKHI, AMBEDKAR JAYANTI

CONFEDERATION

SENIOR CITIZENS ABOVE 75 HAVE BEEN EXEMPTED FROM FILING INCOME TAX RETURNS, SAYS FINANCE MINISTER



Finance Minister, Nirmala Sitharaman already announced in the Parliament that citizens above the age of 75 are exempted from filing income tax returns, if they have pension income & interest income only. As such, we are reducing the compliance burden on senior citizens. The Confederation of Senior citizens Associations of Delhi has hailed the decision of Central Govt. - **L. R. Garg, Editor.**

SENIOR CITIZENS WELFARE SOCIETY, SHALIMAR BAGH ORGANIZED BIRTHDAY ON 02-03-2024



Senior Citizens Welfare Society, Shalimar Bagh organized Birthday of its members born in the month of February on 02-03-2024. A report by P. P. Tuteja, General Secretary.

SAHYOG VARISHT NAGRIK MANCH, SHALIMAR BAGH ORGANIZED B'DAY CELEBRATION ON 29-02-2024



Sahyog Varisht Nagrik Manch, CC Block, Shalimar Bagh organized birthday celebrations of its members born in the month of February at their Recreation Centre on 29-02-2024. A report by R. K. Nanda, President.

JODHPUR SENIOR CITIZENS PARTICIPATED IN DENTAL CLINIC CAMP ON 11-02-2024



Jodhpur Senior Citizens Society organized Dental Camp on 11-02-2024 at Rural Area 30km from Jodhpur. A report by Ramraj Bhandari, Patron.

SENIOR CITIZENS WELFARE FORUM, SHALIMAR BAGH VISITED KHATUSHYAM ON 12-02-2024



Senior Citizens Welfare Forum, Shalimar Bagh, organized a short tour to Khatu Shyamji on 12-02-2024. A report by Azad Tandon, General Secretary.

SENIOR CITIZENS OF GOLF VIEW APARTMENTS SCF, SAKET VISITED GAUSHALA ON 29-02-2024



Senior Citizens of Golf View Apartments Senior Citizens Forum, Saket, visited Kamdhenu Dham Gaushala, Gurugram on 29-02-2024, followed by lunch. The members impressed with the scientific manner in which the cows are nourished and fed and cared. The parikarma of cows was fabulously enjoyed by the members. A report by I. L. Bhatia, Adviser.

6 MEMBERS OF DSCWO, DILSHAD GARDEN PARTICIPATED AT DCP OFFICE SHAHDARA ON 24-02-2024



6 members of Das Senior Citizens Welfare Organization, Dilshad Garden participated in DCP, Shahdara office on 24-02-2024 during Delhi Police week. A report by Satnam Singh, General Secretary.

GULMOHAR SENIOR FORUM ORGANIZED PICNIC AT MADHAVGARH FARM, GURGAON ON 12-02-2024



Gulmohar Journalists Colony Senior Citizens Forum organized a picnic to Madhavgarh Farm, Gurgaon on 12-02-2024 in which 32 members participated. A report by Vimal Bhan, Council Member.

SPECIAL PRAVACHAN BY NITYANAND SARASWATI JI MAHARAJ, HARIDWAR AT CENTRE ON 08-03-2024



Senior Citizens Council of Delhi organized Special Pravachan by Nityanand Saraswati ji Maharaj, Haridwar at its Recreation Centre on 08-03-2024 in the presence of 150 members at a very short notice. He spoke about many issues concerning Senior Citizens particularly engaging them throughout the day on daily basis. He was pleased to note that the Council has installed lift at Centre on 19-08-2023 for the comfort of Senior Citizens at the age of 80 & above. J. R. Gupta, President thanked him for his Special Pravachan, followed by refreshment packets. A report by R. K. Singhal, Incharge.

WORLD KIDNEY DAY AWARENESS BY DR. AVTAR SINGH AT CENTRE ON 14-03-2024



World Kidney Day is celebrated on 14-03-2024. Dr. Avtar Singh delivered awareness talk at Recreation Centre about the importance of having healthy kidneys and reducing kidney related diseases to educate about the risk factors and advantages of keeping a healthy way of life to decrease the risk of chronic kidney diseases, which helps in early detection and prevention of kidney

diseases. Another important cause is hypertension and it should also be kept within normal range. The attention should also be focused on certain foods for better kidney health. These include :- Fruits, -Whole grains like brown rice and oats, - Lean protein like fish and beans, - Vegetables like broccoli and cabbage. And food which should be avoided are: - Phosphorus include dairy products, processed foods, red meat and organ meat. - Potassium includes banana, tomato, oranges, potatoes and certain green leafy vegetables, nuts and seeds. - Sugars. A report by R. K. Singhal, Incharge.

Editorial Board of Elderly News : B.S. Yadav (Dwarka), G.R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), K.K.Mehta (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 (7am to 8am), Recreation Centre, Green Park Extn. (3pm to 4 pm) & Shiv Mandir, Green Park (4:30pm to 5:30pm) & Sadbhawna Satsang Mandal, Munirka every Sunday (10am to 11am) respectively, from 16-03-2024 to 31-03-2024 Acharya Hemant Upadhyay, Banaras, UP, **from 01-04-2024 to 15-04-2024 Pt. Vidya Bhushan Dass, Chhapra, Bihar & from 16-04-2024 to 30-04-2024 Pt. Raghu Bhushan Mani Pandey, Chitrakoot, - Editor**



APPEAL TO ENROLL LIFE SUBSCRIBERS OF 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. **603610110002726** of Senior Citizens Council of Delhi in Bank of India, Safdarjung Enclave Branch, IFSC code :BKID 0006036. The amount is exempted under **80G of Income Tax Act 1961.** -L. R. Garg, Secretary



APPEAL TO ENROLL LIFE SUBSCRIBERS ELDERLY NEWS BY CONFEDERATION MEMBERS

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. **603610110006266** of Senior Citizens Council of Delhi 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, Secretary General

APPEAL FOR LIFE MEMBERS OF COUNCIL



Senior Citizens Council of Delhi has been organizing daily spiritual, social & cultural activities for the last 42 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, Life Member**

FROM FRONT PAGE -----MORE PHOTOS -----HARIDWAR CONFERENCE ON 02 TO 04-03-2024



Chander Mohan Sharma, Sangeet Acharya. They also performed songs of various States like Uttrakhand, Himachal, Gujrat, Rajsthan, Punjab, Haryana, J&K & other States during which members of Council & Jodhpur danced on every State song. The conference was inaugurated by Chief Guest **Justice V. B. Gupta (Retd), Delhi High Court** at 3pm on 02-03-2024, who also delivered a talk on Precautions for drafting a WILL, Rights of Senior Citizens & Elders Abuse. by **Dr. Vikram Kumar Dabas** delivered a talk on Diabetes & its precautions in details in the presence of **ADJ Retd. P. D. Gupta** & 100 members of Council. **Dr. Mahavir Agrawal, Pro-Vice-Chancellor,** Patanjali University could not grace the Conference as suddenly he has to go Bangalore where his son is living. Satya Narayan Aggarwal spoke on behalf of Jodhpur members in the absence of Prem Sukh Daga, President, Jodhana Senior Citizens Society in the presence of Shyam Lal Aggarwal, P. D. Aggarwal, Duli Chand Aggarwal & others. In addition to this, two Brahmkumaris from Haridwar also graced namely **B. K. Meena,**

Senior Raj Yoga Teacher & B. K. Rajni, Teacher & also spoke how we can get Shanti in our hearts, which was appreciated by all present. Chief Guest presented mementos to Satya Narayan Aggarwal on behalf of members of Jodhpur including **ADJ(Retd.) P. D. Gupta,** both Brahmkumaris, who also presented a memento to **J. R. Gupta, President** & other members. Most of the members requested to allow them to visit religious & historical places around Haridwar, Rishikesh including Neel Kanth on 03-03-2024 & 04-03-2024, followed by high tea at 5.30pm. Dinner was served at 8.30pm. Next day i.e on 04-03-2024, all members gone to Snan at Harkipauri, Breakfast served at 8.45am, lunch at 1pm, high tea 5.30pm respectively. After taking lunch on 04-03-2024, members went Patanjali Mega Mall & purchased medicines & needy items. Thereafter, they reached Haridwar Railway Station. All members returned on 04-03-2024 late night with unforgettable memories with the efforts of **J. R. Gupta, President.** **A report by R.K. Singhal, Incharge.**

FROM FRONT PAGE NEW DELHI LOK SABHA CANDIDATE MS. BANSURI SWARAJ GRACED AS CHIEF GUEST DURING JOINT BIRTHDAY CELEBRATIONS AT RECREATION CENTRE ON 12-03-2024



present. He also told that she is a **Hon'ble Prime Minister of India's choice Candidate** & she will win the election with highest margin of votes in comparison to other opposition candidates who will loose their deposits by surprising all. **J. R. Gupta, President** talked about Late Smt. Sushma Swaraj about his long Association with her. At old times, she was only one BJP MLA who win the election. At that time I told to her also that she will became Minister. She also build Deer Park Satsang Covered shed with her efforts. I pray Almighty to rest her soul in eternal place. At the end, she was

felicitated by J. R. Gupta & other members with flowers & shawls. She also assured them that she is like your daughter / grand-daughter & try to full fill your aspirations as & when I would come again after winning the seat. She also appealed to all present that you should try their best to wishes of Modiji to get over & above 400 seats. Earlier, Sunderkand Path was recited by the members with the support of Smt. Anshu Bala Soin & Sh. Ranjit Lal including Bhajans, followed by refreshment packets. **A report by R. K. Singhal, Incharge.**

PRAMILA RANI FELICITATED ON HER 73rd BIRTHDAY AT RECREATION CENTRE, GREEN PARK EXTENSION ON 25-03-2024



Pramila Rani, Life Member of Senior Citizens Council of Delhi felicitated by **J. R. Gupta, President** & other members on her 73rd Birthday at Recreation Centre, Green Park Extension on 25-03-2024 in the presence of more than 100 members including **Pt. Hemant Upadhyay of Banaras & Ramraj Bhandari** of Jodhpur now settled permanently in Delhi. Eminent poet **Kalam Bharti** recited various poems on Holi festival & also prayed to Almighty to shift **L. R. Garg,** Secretary out of ICU who is admitted for the last 15 days. On this occasion, ladies wing headed by **Poonam Bhagotra, Cultural Coordinator** also organized rehearsal of fashion show to be held on 11-04-2024 on the occasion of Baishakhi.

J. R. Gupta on behalf of members present also requested to Almighty to take care of him so that he could survive at the earliest. On 25-03-2024 at 8.30pm. He got a call from **Mrs. L. R. Garg** that he is improving. Earlier, same programme was held in the presence of family members of **L. R. Garg** at Deer Park Satsang on 24-03-2024 in which **Eminent poet Sunehari Lal Verma Turant,** also prayed Almighty for his fast recovery. **Mohan Lal Chopra** owner of Ever Green Sweets also distributed gunjiya parsad **J. R. Gupta** also requested Almighty to take care of him so that he could survive at the earliest. **A report by R. K. Singhal, Incharge.**

150 LADIES PARTICIPATED IN NARI SHAKTI MUSICAL GET TOGETHER ON THE OCCASION OF INTERNATIONAL DAY OF WOMEN ON 08-03-2024 AT RECSREATION CENTRE, GREEN PARK EXTENSION, HEADED BY PUSHKARNA SURINDER & HIS TEAM.



Senior Citizens Council of Delhi organized International Day of Women at its Recreation Centre, Green Park Extension on 08-03-2024 in the presence of **150 Ladies.** The Musical Get Together was also organized by **Pushkarna Surinder &**

his team, which was enjoyed by all present, followed by refreshment packets including **Mrs. Poonam Bhagotra,** who distributed prizes. **A report by R. K. Singhal, Incharge.**

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)



With the support of DLSA (South District), **Jatin Anand Diwedi, Legal Aid Counsel** visited Recreation Centre, Green Park Extn, on every Tuesdays falling on **05, 12, 19 & 26-03-2024**. He rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than **4100** members at their doorsteps on **4 days**. So far **11650** 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. Jyoti Maheshwari, Secretary, DLSA (South)** for her continues support. Special Lectures were delivered on Rights of Senior Citizens. During the current financial year 2023-24, **4400** Senior Citizens benefited up to **31-03-2024**. A report by **R.K. Singhal, Incharge**.

INFORMATION REGARDING NEW LIFE MEMBERSHIP OF COUNCIL W.E.F. 01-04-2024 & ONWARDS AS ELDERLY NEWS OF SENIOR CITIZENS COUNCIL OF DELHI WOULD BE AVAILABLE FREE OF COST W.E.F. 01-04-2024 & ONWARDS.

The Governing Council of Senior Citizens Council of Delhi in its Emergency Meeting held on 26-03-2024 at 8.30am at Deer Park Satsang Sthal, Near Hauz Khas Village, New Delhi Chaired by its President, J. R. Gupta. It has been decided that Elderly News would be circulated among members of Senior Citizens Council of Delhi & Confederation of Senior Citizens Associations of Delhi w.e.f. 01-04-2024 & onwards subject to ratification of Annual General Body Meeting to be held on 01-10-2024. It has further been decided that Life Membership of Senior Citizens Council of Delhi would be of Rs. 1,700/- (Rs. 100 as Admission fee + 1600 as Life Membership w.e.f. 01-04-2024 & onwards) subject to ratification by Annual General Body Meeting to be held on 01-10-2024.

www.sharpsight.in



World-Class Eye Care For All Under One Roof

At Sharp Sight, we offer complete eye care backed by state-of-the-art technology & a team of specialists to perform the latest procedures.



AAO ACCHA DEKHEIN

Our Services

- **Cataract Surgery** (MICS, Zepto, Robotic Femto Laser)
- **Complete Refractive Solutions** (Lasik, Femto Lasik, Touchless Lasik, IPCL & CLE)
- **Retina Care**
- **Glaucoma Care**
- **Cornea Care**
- **Oculoplasty**
- **Paediatric Ophthalmology**
- **Pharmacy & Opticals**

Address: 5, Aradhana Enclave, R.K. Puram, Sector-13. Near Canara Bank, Delhi



9641-919191

Empanelled with all major Corporates, PSUs, TPAs and Insurance Companies

OUR OTHER CENTRES: Swasthya Vihar | Shahdara | Gamri | Pusa Road | Indrapuram (Gzb) Uttar Pradesh: Prayagraj, Jhansi | J&K: Srinagar, Jammu | Bihar: Patna | West Bengal: Asansol | Jharkhand: Ranchi

Printer, Publisher & Editor **Shri Lakhi Ram Garg, BA-13/E, DDA Flats, Munirka, New Delhi-110067** on behalf of Senior Citizens Council of Delhi
Published at : B-2/73-B, Safdarjung Enclave, New Delhi - 110029 • Mobile : 9313203760, 9810488059 • E-mail: guptajr2005@gmail.com
Printed at : 150, Desh Bandhu Gupta Market, Karol Bagh, New Delhi - 110005 • Tel. : 011- 47401321 • E-mail : chauhanartpress@gmail.com

LIFE SUBSCRIBERS OF ELDERLY NEWS

- | | | | |
|------|---|------|---|
| 1461 |  Sh. Deepak Bhalla,
H. No- 85/22, Krishna Nagar,
Gali No-3, New Delhi-110029
Mob. : 9871073949 | 1464 |  Smt. Sudarshan Sharma,
C/o Alok Sharma, WT 07/2603,
26Fl., Exp. Windchants, Sec-112,
Gurgaon, Mob. : 8427293052 |
| 1462 |  Mrs. Kamlesh Bhalla,
H. No- 85/22, Krishna Nagar,
Gali No-3, New Delhi-110029
Mob. : 9871073949 | 1465 |  Sh. Tanikella Ralf Azad,
I-55, Parking Floor, Arjun Nagar,
New Delhi - 110029,
Mob. : 9310516663 |
| 1463 |  Smt. Rajkumari Tewari,
343, Vasant Enclave,
SFS, New Delhi-110057
Mob. : 8851776625. | 1666 |  Shri Rajender Singh,
91D, LIG DDA Flats
Gulabi Bagh, Delhi-110007
Mob. : 7982557929 |

FRANCOIS VELLAS MET J. R. GUPTA & S. M. SINGHAL ON 06-3-2024



International U3A President Francois Vellas met J. R. Gupta, President, Senior Citizens Council of Delhi & S. M. Singhal at Ashoka Hotel on 06-03-2024. He discussed about April, 2025 Conference at Hongkong & April, 2026 Conference at China. A report by **S. M. Singhal, Council Member**.

ANNUAL DAY SADBHAWNA SATSANG MANDAL ORGANIZED AT CENTRAL PARK, DDA FLATS MUNIRKA ON 10-03-2024


Sadbhawna Satsang Mandal, organized its **Annual Day** at Central Park, DDA Flats, Munirka in Association with **Senior Citizens Council of Delhi** on 10-03-2024 in the presence of larger number of devotees. **Mrs. Pramila Tokas, MLA** was felicitated with Patka. She spoke about her various works completed in her constituency. **Anil Sharma, Former MLA** graced & felicitated. He briefed audience that Ms Bansuri Swaraj could not reached due to ill health. **Barkha Dutt** also graced & spoke about her various developments works. **Kapila Gaur, Former Nigam Parshad** also spoke about her work. **Radheyshyam Sharma, Former Nigam Parshad** spoke about his work. **Surinder Mohan**, a resident of DDA Flats Munirka complaint to **Head Constable Ajay** about his problems & noted by him. **Pt. Ram Anugrah Ramayani, Prayagraj** delivered a spiritual Pravachan on Ramayana, Bhagwat, Geeta for one hour, which was appreciated by all present. **J. R. Gupta, President**, speak about **Bansuri Swaraj, Candidate from New Delhi Lok Sabha** Seat who could not reach due to her illness. He further told that she is the daughter of **Late Smt. Sushma Swaraj, Padam Vibhushan & Former Union Minister**. She has got Sanskar from her mother. That is why, **Hon'ble Prime Minister of India** selected her for this seat. He further requested the audience to elect her with maximum votes so that other Candidates would loose their security deposits. He also requested to the audience to attend Community Centre, Green Park Extension on 12-03-2024 at 2.30pm sharp, where **Ms. Bansuri Swaraj** would grace the **Special Function of Senior Citizens Council of Delhi**. **A. R. Bhatt** extended vote of thanks, followed by delicious lunch with the efforts of **Kailash Goel**. A report by **A. R. Bhatt, Secretary**.

MONTHLY MEETING OF VMKS SHALIMAR BAGH HELD ON 27.03.24.



Gen Secy **Mrs Maya Goel** Welcomed the **Bhakti upasana Chaitra Navratra Devi puja** by chanting the bhajans by the members with great enthusiasm, followed by snacks. A report by **Mrs Maya Rani Goel**.

SPECIAL PROGRAMS AT RECREATION CENTRE

- 06-04-2024** : Election of Governing Body of Confederation by Election Officer **Cherian Mathew** at Centre after 2.30pm sharp & onwards. Only one representative of each SCA is allowed to participate.
- 07.04.2024** : Fashion Show Rehearshal by Ladies Wing of Council at Center from 2 to 4 pm sharp under the supervision of **Mrs. Bulbul Sawhney, Fashion Designer**.
- 11.04.2024** : Fashion Show by Ladies Wing of Council at Centre headed by **Mrs. Bulbul Sawhney, Fashion Designer** from 2pm to 3.30 pm sharp.
- 16-04-2024** : **Joint Birthday Celebrations** for the members up to Life Membership number **2535** & enrolled up to 31-03-2023 & upto membership number **2535** born in the month of **April on or before 31-03-1964**. The confirmation should reach by **11-04-2024** by 3pm subject to availability of Chief Guest.