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COUNCIL OF DELHI & CONFEDERATION OF SENIOR CITIZENS
ASSOCIATIONS OF DELHI FROM 01-04-2024 & ONWARDS
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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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MONTH : AUGUST 2025

COUNCIL ORGANIZED PLANTATION DRIVE AT RECREATION CENTRE, COMMUNITY CENTRE ON 30-07-2025



Senior Citizens Council of Delhi organized 20 Plantation Drive at its Recreation Centre, Community Centre, Green Park Extension on 30-07-2025, in the presence of Green Fields

School students, J. R. Gupta, President, Pradeep Aggarwal, Laxmi Aggarwal, Pritam Singh & Neelam Malhi, followed by refreshments. A report by Ashok Kumar, Incharge.

CHIEF GUEST CHANDER MOHAN, ADDITIONAL SECRETARY, LOK SABHA FELICITATED 14 MEMBERS OF SENIOR CITIZENS COUNCIL OF DELHI AT ITS COMMUNITY CENTRE, GREEN PARK EXTENSION ON 17-08-2025



Chief Guest, Chander Mohan, Additional Secretary, Lok Sabha felicitated 14 members of Senior Citizens Council of Delhi during Joint birthday celebrations at its Recreation Centre, Community Centre, Green Park Extension on 17-08-2025 in the presence of more than 80 members by flowers & shawls. A talk was also delivered by Dr. Gulati regarding knee-joint operation

without surgery. Chief Guest also addressed the audience & extended congratulations of 14 members. He also prayed Almighty for their long with sound health. J. R Gupta, President also felicitated Chief Guest with flower and shawl. He also prayed to Almighty for their long life with sound health, followed by refreshment packets. A report by Ashok Kumar, In-charge.

4 COUNCIL MEMBERS MET SH. S. B. K. SINGH, IPS, COMMISSIONER OF POLICE, DELHI ON 08-08-2025



L. To R.: David Lal Rinvang, B. N. Singh, J. R. Gupta, S. B. K. Singh & Vimal Bhan

A 4 members delegation led by J. R. Gupta, President of Council met Senior Most IPS, New Police Commissioner, Delhi Shri S. B. K. Singh on 08.08.2025 at 4.30 pm. in his office at PHQ, Ashoka Road. other members were Ashok Kumar, Incharge, B. N. Singh, Treasurer of Council and Confederation ...Contd at Page 3

INDEPENDENCE DAY CELEBRATIONS AT DEER PARK SATSANG ON 15-08-2025



Senior Citizens Council of Delhi organized Independence Day at daily Deer Park Satsang on 15-08-2025 in the presence of large number of devotees & life members. Our freedom is not just a gift, it is the result of countless dreams shattered, blood spilled, and lives lost. Thousands of brave Contd at Page 3

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



Sh. Virender Kr. Mehta resident of Uttam Nagar visited Recreation Centre on 17-07-2025 along with complaint against his daughter Rashika Mehta have been physically assaulting, verbally, abusing, intimidating with an intention to cause body harm, already lodged in Police Station Faridabad. Immediately, his case was taken up with Commissioner of Police with a request action should be taken against aforesaid persons and also provide security to complainant & his family members in the interest of Justice so that he could live peacefully in his own house. 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



Smt. Geeta, resident of Safdarjung Enclave, visited Recreation Centre on 04-08-2025 along with complaint regarding harassment by Smt. Pooja. Immediately, her case was taken up with Commissioner of Police with a request that action should be taken against aforesaid persons and also provide security to complainant & her family in the interest of Justice so that she could live peacefully in her own house. 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



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ELDERLY NEWS WISHES ITS READERS HAPPY RAKSHA BANDHAN, INDEPENDENCE DAY, JANMASHTMI, SENIOR CITIZENS DAY, HARIYALI TEJ & GANESH CHATURTHI

CONFEDERATION

NATIONAL INDEPENDENCE DAY ON 15-08-2025



Indian Independence Day, on August 15, reminds us of the long, hard-fought battle for liberation against British domination championed by Indian Leaders. Every year on 15th August, Prime Minister of India hoisting National Flag at Red Fort. In some ways, this became a custom and on each subsequent Indian Independence Day, the Prime Minister Shri Narendra Modi would raised the Country's flag and gives an address to the Nation from Red Fort. Indian Independence Day 2024 will be observed throughout India with parades, flag hoisting events and cultural setups. Senior Citizens Council of Delhi would hoist National Flag at daily Deer Park Satsang on 15-08-2025 morning. – **GYAN SINGH TOKAS – EDITOR.**

ACTIVITIES OF SCWS, SHALIMAR BAGH ON 03-08-2025



Senior Citizens Welfare Society, Shalimar Bagh organized Cultural activities on 03-08-2025 at its Recreation Centre, Shalimar Bagh in the presence of large number of members, followed by refreshment packets. A report by P. P. Tuteja, General Secretary.

ACTIVITIES OF SCWF, SHALIMAR BAGH ON 26-07-2025



Shiv Park Senior Citizens Welfare Forum, Shalimar Bagh organized Joint Birthday celebration for the month of July 2025, followed by refreshment packets. A report by Azad Tandon, General Secretary.

ELDERCARE INDIA EXPO EXHIBITION ON SENIOR CITIZENS ON 02 to 04-08-2025



Senior Citizens Forum of Gulmohar Park participated in Eldercare India Expo Exhibition on Senior Citizens from 02 to 04-08-2025. It included exhibits covering various areas related to senior citizens like Senior Living, Lifestyle and Wellness, Senior Friendly Equipments, Home Architecture Fittings, Natural Healing and Ayurveda. The function was concluded followed by high tea. A report by Vimal Bhan, Council Member.



B5 RAM MANDIR, SAFDARJUNG ENCLAVE CELEBRATED JANMASHTMI WITH ASSOCIATION WITH SCCD ON 16-08-2025

Senior Citizens Council of Delhi organized Janmashtmi Festival in Association with B5 Ram Mandir, SJE & decorated with foreign Unique flowers & lights. Incidentally, it may be worth while to mentioned that Krishna Janmashtami, also known simply as

Krishnashtami, Janmashtami, or Gokulashtami, is an annual Hindu festival that celebrates the birth of Lord Krishna, the eighth avatar of Vishnu. In certain Hindu texts, such as the Gita Govinda, Krishna has been identified as supreme God and the source of all avatars, followed by distribution of Parsad at 12 mid night. A report by Ashok Kumar, Incharge.

मैं तुझसे अब अपनी नवधा भक्ति कहता हूँ ! तू सावधान होकर सुन और मन में धारण कर ! पहली भक्ति है संतो का सत्संग ! दूसरी भक्ति है मेरे कथा-प्रसंग में प्रेम ! तीसरी भक्ति है अभिमानरहित होकर गुरु के चरण कमलों की सेवा और चौथी भक्ति यह है की कपट छोड़कर मेरे गन समूहों का ज्ञान करे ! मेरे (राम) मंत्र का जाप और मुझमें दृढ़ विश्वास-यह पांचवी भक्ति है, जो वेदों में प्रसिद्ध है ! छठी भक्ति है इन्द्रियों का निग्रह, शील (अच्छा स्वाभाव या चरित्र), बहुत कार्यों से वैराग्य और निरंतर संत पुरुषों के धर्म (आचरण) में लगे रहना ! सातवीं भक्ति है जगत भर को समभाव से मुझमें ओतप्रेत (राममय) देखना और और संतो को मुझसे भी अधिक करके मानना ! आठवीं भक्ति है जो कुछ मिल जाये उसीमें संतोष करना और स्वपन में भी पराये दोषों को न देखना ! नवीं भक्ति है सरलता और सबके साथ कपट रहित बर्ताव करना, हृदय में मेरा भरोसा रखना और किसी भी अवस्था में हर्ष और दैन्य (विषाद) का न होना ! इन नवों में से जिनके एक भी होती है, वह स्त्री - पुरुष, जड़-चेतन कोई भी हो !! हे भामिनि ! मुझे वही अत्यंत प्रिय है ! फिर तुझमें थो सभ्य प्रकार की भक्ति दृढ़ है ! अतएव जो गति योगियों को भी दुर्लभ है, वही आज तेरे लिए सुलभ हो गयी है ! मेरे दर्शनों का परम अनुपम फल यह है की जीव अपने सहज स्वरूप को प्राप्त हो जाता है ! हे भामिनि ! अब यदि तू गजगामिनी जानकी की कुछ खबर जानती हो तो बता !! हे रघुनाथ जी ! आप पाम्पा नमक सरोवर को जाइये, वहां आपकी सुग्रीव से मित्रता होगी ! हे देव ! हे रघुवीर ! वह सब हाल बतावेगा ! हे धीर भुद्धि ! आप सब जानती हुए भी मुझसे पूछते हैं ! बार-बार प्रभु के चरणों में सर नवकार, प्रेमसहित उसने सब कथा सुनायी !!

संकलन कर्ता - जे. आर. गुप्ता, अध्यक्ष, दिल्ली वरिष्ठ नागरिक परिषद् !!

ACTIVITIES OF JODHANA SENIOR CITIZENS SOCIETY AT THEIR CENTRE ON 27-07-2025



Jodhana Senior Citizens Society of Jodhpur organized Foundation Day on 27-07-2025, followed by refreshment packets. A report of Ramraj Bhandari, Pattern.

INDEPENDENCE DAY CELEBRATIONS BY SHAKTI NAGAR SCWA ON 13-08-2025



Senior Citizens Welfare Association organized Independence Day celebrations in its Recreation Centre, Shakti Nagar, hoisted National Flag on 13-08-2025, followed by refreshment packets. A report by Usha Sharma, President.

Editorial Board of Elderly News : B.S. Yadav (Dwarka), G. R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), K.K. Mehta (Tagore Garden), Reporters: Y.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: guptaajr2005@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 16-08-2025 to 31-08-2025 Pt. Arvind Tiwari, Baliya, UP- Editor, from 01-09-2025 to 15-09-2025 Pt. Jai Shankar Mishra, Baxur, Bihar & from 16-09-2025 to 31-09-2025 Pt. Raghvendra Das Ramayani, Chitrakoot, UP- Editor**

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. 1700/- 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**

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Ghaziabad

Sector 66,
Noida

Iffco Chowk,
Gurgaon

Faridabad

Nehru Place,
South Delhi

Hauz Khas,
South Delhi

Source: Nivaan's Internal Cohort Analysis

FROM FRONT PAGE ... 4 COUNCIL MEMBERS MET SH. S. B. K. SINGH, IPS, COMMISSIONER OF POLICE, DELHI ON 08-08-2025

A 4 members delegation led by **J. R. Gupta, President** of Council met **Senior Most IPS, New Police Commissioner, Delhi Shri S. B. K. Singh** on 08.08.2025 at 4.30 pm. in his office at PHQ, Ashoka Road. other members were Ashok Kumar, Incharge, B. N. Singh, Treasurer of Council and Confederation of Senior Citizens Associations of Delhi (An umbrella body of 18 lakh senior citizens across Delhi-NCR), which is affiliated with Confederation and Council. J. R. Gupta requested him to issue necessary directions to concerned officers of Delhi Police to protect the life & property of senior citizens, by visiting lonely senior citizens daily once in each week. The Council / Confederation is very actively Associated with Ministry of Social Justice& Empowerment, Govt of India, Social Security Cell of Delhi Police, Delhi State Legal Services Authority, I.C.C.R.& Delhi legal services Authority, Saket Court, through which free advocates are giving free legal advice to lonely senior citizens at our Recreation Centre, Community Centre, Green Park Extension, opposite K - 28. Lift is also available on every Tuesdays. The main aim of the Council is to protect senior citizens from abusing/beating, humiliations at the hands of daughter -in-laws / mother in laws & even son-in-laws under the Maintenance of senior citizens welfare Act 2017 enacted by Govt of India, Ministry of Social Justice & Empowerment, Govt of India. The Council has an MOU with Councils of Mauritius & Delhi. The Council is arranging Daily Deer Park Satsang, Recreation Centre & Shiv Mandir, Green Park Main including DDD Flats Munirka, New Delhi between 09.30 am & 10.30 am at Sadbhawna Satsang on every Sunday by Spiritual Saints from all over India. The Council arranging localTours within India& abroad every month. For more details, Kindly see our websites www.seniorcitizensdelhi.org and Confederation www.confederaionsdelhi.com. For more details, Please contact J. R. Gupta, President on his mobile number 9810488059 from 2 pm to 8.00 pm on any day including holidays/ Sundays. **A report by Ashok Kumar, Incharge.**

DR. AVTAR SINGH DELIVERED HEALTH TALK ON DISEASES DURING THE RAINY SEASON 11-08-2025



Diseases during the rainy season :- Humidity, unclean water and increased mosquito breeding makes the body prone to infections and illnesses during monsoon. Allergens from pollen and Fungal may lead to Skin, Respiratory diseases. The common diseases are:- Chikugunia, Malaria, Typhoid, Viral Fever, Cholera, Jaundice and Hepatitis etc. Typhoid is caused by impure food and water. Unhygienic and poor sanitation may lead to this. Dengue is the most serious infection in the rainy season spread by mosquitos.

Getting wet in the rain doesn't directly cause illness. It leads to decreased body temperature. This decreased body temperature weakens one's body immunity which causes various infections. Common skin infaction during monsoon includes ringworm, scabies, eczema and athletes foot. **A Report by Dr. Avtar Singh.**

यूपीएस का विकल्प चुनने के लिए 3 महीने और बढ़ाई तारीख

सरकारी कर्मचारियों के लिए स्थिरता, सम्मान और वित्तीय सुरक्षा के उद्देश्य के साथ शुरू की गई एकिकृत पेंशन योजना (यूपीएस) के लिए अब 30 सितंबर 2025 तक आवेदन किया जा सकता है। पहले इसके लिए 30 जून 2025 तक विकल्प चुनने का अवसर दिया गया था। विभिन्न हितधारकों की ओर से कट-ऑफ तिथि आगे बढ़ाने के अनुरोध के बाद वित्त मंत्रालय ने इसे 3 महीने और बढ़ाने का निर्णय लिया है। यूपीएस के तहत केंद्र सरकार के कर्मचारियों को सेवानिवृत्ति के बाद एक निश्चित पेंशन प्रदान की जाती है। इसे 24 फरवरी 2024 को शुरू किया गया था। अब मौजूदा पात्र कर्मचारी, पूर्व सेवानिवृत्त कर्मचारियों और दिवंगत पूर्व सेवानिवृत्त कर्मचारी के कानूनी रूप से विवाहित जीवनसाथियों के लिए यूपीएस का विकल्प चुनने की कट-ऑफ तारीख बढ़ाई गई है। ■

हमने अपनी परंपराओं का पालन करते हुए अंतरराष्ट्रीय प्रतिबद्धताओं का बोझ अपने कंधों पर उठाया है। आपदा के समय में हमने सहायता और राहत प्रयासों का नेतृत्व किया है। नेपाल में भूकंप, यमन से निकासी और मालदीव एवं फिजी में संकट के दौरान हमने सबसे पहले पहल की। अंतरराष्ट्रीय शांति एवं सुरक्षा को बरकरार रखने के लिए हम अपनी जिम्मेदारी निभाने में भी कभी नहीं झिझके।

RSVP:- J. R. Gupta, President

FROM FRONT PAGE 3 ... INDEPENDENCE DAY CELEBRATIONS AT DEER PARK SATSANG ON 15-08-2025

hearts, unknown—laid down their lives so we could breathe in a free nation. They faced bullets, and endured torture, not for fame, but for the future of a country they loved more. Every moment of liberty we enjoy today is written in the ink of sacrifice and sealed with the spirit of undying patriotism. Let us rise with integrity, speak with courage, and serve with compassion. We remember not just how far we've come, but the price we paid to get here. Jai Hind - Vande Mataram. **Chief Guest was Chander Mohan, Additional Secretary, Lok Sabha who hoisted National Flag along with J.R. Gupta, President & others.** Eminent Kavi Suneharilal Verma Turant, who recited many poems & entertained audience very well. **A report by Ashok Kumar, Incharge.**

FELICITATION OF B. N. SINGH, NEW TREASURER AT DEER PARK SATSANG ON 03-08-2025



Senior Citizens Council of Delhi organized felicitation of **B. N. Singh, New Treasurer** at Deer Park Satsang in the presence of more than 50 members including Acharya Rajender Pathak, Jhanshi UP including J. R. Gupta, President, S. S. Dhawan, O. P. Makkar, K. K. Tokas etc, followed by parsad. **A report by Ashok Kumar, Incharge.**

FELICITATION OF PT. RAMACHARYA CHAUBEY, BANARAS, UP AT DEER PARK SATSANG ON 31-07-2025



During daily Deer Park Satsang, Hauz Khas, New Delhi, **Pt. Ramacharya Chaubey, Banaras, UP** felicitated, who delivered spiritual discourses from 16-07-2025 to 31-07-2025 in the presence of about 50 members including **J. R. Gupta, President**, B. N. Singh, S.S. Dhawan, N. P. Soni, Neelam Dhawan, Mrs, Sushma Dhawan, Ratan Kaur, Sama Kaur Deswal & Harikesh Kumar Shukla, Attendant etc, followed by parsad. **A report by Ashok Kumar, Incharge.**

SUNDERKAND PATH ORGANIZED BY SCCD AT RECREATION CENTRE, GREEN PARK EXTN ON 12-08-2025



Senior Citizens Council of Delhi organized **Sunderkand Path** at its Recreation Centre, Community Centre, Green Park Extension on 12-08-2025 in the presence of more than 50 members which includes **Pt. Acharya Rajendra Pathak, Jhanshi, MP, J. R. Gupta, President, Ramesh C Aggarwal, Vice-President, Harikesh Kr Shukla, Attendant, Mrs. Neelam Malhi, Dr. Avtar Singh & others.** J.R. Gupta, President felicitated Ramesh. C. Aggarwal & Neelam Malhi, followed by refreshment packets. **A report by Ashok Kumar Incharge.**

अब तीन हजार रुपये में वार्षिक फास्ट टैग

सड़क परिवहन और राजमार्ग मंत्रालय की ओर से जनता को एक बड़ी राहत दी गई है। केंद्रीय सड़क परिवहन और राजमार्ग मंत्रालय ने राष्ट्रीय राजमार्ग पर यात्रा के लिए वार्षिक फास्ट टैग देने की घोषणा की है। इसकी कीमत महज 3,000 रुपये होगी। 15 अगस्त से इस फैसले को देशभर में लागू कर दिया जाएगा। केंद्रीय सड़क परिवहन और राजमार्ग मंत्री नितिन गडकरी ने बताया कि वार्षिक फास्ट टैग की कीमत तीन हजार रुपये होगी। इससे वर्ष में 200 ट्रिप (एक टोल एक ट्रिप के बराबर) कर सकते हैं। उन्होंने कहा कि इस निर्णय से राष्ट्रीय राजमार्ग पर अपनी गाड़ी से सफर करने वाले लोगों को कम से कम साल में 7,000 रुपये की बचत होगी। इस निर्णय के बाद एक टोल पर औसतन 15 रुपये ही टोल देना होगा। यह सुविधा सिर्फ राष्ट्रीय राजमार्ग के लिए होगी। राज्य के राजमार्ग पर यह लागू नहीं होगी।

ट्रेन प्रस्थान के आठ घंटे पहले आरक्षण चार्ट तैयार करने की योजना



देश भर में ट्रेन से यात्रा करने वाले यात्रियों की सुविधा को देखते हुए केंद्रीय रेल मंत्री अश्विनी वैष्णव ने एक अहम निर्णय लिया है। रेल मंत्री ने रेलवे बोर्ड को निर्देश दिया है कि ट्रेन के प्रस्थान से आठ घंटे पहले आरक्षण चार्ट तैयार करने की पहल को चरणबद्ध तरीके से लागू किया जाए। इस व्यवस्था ने प्रतीक्षा सूची के टिकट वाले यात्रियों की अनिश्चितता में कमी आएगी। साथ ही प्रतीक्षा सूची में टिकट कंफर्म नहीं होने की स्थिति में यात्रियों को वैकल्पिक प्रबंध करने का और समय मिल जाएगा। बताया गया है कि दोपहर दो बजे के पहले प्रस्थान करने वाले ट्रेनों के लिए चार्ट पिछले दिन रात में बजे तक तैयार किया जाना चाहिए। टिकटिंग प्रणाली स्मार्ट, पारदर्शी, सुगम और कुशल होनी चाहिए। रेलवे टिकट बुकिंग को आसान बनाने के लिए कई कदम उठा रहा है। नई उन्नत आधुनिक यात्री अरक्षण प्रणाली वर्तमान लोड से दस गुना अधिक लोड निपटने के लिए तैयार की गई है।

RSVP:- J. R. Gupta, President

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)



With the support of DLSA (South District), **Rajeev Sharma, Legal Aid Counsel** visited Recreation Centre, Green Park Extn, on Tuesday falling on **12-08-2025**. He rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than **8500** members at their doorsteps on **1 days**. So far **16050** 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 **Sh. Aviral Shukla, Secretary, DLSA (South)** for his regular support. During the current financial year 2025-26, **8800** Senior Citizens benefited up to **31-08-2025**. A report by **Ashok Kumar, In-charge**.

ACTIVITIES OF SCWS, SHALIMAR BAGH, AB - BLOCK ON 03-08-2025



Senior Citizens Welfare Society, AB - Block, Shalimar Bagh organized Joint Birthday celebration of their members born in the month of July at its Recreation Centre, followed by delicious lunch. A report by **P. P. Tuteja, General Secretary**.

ACTIVITIES OF SCWS, AB BLOCK, HALIMAR BAGH AT THEIR CENTRE ON 26-07-2025



Senior Citizens Welfare Society, AB Block, Shalimar Bagh organized KARGIL VIJAY DIWAS celebrations at its Recreation Centre on 26-07-2025, followed by refreshment packets. A report by **P. P. Tuteja, General Secretary**.

LIFE MEMBERSHIP OF COUNCIL

2707



Sh. Pradeep Kataria,
RZF-4B, UGF, Block-F,
Swastik Building, Mahavir
Enclave, Palam, N.D.-45
Mob.: 9958828853

2709



Smt. Geeta,
76 CSP Flats, SJE,
New Delhi-29
Mob.: 8527359559

2708



Sh. Vinod kumar Sharma,
H. No- 212B, Munirka
Village, New Delhi-67
Mob.: 9818856355

SUNDER KAND PAATH AT CENTRE ON 19.08.25



गुरु तेग बहादुर का शहीदी दिवस २४ नवम्बर, २०२५ को मनाया जायेगा ! यह दिन नौवें सिख गुरु के बलिदान की याद में मनाया जाता है, जिन्हें धार्मिक स्वंत्रता की रक्षा के लिए फाँसी दी गयी थी !

संकलन कर्त्ता - जे आर गुप्ता, अध्यक्ष, दिल्ली वरिष्ठ नागरिक परिषद् !!



आजादी के 75 वर्ष पर अमृत महोत्सव

आजादी के 75 वर्ष पूरे होने का उत्सव पूरा करने के लिए हमारे और उन-उन में उत्सव का भाव करने के लिए छोटे बच्चों को प्रेरण से 12 मार्च 2021 को सादरसती आह्वान से आजादी के अमृत महोत्सव की शुरुआत की गई। महोत्सव 31 अक्टूबर 2023 को समाप्त होतों को जयंती पर 'मेरी बटो मेरा देश' अभियान के रूप संज्ज हुआ। इसमें व केवल सरकार, बल्कि समाज का दृष्टिकोण आजाद का। 2 वर्ष से अधिक घने अमृत महोत्सव के समारोह में वैश्विक स्तर पर प्रवर्ती भारतीय और 150 से अधिक देश के लोग भी शामिल हुए। महोत्सव के रहत करीब 2.25 लाख छोटे-बड़े कार्यक्रम आयोजित किए गए।

आतंकवाद पर सख्ती की मांग

राजि और सुरक्षा पर आयोजित रूप में कश्मीर घाटी के पहलवान ने 22 अंश को हुए कार्यक्रम आतंकी हमले पर प्रतिक्रिया मोदी ने कहा कि आतंकवाद आज मानवता के लिए सबसे बड़ा दुश्मन बन चुका है। भारत ने भी पहलवान ने एक अमानवीय और कथारपूर्ण आतंकी हमले का सामना किया। आतंकवाद का विना हमला निश्चित होना चाहिए केवल सुविधा नहीं। आतंकवादियों के खिलाफ प्रतिक्रिया लगने पर कोई संकोच नहीं होना चाहिए। आतंकवाद के पंडित और समर्थकों को एक ही तराजू में नहीं तौल सकते।

संकलन कर्त्ता - जे आर गुप्ता, अध्यक्ष, दिल्ली वरिष्ठ नागरिक परिषद्

भारत के लिए अधिकतर को खोजें बनती थी, जो कानून बनते थे, उनमें सिखा होता था-Except (एक्सेप्ट) J and K (जम्मू-कश्मीर के अलावा) अब ये विश्वास की बात हो चुकी है। शानि और विकास के जिस मार्ग पर जम्मू और कश्मीर बढ़ रहा है, इतने राज्य में जू उठाओ के आने का मार्ग भी बन गया है। आज जम्मू-कश्मीर आत्मनिर्भर भारत अधिपत्य में अपना योगदान दे रहा है।

डॉ. श्यामा प्रसाद मुखर्जी के वलिदान के करीब 66 वर्ष बाद प्रशासमंत्रि नरेंद्र मोदी के दृढ़ संकल्प से साकार हुआ एक देश-एक प्रयाग-एक विद्याल-एक विशाल का सपना

मैं आपको आश्चर्य काता हूँ कि जम्मू-कश्मीर के दुश्मनों को सख्त सिखा देने में कोई कोर कसर बाकी नहीं छोड़ेगे। यहां की नई पीढ़ी, स्थायी शानि के साथ ही जिएगी। जम्मू-कश्मीर ने तरक्की का जो रास्ता चुना है, उस रास्ते को हम और मजबूत करेंगे।

संकलन कर्त्ता - जे आर गुप्ता, अध्यक्ष, दिल्ली वरिष्ठ नागरिक परिषद्

SPECIAL PROGRAMS AT RECREATION CENTRE

15-08-2025 : Joint Birthday Celebrations for the members up to Life Membership number **2649** & enrolled up to **31-08-2024** & upto membership number **2649** born in the month of July on or before 31-08-1964. The confirmation should reach by 15-08-2025 by 3 pm.

CONDOLENCES

The following Life Members of Council have left for heavenly abode during the last one month from 11-08-2025 to 10-09-2025.

LIFE MEMBERS

MEMBERSHIP NO.

ADDRESS

- HARI OM SHANTI SHANTI - J. R. GUPTA, President

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