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# ELDERLY NEWS

MONTHLY NEWSPAPER OF SENIOR CITIZENS COUNCIL OF DELHI

Affiliated with Confederation of Senior Citizens Associations of Delhi (An Umbrella Body of 11 Lakh Senior Citizens)

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Rs. 5/-

**Mrs. Meenakshi Lekhi, MP & Shailender Monti Inaugurates Recreation Centre at First Floor, Community Centre, Green Park Extension, New Delhi**



L to R - Shailender Monti, ACP Roy, Mrs. Lekhi (MP), Ramesh Agarwal, Ishwar Singh (DCP) & J.R. Gupta

Mrs. Meenakshi Lekhi, MP Lok Sabha inaugurated Recreation Centre at First Floor of Community Centre, Green Park Extension, handed over by SDMC to Senior Citizens Council of Delhi on 05/12/2016 in the presence of Shri Ishwar Singh, DCP( South), S.S. Monti, Chairman, Standing Committee, SDMC and Shri Mathew Cherian, CEO, Help Age India. More than 400 senior citizens participated in the function. On this occasion, Sunder Kand Path was also recited by Mrs. Yashoda Yadav and her Party. While welcoming the guests, J.R. Gupta, President of Council expressed his gratitude to Shri S.S. Monti for taking sincere efforts to get this Centre handed over to the Council. Shri Gupta requested to allow Senior Citizens Functions free of cost in all the MCD Community Centres like religious functions. At the same time, he also requested to Mrs. Lekhi for her financial support to the Council for arranging of infrastructure in this Centre from her MPLad fund. He also presented a representation to Mrs. Lekhi in this

*Contd. at page 3 with more photos*

**AGM of Confederation at Uttam Nagar on 27/11/2016**



Governing Body Meeting of Confederation of Senior Citizens Associations of Delhi (an umbrella body of 11 lakh senior citizens) was held at Uttam Nagar on 27/11/2016 under the chairmanship of its Chairperson J.R. Gupta. The meeting was hosted by Varisth Nagrik Kalyan Sanstha headed by its President Shri Randhir Singh and his team. The governing body reviewed the decisions already taken in the meeting held on 07/11/2016 in the chamber of Dy. CM, Delhi Govt. regarding inordinate delay in release of recreational grant to old SCAs as well as new SCAs. Thereafter a meeting was also held with Director, Social Welfare Department on 21/11/2016 in which, it was decided to furnish an undertaking regarding genuine signatures of CAs on balance sheets for the financial year 2015-16 already submitted by the SCAs. A Patrika of VNK Sanstha was also released by J.R. Gupta, Chief Guest along with other members. It was unanimously decided to wait till 07/12/2016 and by that time in case no grant is released, then Confederation Members would meet Dy. C.M. The members also recited melody songs, jokes and bhajans which were appreciated by all present. The meeting ended with a vote of thanks to the chair and host Shri Randhir Singh by the Secy. Genl. & also having a delicious lunch.

*B.S.Yadav. Secy. Genl.*

**National Seminar on Rights of Elderly on 15/11/2016 at Azad Bhawan Auditorium, New Delhi**



L to R - A.C. Bansal, L.R. Garg, Manjira Khurana, J.R. Gupta, Mathew Cherian & Ramesh Agarwal

Senior Citizens Council of Delhi organized National Seminar on Rights of Elderly on 15/11/2016 at Azad Bhawan Auditorium, New Delhi from 9:00 A.M. to 5:00 P.M. in association with Help Age India, I.C.C.R. & Ministry of Social Justice, in which more than 400 Senior Citizens participated across Delhi, which includes Presidents of more than 100 active Senior Citizens Associations. First of all, J.R. Gupta, President of the Council welcomed all the members and guests who were presented with a Kit Jute Bag at the time of registration. He further announced that due to urgent meeting, Shri T.C. Gehlot, Union Minister for Social Justice & Empowerment along with Secretary and Joint Secretary could not grace the Seminar, although consents were received. Shri Gupta also shown his concern about Non-Constitution of National Commission for Senior Citizens, delay in the Announcement of Amended National Policy of Senior Citizens, 2016 and lack of awareness of Maintenance of Parents and Senior Citizens Act 2007. At present, there are 11 crores Senior Citizens in India and in Delhi alone 11 lakh. Shri Gupta, however, was quite hopeful that the Nodal Ministry would take action in respect of aforesaid concerns of Senior Citizens at the earliest. Shri Mathew Cherian, CEO Helpage India presented Key Note address on the above noted subject containing various details / studies concerning

*Contd. at page 3 with more photos*

**AGM of ISU3A at Lucknow and Seminar on 13/11/2016:-**



Annual General Body meeting of ISU3A was held at Lucknow on 13/11/2016 under the Chairmanship of its Executive Chairperson, J.R. Gupta, which was hosted by Zonal Committee, ISU3As Central Zone. Certain decisions were taken for the growth of ISU3A including holding of conferences/seminar across India specially in religious places. The minutes are yet to be sent for approval by the Secretary General. The meeting concluded with a vote of thanks to Chair and Host for their hospitality which includes breakfast, lunch and tea. Thereafter, a Seminar on Strategies for care giving to elders in India was also organized.

*- Gyan Singh Tokas, Organizing Secretary, ISU3A North Zone.*

**Son Married or not, lives in house of parents at their mercy, says High Court**

Delhi High Court ruled on 29.11.2016 that a Son, irrespective of his marital status, has no legal rights to live in his parents' self-acquired house but can do so only at their "mercy". Justice Pratibha Rani said only because parents have allowed the son to live in their house as long as their relations are cordial does not mean they have to bear his "burden" throughout their life. "He can live in that house only at the mercy of his parents up to the time parents allow, the Court said". *Courtesy: HT 30.11.2016*

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E-mail : [guptajr2005@gmail.com](mailto:guptajr2005@gmail.com)  
Website : [www.seniorcitizensdelhi.org](http://www.seniorcitizensdelhi.org)

**ELDERLY NEWS WISHES ITS READERS MERRY CHRISTMAS & HAPPY ROSPEROUS NEW YEAR-2017**

# CONFEDERATION NEWS

## HEARING LOSS SYMPTOMS & ITS CURE IN OLD AGE



L.R. Garg

Hearing loss (Presbycusis) is a common disorder associated with ageing. About 35% of the elderly between 65 and 75 years, about 50% between 75 and 85 years and 70% of those above the age of 85 years suffer from this problem. Presbycusis includes symmetrical hearing loss in both ears, but because the process of loss is gradual, the person may not realize that his hearing is diminished. As such, such persons need to speak slightly louder than normal, but do not shout. Use shorter, simple sentences, in meetings & gatherings choose seats away from crowded, noisy areas. **-EDITOR**

### Activites by SCWA - Vikas Puri



### Activities by Varishta Mahila Kalyan Sanstha - Shalimar Bagh



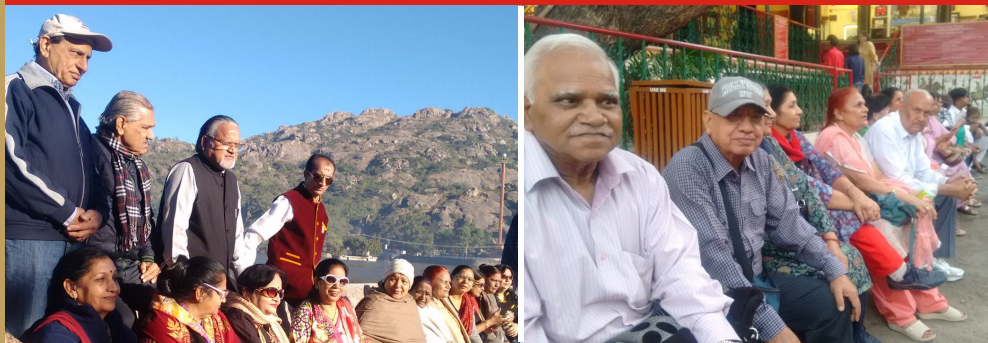
### Activites of Gulmohar Journalists' Colony SC Forum



### Kerala & Rameshwaram Tour by Jodhana Seniors Forum, Jodhpur



### Trip to Udaipur, Nathdwara Temple by SCWA - Vikas Puri



### Birthday Celebration & felicitating of Sh. Ved Prakash SHO, by SCWF-kalkaji



### Picnic by 160 members of SCW Mission - Tagore Garden on 06.11.2016



Senior Citizens Welfare Mission, Tagore Garden organised a Picnic of by its 160 members at Surjivan Resort, Jaipur Highway, Naurangpur, Tauru Road, Gurgaon. The members enjoyed their participation in various activities games specially arranged by the resort management for the senior citizens group. **-R.K. Katyal**

### Activites of Care & Share SCWA - Rohini Sector-13



### Birthdays of Sh. RS Gupta & Sh. Raj Pal Sharma on 27.11.2016 by SCW Club-Shalimar Bagh



### Pilgrimage Tour to Barsana, Vrindavan and Mathura by SCWS-Shalimar Bagh



Senior Citizens Welfare Society, Shalimar Bagh organized pilgrimage tour to Barsana, Vrindavan & Mathura for its 73 members. **- Capt. Chander Sachdev, Genl. Secy.**

### Golden Jubilee Couples Celebrations by SCW Mission-Tagore Garden



Senior Citizens Welfare Mission - Tagore Garden Honoured 12 Golden Jubilee Couples who have completed 50 years of their married life in the presence of 250 members. J.R Gupta, Chairperson, Confederation of Senior Citizens Association of Delhi was the Chief Guest, who apprised about the status of various demands taken up with Delhi Govt. for the benefit & welfare of Senior Citizens. J.C. Narang, President, felicitated the Chief Guest.

**- A report by R.K. Katyal, Sr. Vice President**

### Birthday celebration by SCW Forum - Sidhartha Extn



**Editorial Board of Elderly News :** B.S. Yadav (Dwarka), G.R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), J.C. Narang (Tagore Garden), Dinesh Kumar Sangal (Arjun Nagar)  
**Reporters :** A.C. Bansal, Pratap Singh, Gyan Singh Tokas & Smt. Kamlesh Popli (Chief Editor J.R. Gupta (Responsible only for selection of News under the P.R.B. Act. 1867). All disputes, subject to Delhi Jurisdiction. **E-mail:** guptajr2005@gmail.com, **Web:** www.seniorcitizensdelhi.org



**Daily Spiritual Discourses at Deer Park (7AM & 8AM)** Pt. Chintamani (Chirtakoot) from 16.12.16 to 31.12.16, Pt. Raghubansh Bhushan Pandey (Chitrakoot) from 01.01.17 to 15.01.17 & Pt. Dinesh Pandey (Shivan, Bihar) from 16.01.17 to 31.01.17. Also at Shiv Mandir, Green Park from 5.00 pm to 6.00 pm daily, Shri Ram Mandir, B5 Block, Safdarjung Enclave from 7.00 pm to 8.00 pm daily & Sadbhavana Satsang Mandal, DDA Flats, Munirka on every Sunday from 10.00 am to 11.00 am. **-H.D.RALHAN, Founder Member**



**APPEAL TO ENROLL LIFE SUBSCRIBERS of ELDERLY NEWS :** Elderly News requests to all readers to enroll themselves by making one time payment of Rs. 500/- along with 1 photo as life time subscription fee which can be deposited in Bank Account No. 603610110002726 of Senior Citizens Council of Delhi in Bank of India, Safdarjung Enclave Branch, which is exempted under 80G of Income Tax Act 1961. **-L.R. Garg, EDITOR**



### APPEAL FOR AFFILIATION WITH CONFEDERATION

Till Date 125 Registered Senior Citizens Associations have affiliated with the Confederation of Senior Citizens Associations of Delhi (An umbrella Body of 11 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. **-B.S. Yadav, Secy. General.**

### APPEAL FOR LIFE MEMBERS OF COUNCIL



Senior Citizens Council of Delhi has been organizing daily spiritual, social & cultural activities for its members for the last 36 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. Please contact - 9810488059 **-A.C. BANSAL, Executive Member**

## FROM FRONT PAGE : Inauguration of Recreation Centre .....



regard. Shri Mathew Cherian, CEO, Help Age India also assured to provide support as and when asked for. Shri Ishwar Singh, DCP (South) also addressed the senior citizens and called for their suggestions regarding lacking of actions on the part of Delhi Police regarding safety and security of life and property of senior citizens to enable us to take remedial measures. Mrs. Lekhi assured her full support to the demands put forth by the Council. She also called upon all the senior citizens present to use new technology for getting themselves in cashless transactions. She also insisted to donate their organs after death so that their dead bodies could be utilized by doctors in research and for transplanting the specific organs in the needy patients including replacement of skins for

victims of cases having "Acid Attack". She also informed that she has already donated her full body after death. On this occasion, a cashless power presentation was also delivered by 'Mobikwik' which was very useful to create awareness. J.R. Gupta also felicitated all the guests along with members of the Council. Dr. Reddy from Amplifon India shared his knowledge on hearing loss symptoms and its cure and also offered free hearing services to the senior citizens. Shri P.K. Chugh (80 yrs.) and Mrs. Bharti Ghosh (70 yrs.) recited melody songs and bhajans which were appreciated by all present. The function concluded followed by refreshment packets.

- A report by : Dinesh Kumar Sangal

## FROM FRONT PAGE : National Seminar on Rights of Elderly on 15/11/2016 at Azad Bhawan Auditorium



Elderly people. He wished that some conclusions were to be drawn after discussing in 4 Plenary Sessions i.e., Elderly Rights & Entitlements, Pension for Elderly, Healthcare and Security for Elders. Mrs. Manjira Khurana, Country Head, Advocacy, Help Age India also addressed the audience and divided the audience in 5 groups headed by S/Sh. K.L. Rana (Shalimar Bagh), O.P. Gaddi (Inder Purit), C.P.S. Rawat (Sant Nagar), S.P. Manchanda (Keshav Puram), Y.N. Sharma (Kalkaji), R.K. Sharma (East Vinod Nagar), P.N. Kaul (Mayur Vihar) & B.S. Verma (G.T.B. Enclave) to discuss & recommend their observations so that the Minister could be apprised accordingly followed by lunch. Thereafter, Dr. Manisha Raza of Dr. Morepen Ltd delivered a health talk through power point presentation, which was very useful & helpful to the audience. An entertainment programme was also arranged by many Senior Citizens particularly Cultural Group from Kalkaji SCF & Vikas Puri SCA. Smt. Sunita Aggarwal from SCA Sant Nagar also recited a bhajan which were appreciated by all present. The Seminar concluded with High Tea at 5 p.m. The participants identified 5 areas of immediate and urgent concern to senior citizens across the Country. The participants deliberated on the identified areas of concern and suggested desirable actions that should be taken to deal with the issues, as detailed below:- Five Urgent Concerns of Senior Citizens:- Right to Work, Health Security, Pension, Safety and Security and Special Issue.

**Right to Work:-** 1. Many senior citizens were very keen for volunteering in social activities. There should be opportunities for volunteering and also a Bureau to coordinate the activities at the level of Nodal Ministry. 2. Senior Citizens who wish to pursue their vocation and wish to run micro enterprises should be encouraged to do so. There should be incentives in terms of concessions for inputs. 3. Opportunities needs to be provided for retired senior citizens to enable them to continue to work even after retirement including

computer training classes to them by State Govts. **Health Security:** 1. Free Insurance Card should be issued to all senior citizens for getting treatment in government/Private Hospitals in all states. 2. All senior citizens irrespective of nature of employment should be allowed for medical benefits from CGHS and ESI. 3. Concessions of lab test & DRS fees including treatment in private hospitals.

**Pension:** 1. Pension should be universal for all needy senior citizens with direct bank facility. But those unable to access bank for various reasons may be given by money order. 2. The administrative process should be flexible & accessible. 3. Ensure monthly payment of pension. **Special Issues:** 1. Recreation Grants to be released by Delhi Govt to eligible Senior Citizens Associations across Delhi in time and regularly in order to organize their day to day activities for the cause and care of their members. Delhi Govt. should also provide Porta-Cabins including Recreation Centres in each Municipal Ward. 2. Free travelling by Senior Citizens in local buses across the Country. 3. Concessions for senior citizens in Hotels/Restaurants. 4. Free legal consultation for older person to manage assets, investment and property matters. 5. Reservation of one coach in the Delhi Metro for senior citizens. **Safety and Security:** 1. In every police station or subdivision there should be special cell for Senior Citizens. 2. There should be separate Housing society for the senior citizens. 3. Police should take strong action against the family member/s in case of elder abuse. Amendments should be made in the Maintenance and Welfare of Parents and Senior Citizens Act, 2007 for this purpose. On the above lines, a representation has already been handed over to the Honourable Union Minister, Social Justice & Empowerment, Govt. of India on 28.11.2016. The stage was well managed by Ms. Anupama of Help Age India.

- A report by : Ramesh Agarwal

## LIFE SUBSCRIBERS OF ELDERLY NEWS

## H. D. Ralhan donates Rs. one Lakh to the Council



Senior Citizens Council of Delhi is very grateful to Sh. H.D. Ralhan, a very senior & founder member of Deer Park Satsang & Council and all members of his family for his kind gesture for donating a sum of Rs. 1,00,000/- by Cheque handed over by your son Shri P.K. Ralhan for our New Recreation Centre, at First Floor, Community Centre, Green Park Extension. The Council prays to Almighty God for his long life with sound health. **-EDITOR**

## Conference at Rishikesh on 18, 19 &amp; 20th February 2017



Dear Council Members,  
Only few seats are available. Please contact J.R. Gupta, President on Mobile No. 9810488059 on first come first serve basis.

**L. R. GARG, Editor**

## New Managing Committee of Northex Senior Citizens Forum, Rohini for the year 2016-18

Satpal Dahiya (President), Suresh Kumar Agarwal (Vice President), Dr. S.L. Sagar (General Secretary), J.K. Narang (Secretary), Ashok Kumar Agarwal (Treasurer), Executive Members :- Bharat Singh Yadav, Gyan Prakash Aggarwal, Jagmohan Sikka, J. C. Goel, O.P. Garg, P.L. Gupta, Prabhat Kumar, Vijay Kumar Sharma, Smt. Pushpa Kalra & Smt. Sarita Garg.

**- Reported by Dr. S.L. Sagar (General Secretary)**

## Group photograph with members of VNS-Palam



## Senior Citizens enjoying at Recreation Centre, Green Park Extn.



Senior Citizens are now enjoying their Daily activities at New Recreation Centre inaugurated recently at 1st floor of Community Centre, Green Park Extn. Senior Citizens Council of Delhi has nominated **Sh. Dinesh Kumar Sangal (9810266721) as Honorary Incharge of the Center.** He was also felicitated by Pt. Mahesh Mishra of Bhopal at Deer Park Satsang in recognition to his selfless services & devotion for the cause & care of Elderly.

**-EDITOR**

460



Dr.(Ms) Sarita Malik Bhalotra,  
D-61, Defence Colony,  
New Delhi -110024

467



Smt. Madhu Singhal,  
F-91, Ground Floor,  
Green Park Main  
New Delhi-110016

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Sh. Madan Lal Mehta,  
134-B, Platinum Enclave, Sector-18,  
Rohini, Delhi-110089

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Shri Surendra Kumar Gupta,  
D-262, Sarvodaya Enclave,  
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Smt. Shakuntla Mehta,  
134-B, Platinum Enclave, Sector-18,  
Rohini, Delhi-110089

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Mrs. Tarun Lata Gupta,  
D-262, Sarvodaya Enclave,  
New Delhi-110017,

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Smt. Kavita Suri,  
213, Himgiri Apts, J-Block,  
Vikas Puri, New Delhi-110018

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Mrs. Anshu Bala Soin,  
89, Arjun Nagar,  
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Smt. Rajni Karamchandani,  
4485, Sec-B, Pocket-5&6,  
Vasant Kunj, New Delhi-110070

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X-42, first floor,  
Green Park Main,  
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Mrs. Lalitha Prasad,  
B-10 / 7140,  
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Shri B.M. Sadana,  
2A, DDA (MIG Flats)  
Rajouri Garden,  
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## Visit to Rashtrapati Bhawan by members of Council on .....



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