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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 EXTN. FROM 12.30 NOON TO 5.00 PM, Ph. : 011-26171092

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

VOL : 009

Issue No. : 108

MONTH : DECEMBER, 2022

Rs. 5/-

DELEGATION MEMBERS OF COUNCIL FELICITATES H.E. PRESIDENT OF REPUBLIC OF MAURITIUS ON 16.11.2022



L. to R. :- Pratap Singh, L.R. Garg, Y.K. Singhal, J.R. Gupta, Prithviraj Singh Roopun, Mrs. Sayukta Roopun, S.M. Singhal, Ramesh Aggarwal & R.K. Singhal.

A 7 members delegation of Senior Citizens Council of Delhi led by its President J.R. Gupta met H.E. Prithviraj Singh Roopun & First Lady Mrs. Sayukta Roopun at Mauritius High Commission, New Delhi on 16.11.2022. J.R. Gupta felicitated both with a Bouquet & Shawl as a token of respect & regards along with members. The members welcomed First Lady & President in India & discussed various issues concerning senior citizens of Delhi & Mauritius. J.R. Gupta also requested First Lady to kindly remind Mr. R. Patpur, Administrative Secretary of Senior Citizens Council Mauritius to accept our invitation dated 06.10.2022 to visit India under existing MOU in order to promote exchange of views of elderly of both Countries on reciprocal basis, as early as possible so that we could plan to visit Mauritius. Both also interacted with all members for half an hour followed by High Tea. A report by R.K. Singhal, Incharge.

J.R. GUPTA, CHAIRPERSON, CONFEDERATION FELICITATED AS CHIEF GUEST IN THE ANNUAL DAY OF SCA, DWARKA



J.R. Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 lakh senior citizens) was felicitated as Chief Guest by SCA, Dwarka headed by its President, Balbir Singh Yadav & other members at CRTA Auditorium during their 12th Annual Day including SDM, Kapashera as Guest of honour. Souvenir-2022 was also released by dignitaries. Pratap Singh also recited a bhajan, which was appreciated by all present. J.R. Gupta appreciated the regular activities of SCA, Dwarka having around 2000 members, followed by lunch. A report by Pratap Singh, Treasurer.

42 COUNCIL MEMBERS VISITED ----- INDORE CITY GOT TITLE OF INDIA'S CLEANEST CITY AWARD ----- MEETS ----- MUNICIPALITY OFFICERS -----
VIP DARSHAN OF MAHAKAAL IN UJJAIN & BHOPAL ----- MEETING WITH COLLECTOR & VISIT TO TRIBAL MUSEUM FROM 19 TO 21.11.2022



42 Members of Senior Citizens Council of Delhi visited Indore, Ujjain & Bhopal from 19 to 21.11.2022 by Air, Train & Bus. In Indore, members also met Officers of Municipality & discussed how Indore City is getting Title of India's Cleanest City for the 6th time continuously & got Swachh Survekshan Award 2022 from the Govt. of India on 01.10.2022. In Ujjain, members had VIP Darshans of Lord Mahakaal with the support of Collector. The members took a round of Mahakaal Corridor, which is spread over 2.5 hectares, surrounded by a lotus pond that has the statues of Shiva along with fountains, contains 108 pillars that depict the Anand Tandav Swarup of Lord Shiva.

In Bhopal, members met Avinash Lavania, IAS, Collector, who welcomed all members at conference hall followed by high tea. J.R. Gupta, President felicitated him with bouquet & also visited Tribal Museum as per his advice, which is spread across 7 acres of land, one of the best place having World Heritage, rich tapestry of exhaustive exhibits showcasing the tribal art and culture. The members reached Delhi with unforgettable memories with efforts of J.R. Gupta, President. More Photos at Page 3. A report by Dinesh Kr Sangal, Tour Coordinator.

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



Girish Kumar, (61) resident of half portion of West Sagarpur & half portion of his younger brother. This is a strange complaint from elder brother that he was not allowed to meet his ailing father at the age of 91 years & requested for the intervention of Council to settle the matter amicably instead of reporting the matter to the police. Immediately, the younger brother was contacted on mobile by the Council & asked him to allow his elder brother to meet his father. On 31.10.2022, elder brother has informed Council personally that he met his father who also stayed with him for one month at his Gurugram address. At present, the father is residing with his younger brother with the consent of elder brother & vice-versa. The elder brother has thanked J.R. Gupta, President for his moral support from time to time regularly. Now both the brothers are living peacefully in their own houses & their father is also living with them as & when wished. - Editor



Reena Gupta, widow (60), resident of Naraina Vihar has been harassing, abusing, beating & threatening to lodge false cases by her daughter-in-law Mrs. Mohini Gupta in connivance with her mother Mrs. Manju Gupta & her father Mr. Ravendra Nath Gupta with a sole motive to grab herself acquired property. She reported the matter to the Council / Confederation on 22.10.2022. The matter was taken up with the Commissioner of Police on 02.11.2022 to take legal action against above persons & also to provide security to the complainant. No further harassment reported so far. He is now living peacefully in his own house & extended thanks to the Council for their regular moral support & legal guidance from time to time. - Editor

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ELDERLY NEWS WISHES ITS READERS HAPPY NEW YEAR, LOHRI & MAKAR SANKRANTI

CONFEDERATION

PRECAUTIONS FOR SENIOR CITIZENS AGAINST DELHI AIR POLLUTION DURING DECEMBER, 2022



As soon as one is exposed to pollution, they can experience irritation in the eyes, light headedness, headache, dizziness, skin irritation, cough and breathlessness. With the air likely to remain polluted in the coming days, it's advisable to take precautions and not venture outside, unless absolutely necessary. Children and the elderly, especially, need to be careful as the pollution can manifest itself in numerous health problems. The pollution can also cause harm to your lungs. - L.R. Garg, - Editor

BIRTHDAY CELEBRATIONS BY SAHYOG VARISHT NAGRIK MANCH ON 31.10.2022



Sahyog Varisht Nagrik Manch, CC Block, Shalimar Bagh organized Birthday Celebrations of its members born in the month of October at Recreation Centre on 31.10.2022. A report by R.K. Nanda, President.

SUNDER KAND PATH BY SCWA, ROHINI, SECTOR-13, ON 12.11.2022



Silver Citizen's Welfare Association, Rohini, Sector-13 organized Sunder Kand Path on 12.11.2022 in the presence of its members followed by Prasad. A report by D.K. Mehra, Treasurer.

KOLKATA SENIOR CITIZENS FORUM CELEBRATED DIWALI MILAN ON 05.11.2022



Kolkata Senior Citizens Forum, Celebrated "Diwali Milan" on 05.11.2022 at prestigious & high reputed with beautiful lake surroundings in South Kolkata Bengal Rowing Club, after two years due to Covid-19 in the presence of large number of its members. Chief Guest was Padamshree Prahalad Rai Agarwal (Chairman, Rupa Group) along with Shivprasad Kr Aggarwal, President, Ramavtar Keela, Treasurer, Gopal Mohan Kedia, Secretary, Amarnath Chaudhary, Joint Secretary & Special invitee Ram Krishan Agarwal. Chief Guest was felicitated for his social work & cultural traditions by Gopal Mohan Kedia & others. The stage was well managed by Dr. R.B. Laheela. All present enjoyed musical evening headed by Ms. Sangita Sanghavi & her Team, followed by dinner. A report by Chandra Bhandari.

ACTIVITIES OF MOTI NAGAR SENIOR CITIZENS CULTURAL ASSOCIATION



Moti Nagar SCCA organized religious trip of Varanasi with its 22 members by train for two days on 1 & 02.11.2022 by visiting Kartik Ganga Sanan, evening Ganga Arti by boat & also visited Kashi Vishwanath, Kal Bhairon & Sankatmochan Temples. The journey was enjoyed by everyone with bhajan/kirtan on both ways. A report by Subhash Sharma, President.

ACTIVITIES OF SCWS, SHALIMAR BAGH DURING NOVEMBER, 2022



Senior Citizens Welfare Society, Shalimar Bagh organized Birthday of Members born in the month of October on 05.11.2022 & Gurupurab on 12.11.2022. Capt Chander Sachdev, President, participated in an interactive session organized on 'Vidyanjali - Challenges & Introspection' in the presence of 200 persons. A report by P.P. Tuteja, General Secretary.

DEEPAWALI SNEH MILAN BY JODHPUR SENIOR CITIZENS ON 29.10.2022



Jodhana Senior Citizens Society, Jodhpur organized Deepawali Sneh Milan on 29.10.2022 at Astha Senior Citizens Home in the presence of large number of members, which was sponsored by K.M.Bhandari. Shri Jagdish Harsh, Neha Harsh and party presented melodious bhajans of Lord Shri Ram and others. Occasion was graced by Shri Prakash Tatia, Ex. Chief Justice of Jharkhand High Court & Gulab Singh Bhandari, Retired Chief Engineer PWD. Both the guests were honored by presenting shawls by Ram Raj Bhandari & others. Prem Sukh Daga welcomed all the guests and P.D. Agarwal presented vote of thanks, followed by dinner. Reported by: Prem Sukh Daga, President.

GULMOHAR PARK SENIOR FORUM CELEBRATES BIRTHDAY ON 30.10.2022



Gulmohar Senior Forum celebrated the birthday of its October born members on 30.10.2022 at Gulmohar Club. Tambola and other games were also conducted by Madhu Bhandari & Prizes were distributed to the winners. Anand Prakash, at the age of 85 years felicitated followed by Tea & Snacks. A report by Vimal Bhan.

HEALTH TALK ON PARKINSONS AND DEMENTIA BY JODHPUR SENIOR CITIZENS



Jodhana Senior Citizens Society, Jodhpur organized Health Talk on Parkinsons & Dementia disease under the joint venture of IHIF & Navjeevan Sansthan on 12.11.2022. Dr. Mario Beroto, CEO, PDMDS, Dr. Deepshikha Mathur, PDMDS & Dr. Charu Khatr strategic partner of Jodhpur chapter addressed to the audience to create its awareness, which was knowledgeable. The Health Talk was organized with the efforts of Dhanjay Banna from Umaid Bhawan & Ramraj Bhandari. Prem Sukh Daga, President of society welcomed to all the guests & Smt. Shobha Parihar w/o Rajendra Parihar honored all the guests by garlanding followed by vote of thanks by P.D. Agarwal. Reported by: Ajeetraj Bhandari, Vice President.

GULMOHAR PARK SENIOR FORUM CELEBRATES BIRTHDAY OF NOVEMBER BORN MEMBERS ON 27.11.2022



Gulmohar Park Senior Forum celebrated birthday of its November born members on 27.11.2022 at Gulmohar Club. Antakshari conducted by Madhu Bhandari with old & new songs, followed by presentation of mementos & also wished birthday greetings to concerned members. A report by Vimal Bhan.

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 (7 & 8 AM), Recreation Centre, Green Park Extn. (3 to 4 PM) & Shiv Mandir, Green Park (5:15 PM to 6:15 PM) & Sadbhawana Satsang Mandal, Munirka every Sunday (10 am to 11 am) respectively from 16/12/2022 to 31/12/2022 Acharya Dhanjay Mishra, Prayag, from 01/01/2023 to 15/01/2023 Dr. Uma Shankar Tripathi, Gazipur, U.P. & from 16/01/2023 to 31/01/2023 Pt. Chintamani of Prayagraj. - 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



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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

ANJALI CHANDRA, FORMER MEMBER OF PUNJAB STATE ELECTRICITY REGULATORY COMMISSION FELICITATES SENIOR CITIZENS ON THEIR BIRTHDAY AT RECREATION CENTRE, GREEN PARK EXTN. ON 15.11.2022



Senior Citizens Council of Delhi organized Joint Birthday Celebrations at its Recreation Centre, Green Park Extn., on 15.11.2022 in the presence of more than 100 senior citizens. Chief Guest Mrs. Anjali Chandra, former Member of Punjab State Electricity Regulatory Commission felicitated 13 senior citizens born in the month of November with shawls as a token of respect & regards. She took a round of entire Recreation Centre & appreciated the efforts of Council for

providing various free facilities on daily basis including Legal Aid Counsel. Earlier, Sunder Kand Path was also recited by Harikesh Shukla, Attendant, Pritam Singh, Mrs. Poonam Bhagotra, Cultrual coordinator & R.K. Singhal, Incharge. J.R. Gupta, President felicitated Chief Guest & extended Birthday Greetings & congratulations to concerned members followed by refreshment packets. A report by R.K. Singhal, Incharge.

45 COUNCIL MEMBERS VISITED NEMISHARAN TIRATH FROM 26 TO 28.11.2022



45 Members of Senior Citizens Council of Delhi visited Nemisharan Tirath by Train from 26 to 28.11.2022 and visited various religious places around Nemisharan such as Hanuman Garhi, Pandav Fort, Manu Satrupa Tapshya Sathal, Lalita Mandir, Gomti River, Char Dham Temple etc. The members also

attended Sri Ram Katha recited by Pt. Mahender Mishra of Chitrakoot on 27 & 28.11.2022. The members stayed at Hotel Krishan Sparash at Nemisharan. The members returned on 29.11.2022 with unforgettable memories with the efforts of J.R. Gupta, President. A report by R.K. Singhal, Incharge

89 MEMBERS OF COUNCIL GOT FLU SNOFI VACCINATED AT RECREATION CENTRE ON 03.11.2022



SUNDER KAND PATH ORGANIZED IN NOVEMBER, 2022 ON EVERY TUESDAY AT RECREATION CENTRE.



Senior Citizens Council of Delhi has been organizing Sunder Kand Path on every Tuesdays at its Recreation Centre, Green Park Extn. since 2016 regularly in the presence of large number of members. Moreover, after the Sunder Kand Path, the Council is giving its members a common platform to highlight their hidden talents in various fields. Every efforts are being made to feel free from loneliness. A report by R.K. Singhal, Incharge.

JAI SINGH FELICITATED AT DEER PARK SATSANG ON HIS RETIREMENT ON 30.11.2022



Senior Citizens Council of Delhi felicitated Jai Singh, a dedicated devotee at Deer Park Satsang on his retirement as Section Officer, UPSC on 30.11.2022. Later on, he also arranged dinner party at his residence in which J.R. Gupta, Pratap Singh, L.R. Garg & family of Gyan Singh Tokas participated. On behalf of Council, J.R. Gupta, President presented him a memento as a token of respect & regards including others. A report by Pratap Singh, Treasurer.

FROM FRONT PAGE ----- INDORE VISIT ----- UJJAIN VISIT ----- BHOPAL VISIT ----- MEETING WITH COLLECTOR & MUNICIPALITY OFFICERS



SABAD KIRTAN AT RECREATION CENTRE, GREEN PARK EXTN. ON 08.11.2022



Senior Citizens Council of Delhi organized Sabad Kirtan on 08.11.2022 by Sardar Gurmeet Singh & Sardar Inderjit Singh on the occasion of Guru Nanak Jayanti at Recreation Centre, Green Park Extn. in the presence of more than 70 senior citizens. Earlier, Sunder Kand Path was also recited, followed by refreshments packets. A report by R.K. Singhal, Incharge.

45 COUNCIL MEMBERS VISITED NEMISHARAN TIRATH FROM 26 TO 28.11.2022



100th Birthday of Harcharan Dass Ralhan was celebrated by their children & great grandchildren with prayers at Hindu Mahasabha Temple, Brampton, Canada on 09.11.2022. Prime Minister of Canada, Ottawa with a certificate conveying his best wishes. On behalf of Government of Ontario, Prime Minister Doug Ford also wished him as wonderful day. Moreover, on 03.12.2022, Mayor, Deputy Mayor and members of Canadian Parliament were

present and they also extended Birthday greetings from the Prime Minister of Canada & The Premier of Ontario State. Senior Citizens Council of Delhi also congratulated him at Deer Park Satsang on this occasion in the presence of large number of its members. J.R. Gupta, President prayed to Almighty for his long life with sound health. A report by R.K. Singhal, Incharge.

HELP AGE INDIA RELEASES REPORT ON AGE CARE DURING COVID-19 ON 05.12.2022



J.R. Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 lakh) attended function of Help Age India held at India Habitat Centre on 05.12.2022 along with Y.K. Singhal including members of 10 SCAs affiliated to Confederation. The report on Age Care during Covid-19 was released by Help Age India in the presence of dignitaries which includes Rohit Prasad (CEO, Help Age India), Prof. Santosh Kumar National Institute of Disaster Management, J.R. Gupta (Chairperson, Confederation of Senior Citizens Associations, Delhi), Ms. Andrea Wojnar (Representative UNFPA India and Country Director Bhutan), Harsh Jaitli (CEO, VAND), Amarjeet Sinha (Former Secretary, Department of Rural Development, Govt. of India) & Ms. Anupama Datta (Head, Policy, Research & Advocacy, Help Age India). Main points of report were mentioned by Rohit Prasad. J.R. Gupta complimented Help Age for their good work during Covid-19 & also highlighted his own views such as abnormal delay for the release of Recreation Grant to SCAs for the last 2 years by Delhi Govt. including delay in old age pension to BPL beneficiary. Even in general category, the senior citizens are awaiting their monthly pension since long, which needs immediate action, followed by lunch. A report by Y.K. Singhal, Life Member.

FROM PAGE 3 ----- MORE PHOTOS ----- SUNDER KAND PATH ----- AWARENESS OF SNOFI FLU VACCINE



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116, Janna Apts. Sector-9,
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FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)



With the support of DLSA (South District), Advocate Mani Mishra visited Recreation Centre, Green Park Extn. on every Tuesdays falling on 01, 15, 22 & 29.11.2022 & rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than 400 members at their doorsteps on 4 days. So far 5700 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 Animesh Kumar, Secretary, DLSA (South) for his continuous support. During the current financial year 2022-23, 3520 senior citizens benefited up to 30.11.2022. A report by R.K. Singhal, Incharge.

APPEAL

As also decided in AGM of Council on 01.10.2022 at Green Fields School, Safdarjung Enclave, Council members who were donating Rs. 5,000/- per annum prior to Covid-19 are requested again to kindly continue to support financially every year to meet with the expenditure of Sant Niwas, daily activities at Deer Park Satsang & Recreation Centre, as no recreation grant has been received from Delhi Govt. for the last one & a half years. J.R. Gupta, President, 9810488059.

SPECIAL PROGRAMS AT RECREATION CENTRE

Joint Birthday Celebrations for the members born in the month of December to be notified shortly subject to availability of Chief Guest.

01.01.2023 : New Year Celebrations at Deer Park Satsang

14.01.2023 : Free distribution of blankets to needy persons at Deer Park Satsang

NOTE: Council Members who are unable to visit either daily Deer Park Satsang & Recreation Centre may furnish their email IDs so that they could know special programmes through Elderly News.

- Editor

CONDOLENCES

The following life members of the Council have left for heavenly abode during the last one year from 11.11.2022 to 10.12.2022. The Council prays for their souls to rest in eternal peace.

LIFE MEMBER MEMBERSHIP NO. ADDRESS

- | | | |
|---------------------|------|-----------------------------------|
| 1. Sh. R. C. Sharma | 856 | C-546, Sheikh Sarai Ph-1, N.D.-17 |
| 2. Smt. Ganga Devi | 1416 | C-9, Arjun Nagar, New Delhi-29 |

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

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