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

VOL : 010

Issue No. : 120

MONTH : DECEMBER, 2023

Rs. 5/-

A. K. SINGLA, IPS, JOINT CP ADVISED SENIOR CITIZENS TO TAKE PRECAUTIONS ABOUT THEIR SAFETY & SECURITY & NON-SHARING OF OTP AGAINST CYBER CRIME FRAUDS ON 05-12-2023



During 7th Annual Day of Recreation Centre of Senior Citizens Council of Delhi at its Recreation Centre, Green Park Extension on 05-12-2023 in the presence of more than 100 members, Chief Guest A. K. Singla, IPS, Joint Commissioner of Police, Transport Range, Delhi advised Senior Citizens about many issues concerning them such as not to share their OTP under any circumstances against Cyber Crime Frauds, take self precautions about their safety & security, such as fixing of magic eye on front doors, the doors should not be open for unknown persons. He also felicitated 18 male & female members born in the month of November during Birthday Celebrations as a token of respect with flowers & shawls. He congratulated them & prayed Almighty for their long life with sound health.

5 MEMBERS OF COUNCIL MET H.E. MR. H. DILLUM, MAURITIUS HIGH COMMISSIONER ON 08-11-2023



L.to R:- H. Dillum, R. K. Singhal, V. K. Pahuja, J. R. Gupta, Vimal Bhan & Y. K. Singhal.

A 5 Members delegation of Senior Citizens Council of Delhi led by its President, J. R. Gupta met H.E. Mr. H. Dillum, Mauritius High Commissioner on 08-11-2023. The other members were R. K. Singhal, V. K. Pahuja, Vimal Bhan & Y. K. Singhal. - Editor.

5 COUNCIL MEMBERS MET K. JEGADESAN, IPS, SPL. COMMISSIONER ON 11-10-2023



L to R= Vimal Bhan, R.K. Singhal, Anita Gupta, Y.K. Singhal, J.R. Gupta, K. Jegadesan & B.L. Suresh DCP

A 5 members delegation of Senior Citizens Council of Delhi led by its President, J. R. Gupta met K. Jegadesan, IPS, Special Commissioner, SPUWAC on 11-10-2023 in his office at New Police Head Quarters in the presence of B. L. Suresh, DCP, Women & Children, Nanakpura. The other members were Vimal Bhan, R. K. Singhal, Anita Gupta, Victim & Y. K. Singhal. J. R. Gupta briefed the case of Anita Gupta to him Contd at Page 3 with more Photos

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



Sh. Mahender Singh (73 yrs) resident of Narela visited Recreation Centre on 06-11-2023. He had alleged that his daughter-in-law has been abusing, beating, misbehaving & threatening to kill including lodging of false cases in connivance with gundas with a sole motive to grab his self acquired property. The matter was immediately taken up with Commissioner of Police on 06-11-2023 to take legal action against aforesaid persons & also to provide security to the complainant. **Commissioner of Police asked Spl. CP Law & Order, South Delhi to take needful action on 17-11-2023.** No further harassments reported so far. He has extended thanks to the Confederation for their regular moral support & legal guidance from time to time. - Editor



Sh. Rajiv Jain (64 yrs) resident of Green Park, visited Recreation Centre on 15-09-2023, with complaint. He has alleged that his elder brother's sons namely Deepak Jain & Daksh Jain forcibly encroached illegally the aforesaid first floor & also 2nd Floor in connivance with family members of domestic servant in the barsati on the roof of house, already lodged in Police Station Safdarjung Enclave. The matter was immediately taken up with Commissioner of Police on 15-09-2023 to take legal action against aforesaid persons & also to provide security to the complainant. **Commissioner of Police asked Spl. CP Law & Order, South Delhi to take needful action on 06-10-2023.** No further harassments reported so far. He has extended thanks to the Confederation for their regular moral support & legal guidance. - Editor



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ELDERLY NEWS WISHES ITS READERS A HAPPY NEW YEAR-2024, LOHRI, MAKAR SANKRANTI & REPUBLIC DAY

CONFEDERATION

PRECAUTIONS FOR SENIOR CITIZENS AGAINST DELHI AIR POLLUTION DURING DECEMBER, 2023



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.**

SCWS, SHALIMAR BAGH CELEBRATED BIRTHDAY ON 04-11-2023 & DIWALI ON 07-11-2023



Senior Citizens Welfare Society, Shalimar Bagh organized Birthday of its members born in the month of October on 04-11-2023 at their Recreation Centre. The Society also celebrated Deepawali on 07-11-2023. **A report by P.P. Tuteja, General Secretary.**

JODHANA SENIOR CITIZENS, JODHPUR CELEBRATED DIWALI ON 19-11-2023



Jodhana Senior Citizens Society celebrated DEEPAWALI SNEH MILAN at "Astha" a Senior Citizens home. Dr. Shri Inderjeet Chhangani and party presented melodious bhajan. Shri P.D. Agarwal secretary greeted all the present members. The programmed concluded with dinner, followed by vote of thanks by Premsukh Daga, President. **A report by P.D. Agarwal, General Secretary.**

MCD RETIRED ENGINEERS ASSOCIATION ORGANIZED BIRTHDAY CELEBRATION ON 24-11-23



Monthly Meetings of MCD Retired Engineers Association Delhi was held on 24/11/2023 at Safdarjung Club where Honorable President has welcomed three new members and the members born in November with great celebration of their Birthdays by offering them flower buds on the day. **A report by Dinesh Kumar Sangal, Treasurer.**

BIRTHDAY CELEBRATION BY SVN, SHALIMAR BAGH ON 30-09-2023



Sahyog Varisht Nagrik Manch, C C Block, Shalimar Bagh celebrated Birthday of its members born in the month of September on 30-09-2023 at their centre. **A report by R. K. Nanda, President.**

MCD RETIRED ENGINEERS ASSOCIATION ORGANIZED BIRTHDAY CELEBRATION ON 27-10-2023



Monthly Meetings of MCD Retired Engineers Association organized on 27-10-2023 at Safdarjung Club, where Honorable President M. L. Sareen was felicitated on his birthday his shawl / flowers. **A report by D. K. Sangal, Treasurer.**

MAA KALI MITHILA FOUNDATION ORGANIZED KALI PUJA ON 12-11-2023



Maa Kali Mithila Foundation, SIB, Durga Vihar, Faridabad organized Kali Puja on 12-11-2023 in the presence of large number of devotees. Dance Academy & their students also performed cultural performance. **A report by Mahindra Kumar Gupta, Council Member.**

SAHYOG VARISHT NAGRIK MANCH ORGANIZED BIRTHDAY CELEBRATIONS ON 31-10-2023



Sahyog Varisht Nagrik Manch, CC Block, Shalimar Bagh organized Birthday Celebrations of its members born in the month of October on 31-10-2023. **A report by R. K. Nanda, President.**

HELPAge INDIA ORGANIZED CYBER SECURITY AWARENESS PROGRAMME AT SHALIMAR BAGH ON 23-11-23



Senior Citizens Welfare Club, Shalimar Bagh organized Cyber security awareness Programme in Association with HelpAge India on 23-11-2023. **A report by Ram Gopal Gupta, General Secretary.**

SENIOR CITIZENS WELFARE CLUB, SHALIMAR BAGH CELEBRATED DIWALI ON 11-11-2023



Senior Citizens Welfare Club, Shalimar Bagh celebrated Diwali on 11-11-2023 at its activity centre. **A report by Ram Gopal Gupta, General Secretary.**

GULMOHAR SENIOR FORUM CELEBRATES BIRTHDAY ON 26-11-2023



Gulmohar Journalists' Colony Senior Citizens Forum celebrated the birthdays of its November born members on 26-11-2023 with a Quiz program and a string of songs. A cake was cut amid the chorus "Happy Birthday to You", followed by tea & snacks. **A report by Vimal Bhan, Council Member.**

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.seniorecitizensdelhi.org.

Daily Spiritual Discourses, at Deer Park Satsang (7am to 8am), Recreation Centre, Green Park Extn. (3pm to 4 pm) & Shiv Mandir, Green Park (5:15pm to 6:15pm) & Sadbhawna Satsang Mandal, Munirka every Sunday (10am to 11am) respectively, **from 16-11-2023 to 30-11-2023** – Sant Ayodhya Das, Rishikesh, **from 01-12-2023 to 15-12-2023** Pt. Kavita Kant Bajpayee, Raibrelli, UP & **from 16-12-2023 to 31-12-2023** Pt. Bal Mukand Shukla, Prayagraj, UP – **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**

SHIV PARK SCWF, SHALIMAR BAGH HOSTED GOVERNING BODY MEETING OF CONFEDERATION ON 20-11-2023

S. N. Sharma, President & Azad Tandon, General Secretary of Shiv Park Senior Citizen Welfare Forum, Shalimar Bagh, hosted 6th meeting of Governing Body of Confederation of Senior Citizens Associations of Delhi (An umbrella Body of 18 Lakh) in which 145 SCAs stands affiliated including Senior Citizens Council of Delhi, which was chaired by J. R. Gupta, Chairperson at their Recreation Centre on 20-11-2023. Both briefed their daily activities which were appreciated

by all present. Sh. Balbir Singh Yadav, Secretary General thanked the host followed by J. R. Gupta. One minute silence was observed due to sudden demise of Late Sh. K. N. Chhabra, President, DCWO, Dilshad Garden on 03-11-2023. The minutes of the meeting has already been issued on 23-11-2023. The meeting ended with a vote of thanks to the host and the chair followed by delicious lunch.

A report by Balbir Singh Yadav, Secretary General.

101ST BIRTHDAY OF H.D. RALHAN CELEBRATED IN CANADA ON 09-11-2023

101st Birthday of Harcharan Das Ralhan was celebrated in Canada Temple in the presence of his family members on 09-11-2023. Incidentally, it is pointed out that Sh. Ralhan was Vice-President of Deer Park Satsang & Senior Citizens Council of Delhi many years before settling at Canada. His selfless services cannot be forgotten for years to come. **J. R. Gupta, President** wished him a very happy birthday & prayed to Almighty for his long life with sound health – **Editor.**

FREE MARRIAGE CEREMONY OF 25 GIRLS AT FARIDABAD ON 26-11-2023

Shridham Sector-86, Greater Faridabad organized free Marriage Ceremony of 25 Girls in Association with Sirdi Sai Baba Temple Society on 26-11-2023.

A report by Mahindra Kumar Gupta, Council Member.

HELPAge INDIA TEAM VISITS RECREATION CENTRE ON 23-11-2023

L to R :- Ms. Pallavi, Prateep Chakraborti, Krishan, R. K. Singhal & Ms. Rojibala. HelpAge India Team led by Prateep Chakraborti, COO, visited Recreation Centre of Senior Citizens Council of Delhi on 23-11-2023. The other members were Ms. Pallavi, Krishan, Physiotherapist, R. K. Singhal, Incharge & Mrs. Rojibala. **A report by R. K. Singhal, Incharge.**

DR. V. K. GARG FELICITATED AT DEER PARK SATSANG ON 13-11-2023

L. to R. – Satyajit, Naresh Pandey, L.R. Garg, Pt. P. P. Tripathi, J. R. Gupta, B. N. Singh & Bhagwan Singh Dr. V. K. Garg, retired from Power Finance Corporation Ltd. & is a resident of DDA Flats Munirka felicitated at Deer Park Satsang on 13-11-2023 in the presence of Pt. Prem Prakash Tripathi of Ayodhya including other devotees. He participated in Satsang for the First time, since long. He was a very senior officer in PFC Ltd & my old friend says J. R. Gupta. **A report by Gyan Singh Tokas, Executive Member.**

SABAD KIRTAN ORGANIZED AT RECREATION CENTRE ON 28-11-2023

Senior Citizens Council of Delhi organized Sabad Kirtan on 28-11-2023 by Sardar Gurmeet Singh & two other raggis from Gurudwara Arjun Nagar on the occasion of Guru Nanak Jayanti at Recreation Centre, Green Park Extn. in the presence of more than 70 Senior Citizens. Earlier, Sunderkand Path was also recited, followed by refreshment packets. **A report by R. K. Singhal, Incharge.**

FROM FRONT PAGE ... 5 COUNCIL MEMBERS MET K. JEGADESAN, IPS, SPL. COMMISSIONER ON 11-10-2023

L to R= Vimal Bhan, R.K. Singhal, Anita Gupta, Y.K. Singhal, J.R. Gupta, K. Jegadesan & B.L. Suresh DCP regarding unnecessary harassments at the hands of Investigation Officer of Mehrauli Police Station. He was very kind to call the concerned SHO, Mehrauli to solve her case amicably on priority basis. No further harassments report so far. J. R. Gupta, thanked him for sparing his valuable time & invited also to grace as Chief Guest at Recreation Centre, Green Park Extension. He assured to come after Diwali. A fresh date is being requested from his office. **A report by R. K. Singhal, Incharge.**

DR. AVTAR SINGH DELIVERED A HEALTH TALK ON WORLD DIABETES DAY ON 14-11-2023

During Sunderkand Path on 14-11-2023, Dr. Avtar Singh delivered a health talk on World Diabetes Day at Recreation Centre. This Day provides an opportunity to raise awareness about diabetes as a public health issue globally and have a collective effort for better diagnosis, management and prevention of the condition. This year's theme is "Access to diabetes care which means equal access to essential care and treatment for diabetes. Diabetes is a major cause of blindness, kidney failure, heart attack, stroke and various other medical conditions such as amputation of affected limbs. Quitting smoking can also reduce the risk of getting type -2 diabetes 30 to 40 percent. Diabetes can be treated and its complications can be delayed and avoided with regular screening and proper treatment. People who are diabetic should seek regular screening for early detection of various complications. This includes regular screening of kidney and heart diseases, regular eye checkup and foot assessment. Type 1 diabetes is not preventable but Type 2 diabetes is preventable and can be managed by having a healthy diet, regular physical activities, maintaining a normal body weight and avoiding smoking and alcohol. **A report by R. K. Singhal, Incharge.**

J. P. GUPTA, CHAIRMAN, JAGSON INTERNATIONAL LTD., FELICITATED ON 11-11-2023

J. P. Gupta, Chairman, Jagson International Ltd. felicitated by J. R. Gupta, President, Senior Citizens Council of Delhi on 11-11-2023 at his residence on the occasion of 82nd Birthday with a shawl as a token of respect & regards. He also prayed Almighty for his long life with sound health. **A report by Gyan Singh Tokas, Executive Member.**

5 GIRLS WERE MARRIED ON 01-12-2023 WITH SUPPORT OF JODHPUR SENIOR CITIZENS

Jodhana Senior Citizens Society members arranged 5 orphanage girls marriage ceremony at Lav Kush a unit of Navjeevan Sansthan which includes Astha a Senior citizen home, with the financial support of by Rajendra Parihar son of Late Bhagwan Singh Parihar. **A report by P.D. Agarwal, Secretary.**

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)



With the support of **DLSA (South District)**, **Pea Pankaj**, **Legal Aid Counsel** visited Recreation Centre, Green Park Extn, on every Tuesdays falling on **07-11-2023 & Legal Aid Counsel, Mani Mishra**, visited on **28-11-2023**. All 2 rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than **2600** members at their doorsteps on 2 days. So far **10150** 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 **Sukhjeet Singh, Secretary, DLSA (South)** for his continues support. **Special Lectures were delivered on Cyber Security Tips twice**. During the current financial year 2023-24, **2900** Senior Citizens benefited up to **30-11-2023**. **A report by R.K. Singhal, Incharge.**

MORE PHOTOS ----- FROM FRONT PAGE ----- 7 TH ANNUAL DAY----- FREE HEALTH CHECK-UP CAMP---- SUNDERKAND PATH & AUDIENCE ON 05-12-2023



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1427		Smt. Usha Gupta A-57 (GF), East of Kailash New Delhi - 110065 Mob : 9868236010	1432		Smt. Kanta Sachdeva C-46, SF, Jangpura-B New Delhi - 110014 Mob : 9971292841
1428		Mrs. Hina Dineshchandra Mishra E-18, Sector- 39 Noida - 201303 Mob : 9868306941			



As per Hon'ble Delhi High Court order dated 24.11.2023 in Criminal MC 4781/2022 & CRL. MA.19261/2022, FIR No- 488/2017 dated 20-10-2017 in Police Station Maurya Enclave under district North West has been quashed by Hon'ble Ms. Justice Jyoti Singh on 24-11-2023 against **TDI INFRASTRUCTURE LTD & OTHERS** (Petitioners) subject to the petitioners depositing a sum of Rs. 50,000/- (Rupees Fifty Thousand only) in favour of Senior Citizens Council of Delhi, B2/73-B, Safdarjung Enclave New Delhi-110029 (Mobile No- 9810488059, Email:- guptajr2005@gmail.com) within Six weeks from today, proof whereof shall be filed with the Registry within one week thereafter. In case of non-compliance, petition will be listed before Court by the Registry. Accordingly, the petitioners have paid the aforesaid amount by RTGS on 07-12-2023. **- EDITOR.**

A. K. SINGLA, JOINT C.P. WOULD GRACE AS CHIEF GUEST AT CENTRE ON 05-12-2023



L. to R. :- Vimal Bhan, R. K. Singhal, V. K. Pahuja, D. K. Sangal, A. K. Singla & J. R. Gupta

A 5 members delegation of Senior Citizens Council of Delhi led by its President, J.R. Gupta met Sh. Ajit Kumar Singla, IPS, Joint Commissioner of Police (Transport Range) in his office on 28-11-2023. The other members were Vimal Bhan, R. K. Singhal, V. K. Pahuja & D. K. Sangal. J. R. Gupta, requested him to grace special function of 7th Annual Day of Recreation Centre, Green Park Extension on 05-12-2023 including felicitation of members born in the month of November during joint birthday celebrations. He accepted invitation. **A report by R. K. Singhal, Incharge.**

GOOD NEWS FOR MORNING WALKERS AT DEER PARK, NEAR HAUZ KHAS VILLAGE



The Delhi High Court directed DDA to stay the translocation of Deer from Deer Park at Hauz Khas, while suggesting that DDA maintain at least 50 Deer in the park, as per news published in Hindustan Times of 07-12-2023 at page-7. **RSVP:- J. R. Gupta, President, Deer Park Satsang, Hauz Khas.**

SPECIAL PROGRAMS AT RECREATION CENTRE

12-12-2023 : Joint Birthday Celebrations for the members up to Life Membership number **2503** & enrolled up to 30-11-2022 born in the month of **December on or before 31-12-1962**. The confirmation should reach by **11-12-2023 by 4pm** subject to availability of Chief Guest.

Souvenir 2023: Please collect the same if not already collected. Either from Deer Park Satsang from 7am to 8am, Recreation Centre from 3pm to 4pm on any day including Sundays / Holidays.

CONDOLENCES

The following Life Members of Council has left for heavenly abode during the last one month from **11-11-2023 to 10-12-2023**.

LIFE MEMBERS	MEMBERSHIP NO.	ADDRESS
1. Sh. Balmukand Sharma	1008	B-48, Tigri Extn, N.D.- 80
2. Sh. Sohan Lal Vashishta	1476	564, Village- Samalka, N.D.-97
3. Sh. Krishan Singh Gandhi	1592	Y-20, Green Park, N.D.-16

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