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

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MONTH : DECEMBER 2024

CHIEF GUEST, V. K. SAXENA, LT. GOVERNOR, DELHI FELICITATED SENIOR CITIZENS WITH BEST SENIOR CITIZENS AWARD-2024 AT PUSA ROAD AUDITORIUM IN THE PRESENCE OF SANJAY ARORA, IPS, COMMISSIONER DELHI POLICE INCLUDING SPECIAL COMMISSIONER, MRS. CHHAYA SHARMA & ADDL. DCP SATYAVIR KATARIYA ON 17-12-2024. SANJAY ARORA ASSURED TO PROTECT LIFE & PROPERTY OF SENIOR CITIZENS 24 HOURS AS & WHEN NEEDED.



J. R. Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi (An umbrella body of 18 Lakh) Senior Citizens of Delhi-NCR was honoured with Best Senior Citizen Award 2024 by Chief Guest V.K. Saxena, Lt. Governor,

Delhi in the presence of Sanjay Arora, IPS, Delhi Police Commissioner at Pusa Road Auditorium on 17.12.2024 including a large number of Senior Citizens across Delhi particularly Y.K. Singhal & N.P. Soni. Earlier, ... Contd at Page 3

3 MEMBERS OF COUNCIL PARTICIPATED IN INTERNATIONAL AGEING CONFERENCE ORGANIZED BY NATIONAL INSTITUTE OF HEALTH & FAMILY WELFARE ON 15-12-2024



3 members of Senior Citizens Council of Delhi participated in International Ageing Conference organized by National Institute of Health & Family Welfare

at DDA Flats Munirka, Teaching Block in Auditorium in the presence of larger number of delegates. J. R. Gupta, President addressed the ... Contd at Page 3

SURENDRA CHAUDHARY, IPS, DCP, SOUTH WEST, CHAIRED MEETING OF SENIOR CITIZENS IN HIS OFFICE AT VASANT VIHAR REGARDING CYBER CRIME FRAUDS AWARENESS FOR THE KNOWLEDGE OF SENIOR CITIZENS IN THE PRESENCE OF AMARDEEP KAUR, IPS, ACP & OTHER MEMBERS ON 20-12-2024



J. R. Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi participated in the meeting of Senior Citizens which was chaired by

Surendra Chaudhary, IPS, DCP, South West District on 20-12-2024. The other members were Y. K. Singhal, N. P. Soni & Krishan Kumar Tokas... Contd at Page 3

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



Smt. Santosh (71 yrs) resident of Safdarjung Enclave along with a complaint against Delhi Jal Board regarding leakage of drinking water supply line between house no B-4/200 to B-4/207 Safdarjung Enclave in spite of repeated calls & helpline & Officers of DJB. Immediately, the case was taken up with Saurabh Bhardwaj, Chairman, DJB & get the drinking waterline rectified. 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. Sukarma Singh Indora, (67 yrs) resident of Rohini along with complaint visited Recreation Centre on 17-11-2024 regarding non-allowing his daughters to meet his father by his wife Smt. Veena Indora. He has alleged that his wife has been harassing, abusing, misbehaving, mental torturing & threatening to kill with a sole motive to grab his self acquired property in connivance with his neighbor Mr. Raj Kumar Jat. The matter was taken up with Commissioner of Police on 19-11-2024 for taking legal action against his wife & neighbor & also requested to depute any Lady ACP Officer from Women Cell for Counseling between husband & wife so that husband could meet his daughter. He has further requested to hear both the cases in which date of next hearing is on 12-02-2025 in Family Court, Rohini. 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 CHRISTMAS, NEW YEAR-2025, LOHRI & MAKAR SANKRANTI

CONFEDERATION

ELDERLY NEWS WISHES NEW YEAR GREETINGS TO ITS READERS



While conveying my good wishes for New Year to the readers of monthly newspaper "Elderly News", the Senior Citizens Council of Delhi is pleased to inform that the **Elderly News has completed its 11 years on 31.12.2024**. Elderly News is more popular among Senior Citizens of Delhi & NCR, as far as news concerning them on various issues and matters taken or to be taken by the Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 Lakh Senior Citizens) in which as on date 145 registered senior citizens associations stand affiliated across Delhi including Senior Citizens Council of Delhi. Moreover, life subscribers of Elderly News are also increasing day by day which shows that Elderly News is more popular than other papers because it contains their grievances & also highlighting elder abuse by taking up cases amicably and also under Maintenance & Welfare of Parents and Senior Citizens Act, 2007. Apart from this, the members are taking to various religious / historical places within Delhi, within India & outside India and to free them from loneliness by taking them on tours monthly basis. – **GYAN SINGH TOKAS, EDITOR.**

ACTIVITIES OF JODHANA SENIOR CITIZENS, JODHPUR ON 21-12-2024



Jodhana Senior Citizens Society, Jodhpur organized in association with Rajdadi Badan Kanwar Medical Trust & Vyas Dental College and Indian Head Injury Foundation free dental and physiotherapy camp at Gram Panchayat, Devnagar, Balesar on 21-12-2024 in which 125 patients were treated for different ailment of tooth by the team of Dr Mohasin Khan and 65 patients were treated and advised for physiotherapy by Dr Charu Khatri. Incidentally, it may be worthwhile to mention that MOU exists with Senior Citizens of Jodhpur & Senior Citizens Council of Delhi, which was signed by J. R. Gupta in the presence of late Sh. Parihar & Ex- Maharaja Gaj Singh of Jodhpur including Ramraj Bhandari, Patron & Prem Sukh Daga, President Jodhana Senior Citizens Society graced the function. A report by Ram Raj Bhandari, Patron.

54TH MARRIAGE ANNIVERSARY OF PREMSUKH DAGA, PRESIDENT, JODHPUR ON 29-12-2024



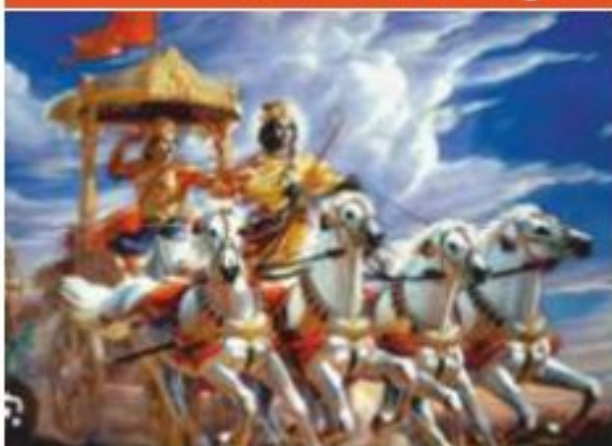
Jodhana Senior Citizens Society, Jodhpur Celebrated 54th Marriage Anniversary of its President, Premsukh Daga & Smt. Daga at Love Kush hall at Jodhpur on 29-12-24. Ramraj Bhandari felicitated both & prayed to Almighty for their long with sound health. A report by Ramraj Bhandari, Patron.

SCWF, SHIV PARK, SHALIMAR BAGH ORGANIZED BALI TOUR FROM 21 TO 27-11-2024



Shiv Park Senior Citizen Welfare Forum, Shalimar Bagh organized Tour to Bali (Indonesia) from 21-11-2024 to 27-11-2024 and Annual General Body Meeting on 01-12-2024. A report by Azad Tandon, General Secretary.

पंडित महेश मिश्रा, भोपाल द्वारा श्री मद्भागवत गीता 17-12-2024 को मनोरंजन केंद्र, सामुदायिक केंद्र, ग्रीन पार्क एक्सटेंशन में



श्री मद्भागवत गीता भगवान श्री कृष्ण जी की वाणी है। उन्होंने अर्जुन को उपदेश दिया पंद्रहवें अध्याय से जो कि श्री गीता जी का हृदय है, उसमें संसार का वर्णन करते हुए भगवान श्री कृष्ण जी ने बताया है कि ये संसार उल्टा वृक्ष है, जिसकी शाखाएं या फूलपत्ते नीचे हैं और जड़ ऊपर है। वनस्पति जगत में प्रकृति की छटा में ऐसा उल्टा वृक्ष देखने को कभी नहीं मिलता। इस वृक्ष में दो डाली है। एक डाली पर जीव

दूसरे पर ब्रह्म बैठा है। परस्पर दोनों एक दूसरे के सखा है। जीव दृष्टा है तथा ब्रह्म दृष्ट है। दोनों एक दूसरे को देख रहे हैं। श्री कृष्ण जी ने अर्जुन को आगे बताया कि ये जगत जैसा दिखता है वैसा नहीं है। अतः ये संसार दुख का घर है, परंतु भ्रम के कारण मानव को इसमें सुख दिखाई देता है।

जे.आर.गुप्ता, अध्यक्ष,
वरिष्ठ नागरिक परिषद दिल्ली
9810488059

CYBER CRIME AWARENESS TALK IN ASSOCIATION WITH HELPAGE INDIA EXPERTS ON 24-12-2024



Senior Citizens Council of Delhi organized Cyber Crime Awareness talk in association with HelpAge India at Recreation Centre, Community Centre, Green Park Extension on 24-12-2024. Mrs. Sonali Sharma, Sandeep delivered Digital Awareness of Cyber Crime frauds in details. Senior Citizens were requested not to disclose their mobile number, password & OTP under any circumstances to anybody otherwise your money would be taken by fraudsters. Digital Awareness was shown to Senior Citizens through power presentation. The intimation to Police should be made within 24 hours otherwise you would lose your money. J. R. Gupta, President thanked him for delivering a useful talk for all Senior Citizens, followed by refreshment packets. A report by Ashok Kumar, In-charge.

MENTAL HEALTH TALK DELIVERED BY DR. VINIT BHARGAV AT CENTRE ON 23-12-2024



Senior Citizens Council of Delhi organized Mental Health Talk by Dr. Vinit Bhargav at Recreation Centre, Community Centre, Green Park Extension, New Delhi on 23-12-2024 in the presence of more than 50 members in association with HelpAge India representative by Ms Bushra. Dr. Vinit Bhargav delivered Awareness of Cyber Crime frauds in details. Senior Citizens were requested not to disclose their mobile number, password & OTP under any circumstances to anybody otherwise your money would be taken by fraudsters. Digital Awareness was shown to Senior Citizens. The intimation to Police should be made within 24 hours otherwise you would lose your money. J. R. Gupta, President thanked him for delivering a useful talk for all Senior Citizens. Dr. Vinit Bhargav mainly focus on Mental Health & advised then not sit Idle & keep busy your brain 24 hours for better sleep at night & early morning you will wake up fresh & fit for 24 hours, followed by refreshment packets. A report by Ashok Kumar, In-charge.

TRIBUTES TO CAPTAIN, SINGARAJA, PAST CHAIRMAN, U3A, CHENNAI EXPIRED ON 12-12-2024



CAPTAIN, SINGARAJA WAS PAST CHAIRMAN SENIOR CITIZEN BUREAU OF U3AS OF CHENNAI. HE WAS CHAIRMAN OF PROBUS CLUB AND OTHER SENIOR CITIZENS ASSOCIATIONS. HE EXPIRED ON 12-12-2024 AT HIS NATIVE PLACE RAJAPALAYAM IN TAMIL NADU DUE TO OLD AGE AND DUE TO BROKEN KNEE AND JOINT SURGERY. J. R. GUPTA EXTENDED CONDOLENCES TO THE DEPARTED SOUL IN ETERNAL PEACE.

HARI OM SHANTI SHANTI. J.R. GUPTA, CHAIRPERSON, U3A

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 : guptajr2005@gmail.com, Web : www.seniorcitizensdelhi.org.

Daily Spiritual Discourses, at Deer Park Satsang (7am to 8am), Recreation Centre, Green Park Extn. (3 pm to 4 pm) & Shiv Mandir, Green Park (4:30 pm to 5:30 pm) & Sadbhawna Satsang Mandal, Munirka every Sunday (10 am to 11 am) respectively, from 16-12-2024 to 31-12-2024 – Pt. Mahesh Mishra, Bhopal, MP from 01-01-2025 to 15-01-2025 Pt. Kavita Kant Bajpayee, Rai Barelli, UP & from 16-01-2025 to 31-01-2025 Pt. Abhilash Diwedi, Katni, MP - 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**

FROM FRONT PAGE ... DELHI FELICITATED SENIOR CITIZENS WITH BEST SENIOR CITIZENS AWARD-2024

lectures were given by various Police Officers about awareness on cyber crime frauds in details. Senior Citizens were requested not to disclosed their mobile number, password & OTP under any circumstances to anybody otherwise your money would be taken by fraudsters. Digital Awareness was shown to Senior Citizens. The intimation to Police should be made within 24 hours otherwise you would lose your money. **Sanjay Arora, IPS** also spoken about Delhi Police priorities to protect Life & Property of Senior Citizens 24 hours as & when needed. Chief Guest honoured a few Senior Citizens with Best Senior Citizens Award – 2024 including J. R. Gupta. At the end, Chief Guest interacted with

Senior Citizens and cold their complaints including suggestions. J. R. Gupta brought to the notice to Chief Guest that Delhi Govt. has not released Recreation Grant of 2.50 Lakh per year for the last 3 years with the result Associations are not organizing their day to day activities in their Recreation Centers. Even more than 50,000 cases are pending with GNCTD for payment of pension. Chief Guest assured to do the needful in due course & assured that next meeting would be fixed at Raj Niwas shortly. **J. R. Gupta also met Ravindra Singh Yadav, IPS, Delhi Police along with Y. K. Singhal & N. P. Soni**, followed by Gifts & refreshment packets. **A report by Ashok Kumar, In-charge.**

FROM FRONT PAGE ... NATIONAL INSTITUTE OF HEALTH & FAMILY WELFARE ON 15-12-2024

conference. The main aim of the Council is to protect lonely Senior Citizens from own their children under Maintenance of Parents & Welfare of Senior Citizens Act 2007 adopted by GNCTD in 2009. **J.R. Gupta** is also Chairperson of Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 Lakh Senior Citizens) duly very actively associated with the Ministry of Social Justice & Empowerment, Govt. of India. The Council is free them from loneliness by taking them to religious / historical places around Delhi-NCR, India & Abroad. The Council has a MOU with Senior Citizens Council of

Mauritius in order to exchange of views of both the Countries on reciprocal basis including taking them to various tours on monthly basis. **Dr. A. K. Khan was the organizer of this Conference in which Y. K. Singhal & N. P. Soni also participated**, followed by question answer session. **The Session was chaired by High Court Senior Advocate & Supreme Court Judge, Subramaniam.** Free samples of medicine for health were also distributed by **Dr. Raj Kumar Sukhwani.** **A report by Ashok Kumar, In-charge.**

FROM FRONT PAGE ... HE PRESENCE OF AMARDEEP KAUR, IPS, ACP & OTHER MEMBERS ON 20-12-2024

including other Senior Citizens. Everybody shared their grievances to him. **J. R. Gupta, President, Senior Citizens Council of Delhi** pointed out that **Krishan Kumar Tokas** complained that his Food Van is installed at Super Bazar Market, DDA Flats, Munirka, for the last 20 yrs. Now lower officials are threatening to tow away the van & sought his help, there is heavy traffic Jam In Service Lane of Africa Avenue, Safdarjung Enclave by the car owners forcibly including footpath and Senior Citizens are helpless to cross the road. There is

always Jam opposite Rajinder Dhaba, Safdarjung Enclave, who encroached unauthorisedly and Senior Citizens are afraid of accidents, while crossing the road. There are many trucks parked uauthorisedly all the time and Senior Citizens had to wait for long hours and may occur accidents at Jhandu Singh Marg. The meeting ended with a vote of thanks to DCP followed by High Tea & also refreshment packets. **A report by Ashok Kumar, In-charge.**

CHIEF GUEST RANBIR, ACP, IPS, FELICITATED DURING JOINT BIRTHDAY CELEBRATIONS 8 MEMBERS OF SENIOR CITIZENS COUNCIL OF DELHI AT COMMUNITY CENTRE, GREEN PARK EXTENSION & ASSURED 24 HOURS SECURITY BY DELHI POLICE AS & WHEN NEEDED ON 17-12-2024

8 Members of Senior Citizens Council of Delhi felicitated by Chief Guest Ranbir, ACP, IPS, Delhi Police born in the month of December during Joint Birthday Celebrations at Community Centre, Green Park Extension on 17-12-2024. Earlier, Sunderkand Path was recited by **Dinesh Kumar Sharma, Usha Sharma, Poonam Bhagotra, Ashok Kumar & other members** in the presence of more than 100 members. Dainik Jagran delivered a talk on awareness of cyber crime frauds in details. Senior Citizens were requested not to disclosed their mobile number, password & OTP under any circumstances to anybody otherwise your

money would be taken by fraudsters. Digital Awareness was shown to Senior Citizens. The intimation to Police should be made within 24 hours otherwise you would lose your money. Chief Guest along with SHO, **Rajneesh Kumar Safdarjung Enclave** also spoken about Delhi Police priorities to protect Senior Citizens 24 hours. **J. R. Gupta, President** extended thanks to concerned members & prayed Almighty for their long life with sound health. **Ms. Nidhi** delivered a talk on mental health including laughing session, followed by refreshment packets. **A report by Ashok Kumar, In-charge.**

LT. GOVERNOR INTERACTED WITH SENIOR CITIZES IN THE PRESENCE OF BANSURI SWARAJ ON 24-12-24

On the invitation from DCP, SW office, 3 members led by **J. R. Gupta, President** participated in Samvaad at Lt. Governor House including **Bansuri Swaraj, Lok Sabha MP** on 24-12-2024. **J. R. Gupta, President** invited her to grace special function on the occasion of New Year at Deer Park Satsang on 01-01-2025 arranged by Monti Family like past years. The other members were **Y. K. Singhal & N. P. Soni** including larger number of Senior Citizens from Delhi-NCR. Various SCAs given their suggestions on various issues concerning Senior Citizens. **J. R. Gupta, President** also brought to the kind notice of Lt. Governor **V. K. Saxena** regarding non-releasing of Recreation Grant for the last three years by GNCTD in spite of repeated visits & reminders. **V. K. Saxena** cautioned Senior Citizens not to share their Mobile number, password & OTP under any circumstances otherwise you will lose your money in your bank account. There are so many Cyber Crime cases in which Senior Citizens have lost their money from their bank accounts. After hearing feedback from 400 Senior Citizens across Delhi, Lt. Governor welcomed all Senior Citizens in Raj Niwas. He suggested to bring his notice concerning DDA & MCD for redressal of their grievances on priority basis. He congratulated Delhi Police for organizing such interaction session so early at Raj Niwas. **Bansuri Swaraj, Lok Sabha MP, Chhaya Sharma, DCP, Security Cell & Divisional Commissioner** also spoke about various issues raised by Senior Citizens present. **J. R. Gupta, President** thanked all the Guests Speakers including Lt. Governor. He asked Delhi Police to arrange such meeting of Senior Citizens in the month of February, 2025. The interaction session concluded with vote of thanks to the chair followed by high tea. **A report by Ashok Kumar, In-Charge.**

पंडित महेश मिश्रा, भोपाल द्वारा श्री राम कथा 15-12-2024 से दैनिक डियरपार्क सत्संग में

पं. भोपाल, मध्य प्रदेश के महेश मिश्रा ने दिल्ली के वरिष्ठ नागरिक परिषद द्वारा आयोजित दैनिक डियर पार्क सत्संग में प्रवचन दिया। वह 31-12-2024 तक वहां रहेंगे। उन्होंने डेली डियर पार्क सत्संग में श्री राम कथा के बारे में बताते हुए कहा कि मुक्ति 3 प्रकार की होती है। साजुज्य, सारूप्य, सामीप्य। सजुज्य मुक्ति रावण एवं पृक्षित को मीली। सारूप्य मुक्ति खरदूषण को मीली। साम्पिया मुक्ति वानरो को मीली। मानव की जीवन यात्रा धर्म से आरंभ हुई। भाव सागर को पार करने के दो किनारे हैं धर्म एवं मोक्ष। श्री दशरथ जी के चार पुत्र, चार पदार्थ हैं। श्री राम जी मोक्ष हैं, भरत जी धर्म हैं, लक्ष्मण जी काम हैं। श्री राम लक्ष्मण की जोड़ी आध्यात्मिक धरातल पर कामना और मोक्ष की जोड़ी है। मोक्ष काम को सुनिश्चित कर रहा है। भारत शत्रुघ्न की जोड़ी धर्म और अर्थ है। धर्म का अर्थ पर नियंत्रण है। लंका के युद्ध में श्री राम जी के 31 बानो से रावण का वध हुआ। रावण को साजुज्य मुक्ति मिली। खरदूषण को सारूप्य मुक्ति मिली। वानरो को सामीप्य मुक्ति मिली। प्रीक्षित जी को साजुज्य मुक्ति मिली और श्री राम जी ने उनको अपने मुख में रावण सहित समा लिया।

दिल्ली की वरिष्ठ नागरिक परिषद एक एकमात्र पंजीकृत संस्था है जो पूरे दिल्ली-एनसीआर में 18 लाख वरिष्ठ नागरिकों का प्रतिनिधित्व करती है, जो सामाजिक न्याय और अधिकारिता मंत्रालय, सरकार से विधिवत जुड़ी हुई है। भारत काय दिल्ली सरकार का समाज कल्याण विभाग, आई.सी.सी.आर., दिल्ली राज्य कानूनी सेवा प्राधिकरण और दिल्ली पुलिस का वरिष्ठ नागरिक सुरक्षा कक्ष। आज की तारीख में, 145 पंजीकृत वरिष्ठ नागरिक संघ दिल्ली के वरिष्ठ नागरिक परिषद सहित परिसंघ से संबद्ध हैं। इसका मुख्य उद्देश्य वरिष्ठ नागरिकों को अपने ही बच्चों द्वारा अपमान, दुर्व्यवहार से बचना है। परिषद ने 2009 में जीएनसीटीडी द्वारा अपनाए गए माता-पिता के भरण-पोषण और वरिष्ठ नागरिकों के कल्याण अधिनियम-2007 के तहत प्रति वर्ष लगभग 100 मामलों का निपटारा किया है। उन्हें मासिक आधार पर पर्यटन पर ले जाकर दैनिक आधार पर अकेलेपन से मुक्त महसूस कराने के लिए हर संभव प्रयास किया जा रहा है। दिल्ली, भारत और विदेश में।

जे.आर.गुप्ता, अध्यक्ष,

वरिष्ठ नागरिक परिषद दिल्ली -9810488059

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)



With the support of DLSA (South District), Ms. Pinky Singh, Legal Aid Counsel visited Recreation Centre, Green Park Extn, on Tuesdays falling on 03-12-2024 & 17-12-2024. She rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than 7400 members at their doorsteps on 2 days. So far 14950 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. V. K. Agarwal, Secretary, DLSA (South) for her continues support. During the current financial year 2024-25, 7700 Senior Citizens benefited up to 31-12-2024. A report by Ashok Kumar, In-charge.

DR. AVTAR SINGH DELIVERED HEALTH TALK ON WORLD BRAILLE DAY ON 04-01-2025



World Braille Day. Every year on the 4th of January World Braille day is celebrated all over the world. This day highlights the importance of a universal touch based communication system for the full realization of human rights for blind and partially sighted people. About 36 million people around the world are blind. By 2050 the number of blind people is predicted to rise over 115 million. These people are more likely to experience higher rates of poverty, neglect and violence and face many challenges like navigating a new environment, using a computer, handling cash and arranging clothes. But one invention has helped countless numbers of blind people. This invention is called Braille and was invented 200 years ago. This invention was developed by Louis Braille when he was only 15 years of age. He invented a six raised dot fingertips reading system that forms letters and words which are ready by touch. This day also marks the birth anniversary of Louis Braille who was born on January 4 in 1809. Louis died in 1852 two years before Frances Royal Institute for Blind Youth adopted a Braille curriculum. By 1916 schools in the United States were teaching Braille to their blind students. On this day organisations around the World host events to spread awareness for Braille and other accessible forms of communication for blind people. A report by Dr. Avtar Singh.

FOR THE INFORMATION OF READERS OF ELDERLY NEWS



Ld. Vivek Kumar Agarwal, Secretary, DLSA (South) has joined as New Secretary, Delhi Legal Services Authority, South District on 19-11-2024. He was requested to visit Recreation Centre of Senior Citizens Council of Delhi as per his kind convenience on any day between 2 to 4 pm at Community Centre, Green Park Extension, New Delhi. - Editor

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PT. MAHESH MISHRA, BHOPAL, MP, WAS FELICITATED AT CENTRE ON HIS 72ND BIRTHDAY ON 25-12-24



L to R = Nandita Verma, Kashmiri Lal, H.S. Gursey, Pt. Bahesh Mishra, J.R. Gupta, D.K. Sharma, S.R. Aggarwal & Neelam Malhi

Pt. Mahesh Mishra, Bhopal, MP was felicitated on his 72nd Birthday Day at daily Satsang organized by Senior Citizens Council of Delhi at its Recreation Centre, Community Centre, Green Park Extension on 25-12-2024. J. R. Gupta, President felicitated him with Patka in the presence of Nandita Verma, Kashmiri Lal, H. S. Gursey, D. K. Sharma, S. R. Aggarwal and Neelam Malhi. He prayed to Almighty for his long life with sound health, followed by refreshment packets. A report by Ashok Kumar, Incharge.

FELICITATION OF RAJ PAL GUPTA & HIS SON FELICITATED AT DAILY DEER PARK SATSANG ON 20.12.2024



L to R = Binod, B. N. Singh, J. R. Gupta, Rajpal Gupta, Pt. Mahesh Mishra, Bhopal & Mukesh Pandey.

During daily Deepark Satsang, Prof. Rajpal Gupta & his younger son Gaurav Gupta were felicitated on 20-12-2024 on the occasion of birthday of his eldest son Vaibhav Gupta in the presence of Pt. Mahesh Mishra, Bhopal. Other members were Binod, B. N. Singh & Mukesh Pandey. A report by Ashok Kumar, In-charge.

50 MEMBERS OF SCWA, SANT NAGAR PARTICIPATED IN HEALTH TALK BY MAX HOSPITAL ON 21-12-24



50 members of Senior Citizens Welfare Associations participated in Health Talk on "Heart Care in Winters" by Dr. Balbir Singh, Group Chairman - Cardiac Science, PAN Max & Chief Interventional Cardiology and Electrophysiology at Max Hospital, Saket, followed by refreshment packets on 21-12-2024. A report by G. R. Sehgal, President.

SCA, MIXED HOUSING, MAYUR VIHAR PH-III, ORGANIZED TOUR ON 07-12-2024



Senior Citizens Association, Mixed Housing, Mayur Vihar Ph-III organized a tour at "War Memorial" at India Gate on 07-12-2024. Members of the Association enjoyed the trip & had a lunch together on this occasion. A report by Dr. Tapan Chakraborty, President.

SPECIAL PROGRAMS AT RECREATION CENTRE

17-12-2024 : Joint Birthday Celebrations for the members up to Life Membership number 2604 & enrolled up to 31-12-2023 & upto membership number 2604 born in the month of December on or before 31-12-1963. The confirmation should reach by 11-12-2024 by 3pm subject to availability of Chief Guest.

Souvenir-2024 : is available & can be collected either from Deer Park Satsang or Recreation Centre, Green Park Extension. The members who are paying Rs. 5,100/- or more Annually are also requested to pay the same urgently, as Recreation Grant is pending from Delhi Govt. for the last 2 & half years.

CONDOLENCES

The following Life Members of Council have left for heavenly abode during the last one month from 11-12-2024 to 10-01-2025.

LIFE MEMBERS	MEMBERSHIP NO.	ADDRESS
1. Smt. Kanta Grover	797	B-6/64, SJE, New Delhi - 29
2. Smt. Daya Devi	Non-member	1, Hauz Khas Village, N.D. - 16

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