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COUNCIL OF DELHI & CONFEDERATION OF SENIOR CITIZENS  
ASSOCIATIONS OF DELHI FROM 01-04-2024 & ONWARDS  
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Page-1

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**SENIOR CITIZENS COUNCIL OF DELHI**  
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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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SCWA, DWARKA CELEBRATED ITS 16TH ANNUAL DAY FUNCTION ON 29-11-2025 ALONG WITH CULTURAL PROGRAMMED BESIDES OTHER ACTIVITIES ALSO BEING ORGANIZED ON THE OCCASION AT CCRT AUDITORIUM, SECTOR-7, DWARKA IN WHICH 4 MEMBERS OF COUNCIL PARTICIPATED.



Senior Citizens Welfare Association celebrated its 16th Annual Day Function on 29-11-2025 at CCRT, Auditorium, Sector-7, Dwarka in which 4 members of Senior Citizens Council of Delhi participated led by its President, J.R. Gupta. Other members were B. N. Singh, Balraj Bhutani & Sitaram Aggarwal, Incharge, followed by delicious lunch. Special Guests were Sandeep Sehrawat, MLA, Dwarka & other dignitaries also present. Cultural Programmed was also organized. A report by Sitaram Aggarwal Incharge.

MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVT OF INDIA ORGANIZED CULTURAL PROGRAMME AT DR. AMBEDKAR INTERNATIONAL AUDITORIUM ON 28-11-2025 IN WHICH B. L. VERMA, MINISTER OF STATE WAS THE CHIEF GUEST.



Ministry of Social Justice and Empowerment, Govt. of India organized a Cultural Programme 'Aaradhna' on 28th November 2025 at Bhim Auditorium, Dr. Ambedkar International Centre, New Delhi. Hon'ble Minister of State, Ministry of Social Justice & Empowerment Shri B.L. Verma was Chief Guest of this programme. 50 members of our Association attended the said programme. A report by Sitaram Aggarwal, Incharge.

CYBER CRIME TALK BY EXPERTS AT NCUI AUDITORIUM KHEL GAON AND INAUGURATION PERFORMED BY CHIEF GUEST SPECIAL CP SH. AJAY CHAUDHARY, IPS ON 25-11-2025



5 members of Senior Citizens Council of Delhi participated in Special talk on Cybercrime frauds at NCUI Auditorium, Khel Gaon in which Chief Guest was Sh. Ajay Chaudhary, Special CP, IPS led by its President J. R. Gupta, on 25-11-2025. The other members were Balraj Bhutani, Ashwani Malik & Sitaram Aggarwal. The talk was delivered by many experts with cultural programme. The inauguration was performed by Chief Guest. The chief guest thanked all the Senior Citizens present from Delhi-NCR including Council members from Palam. Lighting of lamp was performed by Chief Guest including J. R. Gupta & dignitaries such as DCP, ACP, SHO's. The talk was very useful for the benefit of Senior Citizens who are affected from such crimes vary ofnely on Senior Citizens. The experts advise that if a fraud call is received from the culprits, member should not pickup that calls including not to share password & specifically OTP, otherwise there hard earning money would be credited in their account by such culprits & Senior Citizens would be denied all money lying in their bank accounts. The talk was very useful specifically Senior Citizens for giving them a lesson to abide by the instructions by experts so that care money could be saved. The programme concluded with refreshment packets. A report by Sita Ram Aggarwal, Incharge.

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



Rajpal Gupta (70 yrs) resident of B-2/3, (TF) Safdarjung Enclave, New Delhi along with a complaint against Smt. Kanta Hooda regarding abusing, Physically harassment residing in the same colony at 3rd Floor already lodge in Police Station Safdarjung Enclave. 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



Sh. Sukhmandir Singh, resident of C-25(4th floor) EOK, New Delhi visited Recreation Centre on 13-11-2025 along with complaint against his son Akash Dhingra regarding abusing, physical harassment residing in the same colony at 1st Floor already lodge in Police Station, Amar Colony. Immediately, his case was taken up with Commissioner of Police on 17-10-25 with a request to take action against aforesaid person and also provide security to complainant & his family 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



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

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 12 years on 31.12.2025**. 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.**

FELICITATION OF SMT. SUSHILA, W/O PREM SUKH DAGA AT JODHPUR ON 55TH MARRIAGE ANNIVERSERY ON 6-12-2025



55th Marriage anniversary of Smt Sushila and Prem Sukh Daga on 06-12-2025, President Jodhana Senior Citizens Society Jodhpur. **A report by Ramraj Bhandari, Patron.**

FELICITATION OF ADVOCATE DR. MAHENDRA KUMAR GUPTA ADVOCATE



SUPREME COURT, INTERNATIONAL SPEAKER FOR THE SOCIAL ISSUES & NATIONAL VICE PRESIDENT, AISCCON. BHARAT RATNA DR. BABASAHEB AMBEDKAR INTERNATIONAL UNITY AWARD 2025 FOR HIS HARD WORK FOR THE UNITY AND EQUALITY IN VARIOUS FIELDS OF THE SOCIETY.

JOINT BIRTHDAY CELEBRATION BY SHIV PARK SENIOR CITIZENS WELFARE FORUM, SHALIMAR BAGH ON 23-11-25



Shiv Park Senior Citizens Welfare Forum, Shalimar Bagh organized joint birthday celebrations on 23-11-2025, followed by refreshment packets. **A report by Azad Tandon, General Secretary.**

ACTIVITIES OF SCWS, SHALIMAR BAGH CELEBRATED GURU NANAK DEV JAYANTI ON 09-11-2025



Senior Citizens Welfare Society, Shalimar Bagh celebrated Guru Nanak Dev Jayanti on 09-11-2025. M.P.S Chaddha, Committed Sikh Leader and President, Shiromani Akali Dal, Delhi State also joined the celebrations as a Chief Guest. **A report of P. P. Tuteja, General Secretary.**

ACTIVITIES OF GITA JAYANTI AT INDORE BY JAGADGURU SHRI RAM SNEHI & GITA PATH



Holy blessings from Shrimad Jagadguru Shri Ram Snehi Sampradayacharya in the 68th All India Shri Geeta Jayanti Maha Mahotsav in Indore and collective Geeta recitation and stage management with saints and scholars on Shri Geeta Jayanti. **A report by Pt.Prahlad Mishra Ramayani.**

GULMOHAR FORUM ORGANIZES TALKS ON MUSCLE HEALTH AND DRAFTING A WILL ON 30-11-2025



Gulmohar Journalists Senior Citizens Forum celebrated the birthdays of November-born members by holding 2 lectures on subjects of great significance to seniors on 30-11-2025. While Dr. Lalit Kant spoke on **Loss of muscle mass with aging**, Shri S. P. Manchanda made a presentation on **Writing a Will**. The lectures were followed by question and answer session in which all took active part. The birthday of November born members was celebrated with a lot of fun and revelry. The birthday boys and girls cut the cake together. All present cheered them and wished them a happy birthday, followed by refreshment packets. **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), 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.senioreldelhi.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 01-12-2025 to 15-12-2025 Pt. Shyam Narayan Sahi, Maurani, UP, from 16-12-2025 to 31-12-2025 Acharya Surender Shastri, Raison, MP & from 01-01-2026 to 15-01-2026 Pt. Raghubhushan Mani Pandey, 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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Faridabad

Nehru Place,  
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Hauz Khas,  
South Delhi

Source: Nivaan's Internal Cohort Analysis



**Universal Health Coverage (UHC)** Day is celebrated by WHO on 12th December every year. This means all people have access to the full range of quality health services, they need, where and when they need them, without financial hardship. The 2025 UHC campaign theme is "Unaffordable Health Costs?. More than half the world's population still lacks access to essential health services due to financial hardship. WHO, UHC partnership supported the health minister in implementing inclusive health reforms. One of the WHO strategic goals is to protect the maximum population of the world under UHC. The eligible age is from 5 to 70 years for every citizen of world. India has made significant strides in achieving UHC by implementing several policies, programmes and infrastructure development initiative. **A report by Dr. Avtar Singh.**

**SUNDERKAND PATH ORGANIZED AT RECREATION CENTRE, COMMUNITY CENTRE, GREEN PARK EXTENSION IN THE PRESENCE OF MORE THAN 50 MEMBERS ON 02-12-2025**





Senior Citizens Council of Delhi organized **Sunderkand Path** at its Recreation Centre, Community Centre, Green Park Extension on 02-12-2025. The Sunderkand path was recited by 50 members including Pt. Omkar Singh, Balia, UP, Mr. Upadhyay, Neelam Malhi, Pritam Singh & Other members, followed by refreshment packets. **A report by Sita Ram Aggarwal, Incharge.**



**World diabetic day** is celebrated on November 14 every year. This year WHO World Diabetic Day theme "**Diabetes across life stages**" emphasizes the need for integrated care, supportive environment and health-promoting policies for every diabetic. Diabetes affects people across all life stages including childhood, the reproductive years, working age and older population. India is known as world capital of Diabetes. Warning signs of diabetes include:- Urinating often, feeling very thirsty and hungry, extreme fatigue, blurry vision, slow healing of cuts and bruises, weight loss with good hunger (type 1 diabetes) and tingling, numbness and pain in hands and feet ( type 2 diabetes). Besides medicines we can also manage diabetes by various means like :- 1 Moderate exercise such as brisk walk after eating can help with blood sugar control as it improves insulin sensitivity. A combination of cardio, strength training and flexibility exercise is best. 2- The best fruits for diabetes are, Jamin, Apples, Guava, Nashpati, Orange, Papita, Coconut (nariyal). 3- The best juices for diabetics are, pomegranate juice, carrot juice, lemon juice, ginger juice, kiwi juice, spinach juice etc. 3 - Foods with saturated fats and trans fats, red meat and processed meat oils like palm and coconut oils , sugary drinks and soda / energy drinks, fast foods and packaged foods like chips and cookies should be avoided. **A report by Dr Avtar Singh.**

**SUNDERKAND PATH ORGANIZED AT RECREATION CENTRE, COMMUNITY CENTRE, GREEN PARK EXTENSION IN THE PRESENCE OF MORE THAN 40 MEMBERS ON 09-12-2025**





Senior Citizens Council of Delhi organized **Sunderkand Path** at its Recreation Centre, Community Centre, Green Park Extension on 09-12-2025. The Sunderkand path was recited by 40 members including Pt. Mahender Misher, Chitrakoot, Mr. Upadhyay, Neelam Malhi, Pritam Singh & Other members, followed by refreshment packets. **A report by Sita Ram Aggarwal, Incharge.**





**Need data to map toxic air against health harm**

Data has always been the backbone of effective policy interventions. The government telling Parliament that "no conclusive national data" that "establishes a direct correlation between deaths or diseases occurring exclusively due to air pollution" exists is, therefore, telling of the deficiencies that afflict the health system's response to the harm caused by toxic air. To be sure, the government does recognise air pollution as a trigger for respiratory ailments and associated diseases and has mounted several initiatives — as have many state and local governments — to lower the pollution burden on health. But it is also true that chronic air pollution in some of India's largest cities has become the lived reality of tens of millions of people.



**"आज हर हिंदुस्तानी कह सकता है कि वन गेशन, वन विधान। हम सरदार साहब के एक भारत, नैस भारत के सपने को विसर्ग करने में लगे हुए हैं। हम ऐसी व्यवस्थाओं को विकसित करें जो देश की एकता को बल दें और यह प्रक्रिया निरंतर चलनी चाहिए।"**

**- नरेंद्र मोदी, प्रधानमंत्री**

आज जब हम सब मिलकर विकसित भारत बनाने के लिए इतनी मेहनत कर रहे हैं, तो देश की हमारे भी एक अपेक्षा है। ये अपेक्षा है- आत्मनिर्भरता की। भारत विकसित तभी होगा, जब भारत आत्मनिर्भर होगा। और भारत की आत्मनिर्भरता के लिए जरूरी है- स्वदेशी का मंत्र। आज समय और देश की मांग है कि हम स्वदेशी अपनाएं। खरीदें वही, जो देश में बना हो, बेचें वही, जो देश में बना हो, नर्वे से कहें- ये स्वदेशी है।

**- नरेंद्र मोदी, प्रधानमंत्री**

**ये रही पाँच पतियों वाली द्रौपदी**

कौन कहता है कि द्रौपदी के पाँच पति थे 200 वर्षों से प्रचारित झूठ का खंडन। द्रौपदी का एक ही पति था युधिष्ठिर। जर्मन के संस्कृत जानकार मैक्स मूलर को जब विलियम हंटर की कमेटी के कहने पर वैदिक धर्म के आर्य ग्रंथों को बिगाड़ने का जिम्मा सौंपा गया तो उसमे मनु स्मृति, रामायण, वेद के साथ साथ महाभारत के चरित्रों को बिगाड़ कर दिखाने का भी काम किया गया। किसी भी प्रकार से प्रेरणादायी पात्र चरित्रों में विश्लेषण करके उसमे झूठ का तड़का लगाकर महानायकों को चरित्रहीन, दुश्चरित्र, अधर्मी सिद्ध करना था, जिससे भारतीय जनमानस के हृदय में अपने ग्रंथो और महान पवित्र चरित्रों के प्रति घृणा और क्रोध का भाव जाग जाय और प्राचीन आर्य संस्कृति सभ्यता को निम्न दृष्टि से देखने लगें और फिर वैदिक धर्म से आस्था और विश्वास समाप्त हो जाय। लेकिन आर्य नागरिको के अथक प्रयास का ही परिणाम है कि मूल महाभारत के अध्ययन बाद सबके सामने द्रौपदी के पाँच पति के दुष्प्रचार का सप्रमाण खण्डन किया जा रहा है। द्रौपदी के पवित्र चरित्र को बिगाड़ने वाले विधर्मी, पापी वो तथाकथित ब्राह्मण, पुजारी, पुरोहित भी हैं जिन्होंने महाभारत ग्रंथ का अध्ययन किये बिना अंग्रेजो के हर दुष्प्रचार और षड्यंत्रकारी चाल, धोखे को स्वीकार कर लिया और धर्म को चोट पहुंचाई।

**अब ध्यानपूर्वक पढ़ें...**

**विवाह का विवाद क्यों पैदा हुआ था...**

- अर्जुन ने द्रौपदी को स्वयंवर में जीता था। यदि उससे विवाह हो जाता तो कोई परेशानी न होती। वह तो स्वयंवर की घोषणा के अनुरूप ही होता।
- परन्तु इस विवाह के लिए कुन्ती कतई तैयार नहीं थी।
- अर्जुन ने भी इस विवाह से इन्कार कर दिया था। "बड़े भाई से पहले छोटे का विवाह हो जाए यह तो पाप है। अधर्म है।" ( भवान् निवेशय प्रथमं) मा मा नरेन्द्र त्वमधर्मभाजंकृथा न धर्मोऽयमशिष्टः ( 190-8)
- कुन्ती मां थी। यदि अर्जुन का विवाह भी हो जाता, भीम का तो पहले ही हिडम्बा से ( हिडम्बा की ही चाहना के कारण) हो गया था। तो सारे देश में यह बात स्वतः प्रसिद्ध हो जाती कि निश्चय ही युधिष्ठिर में ऐसा कोई दोष है जिसके कारण उसका विवाह नहीं हो सकता।
- आप स्वयं निर्णय करें कुन्ती की इस सोच में क्या भूल है? वह माता है, अपने बच्चों का हित उससे अधिक कौन सोच सकता है? इसलिए माता कुन्ती चाहती थी और सारे पाण्डव भी यही चाहते थे कि विवाह युधिष्ठिर से हो जाए।

**प्रश्न :** क्या कोई ऐसा प्रमाण है जिसमें द्रौपदी ने अपने को केवल एक की पत्नी कहा हो या अपने को युधिष्ठिर की पत्नी बताया हो ?

**उत्तर :-** द्रौपदी को कीचक ने परेशान कर दिया तो दुःखी द्रौपदी भीम के पास आई। उदास थी। भीम ने पूछा सब कुशल तो है ? द्रौपदी बोली जिस स्त्री का पति राजा युधिष्ठिर हो वह बिना शोक के रहे, यह कैसे सम्भव है ?

आशोच्यत्वं कुतस्यस्य यस्य भर्ता युधिष्ठिरः ।  
जानन् सर्वाणि दुःखानि कि मां त्वं परिपृच्छसि ।।  
द्रौपदी स्वयं को केवल युधिष्ठिर की पत्नि बता रही है। वह भीम से कहती है, जिसके बहुत से भाई, श्वसुर और पुत्र हों,जो इन सबसे घिरी हो तथा सब प्रकार अभ्युदयशील हो, ऐसी स्थिति में मेरे सिवा और दूसरी कौन सी स्त्री दुःख भोगने के लिए विवश हुई होगी...

**भ्रातृभिः श्वसुरैः पुत्रैर्बहुभिः परिवारिता ।**  
**एवं सुमुदिता नारी का त्वन्या दुःखिता भवेत् ।।**

द्रौपदी स्वयं कहती है उसके बहुत से भाई हैं, बहुत से श्वसुर हैं, बहुत से पुत्र भी हैं, फिर भी वह दुःखी है। यदि बहुत से पति होते तो सबसे पहले यही कहती कि जिसके पाँच-पाँच पति हैं, वह मैं दुःखी हूँ, पर होते तब ना। और जब भीम ने द्रौपदी को, कीचक के किये का फल देने की प्रतिज्ञा कर ली और कीचक को मार-मारकर मौंस का लोथड़ा बना दिया तब अन्तिम श्वास लेते कीचक को उसने कहा था, "जो सैरन्ध्री के लिए कण्टक था, जिसने मेरे भाई की पत्नी का अपहरण करने की चेष्टा की थी, उस दुष्ट कीचक को मारकर आज मैं अनृण हो जाऊँगा और मुझे बड़ी शान्ति मिलेगी। "

**अद्याहमनृणो भूत्वा भ्रातृभार्यापहारिणम् ।**  
**शान्तिं लब्ध्वास्मि परमां हत्वा सैरन्ध्रीकण्टकम् ।।**

इस पर भी कोई भीम को द्रौपदी का पति कहता हो तो क्या करें ? मारने वाले की लाठी तो पकड़ी जा सकती है, बोलने वाले की जीभ को कोई कैसे पकड़ सकता है ? द्रौपदी को दांव पर लगाकर हार जाने पर जब दुर्योधन ने उसे सभा में लाने को दूत भेजा तो द्रौपदी ने आने से इंकार कर दिया। उसने कहा जब राजा युधिष्ठिर पहले स्वयं अपने को दांव पर लगाकर हार चुका था तो वह हारा हुआ मुझे कैसे दांव पर लगा सकता है ? महात्मा विदुर ने भी यह सवाल भरी सभा में उठाया। द्रौपदी ने भी सभा में ललकार कर यही प्रश्न पूछा था, क्या राजा युधिष्ठिर पहले स्वयं को हारकर मुझे दांव पर लगा सकता था ? सभा में सन्नाटा छा गया। किसी के पास कोई उत्तर नहीं था। तब केवल भीष्म ने उत्तर देने या लीपा-पोती करने का प्रयत्न किया था और कहा था, "जो मालिक नहीं वह पराया धन दांव पर नहीं लगा सकता परन्तु स्त्री को सदा अपने स्वामी के ही अधीन देखा जा सकता है। "

**अस्वाभ्यशक्तः पणितुं परस्व ।स्त्रियाश्च भर्तुरवशतां समीक्ष्य ।**  
**"ठीक है युधिष्ठिर पहले हारा है पर है तो द्रौपदी का पति और पति सदा पति रहता है, पत्नी का स्वामी रहता है।"**  
यानि द्रौपदी को युधिष्ठिर द्वारा हारे जाने का दबी जुबान में भीष्म समर्थन कर रहे हैं। यदि द्रौपदी पाँच की पत्नी होती तो वह, बजाय चुप हो जाने के पूछती, जब मैं पाँच की पत्नी थी तो किसी एक को मुझे हारने का क्या अधिकार था ? द्रौपदी न पूछती तो विदुर प्रश्न उठाते कि "पाँच की पत्नि को एक पति दाँव पर कैसे लगा सकता है ? यह न्यायविरुद्ध है। " स्पष्ट है द्रौपदी ने या विदुर ने यह प्रश्न उठाया ही नहीं। यदि द्रौपदी पाँचों की पत्नी होती तो यह प्रश्न निश्चय ही उठती। इसीलिए भीष्म ने कहा कि द्रौपदी को युधिष्ठिर ने हारा है। युधिष्ठिर इसका पति है। चाहे पहले स्वयं अपने को ही हारा हो, पर है तो इसका स्वामी ही। और नियम बता दिया, जो जिसका स्वामी है वही उसे किसी को दे सकता है, जिसका स्वामी नहीं उसे नहीं दे सकता।  
द्रौपदी कहती है, फ़्क़ौरवो ! मैं धर्मराज युधिष्ठिर की धर्मपत्नि हूँ। तथा उनके ही समान वर्ण वाली हू। आप बतावें मैं दासी हूँ या अदासी ? आप जैसा कहेंगे, मैं वैसा करूँगी। "

**तमिमांधर्मराजस्य भार्या स-शवर्णनाम् ।**  
**ब्रूत दासीमदासीम् वा तत् करिष्यामि कौरवैः ।।**  
**द्रौपदी अपने को युधिष्ठिर की पत्नी बता रही है।**  
पाण्डव वनवास में थे दुर्योधन की बहन का पति सिंधुराज जयद्रथ उस वन में आ गया। उसने द्रौपदी को देखकर पूछा, तुम कुशल तो हो ? द्रौपदी बोली सकुशल हूं। मेरे पति कुरु कुल-रत्न कुन्तीकुमार राजा युधिष्ठिर भी सकुशल हैं। मैं और उनके चारों भाई तथा अन्य जिन लोगों के विषय में आप पूछना चाह रहे हैं, वे सब भी कुशल से हैं। राजकुमार ! यह पग धोने का जल है। इसे ग्रहण करो। यह आसन है, यहाँ विराजिए।

**कौरव्यः कुशली राजा कुन्तीपुत्रो युधिष्ठिरः, अहं च भ्राताश्चास्य याश्चा न्यान् परिपृच्छसि ।**

द्रौपदी भीम, अर्जुन, नकुल, सहदेव को अपना पति नहीं बताती, उन्हें पति का भाई बताती है। और आगे चलकर तो यह एकदम स्पष्ट ही कर देती है। जब युधिष्ठिर की तरफ इशारा करके वह जयद्रथ को बताती है...

**एतं कुरुश्रेष्ठतमम् वदन्ति युधिष्ठिरं धर्मसुतं पतिं मे ।**

"कुरु कुल के इन श्रेष्ठतम पुरुष को ही, धर्मनन्दन युधिष्ठिर कहते हैं। ये मेरे पति हैं।" क्या अब भी सन्देह की गुंजाइश है कि द्रौपदी का पति कौन था ?

कृष्ण संधि कराने गए थे। दुर्योधन को धिक्कारते हुए कहने लगे, "दुर्योधन ! तरे सिवाय और ऐसा अधम कौन है जो बड़े भाई की पत्नी को सभा में लाकर उसके साथ वैसा अनुचित बर्ताव करे जैसा तूने किया। "

**कश्चान्यो भ्रातृभार्या वै विप्रकृतौ तथार्हति ।**  
**आनीय च सभां व्यक्तं यथोक्ता द्रौपदीम् त्वया ।।**

कृष्ण भी द्रौपदी को दुर्योधन के बड़े भाई की पत्नी मानते हैं। अब सत्य को ग्रहण करें और द्रौपदी के पवित्र चरित्र का सम्मान करें।  
**।। जय श्री राम, हर हर महादेव ।।**

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)



With the support of DLSA (South District), **Kunal Kaushik, Legal Aid Counsel** visited Recreation Centre, Green Park Extn, on Tuesday falling on **09-12-2025**. He rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than **8900** members at their doorsteps on **1 days**. So far 16450 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, **9200** Senior Citizens benefited up to **31-12-2025**. **A report by Sita Ram Aggarwal, In-charge.**

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)



With the support of DLSA (South District), **Balkrishan Sharma, Legal Aid Counsel** visited Recreation Centre, Green Park Extn, on Tuesday falling on 16-12-2025. He rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than **8900** members at their doorsteps on **1 days**. So far **16450** 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, **9200** Senior Citizens benefited up to **31-12-2025**. **A report by Sita Ram Aggarwal, In-charge.**

### संवेदनशील बने कोर्ट

यौन अपराधों के केस में अदालतों की असंवेदनशील टिप्पणियों का सुप्रीम कोर्ट ने संज्ञान लिया है, जिसकी जरूरत भी थी। दरअसल, सुनवाई के दौरान अदालती टिप्पणी केवल कागजों में दर्ज शब्द नहीं रह जाती, इसका पीड़िता और उसके परिवार पर व्यापक असर पड़ता है। कई बार न्याय की लड़ाई भी कमजोर होती है इससे।

### Riding high on tech FDI

Investment from firms including Microsoft and Amazon will boost India's AI ecosystem

In the span of two days, global tech giants Microsoft and Amazon have pledged an investment of \$17.5 billion and \$35 billion, respectively, over the next few years in India. One more statistic can put the importance of these numbers into context: India's gross foreign direct investment (FDI) was \$80.64 billion in 2024-25. This is unambiguously good news for the Indian economy.

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**For appointment: 96007 84921**

LIFE MEMBERSHIP OF COUNCIL

|      |  |                                                                                         |      |  |                                                                                         |
|------|--|-----------------------------------------------------------------------------------------|------|--|-----------------------------------------------------------------------------------------|
| 2728 |  | Sh. Ashwani Kumar Malik,<br>116, Arjun Nagar, SJE,<br>New Delhi-29<br>Mob. : 9350933254 | 2729 |  | Smt. Vinay Kumari Malik,<br>116, Arjun Nagar, SJE,<br>New Delhi-29<br>Mob. : 9350933254 |
|------|--|-----------------------------------------------------------------------------------------|------|--|-----------------------------------------------------------------------------------------|

MEMBERS OF HELPAGE INDIA MET J. R. GUPTA, PRESIDENT ON 12-12-2025



Members of **Help Age India** met **J. R. Gupta, President**, Senior Citizens Council of Delhi at his office Recreation Centre, Community Centre, Green Park Extension on 12-12-2025. It was decided to hold an activity on Cyber Crime on 16-12-2025 at the above address. The members were **Sandeep, Pallavi & Rozi Bala**. **A report by Sitaram Aggarwal, Incharge.**

### We are proud to announce that

### Prof. (Dr.) Jeewan S. Titiyal

MD (Ophth) - AIIMS, DSc, FRCOphth | Padma Shri Awardee  
Senior Consultant & Head - Clinical Services

has joined

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Senior Consultant & Centre Leader  
Head - Department of Vitreoretina, ROP & Uveitis

**Dr. Divya Motwani**  
Consultant - Cataract, Paediatric Ophthalmology, Strabismus & Neuro-Ophthalmology

**Dr. Sharanya Rao**  
Consultant - Comprehensive Ophthalmology, Cataract & Neuro-ophthalmology

**VISIT US AT:**  
D-16, South Extension II, Block D, New Delhi, Delhi - 110049.

**For appointment: 96007 84921**

SPECIAL PROGRAMS AT RECREATION CENTRE

**09-12-2025** : Joint Birthday Celebrations for the members up to Life Membership number **2672** & enrolled up to **31-12-2024** & upto membership number **2672** born in the month of September on or before 31-12-1964. The confirmation should reach by 09-12-2025 by 3pm.

CONDOLENCES

The following Life Members of Council have left for heavenly abode during the last one month from 10-12-2025 to 10-01-2026.

| LIFE MEMBERS                                     | MEMBERSHIP NO. | ADDRESS |
|--------------------------------------------------|----------------|---------|
| 1.                                               |                |         |
| - HARI OM SHANTI SHANTI - J. R. GUPTA, President |                |         |