



RNI No. : DELENG/2014/54294

Post Office Registration No. : DL-SW-17/4178/20-22

Posting Date at Lodhi Road H.P.O. on 13 & 15 of same month

Website : www.seniorcitizensdelhi.org

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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., DSLSA & 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 : 007

Issue No. : 74

MONTH : FEBRUARY 2020

Rs. 5/-

CONFEDERATION DEMANDS DAY CARE CENTERS IN EACH MUNICIPAL WARD



7 members delegation of Confederation of Senior Citizens Associations of Delhi (An Umbrella Body of 18 lakhs Senior Citizens) led by its Chairperson, J.R. Gupta met **R. Subhramanian Secretary & Ms. Upma Srivastava, Additional Secretary, Ministry of Social Justice & Empowerment, Govt. of India** on 15.01.2020 in which Day Care Centers in each Municipal Ward was discussed. The Ministry agreed to the proposal & assured to consider favorably in due course. The matter was discussed in Confederation meeting held on 17.01.2020 at Recreation Center, Green Park Extn. in the presence of more than 150 members including several issues concerning senior citizens such as Universal Pension of Rs. 5,000/- per month, Day Care Centers with the support of Ministry of Social Justice & Empowerment, Govt of India in each Municipal Ward & to promote self help groups of senior citizens between the age 60 & 75 who are active and can devote at least 2 hours per day for rendering free services such as teaching to poor school children, training of smart phone & computer training of sewing machine to unemployed male/female, rendering free service in Govt. Hospitals for 1 hour daily near their colonies. The proposal on the aforesaid subject has already been submitted to the Ministry for an early action.

- A report by B.S.Yadav, Secretary General

COUNCIL HELPS WIDOW BY GETTING HER CONVEYANCE DEED DULY CANCELLED BACK FROM HER ILL-TREATING DAUGHTER



Mrs. Bimla Khurrana, widow (77) a life member of Council had transferred her property in Sector-56, Gurugram on 06-06-2011 after executing Conveyance Deed in the name of her daughter Ms. Sheetal Khurana with a hope to be looked after in her old age. But she had been continuously harassed and tormented for the last 9 years. She was extended moral support & legal guidance. **Tribunal Court of Sub-Divisional Magistrate Gurugram (West)** vide order dated 14-11-2019 cancelled the aforesaid conveyance deed. She has expressed thanks to the Council. - **EDITOR**

FRANCOIS VELLAS (FRANCE), PRESIDENT, AIUTA ADDRESSES SENIOR CITIZENS AT RECREATION CENTER, GREEN PARK EXTENSION ON 30-01-2020



L to R : J.P. Gupta, Ashok Gupta, L.R. Garg, Francois Vellas (France), Amar Chand Bansal & J.R. Gupta

Senior Citizens Council of Delhi (U3A) organised Joint Birthday Celebrations of its 33 members at Recreation Center, Green Park Extension on 30-01-2020 in the presence of more than 200 senior citizens. On this occasion, Chief Guest was **Francois Vellas from France** who is also President, International Association of Universities of The Third Age. While welcoming & introducing him, J.R.Gupta, President, also felicitated along with other members. While addressing, Mr. Vellas told that the University of the Third Age has a worldwide presence. There are a lot of elderly people around the world who don't have a lot of things in life. These people just sit in their seats and do nothing, this might seem fun in the beginning but after some time it starts to get frustrating. - **Contd on page 3 with more photos**

K.S.SAHOO, PRESIDENT, FEDERATION OF SCAS OF ODISHA VISITS RECREATION CENTER, GREEN PARK EXTENSION ON 03-02-2020



On the invitation from J.R.Gupta, President of Council, **Sh.K.S.Sahoo, President, Federation of Senior Citizens Associations of Odisha** visited at Recreation Center, Green Park Extension on 03-02-2020. Luckily, he was in Delhi to meet his family members at Greater Kailash & to attend some family functions. Both discussed issues concerning senior citizens of India. He also took a round of the Recreation Center and appreciated the efforts of the Council for extending various free facilities to senior citizens on daily basis such as physiotherapy, Homoeopathic Dispensary, Computer & Smart phone training, Library, Newspapers, Indoor Games, health checkup camps, consultations from eminent doctors & Spiritual Discourses including free legal consultations by an Advocate deputed by Delhi State Legal Services Authority. - **Contd on page 3 with more photos**

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ELDERLY NEWS WISHES ITS READERS HAPPY MAHA SHIV RATRI, HOLI AND NAVRATRAS

CONFEDERATION NEWS

UNION BUDGET 2020-21 FOR SENIOR CITIZENS



Finance Minister Nirmala Sitharaman in her Budget Speech for the year 2020-21 on 01-02-2020 in Lok Sabha proposed following new set of income tax rates for those earning up to Rs. 15 lakh a year. Income upto Rs. 5 Lakhs no Tax. 10% tax on income between Rs.5 lakh and Rs. 7.5 lakh from current rate of 20 %. Income between Rs. 7.5 lakh to Rs. 10 lakh will also attract a lower tax of 15% from current rate of 20%. For reduced to 20% from 30% current rate. Those earning Rs. 12.5 lakhs to Rs. 15 lakhs will pay 25 per cent from 30% current rate and those earning over Rs.15 lakh would continue to pay the tax at the current rate of 30%. **The new tax regime is optional and an individual taxpayer can opt for the structure that is beneficial for him.** Finance Ministry sources said that there are significant numbers of people, who for various reasons, are not able to spare money from their income to invest in the various saving instruments such as Provident Fund, pension schemes, interest on house loans, insurance etc and therefore are unable to take full advantage of all deductions. Opting for the new tax rates proposed in the budget could be beneficial for job-starters, pensioners, entrepreneurs and those taxpayers unable to claim available deductions and exemptions under the current tax structure, government sources said.

-L.R. GARG, EDITOR

ACTIVITY OF TAMBOLA GAME BY SCA KALKAJI



NEW YEAR CELEBRATION BY SENIOR CITIZENS, DA BLOCK, SHALIMAR BAGH



KAVI SAMMELAN BY SCA AGCR ENCLAVE



71ST REPUBLIC DAY CELEBRATION BY SHIV PARK SCWF SHALIMAR BAGH



CELEBRATED REPUBLIC DAY & LOHRI BY SCWS - SHALIMAR BAGH



SCWS celebrated Lohri on 11.01.2020. It was a joyful event when members sang and danced on Dholak. Prasad of Rewri & Moongfali were distributed among all. Members also celebrated Republic Day on 25.01.2020. Capt. Chander Sachdev, President greeted the Chief Guest, Shri S. N. Bandhu with symbolic Patka of the Society. The ceremony began with hoisting of National Flag by the Chief Guest & National Anthem, followed with the song "Vijayee Vishva Tiranga Pyara". Birthdays of Members born in January were also celebrated. Refreshments also served. **-PP Tuteja General Secretary**

TALK ON FINANCIAL PLANNING AT RECREATION CENTER, GREEN PARK EXTENSION ON 30-01-2020



Senior Citizens Council of Delhi organised a Talk on Financial Planning in association with Prakriti Productions at its Recreation Center, Green Park Extension on 30-01-2020 in the presence of more than 200 senior citizens. The talk was affirmative & useful for the audience followed by heavy refreshments. **-A report by Mrs. Manjula Aggarwal**

NAKODA BHAIRAV NATH & BRAHM DHAM YATRA BY JODHPUR SENIOR CITIZEN SOCIETY



30 members of the Jodhana Senior Citizen Society visited the tomb of the temple & the founder of the temples Brahma ji, where monolithic light always burns, without which the journey is considered as incomplete. The members had darshan of Bhairav Nath. They saw Bhairavji and Parshvanath Bhagwan. All the fellows dined in the food school there, after which they saw the Rani Bhatiyani temple of Jasol. **-Ram Raj Bhandari**

BIRTHDAY CELEBRATIONS /NEW YEAR CELEBRATIONS BY SC FRIENDSHIP FORUM JANAK PURI ON 31.12.2019



80 MEMBERS VISIT DAMDAMA LAKE - SENIOR CITIZENS RECREATION CENTER, JANAKPURI



NEW YEAR CELEBRATION BY SCA MIXED HOUSING COMPLEX, MAYUR VIHAR-3



BIRTHDAY CELEBRATION OF RAMRAJ BHANDARI - JODHANA SC FORUM - JODHPUR



Elderly News extends Greetings to Sh. Ram Raj Bhandari on his 79th Birthday with sound health and long life. **-EDITOR**

FREE EYE CHECKUP CAMP ORGANISED AT RECREATION CENTER, GREEN PARK EXTN ON 17-01-2020



Senior Citizens Council of Delhi organised free Eye Checkup Camp in association with Sharp Sight Center at its Recreation Center, on 17-01-2020 in which more than 100 members availed the facilities at their doorsteps. **Dr. Sheetal** delivered a very useful talk on Eye care which was appreciated by all present followed by refreshments. **-A report by Mrs Manjula Aggarwal**

Editorial Board of Elderly News : B.S. Yadav (Dwarka), G.R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), Vimal Bhan, R.K. Singhal, Amar Chand Bansal & Mrs. Pushpa Mishra, Reporters : Pratap Singh, Mrs. Manjula Aggarwal, 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.seniorcitizensdelhi.org.**



Daily Spiritual Discourses at Deer Park (7AM & 8AM) Pt. Sachidanand Tripathi (Banaras) from 16.02.2020 to 29.02.2020, Acharya Mahender Mishra (Chitrakoot) from 01.03.2020 to 15.03.2020 & Pt. Bal Mukund Shukla (Prayag) from 16.03.2020 to 31.03.2020. Also at Shiv Mandir, Green Park from 5.15 pm to 6.15 pm daily, Shri Ram Mandir, B5 Block, Safdarjung Enclave from 7.00 pm to 8.00 pm daily, Sadbhavana Satsang Mandal, DDA Flats, Munirka on every Sunday from 10.00 am to 11.00 am & **RECREATION CENTRE, GREEN PARK EXTENSION DAILY FROM 3.30PM TO 4.30PM. -H.D.RALHAN, Founder Member**



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



APPEAL FOR AFFILIATION WITH CONFEDERATION
Till Date 138 Registered Senior Citizens Associations have affiliated with the Confederation of Senior Citizens Associations of Delhi (An umbrella Body of 11 Lakh Senior Citizens across Delhi). In order to take up issues of Senior Citizens with the Govt., all other SCAs are requested to join hands with the Confederation by joining as life member by making one time payment of Rs. 500/- only. **-B.S. Yadav, Secy. General**

APPEAL FOR LIFE MEMBERS OF COUNCIL



Senior Citizens Council of Delhi has been organizing daily spiritual, social & cultural activities for its members for the last 39 years. The Council is also protecting lonely Senior Citizens from abuses/humiliations from their own children & others. A good number of cases have already been solved by the Council headed by its President Sh. J.R. Gupta, during the current year. Any Senior Citizens residing in any part of Delhi is cordially invited to become a life member of the Council by paying one time payment of Rs. 1200/- by cheque/cash including 1 photo with Rs. 500/- for Elderly News as life subscriber. **The Payment is also exempted under 80G of Income Tax Act. 1961. -A.C. BANSAL**

JOINT BIRTHDAY CELEBRATIONS OF 33 MEMBERS OF COUNCIL AT RECREATION CENTER ON 30-01-2020

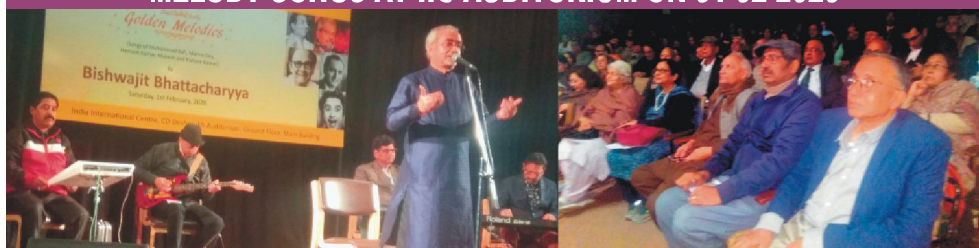


In a special programme, Senior Citizens Council of Delhi organised Joint Birthday Celebrations of 33 members on 30-01-2020 at its Recreation Center, Green Park Extension in the presence of more than 200 senior citizens. Each was felicitated with flowers, shawl & a gift as a token of respect and regards. Even some members were also felicitated by **Mr. Francois Vellas**,

President, AIUTA. Pt. Sandeep Tripathi of Sultanpur (U.P) also extended birthday greetings to all concerned. J.R.Gupta, President extended birthday greetings & prayed to Almighty for their long life with sound health followed by heavy refreshments.

- A report by Mrs. Manjula Aggarwal

MORE THAN 100 MEMBERS OF CONFEDERATION ENJOYS GOLDEN MELODY SONGS AT IIC AUDITORIUM ON 01-02-2020



Help Age India organised Musical Evening of Melodies of the Golden Era by Bishwajit Bhattacharya at IIC Auditorium, Lodhi Road on 01-02-2020 in which more than 100 members of Council/ Confederation enjoyed. The songs of Mohd. Rafi, Manna Dey, Hemant Kumar, Mukesh & Kishore Kumar were very much appreciated by all present. Light refreshment also served.

- A report by Mrs. Manjula Aggarwal

FROM FRONT PAGE : K.S.SAHOO, PRESIDENT, FEDERATION OF SCAS ...



He was very much impressed to know that the Council is protecting lonely senior citizens from humiliations & abuses at the hands of their own children without the intervention of Delhi Police. While addressing, he thanked J.R.Gupta for his warm welcome & briefed about various activities being organised throughout the year in Odisha, which were appreciated by all present. He was felicitated with Shawl & Patka as a token of respect & regards by J.R.Gupta & others.

- A report by Mrs. Manjula Aggarwal

J.R.GUPTA ADDRESSES RETIRED OFFICERS OF PUNJAB & SIND BANK AT ROHINI ON 17-01-2020



Punjab & Sind Bank Training College, Rohini organised Special Lecture for its 100 Officers and Staff (to be retired in quarter ending 31-03-2020) for their knowledge to know about Rights of the Senior Citizens. J.R.Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi was the main Speaker who told them about Rights of the Senior Citizens as enumerated in National Policy of Older Persons, 1999 such as Financial, Social, Health securities etc. He further drawn their attention towards Amendments made on 19-12-2016 & 28-07-2017 under Maintenance of Parents & Welfare of Senior Citizens Act, 2007 in which any senior citizen can approach Tribunal Courts of District Magistrates on a simple application without any Advocate to evict his/her son and daughter- in-law from his/her property, if he/she is ill-treated by them including maintenance allowance of Rs.10,000/- per month. He also touched issues concerning senior citizens including various free facilities made available by Senior Citizens Council of Delhi at its Recreation Center, Community Center, Green Park Extension on daily basis. He also told about Maintenance Amendment Bill 2019 already placed before Lok Sabha on 11-12-2019. The talk was appreciated by all present and he was also felicitated with shawl.

- A report by Mrs. Manjula Aggarwal

CONFEDERATION SUPPORTS UNIVERSAL PENSION OF RS.5,000/- PER MONTH TO SENIOR CITIZENS



More than 150 members of Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 Lakhs senior citizens) participated in Dharna at Jantar Mantar organised by Pension Parishad and Help Age India on 23-01-2020 to demand universal pension of Rs. 5,000/- per month to senior citizens of Delhi. Mr. Mathew Cherian, CEO, Help Age India was also present along with other staff. J.R.Gupta, Chairperson addressed the audience & supported the demand in the larger interest of senior citizens of Delhi followed by light refreshments.

- A report by Mrs Manjula Aggarwal

DISTRIBUTION OF BLANKETS TO ELDERLY POOR ON THE OCCASION OF MAKAR SAKRANTI ON 14-01-2020



On the occasion of Makar Sankranti, Senior Citizens Council of Delhi distributed 275 blankets to the elderly poor at Deer Park Satsang on 14-01-2020 as per past practice for the last so many years with a sole motive to help them in severe cold weather. Pt. Kavita Kant Bajpayee from Rai Bareli told about the significance of harvest festival including respect to elders by youngers. He further told that Makara Sankranti, is a festival day, dedicated to the deity Surya. It is observed each year in January. It marks the first day of the sun's transit into Makara, marking the end of the month with the winter solstice & the start of longer days.

-reported Manjula Aggarwal

FROM FRONT PAGE : FRANCOIS VELLAS (FRANCE), PRESIDENT, AIUTA ...



Everyone needs a hobby and fun way to pass the time and the U3A does just that for the elderly citizens. U3A has a lot of benefits and that is why it has taken the world by storm. The whole concept is a great idea and opportunity for elderly people in our communities. The more programs and frameworks we have similar to this the better will our retired people contribute to society. The models for the implementation of U3A vary from country to country but the idea and concept remain the same. He also informed about holding of U3A Conferences in Canada, Spain, Africa, China, Portugal, Chile & France in next 2 years. He further told that due to Coronavirus in China, the scheduled Conference in May, 2020 has been postponed for the time being. Mr. Vellas also took a round of Recreation Center managed by Council and appreciated their efforts for providing various free facilities to senior citizens on daily basis including protection of them from abuses/ humiliations at the hands of their own childrens. He also felicitated some senior citizens on their Birthdays. J.R.Gupta extended thanks to Chief Guest followed by heavy refreshments.

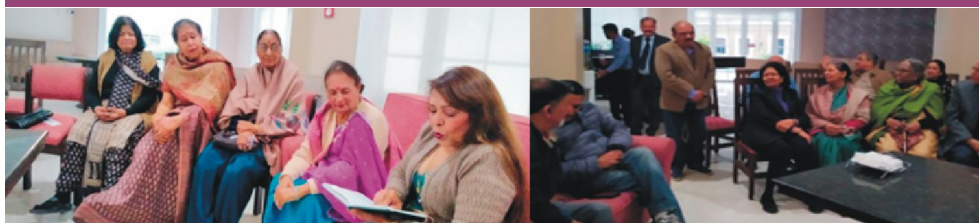
- A report by Mrs. Manjula Aggarwal

10 MEMBERS OF COUNCIL PARTICIPATED IN RAJYA SABHA TV CHANNEL ON 11-01-2020



10 members of Senior Citizens Council of Delhi participated in Rajya Sabha TV Channel debate on Juvenile Age, in serious crime & punishments on 11-01-2020 followed by refreshments.

- A report by Mrs Manjula Aggarwal

BIRTHDAY CELEBRATIONS AT SVNM CC BLOCK SHALIMAR BAGH, ON 31.01.2020**JOINT BIRTHDAY & NEW YEAR CELEBRATED ON 1-1-2020 BY SC FORUM, PESECT-18, ROHINI****GULMOHAR FORUM BIRTHDAY CELEBRATION ON JANUARY 27, 2020****LOHRI CELEBRATION BY SCA MOTI NAGAR**

Moti Nagar SCCA celebrated Lohri on January 13th at its Recreation Centre with songs, music and dance, in which about 120 members participated. All the members enjoyed the programme after which heavy refreshment was served.

- A report by Subhash Sharma, President

TALK ON BANK FRAUD, FINANCIAL PLANNING AND WEALTH MANAGEMENT ON 03-02-2020 AT RECREATION CENTER

Senior Citizens Council of Delhi organised a talk on Bank Fraud, Financial Planning and Wealth Management in association with All About Finance Services on 03-02-2020 at Recreation Center, Green Park Extension in the presence of more than 100 senior citizens. The talk was very useful and affirmative followed by refreshments. -A report by Manjula Aggarwal

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REPUBLIC DAY CELEBRATIONS AT DEER PARK & RECREATION CENTER ON 26-01-2020

Senior Citizens Council of Delhi organised Republic Day Celebrations at Recreation Center, Green Park Extn & Deer Park Satsang on 26-01-2020 in the presence of more than 200 senior citizens. J.R.Gupta administered oath to all present to ensure to cast votes of their family members in the Delhi Vidhan Sabha Elections Scheduled for 8th February, 2020. He also read the Preamble of the Constitution of India including Fundamental Duties for abiding by senior citizens. Eminent poet Sunehri Lal Verma Turant recited patriotic poems, followed by National Anthem & refreshments. -EDITOR

HEALTH CHECKUP CAMP AT RECREATION CENTER, GREEN PARK EXTN. ON 03-02-2020

Senior Citizens Council of Delhi organised Free Health Checkup Camp on 03-02-2020 in the presence of more than 100 members in association with Fortis Hospital & Prakariti Productions, followed by refreshments. -EDITOR

SHREE RAM KATHA AT SIRI FORT AUDITORIUM FROM 16-05-2020 TO 24-05-2020

Shree Ram Katha Samiti Dakshini Delhi in association with Senior Citizens Council of Delhi is to organize Shree Ram Katha by **Param Poojya Sant Sh. Vijay Kaushal Ji Maharaj** at Siri Fort Auditorium from 16-05-2020 to 24-05-2020 (4:30 pm to 7:30 pm) daily. **Please keep a note.**

-J.R. Gupta, President, 9810488059

SPECIAL SATSANG AT RECREATION CENTER ON 18-02-2020

Mahamandleshwar Swami Nityanand Saraswati ji Maharaj (Haridwar) has very kindly consented to deliver Special Discourses on Ramayana & Bhagwat at Recreation Center, Green Park Extn. on 18-02-2020 from 2:30 pm to 3:30 pm. All are cordially invited followed by heavy refreshments.

R.S.V.P. :- J.R. Gupta, President, Mob : 9810488059

SPECIAL PROGRAMMES AT RECREATION CENTER, GREEN PARK EXTENSION

Free Consultation on Legal Matters by an Advocate & Sunderkand Path on Every Tuesday from 2pm to 4pm

Free Homeopathy Dispensary:- Every Tuesday, Thursday and Saturday from 1.30pm to 3.30pm

18-02-2020:- Joint Birthday Celebrations of Council Members (enrolled upto 31-01-2019), if confirmed on or before 15-02-2020 followed by heavy refreshments.

29-02-2020, 01 & 02-03-2020 Graceful Ageing Conference at Haridwar. Interested members of Council/Confederation/ISU3A are requested to confirm their participation on first come first served basis, after booking their tickets in Dehradun Shatabdi for 29-02-2020 morning & 02-03-2020 evening back as per details already uploaded on the website: www.seniorcitizensdelhi.org. The Council has decided to bear a sum of Rs. 750/- per person as a special case to motivate large number of participation.

08-03-2020:- International Women Day Celebrations from 2 pm to 4 pm followed by refreshments

10-03-2020:- Holi Celebrations at Recreation Center from 2 pm to 4 pm followed by refreshments. -EDITOR