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ELDERLY NEWS

MONTHLY NEWSPAPER OF SENIOR CITIZENS COUNCIL OF DELHI

ASSOCIATED WITH MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVT. OF INDIA
SOCIAL WELFARE DEPARTMENT OF DELHI GOVT., I.C.C.R. & SENIOR CITIZENS CELL OF DELHI POLICE

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DAILY FREE VARIOUS FACILITIES FOR SENIOR CITIZENS IN RECREATION CENTER, GREEN PARK EXTENTION FROM 12.30 NOON TO 5.00 PM

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

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MONTH : FEBRUARY, 2021

Rs. 5/-

RAJENDRA PAL GAUTAM, SOCIAL WELFARE MINISTER, DELHI GOVT. SAYS THAT PENDING GRANTS WOULD BE RELEASED SOON



3 members delegation of Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 Lakh Senior Citizens) led by its Chairperson, J.R.Gupta, met **Rajendra Pal Gauam, Social Welfare Minister, Delhi Govt.** in his official residence on 13-01-2021. The other members were V.K.Pahuja & Pratap Singh. The members also extended New Year greetings to him. J.R.Gupta brought to the notice of Minister that most of the SCAs have not been released Recreation Grants for the Financial Year 2019-20 in spite of orders of Director, Social Welfare Department due to unnecessary objections being raised by Finance Department without any reasons. He requested the Minister to kindly intervene who assured that pending grants would be released soon.

-a report by Pratap Singh

MS.NABEELA WALI, NEW SECRETARY, DLSA SAYS HELP DESK COUNTER FOR EVICTION/MAINTENANCE CASES WOULD BE SETUP AT RECREATION CENTER SOON



4 members delegation of Senior Citizens Council of Delhi led by its President, J.R.Gupta met **Ms. Nabeela Wali new Secretary, Delhi Legal Services Authority, South District** in her office on 12-01-2021. The other members were Pratap Singh, L.R.Garg & Vimal Bhan. The members extended New Year greetings to her and requested to grace the Republic Day function on 26-01-2021, who accepted the invitation. J.R.Gupta also requested her to arrange help desk counter of DLSA in Recreation Center at least once in a week to extend help in finalization of petitions under Maintenance & Welfare of Parents and Senior Citizens Act, 2007, as the cases of eviction /Maintenance cases of affected senior citizens are increasing day by day. She assured to talk with ADM /DM (South) for arranging a Legal Aid Counsel as early as possible.

- a report by L.R.Garg, Secretary

RAM NIWAS GOEL, SPEAKER, DELHI VIDHAN SABHA SAYS THAT STAMP DUTY EXEMPTION FOR THE EXECUTION OF GIFT DEED BY SENIOR CITIZENS IN BLOOD RELATIONS IS UNDER ACTIVE CONSIDERATION OF DELHI GOVT.



L -R :- L.R.Garg, J.R.Gupta, Ram Niwas Goel, Ramesh Aggarwal & V.K.Pahuja

A 4 members delegation of Senior Citizens Council of Delhi led by its President, J.R.Gupta met **Ram Niwas Goel, Speaker, Delhi Vidhan Sabha** in his office on 07-01-2021. The other members were L.R.Garg, Ramesh Aggarwal & V.K.Pahuja. The delegation members extended New Year greetings to him. J.R.Gupta handed over a copy of letter dated 26-10-2020 addressed to Arvind Kejriwal, Chief Minister of Delhi regarding exemption of stamp duty for the execution of Gift Deed by senior citizens in blood relations. He told that the matter is already under consideration of Delhi Govt. - A report by L.R.Garg, Secretary

SENIOR CITIZENS MEETS KANWAL JEET ARORA, MEMBER SECRETARY & MS. NAMRITA AGGARWAL, ADDITIONAL SECRETARY, DLSA ON 11-01-2021



2 members delegation of Senior Citizens Council of Delhi led by its President, J.R.Gupta met **Kanwal Jeet Arora, Member Secretary & Ms. Namrita Aggarwal, Additional Secretary, Delhi State Legal Services Authority** on 11-01-2021 along with D.K.Sangal and extended New Year Greetings. J.R.Gupta also requested to grace the Republic Day Function at Recreation Center, Green Park Extension on 26-01-2021. Both agreed to attend the same.

-A report by D.K.Sangal

MRS. SANTI BAI HANOOMANJEE, HIGH COMMISSIONER OF MAURITIUS SAYS MOU BETWEEN BOTH THE COUNCILS WOULD BE RENEWED SOON



J.R.Gupta, President along with Pratap Singh met **Mrs. Santi Bai Hanoomanjee, High Commissioner of Mauritius in India** in her office on 01-02-2021 & requested to intervene for the renewal of MOU between both the Councils of Delhi & Mauritius. She assured to speak to the Social Security Minister, Mauritius for renewal of the MOU soon. - a report by Pratap Singh

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ELDERLY NEWS WISHES ITS READERS HAPPY BASANT PANCHMI AND MAHA SHIVRATRI

CONFEDERATION NEWS

SENIOR CITIZENS 75 YEARS & ABOVE TO GET MAJOR TAX EXEMPTION



Senior citizens can now hope to heave a sigh of relief as far as their income tax (I-T) returns are involved. Finance Minister Nirmala Sitharaman in the Union Budget 2021-22 announced that senior citizens (above 75 years) with only pension or interest as income will be exempted from filing I-T returns. A reduction of time in I-T cases was also proposed, while the time limit to reopen an assessment case would be reduced to three years from the current six years. Tax audit limit increased from Rs. 5 crore to Rs. 10 crore. The common man who expecting some income tax relief after being affected by the Covid-19 pandemic may not yet get some relief and senior citizens would not immediately get any relief.

- L.R.GARG, EDITOR

ISU3A HOLDS 4TH WEBINAR ON ONION & GARLIC ON 16-01-2021



ISU 3A organized its 4th Webinar on 16-01-2021 on Google Meet. J R Gupta, Executive Chairperson conveyed New Year greetings for 2021, while G K Khare, Chairperson hoped the talk will be useful to all. **Dr R K Garg, Secretary General** of ISU 3A, was introduced by Dr Vyasamoorthy. Dr Garg spoke on the botanical and scientific aspects, commercial facts, medicinal properties and uses, religious and traditional taboos associated with use of Onion and Garlic. Onion is useful for headache, asthma and toothache, blood clots. Garlic is an antiseptic, anticoagulant, insect repellent, immunity booster, anti-cancer drug and is good for the heart and liver. Garlic reduces the risk of Alzheimer's disease. Mr Khare, Mr Avinash and others got clarifications for their doubts. Vote of thanks was by Mr Avinash Lakare.

-a report by Dr. P.Vyasamoorthy

JODHANA SENIOR CITIZENS FELICITATES RAM RAJ BHANDARI ON HIS 80TH BIRTHDAY



4 members delegation of Jodhana Senior Citizens, Jodhpur visited the house of its Founder President, **Ram Raj Bhandari** & life member of Senior Citizens Council of Delhi on 18-01-2021. They felicitated him on his 80th Birthday & prayed to Almighty for his long life with sound health. The other members were Pursotam Das Pungalia, Dr. R.P.Arya, Sohan Mohata & Prem Sukhu Daga, Treasurer. On behalf of members of the Senior Citizens Council of Delhi, J.R.Gupta, President, conveyed Birthday Greetings to him. Elderly News also wishes him long life with sound health.

- L.R.Garg, Editor

DELEGATION MEMBERS OF AGE CARE INDIA VISITS RECREATION CENTER, GREEN PARK EXTENSION ON 05-01-2021



A 3 members delegation of Age Care India led by its Senior Vice-President met J.R. Gupta, Chairperson, Confederation of Senior Citizens Association of Delhi (an umbrella body of 18 Lakh senior citizens) at Recreation Center of Senior Citizens Council of Delhi, Green Park Extension on 05-01-2021. The other members were G.K. Anand & C.S.Shukla, Secretaries who are also representing SCAs Lajpat Nagar & Siddhartha Extension respectively already affiliated to Confederation. The delegation members shown their willingness to work with Confederation jointly for the cause and care of elderly. P.S. Dhingra addressed the audience & told that it is our privilege to work with the Confederation in the interest of senior citizens. J.R. Gupta welcomed their proposal. Earlier, Sunderkand Path was also recited by Dinesh Sharma & Harikesh Shukla supported by Mrs & Mr. Vimal Bhan of Gulmohar Park. All the 3 delegation members were felicitated by Vimal Bhan along with J.R.Gupta, R.K.Singhal, Dinesh Sharma, & Hari Singh Gursey. Vimal Bhan was also felicitated followed by refreshment packets.

- Mrs. Manjula Aggarwal, Incharge

ACTIVITIES OF SCF DILSHAD GARDEN ON 01-01-2021



Senior Citizen Forum Dilshad Garden, O-Pocket, in association with Aarni Shakti Foundation of Tahirpur distributed free pen, pencil, drawing paper, notebook to poor and needy children for upbringing their future followed by lunch.

- Radha Krishna Uniyal

MUSICAL EVENING BY ISU3A (CENTRAL ZONE) BY WEBINAR ON 10-01-2021



Pradeep Sinha, Vice-Chairperson, Central Zone, ISU3A organized a musical evening programme performed by senior citizens on 10-01-2021 by Webinar. Many members of U3A namely Dr. R K Garg, M K Raina, Kaul from Aiscon, Padma Kini from Udipi. Er. Krishna Kumar Manohar, Bharat Bhushan Sharda, Rita Mathur, Chobhi Mitra. And of course our members Dr Rama and Dr J K Mishra. Dr Swantantra Sharma former V C Gwalior Music University. Dr SP Mishra. Lata Maheshwari.

- a report by Pradeep Sinha, V.C., ISU3A

REPUBLIC DAY CELEBRATIONS BY SCWA, SAKET ON 26-01-2021



Republic Day celebration at Senior Citizens Welfare Association, Saket Unfurling flag ceremony was organized by observing social distancing norms. 42 members graced the occasion. Sweets were distributed to all present after the ceremony.

-Surindra Kumar, Genl. Secy.

JOINT BIRTHDAY CELEBRATIONS BY SCCA MOTI NAGAR ON 27-12-2020



Moti Nagar SCCA celebrated its Joint Birthday of its members between 1. 10 .2020 & 31 .12 .2020 at its Recreation Centre, by observing social distancing norms with attendance of 50 persons, which was headed by its President, Shri Subhash Sharma (Advocate), along with all the Executive Committee Members. The program was enjoyed by the attendees with songs, poems, bhajan, etc., after which cake was cut and lunch packets were distributed.

- A report by Subhash Sharma, President

Editorial Board of Elderly News : B.S. Yadav (Dwarka), G.R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), Vimal Bhan, R.K. Singhal, & 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: guptajr2005@gmail.com, Web: www.senioreldersdelhi.org

Daily Spiritual Discourses at Deer Park Satsang (7 AM to 8 AM) & Recreation Center, Green Park Extension (3 PM to 4 PM) by Pt. Ram Rekh Tripathi, Sultanpur from 01-02-2021 to 15-02-2021, Pt. Mahesh Mishra, Bhopal from 16-02-2021 to 28-02-2021 & Pt. Prem Prakash Tripathi, Sultanpur from 01-03-2021 to 15-03-2021 respectively.

-EDITOR



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 141 Registered Senior Citizens Associations have affiliated with the Confederation of Senior Citizens Associations of Delhi (An umbrella Body of 18 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 41 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.

- H.D.Ralhan

REPUBLIC DAY, JOINT BIRTHDAY CELEBRATIONS & HEALTH TALK ORGANIZED BY SENIOR CITIZENS COUNCIL OF DELHI ON 26-01-2021


Senior Citizens Council of Delhi organized Republic Day Celebrations at its Recreation Center in the presence of more than 125 senior citizens . **Kanwal Jeet Arora** , Member Secretary , DSLSA was the Chief Guest , **Ms. Namrita Aggarwal** , Additional Secretary , DSLSA & **Ms. Nabeela Wali** , Secretary , DLSA (South) were the Guests of Honor . On this occasion , Council members also performed a Cultural programme in which all the guests also participated & enjoyed followed by the National Anthem . Participants include widows between the ages 75 & 80. Every effort is being made by the Council to free senior citizens from loneliness regularly throughout the year by providing them a common platform to highlight their hidden talents . The main aim of the Council is to protect lonely senior citizens from humiliations / abuses at the hands of their own children & others . Various free facilities like Physiotherapy , Gym , Homeopathy Dispensary & library are being availed by the senior citizens on a daily basis at the Recreation Center . With the support of DSLSA & DLSA , Legal Aid Counsel is visiting on every Tuesday since **June , 2018** for rendering free consultation on legal matters . So far, **1960**

senior citizens have availed this facility out of 60 % are female senior citizens . **Sh. Kanwal Jeet Arora** , Chief Guest addressed the senior citizens & extended Republic Day greetings to all . He also briefed about DSLSA & assured to arrange a **help desk counter** in the Recreation Center once in a week regarding Eviction /Maintenance cases which would be helpful to the affected victim senior citizens . **Ms. Namrita Aggarwal** , Additional Secretary , DSLSA & **Ms. Nabeela Wali** , Secretary , DLSA also spoke & extended Republic Day greetings to all present . All the guests were felicitated by **J.R.Gupta** , **President** along with other members of the Council with shawl & patka. The guests also felicitated 20 senior citizens during their Joint Birthday Celebrations with flowers , shawl & a gift as a token of respect and regards . Earlier , **Sunderkand Path** was recited and **Dr . G.S.Grewal** delivered a talk on health & also advised senior citizens to take free Covid vaccine with the support of Govt . as and when made available to them . The function concluded followed by refreshment packets. **See more photos at page-4**

COUNCIL DISTRIBUTES 375 BLANKETS DURING MAKARSKRANTI AT DEER PARK SATSNAG & RECREATION CENTER ON 14-01-2021


Like past years, Senior Citizens Council of Delhi distributed 375 blankets to poor elderly & needed people on 14-01-2021 on the occasion of Makar Sakranti at Deer Park Satsang & Recreation Center , Green Park Extension including Kusht Ashram, R.K.Puram to save them from very

cold weather . **Pt. Kaushlesh Kumar** (Prayagraj) spoke about importance of Makar Sakranti Hindu Festival across India. **J.R.Gupta**, President extended greetings of the day to all present during the distribution of blankets .
— **A report by Pratap Singh**

COUNCIL CELEBRATES LOHRI FESTIVAL AT RECREATION CENTER, GREEN PARK EXTENSION ON 13-01-2021


Like past years , Senior Citizens Council of Delhi celebrated Lohri Festival on 13-01-2021 at Recreation Center, Green Park Extension in the presence of more than 50 senior citizens . They sang Lohri songs and danced around the bonfire on drumbeat . All the senior citizens enjoyed the festival very much . They also perform a prayer and go around the fire to show respect to the natural element of fire, a

tradition common in winter solstice celebrations . **J.R.Gupta** , President extended Lohri Greetings to all followed by refreshment packets containing popcorn, peanut & revdi. Incidentally , it may be pointed out that Hindu and Sikhs traditionally lit bonfires in their yards after the weeks of the rabi season cropping work , socialized around the fire, sang and danced together. -**Mrs Manjula Aggarwal**

SENIOR CITIZENS MEETS NEW ACP VEER KRISHAN PAL SINGH YADAV


A 4 members delegation of Senior Citizens Council of Delhi led by its President , **J.R.Gupta** met new **ACP Veer Krishan Pal Singh Yadav** in his office on 21-01- 2021 . Other members were **D .K .Sangal** , **Dinesh Sharma** & **Pradeep Aggarwal** . The delegation members extended New Year Greetings to him and extended invitation to visit Recreation Center , Green Park Extension on 26 -01 -2021 . He accepted the invitation.
- **A report by D.K.Sangal**

TALK ON HEALTH BY DR. AVATAR SINGH AT RECREATION CENTER ON 19-01-2021


Dr. Avatar Singh delivered a Health Talk on "**Precautions during Winter Season**" in the presence of more than 70 senior citizens at Recreation Center, Green Park Extension on 19-01-2021 which was appreciated by all present . Earlier , **Sunderkand Path** was also recited by **Dinesh Sharma** & **Harikesh Shukla** Attendant . **Advocate Ritesh Kumar** son of **K.D.Singh** a life member of Council also addressed senior citizens and offered his help in any type of court cases . **J.R. Gupta** , President thanked both the speakers followed by refreshment packets. - **Mrs Manjula Aggarwal**, Incharge

HELPAge INDIA ORGANIZES WEBINAR ON MAINTAINANCE ACT ON 21-01-2020



Help Age India organized Webinar on "Need & Redressal Mechanisms - Maintenance and Welfare of Parents and Senior Citizens Act, 2007, in Pandemic Times" in which **J.R. Gupta**, Chairperson, Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 Lakh senior citizens) was the main Speaker. He spoke about practical difficulties faced by the victim senior citizens while pursuing their cases in various Tribunal Courts across Delhi relating to eviction & Maintenance during Covid -19 pandemic. During pandemic time, senior citizens also lost their jobs. He also pointed out that such victim senior citizens are still waiting for final decision even after 2 years in different Tribunal Courts. He also shared two cases of victims namely **Madan Lal (71)** of Vijay Enclave, Dabri & **Sunil Kumar (67)** of East Vinod Nagar about harassment /humiliations / abuses at the hands of their daughter - in-laws & their cases are still pending for the last 2- 3 years in spite of letter dated 10-10-2020 addressed to **Rajendra Pal Gautam**, Social Welfare Minister, Delhi Govt for his intervention. He also referred latest judgment of Supreme Court dated 15-12-2020 in which victim daughter -in- laws have been protected under Domestic Violence Act- 2005 on the grounds that the Maintenance Act, 2007 was enacted later on and the same is affecting current victim senior citizens cases. He suggested for holding a meeting to be convened by DSLSA with the Officers of Tribunal Courts, Confederation members & Officers of Social Welfare Department. **Ms. Sonali Sharma**, Head - Communications, Help Age India was the Moderator. **Rohit Prasad**, CEO welcomed all the Panelists. **Ms. Rojibala**, State Head, Delhi NCR also spoke about status of cases pending in current pandemic times. **Rajeev Saxena**, Dy. Director from Social Welfare Department also spoke including Anubhav Jain, Secretary, DLSA (North- East District).

- A report by L.R.Garg, Editor

SCWS SHALIMAR BAGH CELEBRATED REPUBLIC DAY ON 26-01-2021



Regular meetings of the Society were held throughout the month of January. Members celebrated Lohri Festival and sang lohari songs. National Flag was hoisted and Republic Day celebrations took place in the Activity Center on 26-01-2021. - **P.P. Tuteja**, Genl. Secretary

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FROM 3 RD PAGE FELICITATION OF GUESTS ON 26-01-2021



FREE LEGAL CONSULTATION BY ADVOCATE DEPUTED BY DELHI LEGAL SERVICES AUTHORITY (SOUTH DISTRICT) DURING THE MONTH OF JANUARY, 2021



With the support of Delhi Legal Services Authority (South District), during the month of January, 2021, **Advocates Anuj Aggarwal & Rakesh Kumar Saini**, visited Recreation Center, Green Park Extension & rendered free Legal advice sought by members of Senior Citizens Council of Delhi, by observing social distancing norms in the presence of more than 50 members throughout the month. **1960** senior citizens have benefited in sorting out their petty matters and also by creating awareness among other senior citizens in the adjoining colonies since **June, 2018.** - **Mrs. Manjula Aggarwal**

APPEAL FOR DONATION FOR SHREE RAM MANDIR AYODHYA

Council members are requested to donate generously by cheque in the name of "SHRI RAM JANMBHOOMI TEERTH KSHETRA" for the construction of Shri Ram Mandir Ayodhya as a devotee of **Lord Rama**. Please mention your name, mobile number and PAN number on the backside of cheque and send the same at Recreation Center, Green Park Extension **on or before 15-02-2021**. The amount of donation would be exempted under 80 G of Income Tax Act, 1961 (**50 %**). The appeal is not mandatory. - **J.R.Gupta**, President

SPECIAL PROGRAMMES AT RECREATION CENTER, GREEN PARK EXTN.

19-02-2021 : Talk on Financial Literacy from 2 pm to 3 pm with refreshment
23-02-2021: Joint Birthday Celebrations of Council Members (enrolled up to 31-01-2020) for the month of February, 2021, if confirmed before 15-02-2021 from 2 pm to 4 pm after Sunderkand Path followed by heavy refreshments.

NOTE :- Council Members who are unable to visit either daily Deer Park Satsang or Recreation Center may furnish their email id so that they can know about future special programmes through the Elderly News.

—EDITOR

CORRIGENDUM :- Actually Advocate **Anuj Aggarwal** visited every Tuesday & rendered Free Legal Consultations during the month of December, 2020 as per his photo published on page -4 in the Elderly News for the month of January, 2021. However, by mistake name of Advocate Hari Ram was published inadvertently, which is regretted.