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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)

VOL : 009

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MONTH : FEBRUARY, 2022

Rs. 5/-

COUNCIL ORGANIZES REPUBLIC DAY CELEBRATIONS & JOINT BIRTHDAY CELEBRATIONS ON 26.01.2022



Senior Citizens Council of Delhi organised Republic Day Celebrations & Joint Birthday Celebrations on 26.01.2022 at Recreation Center, Green Park Extension in the presence of more than 80 members. **Mrs. Renu Monty Singh** honored 22 members born in the month of January with flowers, shawl and a gift as a token of respect and regards. To celebrate Republic day celebrations female members of

the Council headed by Mrs. Manjula Aggarwal, Incharge, performed a Cultural Program, which was appreciated by all present. J.R.Gupta, President extended Republic Day Greetings to all members present and also birthday greetings to concerned members with a prayer to Almighty for their long life with sound health followed by refreshments

- More photos on page 3 & 4 by Mrs. Manjula Aggarwal

SANTI BAI HANOOMANJEE, HIGH COMMISSIONER OF MAURITIUS ASSURES TO GET INVITATION TO VISIT MAURITIUS UNDER MOU BY THE END OF MARCH, 2022



L to R :- R.K.Singhal, J.R.Gupta, Santi Bai Hanoomanjee, L.R.Garg & D.K.Sharma



J.R.Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 lakh senior citizens) met **Sh.Rohit Prasad, CEO, Help Age India** on 03/01/2022 in the presence of Mrs. Sonali Sharma and Mrs. Roji Bala and discussed various issues concerning senior citizens across Delhi. Help Age India assured to re-start physical activities after normalcy is restored from Covid -19 pandemic and Omicron. J.R.Gupta extended New Year greetings to them and thanked them for holding a fruitful meeting for the interest of senior citizens in near future. -Editor

A 4 members delegation of Senior Citizens Council of Delhi met **H.E.Mrs. Santi Bai Hanoomanjee, Mauritius High Commissioner** in her office on 09.02.2022 led by its President, J.R.Gupta. The other members were R. K. Singhal, L.R.Garg & D.K.Sharma. Delegation members requested her to intervene in the matter as there is an inordinate delay in getting invitation from Mauritius under MOU. She assured to speak to concerned Officer in Mauritius to get invitation by the end of March, 2022. J.R.Gupta thanked for her kind gesture.

- a report by L.R.Garg, Secretary

COUNCIL EXTENDS MORAL SUPPORT & LEGAL GUIDANCE

Ramesh Chand (68), resident of Chanakya Palace, New Delhi visited Recreation Center on 21/01/22 and informed that her daughter-in-law has gone on deputation Morocco (North Africa) since September, 2020 for 3 years. She had harassed

, abused and threatened to lodge false cases against his father-in-law with a sole motive to grab his property. At that time, his case was taken up with the Commissioner of Police for providing security. Now he is living peacefully in his own house and thanked the Council for extending moral support and regular legal guidance. -Editor

Ms.Saranjit Kaur (72), widow, resident of Rajinder Nagar, New Delhi, was abused, physically tortured and threatened to kill and lodge false cases with a sole motive to grab her aforesaid property by her daughter -in-law. She approached the Council/Confederation on 02.07.2021 for providing security. The matter was taken up with the Commissioner of Police on 12.07.2021. No further complaint has been received. She is residing in her own house peacefully and thanked the Council for their legal guidance and moral support. -Editor

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ELDERLY NEWS WISHES ITS READERS HAPPY BASANT PANCHMI, MAGHI PURNIMA, GURU RAVI DAS JAYANTI, MAHA SHIVRATRI & HOLI

CONFEDERATION NEWS

OUR TRIP TOGETHER IS VERY SHORT



A woman climbed up the bus and sat down beside a man, hitting him with her numerous bags. When the man remained silent, the woman asked him why he did not complain when she hit him with her bags? The man replied with a Smile: "There is no need to be upset about something so insignificant, as our journey together is so short, because I'm getting off at the next stop." This answer disturbed the woman so much, she asked the man to excuse her and thought the words needs to be written in gold. Each of us must understand that our time in this world is so short, that darkening it with useless arguments, jealousy, not forgiving others, discontentment and bad attitudes are a ridiculous waste of time and energy. Did someone break your heart? Stay calm. The trip is too short. Did someone betray you, intimidate, cheat or humiliate you? Relax - Don't be Stressed. The trip is too short. Did someone insult you without reason? Stay calm. Ignore it. The trip is too short. Did someone make a comment that you didn't like? Stay calm. Ignore. Forgive, keep them in your prayers & love them still for no reason. The trip is too short. Whatever the problems some bring to us, it is a problem only if we think of it, remember that our journey together is too short. No one knows the length of our trip. No one has seen tomorrow. Nobody knows when it will arrive at its stop. Our trip together is too short. Let us appreciate friends and family. Keep them in good humor. Respect them. Let us be respectful, kind, loving & forgiving. Because we will be filled with gratitude and joy, **after all Our trip together is very short.** Share your smiles with everyonechoose your path to be as beautiful as you wish it to be.

-L.R.Garg, Editor

EYE CHECK UP CAMP BY SHARP SIGHT AT DILSHAD GARDEN



Senior Citizen Forum, O-Block, Dilshad Garden organized Free Eye Checkup Camp in association with Sharp Sight Center. On this occasion, members also paid tributes to Late CDS Vipin Rawat followed by refreshments. - a report by Radha Krishna Pant, President

FREE FULL BODY CHECKUP CAMP BY MOTI NAGAR SCCA ON 18.12.2021



Moti Nagar SCCA organized a full body free check up medical Camp at its Recreation Centre on 18.12.2021 in collaboration with Akhil Bhartiya Agarwal Samelan, in which more than 150 of its members got checked their eyes, heart, ortho, along with BP and Sugar testing. Eye sight glasses and hearing aids were distributed free to the needy. All the members were provided with tea/snacks and lunch during the Camp. Everyone appreciated this action of the Association after the Corona pandemic. -Report by Subhash Sharma President

DENTAL CAMP BY JODHPUR SENIOR CITIZENS



With the inspiration of Shri Purshottam Das Pungalia and untired efforts of Shri Prem Sukh Daga, Shri Ajeet Raj Bhandari a dental camp was organized on 09.01.2022 at Jain Teerth, Kaparda. This Teerth is 60 kms away from Jodhpur. Camp was organised under the banner of Jodhana Senior Citizens Society, Maharaja Hanuwant Singh Charitable Trust and Vyas Dental College. Team of Doctors of Vyas Dental College rendered their services. Around 100 patients were treated for different ailments like extraction of tooth, scaling and filling of tooth. Free medicines were distributed to patients. - a report by Prem Sukh Daga

DIGESTIVE HEALTH AND IMMUNITY GO HAND-IN-HAND

It is aptly said, 'healthy gut = healthy you'. As such, it is no secret that your gut health is linked to your overall health. This is why it is suggested to eat gut-friendly foods to soothe digestive troubles and boost your immunity :- Cinnamon soothes digestive discomfort, Ginger root improves digestion, reduces inflammation, Avoid late dinner, Stick to an exercise program, Ditch the stress ways to boost your immunity. -Editor

PICNIC BY SCF, A1 BLOCK, JANKPURI ON 26.12.2021



Senior Citizens Friendship Forum, A1 Block, Janak Puri organized one day Picnic on 26.12.2021 in which 35 Members participated and enjoyed the picnic at Gurugram in very safe and secure environment. Masks & Sanitizers were also distributed to members followed by refreshments. - Arun Sabharwal

VACCINATION CAMP BY GULMOHAR SENIOR FORUM ON 15.01.2022



Gulmohar Seniors Forum member Rt. Mr. Prem Singh Dhingra organised mamography check-up camp in association with RWA at Gulmohar Club on 02.01.2022. Many senior members were present there. A vaccination camp was also organized for seniors for third booster dose on 15.01.2022 at Gulmohar Centre. 97 members availed this facility. Masks were given by Gulmohar Seniors Forum to those who came for vaccination. Mr. Somnath Bharti, MLA inaugurated the camp and assured to arrange such camps in future. - a report by Yogendra Sahai, President

73rd REPUBLIC DAY CELEBRATION BY SCF, DILSHAD GARDEN



Senior Citizens Forum, O-Block, Dilshad Garden organized 73rd Republic Day Celebrations in the presence of more than 40 senior citizens. Jan Man Gan was sung followed by refreshments. -R.K.Uniyal

ARTICLE ON BASANT PANCHMI

Basant Panchami' is a Hindu festival celebrating Saraswati, the goddess of knowledge, music and art. It is celebrated throughout the India. It is celebrated every year on the fifth day (Panchami) of the Magh month according to Hindu Calander. Basant Panchami marks the end of the winter season. In this festival the kids are taught to write their first words according to the Hindu Custom. People usually wear yellow garments in this festival. Goddess of knowledge, Devi Saraswati is worshipped all over the country. Yellow sweets are consumed within the families. Everyone enjoy the festival with great fun and enthusiasm. - Mrs. Manjula Aggawal

Editorial Board of Elderly News : B.S. Yadav (Dwarka), G.R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), J.C. Narang (Tagore Garden), Dinesh Kumar Sangal (Arjun Nagar) Reporters : Pratap Singh, Mrs. Manjula Agarwal, 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 & Recreation Center, Green Park Extension Pt. Mahesh Mishra, Bhopal, MP from 16.02.2022 to 28.02.2022, Pt. Rajesh Ramayani, Bareilly, UP from 01.03.2022 to 15.03.2022 & Pt. Sanjay Mishra, Mumbai from 16.03.2022 to 31.03.2022 between 7 & 8 AM and 3 & 4 pm respectively. -EDITOR



APPEAL TO ENROLL LIFE SUBSCRIBERS OF ELDERLY NEWS

Elderly News requests to all its readers to enroll themselves by making one time payment of Rs. 500/- along with one photo as life time subscription fee which can be deposited in Bank Account No. 000603610110002726 of Senior Citizens Council of Delhi in Bank of India, Safdarjung Enclave Branch, IFSC code: BKID0006036. The amount is exempted under 80G of Income Tax Act 1961. -L. R. Garg, Secretary



APPEAL FOR AFFILIATION WITH CONFEDERATION

Till Date 144 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. The amount can be deposited either cash / cheque or can be deposited in the SB Account No. 000603610110006266 of Confederation in Bank of India, Safdarjung Enclave Branch, IFSC code: BKID 0006036. The amount is exempted under 80G of Income Tax Act 1961.

-by 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 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. 1200 /- by cheque/ cash as life membership fee. The amount can also be deposited in the name of Senior Citizens Council of Delhi in Bank of India, Safdarjung Enclave Branch, Saving Bank Account No. 603610110001482, IFSC Code: BKID 0006036. The amount is exempted under 80 G of Income Tax Act, 1961. -H.D. RALHAN, Founder Member

FROM FRONT PAGE ---- REPUBLIC DAY & JOINT BIRTHDAY CELEBRATIONS ----



COUNCIL ORGANIZES FREE VACCINATION CAMP ON 24.01.2022



Senior Citizens Council of Delhi organized free vaccination camp for 15 years & above including booster dose for senior citizens at its Recreation Center, Green Park Extension in which more than 150 senior citizens and students availed the free facility at their doorsteps. The camp was organized with the support of Area MLA, **Sh. Somnath Bharti** & staff of DM (South) Office. The vaccination was supervised by Dr. Yogesh Yadav and doses were given by two nurses. J.R. Gupta, President felicitated Area MLA & extended thanks to the doctors team for their sincere efforts followed by light refreshments. - a report by Mrs. Manjula Aggarwal, Incharge

DISTRIBUTION OF BLANKETS AT SATSANG ON 14.01.2022



Senior Citizens Council of Delhi distributed 150 free blankets to needy persons at Deer Park Satsang Sthal on the occasion of Makar Sankranti like past years in the presence of more than 150 persons. - R.K.Singhal

81th BIRTHDAY OF RAM RAJ BHANDARI CELEBRATED BY JODHPUR SENIOR CITIZENS



81th Birthday of Shri Ram Raj Bhandari celebrated by Jodhana Senior Citizens Society on 18th January 2022 at his residence by garlanding of mala, shawl and dupatta. All present members prayed to Almighty God for his long and healthy life. On the occasion, all the members cheered up by remembering old incidents of their life. At the end refreshment was offered to all the members. - a report by P D Agarwal

BASANT PANCHAMI CELEBRATIONS & LAUGHTER YOGA



Senior Citizens Council of Delhi celebrated Basant Panchami on 02.02.2022 in the presence of more than 50 members at Recreation Center, Green Park Extension. Some members participated with yellow dress and they were felicitated. J.R. Gupta, President apprised them about Basant Panchami Festival. On this occasion, eminent yoga teacher Mr. Girdhari Lal conducted laughter yoga session followed by refreshments. - a report by R.K.Singhal

SENIOR CITIZENS MEETS KANWAL JEET ARORA, MEMBER SECRETARY, DSLSA



A 4 members delegation of Senior Citizens Council of Delhi headed by its President, J.R. Gupta met **Sh. Kanwal Jeet Arora**, Member Secretary, DSLSA in his office on 21.01.2022. The other members were V.K. Pahuja, R.K. Singhal & S.M. Singhal. The delegations members requested him to grace the Republic Day function of Council at its Recreation Center on 26.01.2022 which was accepted. J.R. Gupta, President extended thanks to him for his kind gesture. - A report by R.K.Singhal

HEALTH TALK BY DR BRAJESH KUMAR MISHRA OF MAX HOSPITAL SAKET



Senior Citizens Council of Delhi organized a health talk on Prevention of Cardiovascular Diseases on 28/01/2022 at its recreation centre, Green Park Extension by **Dr. Brajesh Kumar Mishra** from Max Super Speciality Hospital, Saket in the presence of more than 80 members. He gave various tips how to prevent heart disease initially. He further advised to do regular exercises and walking followed by a question answer session. J.R. Gupta, President extended thanks to Dr. Mishra and his team followed by heavy refreshments. - A Report by R.K. Singhal

TALK ON CYBER CRIME ON 02.02.2022



Senior Citizens Council of Delhi organized a Special Talk of Prevention of Cyber Crime /Fraud by **SHO Safdarjung Enclave Mr. Shailender Tomar** at its Recreation Center, Green Park Extension on 02.02.2022 in the presence of more than 50 members. He advised senior citizens not to share their OTP under any circumstances otherwise your money would be withdrawn by bad elements. He also demonstrated the use of mobile to save them from any loss followed by refreshments. J.R. Gupta thanked SHO and also felicitated him for useful talk for the senior citizens. - A report by R.K.Singhal

LOHRI CELEBRATED BY MOTI NAGAR SCCA ON 13.01.2022



Moti Nagar SCCA celebrated Lohri on January 13, 2022, at its Recreation Centre with lohri songs, music and dance, in which about 30 members participated due to the pandemic problem. All the members enjoyed the program after which heavy refreshment and lohri Prasad was served. -A report by Subhash Sharma, President

FROM FROM PAGE ---- REPUBLIC DAY & JOINT BIRTHDAY CELEBRATIONS --



SUNDERKAND PATH ON 08.02.2022



Senior Citizens Council of Delhi has been organizing Sunderkand Path on every Tuesday in its Recreation Center, Green Park Extension in the presence of more than 80 senior citizens on each day followed by refreshments. The Sunderkand Path is recited by Sh. Dinesh Kumar Sharma, Harikesh Shukla (Attendant) with the help of Pritam Singh who played dholak. Dinesh Sharma, Mrs. Neelam Malhi, Mrs. Poonam Soin & Mrs. Poonam Bhagotra also recited bhajans which were appreciated by all present. - a report by R.K.Singhal

DUTIES & RESPONSIBILITIES IN RECREATION CENTER



L.R.Garg, Secretary, Senior Citizens Council of Delhi has assigned Duties & Responsibilities of following members with effect from 15.02.2022 in the interest of smooth running of daily activities at Recreation Centre, Green Park Extension

1. Mrs Manjula Aggarwal, Incharge (Continued)
2. Mr Dinesh Kumar Sharma, Spiritual Coordinator
3. Mr R.K Singhal, Tours Coordinator, (who will also look after urgent work of Incharge during her absence)
4. Mrs Poonam Bhagotra, Cultural Coordinator - L.R Garg, Secretary

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FREE LEGAL CONSULTATION BY ADVOCATES DEPUTED BY DELHI LEGAL SERVICES AUTHORITY, SOUTH DURING JANUARY, 01.02.2022 & 08.02.2022



With the support of Delhi Legal Services Authority (South District), Advocate Karan Arora & Advocate Anuj Aggarwal visited Recreation Center, Green Park Extension on every Tuesday during the month of January, 2022 & on 01 & 08.02.2022 respectively. They rendered free Legal advice sought by members of the Senior Citizens Council of Delhi, by observing social distancing norms in the presence of more than 50 members at their doorsteps each day. So far 3250 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 Ms. Nabeela Wali, Secretary, DLSA (South), for her continuous support. During the current financial year 2021-22, 1070 senior citizens benefited from this facility up to 08.02.2022. - a report by R.K.Singhal

APPEAL FOR YEARLY DONATION

Senior Citizens Council of Delhi is going to print Souvenir-2022 with panchang for the year 2079 in the month of March, 2022. We are also printing the names of Council members who are donating a sum of Rs .5,100/- per year with their photographs for organizing daily activities at Deer Park Satsang & Recreation Center, as no Recreation Grant has been received from Delhi Govt. for the last 2 years. An appeal is again made to such Council members to kindly give their consent with names and photographs within 15 days so that their photos could be published in time in the Souvenir - 2022. - Appeal by J.R.Gupta, President, 9810488059

SPECIAL PROGRAMMES AT RECREATION CENTER, GREEN PARK EXTENSION

Free Consultation on Legal Matters by an Advocate & Sunderkand Path:- Every Tuesday from 2pm to 4pm followed by refreshments. Free Homeopathy Dispensary :- Every Tuesday, Thursday and last Saturday from 1:00 pm to 3.30 pm. Free Physiotherapy from 2:00 pm to 4:00 pm on every Tuesday, Thursday and Saturday. 19.02.2022 : Online talk by Mr. A.P.Singh of ISU3A on Acute Pressure. 22.02.2022 : Joint Birthday Celebrations of Council Members (enrolled up to 31-12-2020 & up to membership : 2286 and born in the month of January on or before 31.01.1961) already confirmed up to 11-02-2022 from 2 pm to 4 pm followed by refreshments. 22.02.2022 : Special Sunderkand Path on 9th Anniversary of Late Bhagwan Dass Kalra, Vice President Deer Park Satsang and Senior Citizens Council of Delhi followed by heavy refreshments from 3 pm to 4 pm. Haridwar Conference at Nishkam Sewa Trust, on 12, 13 & 14.03.2022 Note :- For above train tour, please contact R.K.Singhal Mob : 9810843262, Tour Coordinator. Council Members who are unable to visit either at daily Deer Park Satsang or Recreation Center may furnish their email id so that they can know special programmes through Whatsapp messages. - Editor

CONDOLENCES

I convey with sorrow demise of following members of Senior Citizens Council of Delhi from 01-01-2022 to 15-02-2022 and also during the third wave of Covid-19 pandemic. I, on my behalf and members of the Council convey heartfelt condolences to the bereaved families & pray Almighty God to rest their noble souls in eternal peace and also give strength to bear irreparable loss.

LIFE MEMBER	MEMBERSHIP NO	ADDRESS
1. Mrs. Kanta Aggarwal,	960	71(FF), Arjun Nagar, New Delhi-29
2. Shri R.K Gupta	87	Y-12, Green Park, New Delhi-16
3. Shri D.V, Anand	610	B-5/122, Safdarjung Enclave, ND-29
4. Shri Satish Kumar Sharma	2135	620, Vikas Kunj, Vikas Puri, ND-18
HARI OM SHANTI SHANTI -		J.R.Gupta, President

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