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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

E-mail : guptajr2005@gmail.com
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DAILY FREE VARIOUS FACILITIES FOR SENIOR CITIZENS IN RECREATION CENTER, GREEN PARK EXTN. FROM 12.30 NOON TO 5.00 PM, Ph. : 011-26171092

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

VOL : 011

Issue No. : 109

MONTH : FEBRUAR, 2023

Rs. 5/-

SUSHANT CHANGOTRA, ADDITIONAL DISTRICT JUDGE & SPECIAL SECRETARY, DSLSA ADDRESSES SENIOR CITIZENS AT RECREATION CENTER, GREEN PARK EXTN, ON 17-01-2023



Senior Citizens Council of Delhi organized special function at its Recreation Centre, Green Park Extn on 17-01-2023 in the presence of more than 150 members in which Chief Guest Sushant Changotra, Special Secretary felicitated 24 male/female Senior Citizens born in the month of January, as a token of respect & regards by shawls. He also took a round of Recreation Centre & appreciated the efforts of the Council for providing various free facilities like Homoeopathy Dispensary, Physiotherapy, Gym, Blood sugar test, Computer Training, Yoga Classes, Library, News Papers, Television, Carrom Board, Chess, Ludo,

health checkup camps, consultations from eminent doctors & Spiritual Discourses) including free Aid Legal Counsel with the support of DSLSA (South). He also spoke about rights of Senior Citizens & Precautions while drafting a WILL. He also spoke about DSLSA helpline number 1516. Ladies Wing of Confederation performed Dandia Dance which was appreciated by all present. Earlier, Sunderkand Path was also recited at Centre. J. R. Gupta & other members also felicitated Chief Guest by presentation of shawl, followed by refreshment packets. **More photos at page-3. A report by R. K. Singhal, Incharge.**

COUNCIL MEMBERS MEETS JAYSEN K. RAMASAMY, OFFICIATING HIGH COMMISSIONER OF MAURITIUS ON 27-01-2023 AT NEW DELHI



L. to R :- B. N. Singh, J. R. Gupta, J. K. Ramasamy & Y. K. Singhal

A 3 members delegation of Senior Citizens Council of Delhi led by its President, J. R. Gupta met H. E. Jaysen K. Ramasamy, officiating High Commissioner on 27-01-2023 at New Delhi. The other members were B. N. Singh & Y. K. Singhal. Delegation members requested him to grace as Chief Guest in a special function at Recreation Centre, Green Park Extension after 10th February. He assured to confirm after going through his other assignments. **A report by Y. K. Singhal, Life Member.**

DIGITAL LITERACY AWARENESS BY HELP AGE INDIA AT RECREATION CENTRE, GREEN PARK EXTN



As part of Help Age India's constant efforts to provide digital safety for elders in India, Help Age India joined hands with Senior Citizens Council of Delhi under the umbrella of Confederation of Senior Citizens Associations of Delhi, in organizing a training session for the elders on 17-01-2023 in which 50 Senior Citizens enthusiastically participated at Library Hall, Recreation Centre, Community Centre, Green Park Extn. Topics such as creating a strong password, staying safe while banking online, safely paying utility bills online, protecting device, spotting online scam, staying safe on Whats App and safely booking cab etc. were taught by Ms. H.A. Ahmad, State Project Coordinator. In the beginning, A booklet on **Digital safety Training Guide for Elders** with the support from the Google was also distributed to all present. **A report by R. K. Singhal, Incharge.**

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



Prabhat Ram, (87) was residing in his own house at Inder Puri, New Delhi with her daughter who died in April 2022. The Court of District Magistrate New Delhi ordered on 31.12.2021 to his both sons to vacate the house but eviction was not carried out. On the basis of legal advice, she was asked to file application with the DM Court for their eviction. DM Office has asked for action taken report on 26-12-2022. Delhi Police has assured to get vacated her house from her both the brothers **within 3 days. She has extended thanks to the Council for their regular moral support & legal guidance from time to time.**

-Editor



Harish Kumar Hira, (65) resident of Shivalik Apartment, Pitampura, Delhi has been harassing, abusing, shouting including filthy language & threatened to kill & lodge false cases by his younger son Ashish Hira & his wife Himanshi Sharma & children residing in the same house with a sole motive to grab his self acquired property. He reported the matter to the Council / Confederation on 19.01.2023. The matter was taken up with the Commissioner of Police on 21.01.2023 to take legal action against above persons & also to provide security to the complainant. His son Ashish Hira also approached Hon'ble Delhi High Court against his eviction which was recorded by the Court as faulted. **He has extended thanks to the Council for their regular moral support & legal guidance from time to time.**

-Editor

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ELDERLY NEWS WISHES ITS READERS HAPPY REPUBLIC DAY, BASANT PANCHAMI & INTERNATIONAL DAY OF WOMEN

CONFEDERATION

SENIOR CITIZENS HAVE AN EQUALLY IMPORTANT ROLE TO PLAY TO CREATE A "NATIONAL MOVEMENT" FOR BUILDING INTER-GENERATIONAL SOLIDARITY.



Elders : The elders have an equally important role to play to create a world of inter-generational solidarity. They should lead a life of giving: freely taking care of children at schools and may be at colleges as well sharing their areas of expertise with younger generations. Those elders, who are physically & mentality fit, should spend at least 2 to 3 hours week with younger generations in active liver, giving advice and mentoring the younger kids.

Conclusions : If any nation is to move forward as a "cohesive unit", there is a need to build a sense of unity and mutual cooperation between all ages. Hence inter-generational solidarity is at the core of economic & social progress. Steps suggested above by various stakeholders may facilitate steps in this direction. In fact, there is a need to create a "national movement" for building intergenerational solidarity. All concerned should take active steps in this regard. Confederation of Senior Citizens Associations of Delhi has already started a campaign of building this movement by visiting various collages / institutions & sharing thoughts on the subjects with younger generation. We urge all to join in this imperative & crucial task of creating a "cohesive India" were people of all ages live & exist peacefully with mutual love & respect. **L.R. Garg, – Editor**

FELICITATION OF RAM RAJ BHANDARI ON HIS 82ND BIRTHDAY BY JODHPUR SENIOR CITIZENS



Jodhana Senior Citizens Society, Jodhpur celebrated 82nd Birthday of Ram Raj Bhandari, Patron, on 18-01-2023 at his residence by cutting cake. Premasukh Daga, Purshottam Pugalia, Satya Narain Agarwal, K.M.Bhandari, Ramji Lal Leela, Sohan Mutha, Bhagwan Das Birla, Dulichand Agarwal, Nenu Ram Bhati, P C Jain, P D Agarwal and few other members were present on this occasion. All the members honored Ram Raj Bhandari by presenting flowers and garlanding and got his blessings. Ram Raj Bhandari offered sweets, snacks & juice etc. to all present. **A report by Premasukh Daga,**

BIRTHDAY CELEBRATIONS BY SCA KESHAVPURAM ON 10-12-2023.



Elderly People's Forum, Keshav Puram, organized Birthday Celebrations of its members born in the month of November at its Recreation Centre on 10-12-2022 in the presence of 250 members. Newly elected Councilor Shri Yogesh Verma was also felicitated followed by sweet packets. J. R. Gupta, Chairperson extended thanks to SCA Keshavpuram for hosting the 3rd Governing Body Meeting on 25-12-2022 followed by lunch. **A report by R. L. Goyal, President.**

ACTIVITIES OF SILVER CITIZENS WELFARE ASSOCIATION, ROHINI, SECTOR-13 ON 14-01-2023



Silver Citizen's Welfare Association, Rohini, Sector -13 organized Sunderkand Path supported by Sh. Jugal Kishore Garg, followed by prasad. **A report by D. K. Mehra, Treasurer.**

JOINT BIRTHDAY CELEBRATIONS BY SAHYOG VARISHTH NAGRIK MANCH, SHALIMAR BAGH ON 31-01-23



Sent by R. K. Nanda, President

REPUBLIC DAY CELEBRATIONS BY SCWC, B- BLOCK, SHALIMAR BAGH ON 24-01-2023



Senior Citizens Welfare Club, Block-B, Shalimar Bagh organized Republic Day Celebrations on 24-01-2023 at Activity Centre, Sahib Singh Verma, Community Centre. **A report by Ram Gopal Gupta, General Secretary.**

ACTIVITIES OF JODHPUR SENIOR CITIZENS --- DENTAL CAMP & RELIGIOUS TOUR.



A dental camp was organized by Jodhpur Senior Citizens on 29-12-2022 at Samdadi village of His Holliness Acharya Shri Mahashramam ji. Patients were treated for different ailments of tooth and physiotherapy advice given to needy villagers. Free medicines including Woolen caps were also distributed with the support of Purshottam Pungalia. In addition to this, 36 members of the society visited Jain Teerth Mani Lakshmi, Manej, Neelkanth Dham (Swami Narain Temple) Poicha, Ranchod Rai Mandir, Dacore, Statue of Unity, Ektanagar, Vadodara & Amul Dairy, Anand from 09-01-2023 to 11-01-2023 with the Hospitality of Nitin Agarwal, Smt Preachi Agarwal son & daughter-in-law of Shri Shyam Agarwal & Son of Shri Mahavir Mal Bhandari. **A report by P.D. Agarwal.**

ACTIVITIES OF SILVER CITIZENS WELFARE ASSOCIATION, SECTOR - 13, ROHINI



Silver Citizens Welfare Association, Sector – 13, Rohini organized Republic Day Celebrations on 26-01-2023, followed by lunch. **A report by D. K. Mehra, Treasurer.**

REPUBLIC DAY CELEBRATIONS IN DILSHAD GARDEN



DAS Senior Citizens Organization , Dilshad Garden organized Republic Day Celebrations at its Recreation Centre by hoisting National Flag on 26-01-2023. **A report by K. N. Chhabra, President.**

INAUGURATION OF SKIN CARE CENTRE OF DR. BATRA'S CLINIC AT CHARMWOOD VILLAGE, FARIDABAD



Skin Care Centre of Dr. Batra's Clinic started at Charmwood Village, Faridabad on 11-01-2023 which was inaugurated by Mahendra Kumar Gupta, Advocate, Supreme Court & Convener. Also Republic Day was Celebrated on 26-01-2023 by Hoisting National Flag.

Editorial Board of Elderly News : B.S. Yadav (Dwarka), G.R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), K.K.Mehta (Tagore Garden), Dinesh Kumar Sangal (Arjun Nagar) Reporters : Pratap Singh , R.K.Singhal & Gyan Singh Tokas (Chief Editor J.R. Gupta Responsible only for selection of News under the P.R.B. Act . 1867). All disputes , subject to Delhi Jurisdiction. **E-mail: guptajr2005@gmail.com, Web: www.seniorelitzensdelhi.org.**

Daily Spiritual Discourses, at Deer Park Satsang (7 & 8 AM), Recreation Centre, Green Park Extn. (3 to 4 PM) & Shiv Mandir, Green Park (5:15 PM to 6:15 PM) & Sadbhawna Satsang Mandal, Munirka every Sunday (10 am to 11 am) respectively from 16/01/2023 to 31/01/2023 Pt. Chintamani of Prayagraj , from 01/02/2023 to 15/02/2023 Pt. Ram Rekh Tripathi, Sultanpur, UP & from 16/02/2023 to 28/02/2023 Dr. Uma Shankar Tripathi, Gazipur, UP- 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. 603610110002726 of Senior Citizens Council of Delhi in Bank of India, Safdarjung Enclave Branch, IFSC code :BKID 0006036. The amount is exempted under 80G of Income Tax Act 1961. **-L. R. Garg, Secretary**



APPEAL TO ENROLL LIFE SUBSCRIBERS ELDERLY NEWS BY CONFEDERATION MEMBERS

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. 603610110002726 of Senior Citizens Council of Delhi in Bank of India, Safdarjung Enclave Branch, IFSC code :BKID 0006036. The amount is exempted under 80G of Income Tax Act 1961. **-B.S. Yadav, Secretary General**

APPEAL FOR LIFE MEMBERS OF COUNCIL



Senior Citizens Council of Delhi has been organizing daily spiritual, social & cultural activities for the last 42 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, Life Member**

MORE PHOTOS – FROM PAGE-1 – SUSHANT CHANGOTRA – JOINT BIRTHDAY – LADIES DANCE & SUNDERKAND PATH**300 BLANKETS DISTRIBUTED TO NEEDY PERSONS AT DEER PARK SATSANG ON 14-01-2023**

Like past years, Senior Citizens Council of Delhi distributed 300 blankets to needy persons on 14-01-2023 on the occasion of Makar Sakaranti at Deer Park Satsang at 8 AM & onwards, followed by sweets packets. K. H. Matai, Welfare Coordinator, Kripal Ashram Vijay Nagar & his friend were felicitated at Satsang, as they donated 100 blankets. **A report by R. K. Singhal, Incharge.**

LOHRI CELEBRATIONS AT RECREATION CENTRE , GREEN PARK EXTN ON 13-01-2023

Senior Citizens Council of Delhi organized Lohri Celebrations at its Recreation Centre, Green Park Extn. in the presence of more than 80 Senior Citizens followed by sweet packets, tea & Packoras with the support of Dinesh Sharma & family. On this occasion, ladies wing of Council performed Dandia dance with various songs of Lohri in the presence of Dholakwala, which were appreciated by all present. **A report by Sh. R. K. Singhal, Incharge.**

FELICITATION OF J. R. GUPTA AT RECREATION CENTRE ON 25-01-2023

L. to R:- Shaikh Fatehuddin, Farhan Mubashir, J. R. Gupta & R. K. Singhal

Farhan Mubashir & Shaikh Fatehuddin, Vice-Presidents of Ahmadiyya Muslim Community of Delhi felicitated J. R. Gupta, President, Senior Citizens Council of Delhi on 25-01-2023 at Recreation Centre Green Park Extension in recognition of his selfless services for the cause of Senior Citizens particularly protecting them from humiliations / abuses at the hands of their children, who are not looking after their Parents. **A report by R. K. Singhal, Incharge.**

FELICITATION OF MRS BHUSHAN BALI AT RECREATION CENTRE, GREEN PARK EXTN. ON 10-01-2023

Senior Citizens Council of Delhi organized Sunderkand Path at its Recreation Centre, Green Park Extn on 10-01-2023 in the presence of 60 members. On this occasion, **Mrs. Bhushan Bali**, was felicitated by members of Council followed by refreshment packets. **A report by Sh. R. K. Singhal, Incharge.**

REPUBLIC DAY CELEBRATIONS & BASANT PANCHAMI BY COUNCIL AT RECREATION CENTRE

Senior Citizens Council of Delhi organized Republic Day Celebrations & Basant Panchami on 26-01-2023 at its Recreation Centre in the presence of more than 90 members. Female ladies were in the Yellow dresses & took part in hoisting National Flag along with other members by singing Rashtira Gaan & Vande Matram. Surinder Mohan Sharma, Pratap Singh recited Patriotic songs including dance by children,

Special Kathak Dance performed by Satya Prakash Gupta & Patriotic dance by Mrs Poonam Bhagotra, Cultural Coordinator which were appreciated by all present. Earlier, Life Insurance awareness talk was delivered by Anil Bhashkar, Branch Manager, Niraj Kumar, Development Officer, LIC of India & Navin Karn, Wealth Manager, followed by refreshment packets. **A report by R. K. Singhal, Incharge.**

COUNCIL MEMBERS MEETS SUSHANT CHANGOTRA, SPECIAL SECRETARY, DSLSA ON 16-01-2023.

5 members of Senior Citizens Council of Delhi led by its President J. R. Gupta met **Sushant Changotra, Special Secretary, DSLSA** along with Ms Harshita Mishra, Metropolitan Magistrate, Secretary (Litigation), DSLSA including two Judicial officers Rishabh Kapoor, Secretary, West DLSA & Lalit Kumar, Secretary, Central-II, DLSA on 16-01-2023. Other members were Y. K. Singhal, Dinesh Sharma, Dinesh Sangal & Pritam Singh. J. R. Gupta requested him to grace the special function on 17-01-2023, who accepted the invitation. **A report by R. K. Singhal, Incharge.**

4 COUNCIL MEMBERS MEETS DR. MAHAVIR AGRAWAL, Pro VICE-CHANCELLOR, UNIVERSITY OF PATANJALI, HARIDWAR ON 31-01-2023 INCLUDING CHANDRA MOHAN MISHRA, ASSISTANT PROFESSOR

4 members of Senior Citizens Council of Delhi led by its President J. R. Gupta met Dr. Mahavir Agrawal, Pro Vice-Chancellor, University of Patanjali on 31-01-2023 at his office including Chandra Mohan Mishra, Assistant Professor. Other members were L. R. Garg, Pratap Singh & Gyan Singh Tokas. J. R. Gupta invited him along with his students on 11-03-2023 during inauguration of graceful Ageing Conference as Chief Guest, who kindly accepted our invitation. **A report by L. R. Garg, Secretary.**

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1350		Sh. Harish Kumar Hira, 36, Shivalik Apartments, Pitampura, Delhi – 110034	1359		Mrs. Anila Agarwal, SB-185, NTPC, Anandam, SAS, Plot-3, Pocket-6, Gr. Noida
1351		Sh. Kendra Prakash Sharma, B-27 (TF), Dayanand Colony, Lajpat Nagar-IV, New Delhi-110024	1360		Sh. Ramesh Kumar Baweja, C/O Shubham Baweja, 27, RWS, MalibuTowne, Sec-47, Gurugram
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1354		Sh. Ramesh Chand Juneja, 6332, Block C-6, Vasant Kunj, New Delhi - 110070			

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)

With the support of DLSA (South District), **Advocate Ankeeta** visited Recreation Centre, Green Park Extn. on every Tuesdays falling on 17, 24 & 31-01-2023 rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than 450 members at their doorsteps on 3 days. So far **6450** 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 **Animesh Kumar, Secretary, DLSA (South)** for his continues support. During the current financial year 2022-23, **4270** senior citizens benefited up to 31.01.2023. **A report by R.K. Singhal, Incharge.**

SPECIAL SATSANG AT RECREATION CENTRE ON 18-02-2023

Mahmandleshwar Swami Nityanand Saraswati Ji Maharaj has very kindly consented to deliver **Special Discourses on Ramayana & Bhagwat at Recreation Centre, Community Centre, Green Park Extension on 18-02-2023 from 2:30pm to 3:30pm. All are cordially invited followed by heavy refreshments. R.S.V.P. :- J. R. Gupta, President, Mob : 9810488059**

SPECIAL PROGRAMS AT RECREATION CENTRE

- 26-01-2023** : Life Insurance Service Camp at Centre from 2 PM to 3 PM.
26-01-2023 : Republic Day Celebrations at Centre from 3 PM to 4 PM onwards.
07-02-2023 : International Day of Women Celebrations & Cancer Awareness
 : **Joint Birthday Celebrations** of the members enrolled up to 31-01-2022 born in the month of February on or before 28-02-1962, subject to availability of Chief Guest.
 : **Udaipur visit** by train from 25-02 to 26-02-2023 (No seats available).
 : **Souvenir 2023** is under print. Members may inform about their change of Address, if any.
 : The Members who are paying Rs. 5000/- or more annually are also requested to pay the same, as Recreation Grant is pending from Delhi Govt. for the last 2 years.

CONDOLENCES

The following Life Members of Council have left for heavenly abode during the last one month from 11-01-2023 to 10-02-2023.

LIFE MEMBER MEMBERSHIP NO. ADDRESS

1. Rakesh Saxena 1923 K-15, FF, Green Park Extn, N-D-16

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