



RNI No. : DELENG/2014/54294

Post Office Registration No. : DL-SW-17/4178/2023-25
Posting Date at Lodhi Road H.P.O. on 13 & 15 of same month

Website : www.seniorcitizensdelhi.org
Website : www.confederationscdelhi.com



Page-1

If Undelivered, Please return to:
SENIOR CITIZENS COUNCIL OF DELHI
B-2/73-B, SAFDARJUNG ENCLAVE
NEW DELHI - 110029 (M): 9810488059

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
Website : www.seniorcitizensdelhi.org

DAILY FREE VARIOUS FACILITIES FOR SENIOR CITIZENS IN RECREATION CENTER, GREEN PARK EXTN. FROM 12.30 NOON TO 5.00 PM, Ph. : 011-40537962

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

VOL : 011

Issue No. : 122

MONTH : FEBRUARY, 2024

Rs. 5/-

RAM NIWAS GOEL, SPEAKER, DELHI VIDHAN SABHA WELCOMES MAURITIUS DELEGATION IN HIS OFFICE ON 22-01-2024 . HE BRIEFED THE HISTORY OF THE LEGISLATIVE ASSEMBLY & FINALLY DECLARED LEGISLATIVE ASSEMBLY FOR A PERIOD OF 5 YEARS BY THE GNCTD.



J. R. Gupta, President, Senior Citizens Council of Delhi felicitated 13 members delegation from Senior Citizens Council of Mauritius arrived at Delhi Airport in the early morning of 11-01-2024 along with Gyan Singh Tokas & Pratap Singh. The delegation led by its Leader Mr. Guirdharry Juggessur & Mr. Ravindre Patpur,

Administrative Secretary. The delegation members proceeded Agra, Bharatpur & then arrived Delhi on 17-01-2024 at 3pm. The current visit is under existing MOU since 2006 between Senior Citizens Council of Delhi & Senior Citizens Council of Mauritius under the ages of Ministry of Social Contd at Page 3 with more Photos

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



Smt. Kalawati Devi Widow (70 yrs) resident of Jain Colony, Pehlampur (Banger), visited Recreation Centre on 15-12-2023, with complaint. She had alleged that her daughter-in-law & her elder son has been harassing, torturing, man handling & threatening to kill with a sole motive to grab her self acquired property. Vide order dated 11-09-2019, Hon'ble Mansi Malik, Civil Judge (North), Rohini directed both aforesaid persons to vacate the aforesaid property & hand over the vacant & peaceful possession of the ground floor. The next date of hearing is on 02-02-2024 in the Court of Pritu Raj, Senior Civil Judge District North Rohini Court. No further harassments reported so far. She has extended thanks to the Confederation/ Council for their moral support & legal guidance from time to time. - Editor



Sh. Arun Bassi (70yrs) resident of Green Park Extn. visited Recreation Centre on 13-01-2024, with a Court order dated 09-01-2024 passed by Hon'ble Sana Khan, Metropolitan Magistrate (Mahila Court), South District Saket in the matter of Rini Srivastava V/S Arun Bassi. It was further held that both daughter-in-law & her husband are working & as such they are capable to afford a suitable residence for them. As such, stay order dated 22-10-2022 obtained by misleading the Court & as such she is not eligible to get any relief from the Court. By no way, Arun Bassi, father-in-law can be held liable for providing residence to them at this stage. 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



Accurate : Precise : Assured Results : Faster Recovery: Most Advanced State of the Art - "ROBOTIC Total Knee Replacement"



**GUINNESS WORLD RECORDS
HOLDER 2018**

FOR LARGEST GATHERING OF JOINT REPLACEMENT
PATIENTS

ROBOTIC Total Knee & Hip Replacement

For Surgery in Max Super Speciality Hospital, Patparganj Delhi. (Tel. No. 7676 600 800, 8447 600 473)

Delhi Centre

Prof. Arora's Knee and Hip Surgery Clinic
70, Hargobind Enclave, Opp. Karkardooma
Railway Reservation Center, Delhi 110092

Tel. No.: **011 42141516, 22378910, 9650100800**

E-mail: aakneehip@gmail.com

Indirapuram Centre

Prof. Arora's Knee and Hip Surgery Clinic
Aditya Gold Crest Mall, GC 205, 2nd Floor,
Above Bikaner Sweets, Indirapuram, Ghaziabad, U.P.

Tel. No.: **9292929236, 0120 4093516**

E-mail: aakneehip@gmail.com

www.jointreplacementdelhi.in



ELDERLY NEWS WISHES ITS READERS A HAPPY NEW YEAR-2024, LOHRI, MAKAR SANKRANTI & REPUBLIC DAY

CONFEDERATION

J. R. GUPTA ATTENDED INAUGURATION CEREMONY OF SCA, KALKAJI BY HON. ATISHI SINGH ON 07-01-2024



J. R. Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi, B. S. Yadav, Secretary General & V. K. Pahuja participated in the Inauguration of renovation of Recreation Centre of SCA, Kalkaji by Hon'ble Minister Atishi Singh on 07-01-2024. At present, she is holding Finance, Health, Jal Board & Education Portfolios in Delhi Govt.

J. R. Gupta welcomed Chief Guest with bouquet & requested to convey any time to meet 14 members delegation of Mauritius visiting Delhi from 17-01-2024 to 24-01-2024 in Delhi Secretariat. She assured to convey the exact date & time but keep quite. **A report by V. K. Pahuja, Life Council Member.**

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



The elders have an equally important role to play to create a "National Movement" for building of Inter-Generational Solidarity. They should lead a life of giving training to children at schools level & may be at colleges as well as 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. **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 generations. 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.**

ACTIVITIES OF SCWO, DILSHAD GARDEN IN ASSOCIATION WITH HELPAGE INDIA ON 28-12-2023



RAM RAJ BHANDARI FELICITATED ON HIS 84TH BIRTHDAY AT JODHPUR ON 18-01-2024



In a special function, organized by Jodhana Senior Citizens Society felicitated its Patron **Ram Raj Bhandari** on 18-01-2024 on his **84th Birthday** by garlanding in the presence of Jodhpur Senior Citizens & sought his blessings with special presence of his grandson Rayhan and grand daughter Shriya. **A report by P. D. Aggarwal, General Secretary.**

ACTIVITIES OF JODHANA SENIOR CITIZENS SOCIETY ON 26-01-2024



Jodhana Senior Citizens Society, Jodhpur celebrated Shri Ram Mandir Pran Pratishtha & 75th Republic day organized on 26-01-2024 followed by lunch. **A report by P. D. Aggarwal, General Secretary.**

ACTIVITIES OF SCWS, SHALIMAR BAGH ORGANIZED ON 06-01-24 & 16-01-24



Senior Citizens Welfare Society, AB Block, Shalimar Bagh organized Birthday Celebrations of its members born in the month of December on 06-01-2024. Capt. Chander Sachdev, President, Smt. Ishwar Mehta and Smt. Darshan Pawa (Members of our Society) were also presented Certificate of Appreciation for their extraordinary contribution in Vidyanjali Programme as a volunteer by the State Council of Educational Research and Training, GNCTD on 16-01-2024. **A report by P. P. Tuteja, General Secretary.**

SAHYOG VARISHT NAGRIK MANCH, SHALIMAR BAGH ORGANIZED B'DAY ON 31-12-23



Sahyog Varisht Nagrik Manch, Shalimar Bagh organized birthday celebrations of their members born in the month of December on 31-12-2023. **A report by R K Nanda President.**

REPUBLIC DAY CELEBRATIONS OF SCWC, SHALIMAR BAGH ON 25-01-2024



SCWC, Shalimar Bagh organized Republic Day celebrations on 25-01-2024. **A report by Ram Gopal Gupta, General Secretary.**

COUNCIL DISTRIBUTED FREE BLANKETS TO NEEDY & POOR AT DEER PARK SATSANG ON 14-01-24



Like past years, Senior Citizens Council of Delhi distributed **160 blankets** to the needy & poor persons at daily Deer Park Satsang on 14-01-2024 on the occasion of Makar Sakranti, followed by parsad. **A report by R. K. Singhal, Incharge.**

4 MEMBERS DELEGATION OF COUNCIL MET PAWAN KR SINGH, ADC, CSD, MCD ON 29-01-2024



L. to R.:- Ashok Kumar, Dinesh Sharma, Y. K. Singhal, J. R. Gupta & Pawan Kumar Singh 4 members delegation of Senior Citizens Council of Delhi led by its **President J. R. Gupta met Pawan Kumar Singh, Additional Dy. Commissioner (VS) & CSD** in his office at 17th Floor, Civic Centre on 29-01-2024. The other members were Ashok Kumar, Dinesh Sharma & Y. K. Singhal. J. R. Gupta requested for his kind personal attention to function the lift already installed at Community Centre, Green Park Extension in spite of the fact that the lift was inaugurated by MOS, Mrs. Meenakshi Lekhi on 19-08-2023 & **Technical Clearance obtained on 01-09-2023**. J. R. Gupta pointed out that Senior Citizens at the age of 80yrs to 90yrs are facing breathing problem while climbing up stairs to get various free facilities. He was kind to assure to operational of lift in due course. He also accepted invitation to grace the special function as Chief Guest on 13-02-2024 from 3 to 3.30pm. **A report by Y. K. Singhal, Council Member.**

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.senioreldeersdelhi.org.**

Daily Spiritual Discourses, at Deer Park Satsang (7am to 8am), Recreation Centre, Green Park Extn. (3pm to 4 pm) & Shiv Mandir, Green Park (5:15pm to 6:15pm) & Sadbhawna Satsang Mandal, Munirka every Sunday (10am to 11am) respectively, from 16-01-2024 to 31-01-2024 – Pt. Kaushal Kishor Mishra, Shravasti, UP, from 01-02-2024 to 15-02-2024 Pt. Ram Rekh Tripathi, Sultanpur, UP & from 16-02-2024 to 29-02-2024 Pt. Rajendra Kumar Mishra, Sidhi, MP - 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. **603610110006266** 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**

FROM FRONT PAGE RAM NIWAS GOEL, SPEAKER, DELHI VIDHAN SABHA WELCOMES MAURITIUS DELEGATION IN HIS OFFICE ON 22-01-2024. HE BRIEFED THE HISTORY OF THE LEGISLATIVE ASSEMBLY & FINALLY DECLARED LEGISLATIVE ASSEMBLY FOR A PERIOD OF 5 YEARS BY THE GNCTD.



Security, Govt. of Mauritius in order to promote exchange of views of groups of Elderly of both the Councils on reciprocal basis. The MOU later on extended up to 31-10-2026. The members have been stayed at Assam Govt. Guest House at Qutub Institutional Area, New Delhi. In a special function, delegation members were felicitated with shawls as a token of respect & regards at Recreation Centre, Green Park Extension on 18-01-2024 by eminent Pt. Kaushal Kishor Ramayani, Shravasti, UP. Later on the delegation members met MOS, Meenakshi Lekhi during Ramayana Cultural Programme at Purana Qila & also take group photograph in front of stage. 40 members of Council also visited Ramayana Mela on that day. Mr. HE. H. Dillum, Mauritius High Commissioner hosted a lunch to 13 members delegation from Mauritius in his office on 19-01-2024. J.R. Gupta, President, thanked him for meeting the members, followed by delicious lunch. SCA Shiv Park, Shalimar Bagh headed by Azad Tandon, General Secretary & his entire Team hosted lunch in the honor of Mauritius Delegation on 20-01-2024 & also felicitated their Leader & J.R. Gupta with bouquet & shawls. Praveen Kapoor & Family hosted lunch in their honor on 21-01-2024 at his house at Safdarjung Enclave & also felicitated. Later on the members visited Akshardham Temple who were taken care by Ashok Kumar & Pratap Singh. They enjoyed screening of films, boating including light & sound show. Ram Niwas Goel, Speaker, Delhi Vidhan Sabha felicitated all the 13 delegation members of Mauritius with Mementos & also briefed about old history of Legislative Assembly & its reconstitution finally declared Legislative Assembly for a period of 5 years by the GNCTD, followed by high Tea. Anil Khanna, Director & Mrs. Minni Khanna, Principal, Green Fields School, Safdarjung Enclave hosted various activities for the entertainment of delegation members through dances, Sanskar by the students in the presence of

Chief Guest J.P. Gupta, Chairman, Jackson Ltd., Leader of delegation Guirdharry Juggessur, Ravindre Patpur, Administrative Secretary & J.R. Gupta, President praised the cultural performance of students from North to South India & East to West showing students & Teachers relations, Elders & younger generation relations etc, followed by delicious lunch. Mrs. Sonali Sharma, Director, Help Age India Communication organized Seminar on Ageing issues in their Conference Hall & briefed about their Active Ageing Activities across India. The Leader of the delegation Guirdharry Juggessur & Ravindre Patpur, Administrative Secretary also briefed various kind of free facilities being given by the Govt. of Mauritius such as Transport, Health, Old age pension according to age including briefed about Currency of Mauritius Rs.1/- is equal to Indian Rs. 2/-. Group photo, followed by delicious lunch. J.R. Gupta, President appreciated the gesture of Govt. of Mauritius to their Senior Citizens. J.R. Gupta, President Senior Citizens Council of Delhi along with Pratap Singh, Treasurer & Gyan Singh Tokas, Executive Members welcomes delegation members at Delhi Airport at around 7am on 17-01-2024. Mr. Pratap Singh & J.R. Gupta welcomes at Assam Govt. Guest House at 3pm, followed by lunch. Incidentally, it may be worthwhile to record that Mr. Pratap Singh accompanied delegation members from 17-01-2024 after noon morning followed by dinner at Guest House till 24-01-2024 whole night, as he helped them in uploading their luggage on Tempo Traveler & also unloading the same. J.R. Gupta & Pratap Singh see off delegation members at 4.30am at Delhi Airport. However, 3 members namely Harrydeo Hurdyal, Soopramanien Padiachy Goundan & Mrs Beejauntee Mala Guya did not reach Delhi Airport in time & on contacting them they requested J.R. Gupta to extend their stay in same Guest House till 29-01-2024. A report by Pratap Singh, Treasurer.

DIGITAL LITERACY AWARENESS BY HELPAGE INDIA AT RECREATION CENTRE ON 05-01-2024



Help Age India organized Digital Literacy Awareness at Recreation Centre of Senior Citizens Council of Delhi, Community Centre Green Park Extension on 05-01-2024. The Team members were Amal M, Research Associate, Sandeep V, Project Coordinator, Digital Literacy & Shekar Nambiar, Deputy Director, Advocacy. A report by R. K. Singhal, Incharge.

CHIEF GUEST HEMANTA MADHAB SHARMA SPEAKS VERY HIGH ABOUT MAURITIUS AT CENTRE ON 18-01-2024



Senior Citizens Council of Delhi organized **Joint Birthday Celebrations of 19 members** with flowers & shawls by **Chief Guest, Hemanta Madhab Sharma, retired Chief General Manager, Assam Govt. State Electricity Board**, born in the month of January at its Recreation Centre, Green Park Extension on 18-01-2024 in the presence of more than 100 Senior Citizens. On this occasion, there was a special moment, as **13 delegation members from Mauritius** also participated in this function as Guests. Chief Guest speaks very high about the Mauritius. Calming, euphoric, curious, adventurous. It's a place to embrace every energy. Mauritius is big enough for extraordinary adventures and small enough to do it all in one holiday. So, come and hike through National Parks with a local guide, climb mountains, taste food influenced by every community on the island or slow down and

pause during a yoga session at sunrise. Mauritius is a diverse and inclusive island is the perfect destination for authentic interactions and meaningful experiences. **J. R. Gupta, President** thanked **Chief Guest** & also a felicitated with a shawl. He extended birthday greetings to the concerned members & prayed to Almighty for their long life with sound health. **Mr. Guirdharry Juggessur, Leader** of the delegation of Mauritius also thanked J. R. Gupta for inviting our delegation to Delhi under MOU existed since 2006 in order to promote exchange of views of Elderly of both the Countries. **Mr. Ravindre Patpur, Administrative Secretary** also sang two songs which were appreciated by all present. **Mrs. Poonam Bhagotra & Usha Sharma also recited Shiv Bhajan**, followed by refreshment packets. A report by R. K. Singhal, Incharge.

COUNCIL ORGANIZED LOHRI CELEBRATIONS AT RECREATION CENTRE ON 13-01-2024



Senior Citizens Council of Delhi organized Lohri celebrations at its Recreation Centre, Green Park Extension on 13-01-2024. Ladies Wing of Council danced with dholak. J. R. Gupta, President extended Lohri Greetings to all present, followed by refreshment packets & Rewari & Popcorn as parsad. A report by R. K. Singhal, Incharge.

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)



With the support of DLSA (South District), Mani Mishra, Legal Aid Counsel visited Recreation Centre, Green Park Extn, on every Tuesdays falling on 02 & 09-01-2024. Ms. Vinita Sharma, Legal Aid Counsel, visited on 23 & 30-01-2024. Both rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than **3300** members at their doorsteps on 4 days. So far **10850** 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. Jyoti Maheshwari, Secretary, DLSA (South) for her continues support. Special Lectures were delivered on Cyber Security Tips & Rights of Senior Citizens. During the current financial year 2023-24, **3600** Senior Citizens benefited up to 31-01-2024. A report by R.K. Singhal, Incharge.

MCD SOUTH ZONE ORGANIZED SAHBHAGITA EMPOWERING RWS/GHS ON 06-01-2024



For the first time, MCD South Zone organized Sahbhagita Empowering Residents Welfare Associations, **Senior Citizens Council of Delhi** & Groups Housing Societies Association in their office in Auditorium on 06-01-2024 in the presence of large number of stake holders across South Delhi. **On behalf of SCCD, H. S. Jubbal attended the function.** As per scheme, if one RWA is able to achieve 90 percent tax collection, from overall number of properties in societies or colonies, it would be able to recommend development work across their areas equal to 10 per cent of the tax collection. Furthermore, if the colony is able to achieve 100 per cent waste segregation at source, composting of wet waste as well as re-cycling of dry waste, then government would provide an additional incentive of 5 per cent of tax paid. A report by H. S. Jubbal, Life Council Member.

SPECIAL PROGRAMS AT RECREATION CENTRE

04-02-2024 : World Cancer Day at Recreation Centre

13-02-2024 : Joint Birthday Celebrations for the members up to Life Membership number 2528 & enrolled up to 28-02-2023 & upto membership number 2528 born in the month of February on or before 31-01-1964. The confirmation should reach by 11-02-2024 by 3pm subject to availability of Chief Guest.

www.sharpsight.in

SHARP SIGHT
EYE HOSPITALS

World-Class Eye Care For All Under One Roof

At Sharp Sight, we offer complete eye care backed by state-of-the-art technology & a team of specialists to perform the latest procedures.



**AAO ACCHA
DEKHEIN**

Our Services

- Cataract Surgery (MICS, Zepto, Robotic Femto Laser)
- Complete Refractive Solutions (Lasik, Femto Lasik, Touchless Lasik, IPCL & CLE)
- Retina Care
- Glaucoma Care
- Cornea Care
- Oculoplasty
- Paediatric Ophthalmology
- Pharmacy & Opticals

Address: 5, Aradhana Enclave, R.K. Puram,
Sector-13. Near Canara Bank, Delhi



9641-919191

Empanelled with all major Corporates, PSUs, TPAs and Insurance Companies

OUR OTHER CENTRES: Swasthya Vihar | Shahdara | Gamri | Pusa Road | Indrapuram (Gzb)
Uttar Pradesh: Prayagraj, Jhansi | J&K: Srinagar, Jammu | Bihar: Patna | West Bengal: Asansol | Jharkhand: Ranchi

Printer, Publisher & Editor Shri Lakhi Ram Garg, BA-13/E, DDA Flats, Munirka, New Delhi - 110 067 on behalf of Senior Citizens Council of Delhi
Published at : B-2/73-B, Safdarjung Enclave, New Delhi - 110029, Mobile : 9313203760, 9810488059, E-mail : guptajr2005@gmail.com
Printed at : Drishti Graphics & Printing Solutions, C-114, Countrywide Apartment, Mohammadpur, R.K. Puram, New Delhi - 110 066