



FREE CIRCULATION OF ELDERLY NEWS FOR THE MEMBERS OF SENIOR CITIZENS
COUNCIL OF DELHI & CONFEDERATION OF SENIOR CITIZENS
ASSOCIATIONS OF DELHI FROM 01-04-2024 & ONWARDS
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 : 012

Issue No. : 135

MONTH : FEBRUARY 2025

50 MEMBERS OF SENIOR CITIZENS COUNCIL OF DELHI PARTICIPATED IN GRACEFUL AGEING CONFERENCE AT NISHKAM SEWA TRUST, HARIDWAR FROM 22 TO 24-02-2025



Like past years, Senior Citizens Council of Delhi organized **Graceful Ageing Conference at Nishkam Sewa Trust, Haridwar from 22 to 24-02-2025** in which 50 members participated. Cultural programme performed by 16 students of Patanjali University headed by **Chander Mohan Sharma, Sangeet Acharya**. They also performed songs of various States like Uttarakhand, Himachal, Gujrat, Rajasthan, Punjab, Haryana, J&K & other States during which members of Council danced on every State song. The conference was inaugurated by Chief Guest **Justice V. B. Gupta (Retd.)**, Delhi High Court at 2.30 pm on 22-02-2025, who also delivered a talk on Precautions for drafting a WILL, Rights of Senior Citizens & Elders Abuse including by **Dr. Vikram Kumar Dabas & Dr. Madan Narain** who delivered a talk on Diabetes & its precautions in details in the presence of **ADJ Retd. P. D. Gupta & 50 members of Council**. **Dr. Mayank Kumar Agrawal**, Pro - Vice - Chancellor, Patanjali

University graced. Chief Guest presented to **Justice V. B. Gupta (Retd.)**, ADJ (Retd.) **P. D. Gupta**. Most of the members requested to allow them to visit religious & historical places around Haridwar, Rishikesh including **Neel Kanth** on 23-02-2025 & 24-02-2025, followed by high tea at 5.30pm. Dinner was served at 8.30pm. Next day i.e on 23-02-2025, all members gone to **Snan** from **Harkipauri**, Breakfast served at 8.45am, lunch at 1pm, high tea 5.30 pm respectively. After taking lunch on 24-02-2025, members went **Patanjali Mega Mall** & purchased medicines & needy items. **J. R. Gupta, President** also had **Snan at (Mahakumbh) Prayagraj**, by travelling 3 days day & night. There was huge rush of public from all over India at **Prayagraj**. Thereafter, they reached **Haridwar Railway Station**. All members returned on 24-02-2025 late night with unforgettable memories with the efforts of **J. R. Gupta, President**.
A report by **R.K. Singhal**, Incharge.

CHIEF GUEST, CHANDER MOHAN, JOINT SECRETARY, LOK SABHA FELICITATED, J. R. GUPTA, PRESIDENT, SENIOR CITIZENS COUNCIL ON HIS 82ND BIRTHDAY AT ITS RECREATION CENTRE, COMMUNITY CENTRE, GREEN PARK EXTENSION IN THE PRESENCE OF MORE THAN 50 MEMBERS ON 02-02-2025



82nd Birthday of J. R. Gupta, President, Senior Citizens Council of Delhi at its Recreation Centre, Community Centre, Green Park Extension by Chief Guest, **Chander Mohan, Joint Secretary, Lok Sabha** in the presence of 50 members on 02-02-2025. He prayed to Almighty for his long life with sound health. Earlier,

Sunderkand Path was recited by **Poonam Bhagotra, Ashok Kumar, Neelam Malhi, Harikesh Kr. Shukla, Attendant & other members**, followed by refreshment packets sponsored by **Gyan Singh Tokas, Secretary, Senior Citizens Council of Delhi**. A report by **Ashok Kumar**, In-charge.

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



Smt. Sharda Gambhir (75 yrs) resident of **Malviya Nagar** along with a complaint against her daughter-in-law regarding encroachment of aforesaid property forcibly. The then Divisional Commissioner, IAS, **Ms. Manisha Saxena** vide her order dated 26-11-2018 stayed the aforesaid operation. 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



Sakhi Jaan (69 years) resident of **Jamia Nagar** along with complaint visited Recreation Centre on 10-02-2025 regarding his son **Md Nasim** forcibly encroached his above property, already lodged in Police Station **Jamia Nagar**. In his complaint he has alleged that he is occupied above maintained house, where is son forcibly encroached above property. He has threatened to kill, abused, misbehaved, harassing, abusing to grab the aforesaid property as he is facing hardship in getting money. Immediately, his case was taken up with **Commissioner Police** to provide security and his wife in the interest of Justice to **Senior Citizens** at the age of 69yrs. So that continue to leave peacefully in above property at the fag end of their life. He has extended thanks to the **Confederation** for their regular 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 NEW YEAR - 2025, MAHA SHIVRATRI & HOLI

CONFEDERATION

INTERNATIONAL WOMEN'S DAY ON 08-03-2025



International Women's Day is celebrated on the 8th of March Every year. Women deserve equal opportunities at everything like men. The world is moving towards achieving gender balance. It's moving towards equality for both men and women. The change is something that is needed and is essential. For ages, men have had more privileges in every sphere of society. However, that needs to change because we are all humans, and we should all get equal rights and opportunities. **"The theme for International Women's Day 2025 is "Accelerate Action". At the current rate of progress, it will take until 2158 to achieve full gender parity, according to the World Economic Forum".** Investing in women, a human rights issue, Ending poverty, Implementing gender-responsive financing, Shifting to a green economy and care society & Supporting feminist change-makers. Senior Citizens Council of Delhi felicitates on 08-03-2025 at its Recreation Centre, Green Park Extension. – **GYAN SINGH TOKAS – EDITOR.**

ACTIVITIES OF SHIV PARK, SCWF, SHALIMAR BAGH ON 19-01-2025



Shiv Park Senior Citizens Welfare Forum, Shalimar Bagh organized joint birthday and Sunderkand Path on 19-01-2025 followed by Bhandara. **A report by Azad Tandon, General Secretary.**

ACTIVITIES OF SCWS, SHALIMAR BAGH ON 26-01-2025



Senior Citizens Welfare Society, AB Block, Shalimar Bagh celebrated Republic Day at their Activity Center in the presence of larger numbers of members. Bandana Kumari, MLA also graced the occasion. **A report by Capt Chander Sachdev, President.**

BIRTHDAY CELEBRATION OF RAMRAJ BHANDARI ON 18-01-2025



Jodhana Senior Citizens Society celebrated Birthday of Ramraj Bhandari at Asha Old Age Home, Jodhpur on 18-01-2025, followed by lunch. **A report by Premsukh Daga, President.**

SCWA, SANT NAGAR ORGANIZED DIGITAL LITERACY OF ELDERS ON 25-02-2025



A Workshop on Digital Literacy for elders was organized by Senior Citizens Welfare Association, Sant Nagar at its Recreation Centre in Association with HelpAge India represented by Mr. Sandeep, followed by refreshment packets on 25-02-2025. **A report by G. R. Sehgal, President.**

ACTIVITIES OF GULMOHAR SENIOR FORUM ON 25-01-2025



Gulmohar Journalists' Colony Senior Citizens Forum celebrated Republic Day by holding a cultural program on 25-01-2025 at Gulmohar Club. The program consisted of poems, solo and group songs and accompanying bongo by Forum members, all on the subjects of freedom struggle, national pride and India's independence and progress. Birthday of January born members was also celebrated and all present wished them healthy, happy and active life forever, followed by high tea. **A report by Vimal Bhan, Council Member.**

3 COUNCIL MEMBERS PARTICIPATED IN MEETING CHAIRED BY DCP, SW ON 19-02-2025



3 Members of Senior Citizens Council of Delhi led by its **President J. R. Gupta met Surendra Chaudhary, IPS, DCP, South West** on 19-02-2025. J. R. Gupta raised many issues concerning Senior Citizens such as safety of property & security including Digital Awareness as many cases have been seen in the past in which Senior Citizens have lost their money as they could not inform Delhi Police within 24 hours from the date of incident. He assured to examine the issues raised by **J. R. Gupta, President, Senior Citizens Council of Delhi.** J. R. Gupta also thanked DCP South for sparing his valuable time to met the members in spite of busy schedule. **A report by Ashok Kumar, In-charge.**

SCWA, SANT NAGAR CELEBRATED BASANT PANCHMI ON 02-02-2025



Senior Citizens Welfare Association organized Basant Panchmi at their Recreation Centre on 02-02-2025, followed by lunch. **A report by G. R. Sehgal, President.**

SCWA, SANT NAGAR ORGANIZED A PICNIC ON 07-02-2025



Senior Citizens Welfare Association, Sant Nagar Organized a picnic Programme for Vishal Gadh Forms Gurgaon, on 07-02-202, in which 50 members participated. **A report by G. R. Sehgal, President.**

SPECIAL PRAVACHAN BY NITYANAND SARASWATI JI MAHARAJ ON 26-02-2025



Senior Citizens Council of Delhi raised special **Pravachan from Param Pujya Swami Nityanand Saraswati ji Maharaj** of Haridwar on 26-02-2025. He advised to all present to keep busy in their routine life so that you would remain fit throughout life. The Council paid a sum of Rs. 5,100/- to Shanti Mandir, Haridwar, who founded for the last so many year. The function concluded with refreshment packets. **A report by Ashok Kumar, Incharge.**

Editorial Board of Elderly News : B.S. Yadav (Dwarka), Azad Tandon (Shalimar Bagh), Giri Bhardwaj (Shalimar Bagh), K.K. Mehta (Tagore Garden), Reporters : Y.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.senioreldersdelhi.org.**

Daily Spiritual Discourses, at Deer Park Satsang (7am to 8am), Recreation Centre, Green Park Extn. (3 pm to 4 pm) & Shiv Mandir, Green Park (4:30 pm to 5:30 pm) & Sadbhawna Satsang Mandal, Munirka every Sunday (10 am to 11 am) respectively, **from 16-02-2025 to 28-02-2025 Pt. Chetan Krishna, Vrindavan, from 01-03-2025 to 15-03-2025 Pt. Rajesh Ramayani, Bareilly UP, & from 16-03-2025 to 31-03-2025 Pt. Radhey Shyam Ramayani, Gonda UP - Editor**

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. 1700/- 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**

CHIEF GUEST, CHANDER MOHAN, JOINT SECRETARY, LOK SABHA FELICITATED 13 COUNCIL MEMBERS ON THEIR BIRTHDAY BORN IN THE MONTH OF JANUARY AT ITS REACREATION CENTRE, COMMUNITY CENTRE, GREEN PARK EXTEN. ON 11-02-25.



Senior Citizens Council of Delhi organized joint birthday at Recreation Centre, Community Centre, Green Park Extension on 11-02-2025. **Chief Guest, Chander Mohan, Joint Secretary, Lok Sabha** in the presence of 50 members. He prayed to Almighty for his long life with sound health. Earlier, **Sunderkand Path** was

recited by Poonam Bhagotra, Ashok Kumar, Neelam Malhi, Harikesh Kr. Shukla, Attendant & other members, followed by refreshment packets sponsored by **Gyan Singh Tokas, Secretary, Senior Citizens Council of Delhi.** **A report by Ashok Kumar, In-charge.**

ACTIVITIES OF DIGITAL AWARENESS AT RECREATION CENTRE, COMMUNITY CENTRE, GREEN PARK EXTN ON 18-02-25



Senior Citizens Council of Delhi organized Digital Awareness Programme in Association with HelpAge India on 18-02-2025 in the presence of more than 50 members. **Digital Awareness** was shown to Senior Citizens by own projector. In case any such fraud, the intimation should be brought to the notice of Delhi Police within 24 hours otherwise you would lose your money. Earlier, **Sunderkand Path** was also organized followed by refreshment packets. **A report by Ashok Kumar, In-charge.**

DAILY SATSANG ON 28-02-2025

Senior Citizens Council of Delhi has been organizing daily Satsang at Deerpark, Hauz Khas in which Pt. Chetan Krishna of Vrindavan delivered spiritual discourses on Ramayana Bhagwat Gita etc. He spoke that **Jis Ghar me bado ka Aadar hota hai**, wah ghar swarg ke saman hota hain. His katha would be upto 28-02-2025.

DR. AVTAR SINGH DELIVERED HEALTH TALK ON WORLD HEARING DAY ON 26-02-205



World Hearing day is observed on the 3rd of March every year. This day raises awareness about hearing loss and the crucial role of hearing care plays in maintaining overall health. The primary aim is to educate people about preventable causes of hearing loss and the importance of early intervention. This day encourages governments, healthcare providers and individuals to act collectively. This day emphasises the importance of access to affordable hearing care services, better early detection programmes and improved hearing protection efforts. World Hearing Day 2025 theme is "Changing Mindsets: Empower Yourself To

Make Ear and Hearing Care a Realty for All". Hearing loss occurs when there is a partial or complete inability to hear sounds in one or both ears. It can affect people of all ages and may develop suddenly or gradually . Hearing loss affected daily life badly. It may lead to difficulty in understanding conversation, social isolation, reduced work and academic performances affecting productivity and learning. and increases risk of dementia. There are many treatment options available like hearing aids, cochlear implants, assisted hearing devices and bone anchored hearing systems. World Hearing Day. World Hearing day is observed on the 3rd of March every year. This day raises awareness about hearing loss and the crucial role of hearing care plays in maintaining overall health. The primary aim is to educate people about preventable causes of hearing loss and the importance of early intervention. This day encourages governments, healthcare providers and individuals to act collectively. This day emphasises the importance of access to affordable hearing care services, better early detection programmes and improved hearing protection efforts. World Hearing Day 2025 theme is "Changing Mindsets: Empower Yourself To Make Ear and Hearing Care a Realty for All". Hearing loss occurs when there is a partial or complete inability to hear sounds in one or both ears. It can affect people of all ages and may develop suddenly or gradually. Hearing loss affected daily life badly. It may lead to difficulty in understanding conversation, social isolation, reduced work and academic performances affecting productivity and learning. and increases risk of dementia. There are many treatment options available like hearing aids, cochlear implants, assisted hearing devices and bone anchored hearing systems. World Hearing Day. World Hearing day is observed on the 3rd of March every year. This day raises awareness about hearing loss and the crucial role of hearing care plays in maintaining overall health. The primary aim is to educate people about preventable causes of hearing loss and the importance of early intervention. This day encourages governments, healthcare providers and individuals to act collectively. This day emphasises the importance of access to affordable hearing care services, better early detection programmes and improved hearing protection efforts. World Hearing Day 2025 theme is "Changing Mindsets: Empower Yourself To Make Ear and Hearing Care a Realty for All". Hearing loss occurs when there is a partial or complete inability to hear sounds in one or both ears. It can affect people of all ages and may develop suddenly or gradually. Hearing loss affected daily life badly. It may lead to difficulty in understanding conversation, social isolation, reduced work and academic performances affecting productivity and learning. and increases risk of dementia. There are many treatment options available like hearing aids, cochlear implants, assisted hearing devices and bone anchored hearing systems. **A report by Dr. Avtar Singh.**

कुम्भ का पौराणिक महत्त्व

प्रयागराज में कुम्भ मेला को ज्ञान एवं प्रकाश के स्रोत के रूप में सभी कुम्भ पर्वों में व्यापक रूप से सर्वाधिक महत्वपूर्ण माना जाता है। सूर्य जो ज्ञान का प्रतीक है, इस त्योहार में उदित होता है। शास्त्रीय रूप से यह माना जाता है कि ब्रह्मा जी ने पवित्रतम नदी गंगा, यमुना और अदृश्य सरस्वती के संगम के दशाश्वमेध घाट पर अश्वमेध यज्ञ किया था और सृष्टि का सृजन किया था।

कुम्भ का तार्किक अर्थ: कुम्भ के मित्र-मित्र अर्थ हैं जैसे-

- कुम्भ सृष्टि में सभी संस्कृतियों का संगम है।
- कुम्भ आध्यात्मिक चेतना है।
- कुम्भ मानवता का प्रवाह है।
- कुम्भ नदी, वन एवं ऋषि संस्कृति का प्रवाह है।
- कुम्भ जीवन की ठतिशीलता है।
- कुम्भ प्रकृति एवं मानव जीवन का समन्वय है।
- कुम्भ ऊर्जा का स्रोत है।
- कुम्भ आत्मप्रकाश का मार्ग है।

जे.आर.गुप्ता, अध्यक्ष,
वरिष्ठ नागरिक परिषद दिल्ली
9810488059

आ

स्था, विश्वास, सौहार्द एवं संस्कृतियों के मिलन का पर्व है "कुम्भ"। ज्ञान, चेतना और उसका परस्पर मंथन कुम्भ मेले का वो आयाम है जो आदि काल से ही हिंदू धर्मावलम्बियों की जागृत चेतना को बिना किसी आमंत्रण के खींच कर ले आता है। कुम्भ पर्व किसी इतिहास निर्माण के दृष्टिकोण से नहीं शुरू हुआ था अपितु इसका इतिहास समय के प्रवाह के साथ स्वयं ही बनता चला गया। वैसे भी धार्मिक परंपराएं हमेशा आस्था एवं विश्वास के आधार पर टिकती हैं न कि इतिहास पर। यह कहा जा सकता है कि कुम्भ जैसा विशालतम मेला संस्कृतियों को एक सूत्र में बांधे रखने के लिए ही आयोजित होता है।

जे.आर.गुप्ता, अध्यक्ष,
वरिष्ठ नागरिक परिषद दिल्ली
9810488059

