



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
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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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MONTH : FEBRUARY 2026

S. SARAT KUMAR SHARMA, SECRETARY GENERAL OF ALL MANIPUR SENIOR CITIZENS CONFEDERATION FELICITATED 25 MEMBERS OF SENIOR CITIZENS COUNCIL OF DELHI DURING JOINT BIRTHDAY CELEBRATIONS AT ITS RECREATION CENTRE, COMMUNITY CENTRE, GREEN PARK EXTENSION ON 12-03-2026



SENIOR CITIZENS COUNCIL OF DELHI COMMUNITY, CENTRE GREEN PARK EXTENSION NEW DELHI BIRTHDAY CELEBRATION OF MEMBERS BORN IN MARCH BY THE COORDINATION OF DR. MAHENDRA KUMAR ADVOCATE A MEETING WAS ORGANISED TO HONOUR MR. S. SARAT KUMAR SHARMA, SECRETARY GENERAL OF ALL MANIPUR SENIOR CITIZENS CONFEDERATION. J.R. GUPTA, HONOURABLE PRESIDENT OF SENIOR CITIZENS COUNCIL OF DELHI, DR. MAHENDRA KUMAR GUPTA ADVOCATE & OTHERS HONOURED CHIEF GUEST HANDED OVER CERTIFICATE OF APPRECIATION TO THE CHIEF GUEST MR. SARAT KUMAR SHARMA. MR. HARJINDER SINGH JUBBAL, MEDIA INCHARGE HAD DONE BEST FOR THE GRAND SUCCESS OF THE PROGRAMME. THE FOLLOWING

PERSONALITIES WERE ALSO PRESENT IN THE PROGRAMME MR. B N SINGH JI TREASURE OF THE COUNCIL DHARMAGURU PANDIT RAM PRATAP SUKLA, MR. YOGESH KHETRAPAL, MR. ASHOK SHARMA & SITARAM AGARWAL BOTH OFFICE INCHARGE MR. BHOLA SUKLA CARE TAKER AND OTHERS. ALL 25 COUNCIL MEMBERS WHOSE BIRTHDAY WAS IN THE MONTH OF MARCH WERE PRESENT AND THEY WERE HONOURED BY THE CHIEF GUEST MR. SARAT KUMAR SHARMA AND THEIR BIRTHDAY WAS CELEBRATED. MR. J R GUPTA, DR. M K GUPTA OTHERS WISHED THEM FOR HAPPY BIRTHDAY. THANKS TO MR. J. R. GUPTA FOR HIS KIND PRESENCE. THANKS TO OUR CHIEF GUEST & ALL PARTICIPANTS IN THIS PROGRAM, FOLLOWED BY REFRESHMENT PACKETS. A REPORT BY SITARAM AGGARWA, INCHARGE.

AZAD HIND FAUJ CONFERENCE WORKERS NATIONAL N D M C AUDITORIUM 15 SANSAD MARG NEW DELHI ON 22-03-2026



AZAD HIND FAUJ CONFERENCE WORKERS NATIONAL N D M C AUDITORIUM 15 SANSAD MARG NEW DELHI ON 22-03-2026, SRIMAD JAGATGURU SWAMI SRI PRAGYANANDA SARASWATI JI MAHARAJ ACHARYA VIKRAMADITYA PITAMBARA PITHADHESWAR. FAIZ KHAN RASTRIYA MUSLIM MANCH, ASWANI KUMAR, PRESIDENT OF THE AZAD HIND FAUJ, DEEPAK GUPTA ORGANISER AND CONVENER OF THE AZAD HIND FAUJ AND OTHERS. WORKERS THROUGH OUT INDIA ATTENDED THE PROGRAMME. THE LESSONS AND THOUGHTS OF NETA JI SUBHASH CHANDRA BOSE JI IS HIGHLY APPRECIATED AND IT

IS VERY USEFUL FOR THE NATION AND THE SOCIETY AS EXPRESSED BY THE SPEAKERS. THANKS TO ALL PARTICIPANTS ORGANISERS AND GUESTS FOR THE GRAND SUCCESS OF THE PROGRAMME. DR. MAHENDRA KUMAR GUPTA ADVOCATE SUPREME COURT, INTERNATIONAL SPEAKER FOR THE SOCIAL ISSUES, NATIONAL VICE PRESIDENT, ALL INDIA SENIOR CITIZENS CONFEDERATION. THE LARGEST ORGANISATION FOR SENIOR CITIZENS IN INDIA HAVING 30 LAKHS MEMBERS, VICE CHAIRMAN INDIAN UNIT OF U3As. A REPORT BY M. K. GUPTA, COUNCIL MEMBERS.

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



Rajpal Gupta (70 yrs) resident of B-2/3, (TF) Safdarjung Enclave, New Delhi along with a complaint against Smt. Kanta Hooda regarding abusing, Physically harassment residing in the same colony at 3rd Floor already lodge in Police Station Safdarjung Enclave. 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



Sh. Sukhmandir Singh, resident of C-25 (4th floor) EOK, New Delhi visited Recreation Centre on 13-11-2025 along with complaint against his son Akash Dhingra regarding abusing, physical harassment residing in the same colony at 1st Floor already lodge in Police Station, Amar Colony. Immediately, his case was taken up with Commissioner of Police on 17-10-25 with a request to take action against aforesaid person and also provide security to complainant & his family in the interest of Justice so that he could live peacefully in his own House. 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



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CONFEDERATION

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. – GYAN SINGH TOKAS – EDITOR.

SENIOR CITIZENS WELFARE FORUM, BE BLOCK SHALIMAR BAGH ORGANIZED A TRIP OF DWARKADHISH & SOMNATH FROM 23-02-2026 TO 26-02-2026



Senior Citizen Welfare Forum, BE Block, Shalimar Bagh, has organized a short trip of 4 days to Dwarkadhish and Somnath from 23-02-2026 till 26-02-2026. A report by Azad Tandon, General Secretary.

HOLI MILAN SAMAROH ORGANIZED BY SENIOR CITIZENS WELFARE FORUM, BE BLOCK, SHIV PARK, SHALIMAR BAGH ON 23-02-2026



Senior Citizen Welfare Forum, Shalimar Bagh, has organized Holi Milan samaroh on 23-02-2026 followed by refreshment packets. A report by Azad Tandon, General Secretary.

राम वन गमन तीर्थ यात्रा भाग - 1 (23-04-2026 से 10-05-2026)

प्रभु श्री राम जी ने ऋषि विश्वामित्र जी के साथ श्री अयोध्या जी से जनक पुर तक की यात्रा की जिसे हम श्री सीताराम विवाह बारात तीर्थ यात्रा के नाम से जानते हैं और दूसरी यात्रा श्री राम जी ने माता सीता जी और लक्ष्मण जी के साथ की जिसे हम लोग श्री राम वन गमन 14 वर्ष वनवास तीर्थ यात्रा के नाम से परिचित हैं ।। यह श्री राम वन गमन तीर्थ यात्रा एक बार में बस द्वारा 72 दिनों में सम्पूर्ण होती है ।। भगवान श्री राम जी अपने वनवास कालखंड में कहाँ कहाँ रुके, इन स्थलों का दर्शन अवश्य करने पर विचार करना अपेक्षित है सस यह सनातन की धरोहर भी है ।। यह राम से रामत्व की यात्रा है और आज के समय में एक गृहस्थी के लिए 72 दिन निकालना थोड़ा कठिन होता है सस अतः हम लोग इस यात्रा को पांच बार में करने का विचार हुआ है ।। इसी क्रम में पहली यात्रा श्री अयोध्या जी से श्रृंगवेरपुर चित्रकूट होते हुए मैहर मध्य प्रदेश तक रहेगी ।। जिसका संक्षिप्त विवरण नीचे की पोस्ट में सलग्न है ।।

अतः इस तीर्थ यात्रा में सम्मिलित होने के लिए – इकच्छुक तीर्थ यात्रीगण अपने नाम का पंजीकरण श्रीमान लाल सिंह जी के पास करवाएं और उनका मोबाइल नंबर 9717059863 है ।।

आपका : शिव प्रसाद जायसवाल

सचल दूरभाष संख्या 9599959013

RAKESH GUPTA C&F AGENT FELICITATED UMESH MODI ON HIS 75 TH BIRTHDAY ON 02-03-2026



Rakesh Gupta C&F Agent felicitated Umesh Modi on his 75 th Birthday on 02-03-2026 at Head Office at Nehru Place. The other members were Rakesh Gupta & his son Devansh Gupta, followed by dinner. A report by Sita Ram Aggarwal, Incharge.

COUNCIL MEMBER RE-APPOINTED ASHOK KUMAR, INCHARGE W.E.F ON 01-04-2026

Senior Citizens Council of Delhi re-appointed Ashok Kumar, Incharge w.e.f. 01-04-2026. J. R. Gupta, President extended best wishes for him, followed parsad.

RSVP :- J. R. Gupta, President

SHRI RAM JANAM MAHOTSAV CELEBRATED BY SANTAN DHARAM MAHASABHA ON 26-03-2026



Senior Citizens Council of Delhi participated in Shri Ram Janam Mahotsav at Shri Ram Mandir, on 26-03-2026, in which Chief Guest was Sushil Kumar. Other Guests were J.R. Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi. Chief Guest spoke about the importance of Shri Ram Janam Mahotsav & stressed the need to educate younger generations, as they don't know even about New Year (Vikram Samvat-2083). J. R. Gupta spoke about awareness of this particular day among younger generation by holding daily Satsang at Deer Park, Shiv Mandir, Green Park & Recreation Centre, Green Park Extension. He specifically pointed out that in Delhi only this Sabha is celebrating this day in a large scale which was founded by Late Shri Prem Chand Gupta, followed by Parsad. A report by Sita Ram Aggarwal, Incharge.

शाह ऑडिटोरियम में धूमधाम से मना श्रीराम जन्मोत्सव

■ सान्ध्य टाइम्स व्यूरो। श्रीराम जन्मोत्सव के अक्सर पर सनातन धर्म महासभा-दिल्ली ने सिविल लाइंस स्थित शाह ऑडिटोरियम में भव्य कार्यक्रम आयोजित किया। महासभा के अध्यक्ष सुशील गोयल ने 50 वर्षों के स्वर्णिम कार्यकाल पर प्रकाश डाला। संस्थापक अध्यक्ष प्रेम चंद गुप्ता ने दिल्ली में बहुत से धार्मिक कार्यक्रम किये। उन्होंने बताया कि महासभा स्वर्ण जयंती वर्ष मना रही है। धूमधाम से मने श्रीराम जन्मोत्सव में दिल्ली विधानसभा के स्पेकर विजेट गुप्ता और पुरानी दिल्ली के ज्योपारी पहुंचे।

समारोह में संस्कृत पाठों बालकों ने स्वर्णिम वाचन कर दीप प्रज्वलन किया। महासभा के मंत्री सुरेंद्र मोहन गुप्ता ने बताया कि अतिथियों ने सनातन धर्म पर आधारिक धार्मिक सांस्कृतिक कार्यक्रम का आनंद लिया। मेहमानों का अंग वस्त्र, प्रतीक चिन्ह, प्रसाद



देकर स्वागत किया। उद्घाटन भव्य गुप्ता ने बताया कि प्रोग्राम में पर्यट सुमन गुप्ता, बलदेव गुप्ता, नितिन गोयल, प्रज्ञा पौत्राश्रीश्वर साध्वी मां विभा नंद गिरी, श्री निवास संस्कृत विद्यापीठ के आचार्य जगदीशचरण, सुशील गुप्ता, प्रेम सिंघानिया, प्रकाश बराठी, नंद किशोर अग्रवाल, जगमोहन गोटेवाला, प्रदीप गुप्ता, देवराज वावेज और अभिषेक गनेड़ीवाला आदि उपस्थित रहे। (विस)



Editorial Board of Elderly News : B.S. Yadav (Dwarka), G. R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), 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: guptaajr2005@gmail.com, Web: www.seniorcitizensdelhi.org.**

Daily Spiritual Discourses, at Deer Park Satsang (7 am to 8 am), 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 01-02-2026 to 15-02-2026 Pt. Raghubushan Mani Pandey, Chitrakoot, UP, from 16-02-2026 to 28-02-2026 Pt. Nandlal, Vrindavan Dham, UP & from 01-03-2026 to 15-03-2026 Pt. Ram Pratap Shukla, Banda, 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. - Sita Ram Aggarwal, Incharges, Life Member

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)



With the support of DLSA (South District), Rajeev Kumar, Legal Aid Counsel visited Recreation Centre, Green Park Extn, on Tuesday falling on 24-02-2026. He rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than 9100 members at their doorsteps on 1 day. So far 16650 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 Sh. Aviral Shukla, Secretary, DLSA (South) for his regular support. During the current financial year 2026-27, 9400 Senior Citizens benefited up to 28-02-2026. A report by Sita Ram Aggarwal, In-charge.

श्रीरामचरितमानस लंकाकाण्ड

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दोहा

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RSVP:- J. R Gupta, President, SCCD

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LIFE MEMBERSHIP OF COUNCIL

2735		Mrs. Nirmal Chauhan, 1043/2, Wd-8, F-4, Mehrauli New Delhi - 30 Mob : 9810204074	2737		Sh. Sarup Chaudhary, P-6, SF, Hauz Khas Enclave, New Delhi -16 Mob : 9971209907
2736		Sh. Sunil Jain, D-18, FF, Green Park Main, New Delhi -16 Mob : 9811136361	2738		Smt. Kirpal K Chawdhary, P-6, SF, Hauz Khas Enclave, New Delhi -16

REPORT OF RAKESH GUPTA ON 14-03-2026



सादर आमंत्रण
सामाजिक न्याय एवं अधिकारिता मंत्रालय
भारत सरकार
वरिष्ठ नागरिकों को "अमृत उद्यान भ्रमण" के लिए
सादर आमंत्रित करता है
राष्ट्रपति भवन, नई दिल्ली



मंगलवार 17 मार्च, 2026
समय : सुबह 10:00 बजे से
अमृत उद्यान, राष्ट्रपति भवन,
नई दिल्ली

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- शांत, हरे-भरे और सुंदर अमृत उद्यान का आनंद
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RRTC अनुग्रह द्वारा समन्वित :
ईमेल : anugrahaindia@gmail.com

SPECIAL PROGRAMS AT RECREATION CENTRE

17-02-2026 : Joint Birthday Celebrations for the members up to Life Membership number 2685 & enrolled up to 28-02-2025 & upto membership number 2685 born in the month of September on or before 28-02-1965. The confirmation should reach by 17-02-2026 by 3 pm.

CONDOLENCES

The following Life Members of Council have left for heavenly abode during the last one month from 10-02-2026 to 10-03-2026.

LIFE MEMBERS	MEMBERSHIP NO.	ADDRESS
1.		

- HARI OM SHANTI SHANTI - J. R. GUPTA, President