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

VOL : 009

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MONTH : JANUARY, 2022

Rs. 5/-

SENIOR CITIZENS MEETS D.C.SRIVASTAVA , IPS, SPECIAL COMMISSIONER (CRIME) & SHIBESH SINGH, IPS, ADDL. DCP (CRIME) ON 03 & 04.01.2022



J.R.Gupta , President , Senior Citizens Council of Delhi met **Sh. Devesh Chandra Srivastava, IPS, Special Commissioner (Crime)** on 03.01.2022 at his office new PHQ along with R.K.Singhal. 4 members of Council led by its President J.R.Gupta also met **Sh. Shibesh Singh, IPS, Additional CP/ Crime** in his office at new PHQ on 04.01.2022 . Other members were Pratap Singh, V.K. Pahuja & B.N.Singh along with S.I. Asha of Senior Citizens Cell of Delhi Police. Delegation members requested both the officers to organize a big function inviting Commissioner of Police for interacting with senior citizens of Delhi at the earliest which was agreed by both officers. -R.K. Singhal

VISIT TO ORCHHA, JHANSI & DATIA ON 25 & 26.12.2021 BY 61 COUNCIL MEMBERS



As usual **Sh J.R.Gupta** took credit of arranging a tour of Sr.Citizens to Orchha & Jhansi . The Holy Raja Ram temple is the main tourists attraction in Orchha .A group of 61 senior citizens reached Jhansi by train on 25.12. 2021 and boarded in pre-arranged bus for Orchha .We first went to **Raja Ram temple** for holy Darshan of Raja Ram and his family comprising of Laxman , Sita maa,continued ..page..3 with more photos

GAURAV SHARMA, DCP (SW), ASSURES PROTECTION OF SENIOR CITIZENS UNDER HIS JURISDICTION



Senior Citizens Council of Delhi organized special interaction session of senior citizens at its Recreation Center , Green Park Extension on 22.12. 2021 in the presence of more than 100 senior citizens . **Gaurav Sharma , DCP (SW)** was the Chief Guest and **V.K. Singh Yadav , ACP** was Guest of Honor . A Cultural performance was also performed by the ladies wing of Council which was appreciated by all present . While addressing senior citizens , DCP (SW) assured his help as and when needed by any senior citizen residing in his jurisdiction . He also appreciated cultural programme led by Mrs. Manjula Aggarwal..Continued on page 3 with more photos

MADHUP VYAS , IAS, SECRETARY , SW DEPARTMENT , DELHI GOVT. INTERVENES & GET BACK FILE OF GRANT FROM FINANCE DEPTT.



L-R R.K. Singhal, D.K.Sharma and Madhup Vyas, IAS Secretary

A delegation of Senior Citizens Council of Delhi led by its President , J.R.Gupta met **Madhup Vyas ,IAS, Secretary , Social Welfare Department** on 08.12.2021 in his office . Other members were R.K.Singhal , D.K.Sharma . The members requested him to get the file , of Recreation Grant to **16 SCAs** , cleared from Finance Department , GNCTD which is pending more than one and a half month as the concerned SCAs were pressing hard for the release of their grant. He assured to members that he will speak to the Finance Secretary in this regard . On his intervention , the file returned back on 09.12.2021 with certain queries . Social Welfare Department has again send the file after clearing the objections . J.R.Gupta, Chairperson , Confederation is fully hopeful to get recreation grant to such 16 SCAs in the month of January, 2022. -R.K. Singhal

COUNCIL EXTENDS MORAL SUPPORT & LEGAL GUIDANCE TO SENIOR CITIZENS AT THE AGE OF 86 & 73



Prabhat Ram (86), resident of Inder Puri visited Recreation Center , Green park Extension on 18.08.2020 with a complaint against his elder son Lal Chand & his wife Nirmala Devi and their son Amit, his younger son Madan Lal & his wife Supriya Devi who had been harassing , abusing , threatening to kill with a sole motive to grab his aforesaid property . Eviction proceedings were filed with Tribunal Court of District Magistrate , New Delhi. **The Tribunal Court passed order on 31.12 .2021 for the eviction of aforesaid sons & daughter -in-laws within 30 days . He has extended thanks to the Council for regular legal guidance & moral support. -Editor**



Mohan Singh (73) , resident of Sangam Vihar was abused , physically tortured & threatened to kill by his daughter-in-law Mrs. Geeta Devi with a sole motive to grab his property . He visited Recreation Center on 06.07.2021 and sought intervention of Council / Confederation . The matter was taken up with Commissioner of Police on 09.07.2021 for providing security . In the meantime , he was given legal guidance and moral support to file application for her eviction under Maintenance Act in the Tribunal Court of DM (South). **The Tribunal Court passed order on 10 .12 .2021 for the eviction of her daughter -in-law within 15 days . He has extended thanks to the Council for regular legal guidance & moral support -Editor**

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ELDERLY NEWS WISHES ITS READERS HAPPY LOHRI, MAKARSAKRANTI , REPUBLIC DAY & BASANT PANCHMI

CONFEDERATION NEWS

ELDERLY NEWS WISHES NEW YEAR GREETINGS TO ITS READERS



While conveying my good wishes for New Year to the readers of monthly newspaper "Elderly News", the Senior Citizens Council of Delhi is pleased to inform that the Elderly News has completed its **8 years on 31-12-2021**. Elderly News is more popular among senior citizens of Delhi as far

as news concerning them on various issues and matters taken or to be taken by the Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 Lakh senior citizens) in which as on date **144** registered senior citizens associations stand affiliated across Delhi, including Senior Citizens Council of Delhi. Moreover, life subscribers of Elderly News are also increasing day by day which shows that Elderly News is more popular than other papers because it contains their grievances & also highlighting elderly abuse by taking up cases amicably and also under Maintenance & Welfare of Parents and Senior Citizens Act, 2007. **-L.R.GARG, EDITOR**

ACTIVITIES OF JODHPUR SENIOR CITIZENS ON 19.12.2021



Bhajan Sandhya was organized in the memory of Late Shri Bhagan Singh Ji Parihar MAHAMANAV who had provided shelter to kids left by their parents and old age people to whom their children left established Navjeen Sansthan (LUVKUSH) and Old age home (AASTHAA) and Late Shri Mehendra Mal Lodha, who was called JAABAJ SIPAHI of Jodhpur city who filed PLI against Government on so many matters of public interest and won the cases. This program was sponsored by Shri Ram Raj Bhandari and Shri Purshottam Das Ji Pungalia followed by vote of thanks by Prem Sukh Daga and high tea was served.

- report by Dr R. P. ARYA

ACTIVITIES OF SCWA MAYUR VIHAR, PHASE-III



Senior Citizen Welfare Association, Mayur Vihar Phase -3, organized Joint Birthday Celebrations at its Recreation Center on 31.10.2021 in the presence of more than 100 senior citizens. Chief Guest was Mr. Kuldeep Kumar, MLA and Guest of Honor was ACP, Dr. Neerav Patel. Both addressed the gathering. Mr. Kumar extended birthday greetings to concerned members and felicitated them with scarf and gift for all followed by refreshment. **-G K SANTOSH, Genl. Secy.**

6 COMMON MISTAKES DURING RETIREMENT

MISTAKE 1 :- Depending Only On Pensions a. Life Expectancy Has Increased - You Will Live For Long, b. Fixed pension loses its purchase value over the years **MISTAKE 2 :- Depending On Children For Cash Flow During Retirement** a. Prioritize Retirement Planning Over Child Education Planning, b. Life Of Our Children Is Different From Ours, c. Our Children Will Have Genuine Difficulties, d. Don't Make Your Children Sandwiched Between You And Their Children **MISTAKE 3 :- Exposing Your Retirement Corpus To Risk Of Loss** a. Parking In Small Financial Institutions For Higher Returns, b. Invest Your Retirement Corpus in Safe Places **MISTAKE 4 :- Not Having Health Insurance** a. Buy Your Health Insurance Latest By 45 Years, b. Everyone Has To Visit Hospital At One Stage Or The Other, c. Treat Premiums You Pay As EMI On Hospital Bills You Pay In Future **MISTAKE 5 :- Buying Properties Using Retirement Corpus** a. Residential Rental Yield Is Too Low, b. Rent Is Taxable, c. Maintenance Costs for Property, d. You May Find It Difficult To Sell The Property, e. You May Not Get A Tenant **MISTAKE 6 :- Staying In Isolated Places** a. Safety Of People In Old Age, b. You Need Help Of Younger Generation During Old Age, c. Stay Closer To Community Where Someone Can Help You. **-Editor**

ACTIVITIES OF SCA MIX HOUSING COMPLEX, KONDLI GHAROLI



Senior Citizen Association Mix Housing Complex, Kondli Gharoli, Phase -II, Mayur Vihar Phase -III organized a Geeta shlokes competitions on 12.12.2021 at their center on the occasion of Geeta Jayanti. Large number of participants took part in this competition. Judges selected the winners and prizes were accordingly distributed to 1st, 2nd and 3rd winners. **-B.G.Sharma, Genl.Secy**

ACTIVITIES OF SENIOR CITIZEN SAMAJ, A-4, PASCHIM VIHAR



Senior Citizen Samaj A-4, Paschim Vihar organized special function on 08.12.2021, in which 100 needy persons were given clothes to be used in winter & summer season. Many thanks to those who provided clothes for distribution. We will try to continue to help such needy persons in future also. **-report by Parmod Sharma, General Secretary**

SUNDER KAND PATH AT RECREATION CENTER ON EVERY TUESDAY



Senior Citizens Council of Delhi has been organizing regularly Sunderkand Path in its Recreation Center at Green Park Extension on every Tuesday for the last so many years in which more than 50 senior citizens participating **-Editor**

RESPECT YOUR PARENTS

A son took his old father to a nice restaurant for dinner. While eating, the old father spilled food on his clothes several times. The people sitting in the restaurant eating other meals were looking at the old man with disgust but his son was calm. After eating, the son took the old man to the washroom without any shame. Washed their clothes, cleaned their face, combed their hair, put on glasses, and then brought them outside. Everyone was looking at him in silence. Then he paid the bill and started going out with the old man. Then another old man who was having dinner called him, and asked - don't you think that you are leaving something behind here? He replied - No sir, I am not leaving anything behind. The old man said - Son, you are leaving here an education for every son, a lesson and hope for every father. Usually we do not like to take our elderly parents out with us, And they say - what will you do, if you go away from you, you do not even eat properly, you stay at home, that will be good. But did you forget that when you were little, and your parents used to carry you in their arms. When you were not able to eat properly, mother used to feed you with her hand, and when the food fell, she used to show love not scolding. Then why do the same parents feel burdened in old age? Parents are the form of God. Serve them, and give love because one day you too will be old. Always respect your parents. **-Editor**

Editorial Board of Elderly News : B.S. Yadav (Dwarka), G.R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), Vimal Bhan & R.K. Singhal **Reporters :** Pratap Singh, Mrs. Manjula Aggarwal, 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 : guptajr 2005 @ gmail . com, Web: www.seniorcitizensdelhi.org

Daily Spiritual Discourses at Deer Park Satsang & Recreation Center, Green Park Extension) **Pt. Arvind Tiwari alias Harish Chandra Tiwari**, Balia, UP from 01.01.2022 to 15.01.2022, **Pt. Prem Prakash Tripathi**, Ayodhya from 16.01.2022 to 31.01.2022 & **Pt. Rajendra Kumar Mishra**, Siddhi, MP from 01.02.2022 to 16.02.2022 between 7 & 8 AM and 3 & 4 pm respectively. **-- EDITOR**

APPEAL TO ENROLL LIFE SUBSCRIBERS 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**

J.R.GUPTA MEETS DHARMENDRA PRASAD,DD(SS) ON 03.01.2022**L-R Vinita Sharma , Dharmendra Prasad , J.R.Gupta , DineshSharma & R.K. Singhal**

3 members delegation of Senior Citizens Council of Delhi led by its President J.R . Gupta met **Mr. Dharmendra Prasad New Dy . Director (Social Security) of Social Welfare Department of Delhi Govt** for the first time on 03.01.2022 in the presence of **Mrs . Vinita Sharma , Supdt .** Other members were Dinesh Sharma & R.K.Singhal . I discussed with him various issues pertaining to SWDeptt and also abnormal delay on the part of dealing clerk of Finance Department . All SCAs are already aware that **16 cases** grant file was lying pending with dealing clerk of Finance Department for more than one and half month and for this purpose I had to brief the then Secretary Shri Madhup Vyas , IAS on 08 .12 .2021 and the file was received back with his kind intervention on the 09.12.2021 with certain objections . I told DD(SS) that I got a very positive approach about him through our SCA members who had met him by giving my reference and every one was satisfied . He is intelligent , hard worker and used to dispose of files on daily basis . For this I congratulated him with my best wishes . I also told him about the hard work of Mrs Vinita Sharma , Supdt who cleared pending files by coming office regularly inspite of the fact that her husband was not well for many months and with the blessings of Almighty and also good wishes of SCAs , he is now well and started to attend Office regularly . She had also worked in SW Deptt sometimes in the past without DD(SS) being a very intelligent lady having vast experience of SW Deptt for many years . In the meantime , Khushboo entered the room during our meeting . I also appreciated her initiative to start of SCAs Whattsapp group on 18.11.2021 . Now all required information , she is putting on this group including replies of queries .All the SCAs are also satisfied with her work . SW Department has got now good team to interact with SCAs and pending work is getting cleared on urgent basis . I also reminded him that **Mrs Savita** , retired DD(SS) also got best wishes from SCAs during her tenure . She was instrumental to start felicitations of Senior Citizens from Hon . C . M . Shri Arvind Kejriwal in 2015 . All SCAs are aware that Confederation had arranged a farewell to her at Recreation Center , Green Park Extension in which Hon'ble Minister Sh. Rajendra Pal Gautam graced . We want to build such relations with every officer of SW Department . The meeting lasted for about 40 minutes followed by Tea and biscuits courtesy by DD(SS).

- A report by J. R. Gupta, President

NEW YEAR CELEBRATIONS AT DEER PARK SATSANG ON 01.01.2022

Senior Citizens Council of Delhi organized New Year Celebrations at Deer Park Satsang Sthal on 01.01.2022 in the presence of more than 100 senior citizens with the support of **S.S.Monti & Mrs . Renu Monti** family like past years . On this occasion, eminent **Poet Suraj Beniwal** of Mathura and **Poet Karamvir** of Faridabad recited various poems which were enjoyed by all present . J.R.Gupta extended New Year Greetings to all present and also thanked Mrs. Renu Monti and felicitated her along with both Poets followed by refreshments.

-R.K.Singhal

HEALTH CHECKUP CAMP AT RECREATION CENTER ON 29.12.2021

Senior Citizens Council of Delhi organized Health Checkup Camp at its Recreation Center , Green Park Extension in association with **Dr. G.S. Grewal & his Team** of Fortis Hospital , Okhla in which various types of tests were conducted such as HB, Sugar , Uric Acid, Lung function , Hb 1 A1 C Max 10 & lipids etc free of cost . More than 50 senior citizens availed the facility at their doorsteps . **J.R.Gupta** , President thanked Dr. Grewal and his team for unique tests facility . He also felicitated them , follwed by light refreshments .

-Mrs . Manjula Aggarwal, Incharge

---FROM FRONT PAGE GAURAV SHARMA DCP (SW)---

Incharge . He also felicitated 14 senior citizens on their birthday falling in the month of December , 2021 with flowers , shawl & a gift as a token of respect and regards . He also extended birthday greetings to them . Earlier , ACP also addressed the senior citizens and extended birthday greetings to them . Both the guests were also felicitated . **J.R.Gupta** , President also greeted on their birthday and prayed to Almighty for their long life with sound health followed by refreshment packets .

-A report by Mrs. Manjula Aggarwal, Incharge

FROM FRONT PAGE-----VISIT TO ORCHHA, JHANSI & DATIA-----

Hanuman ji, Narsingh Bhagwan, Jamwanti and maa Durga .In Orchha, Raja Ram is treated more as monarch than an Almighty .A guard of honour is conducted every day at this place by security forces . In the adjoining premises, we had Darshan of **Lala Hardoul Baithak** who was Deewan of Orchha 400 years ago . He is worshiped in every village of Bundelkhand on marriages . After his death his soul performs the rituals of **Bhat ceremony of his niece** . Now is the time for lunch , we went to Grace of India restaurant and enjoyed home like tasty lunch . We again boarded the bus to reach our **pre booked Orchha Resort Hotel**.Hotel rooms were equipped with luxurious amenities . It was a four star resort surrounded with beautiful environment and on the bank of river Betwa . In the afternoon , our bus drove to see more important places like **Laxmi Devi temple** built in 16th century . It has ornately carved pillars , there is no idol of goddess in side temple .On the way , we had a glimpse of **Kalpavriksh** one of the most spectacular tree in India .It is said to be extracted while churning the sea among 14 rattans .Thereafter , we had Darshan of **Chardwari Hanumanji** , it is a small but beautiful temple built in 16th century .Again , we returned to Resort Hotel and attended a spiritual discourse by **Pandit Balram Shastri about Orchha temples** . Now was the time to see **Light and Sound show at Orchha fort** with our pre-booked tickets .Despite open air and cold weather , we enjoyed the show and had dinner and came back to our Resort for night stay. Next day morning , we enjoyed delicious breakfast with so many tasty varieties of food . We again went to nearby Ram Raja temple again & had holy darshan of Ram deities . **We boarded for Datia** and went to have blessings of **Shakti peeth Peetambari mata** . On the way , we had Darshan of **Sakhi Hanumanaji temple** a famous place . Now , it was lunch time , we had lunch in a restaurant and boarded bus to **Rani Jhansi park** for a joint photograph under the memorial of Rani Jhansi . Our return train time was approaching fast so we reached Jhansi railway station at 6 pm on 26. 12.2021 and we reached Delhi at 11 .45 pm on same day . Here , we dispersed for respective homes having unforgettable memories for this unique tour, with the sincere efforts of J.R. Gupta, since long.

- a report by Surender Mohan Sharma, Life Member

ELDERLY NEWS SEEKS ADVERTISEMENTS

Monthly Elderly News of Senior Citizens Council of Delhi seeks advertisements from its Readers . For details , kindly contact J .R . Gupta , President on his Mobile No : 9810488059, email:guptajr2005@gmail.com

TALK ON BUSINESS OPPORTUNITIES TO SENIOR CITIZENS

Senior Citizens Council of Delhi organized a talk on Business Opportunities to senior citizens at its Recreation Center , Green Park Extension on 21.12.2021 which was delivered by **Punet Bhatia** from **Kotak Mahindra Insurance Ltd** in the presence of more than 80 senior citizens followed by refreshments . -Editor

FREE LEGAL CONSULATION BY ADVOCATE DEPUTED BY DELHI LEGAL SERVICES AUTHORITY, SOUTH DURING DECEMBER, 2021

With the support of Delhi Legal Services Authority (South District) , Advocate Yogesh Sharma visited Recreation Center , Green Park Extension on every Tuesday during the month of December , 2021 . He 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 **3100** 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 , **920** senior citizens benefited from this facility up to **31.12.2021** . a report by **Mrs . Manjula Aggarwal**

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TALK ON INVESTMENT AT RECREATION CENTER ON 14.12.2021

Laxmi Kant , Associate Director Premia , IIFL Securities along with **Rohit Saxena** delivered a talk on investment at Recreation Center of Senior Citizens Council of Delhi in the presence of more than 80 senior citizens . J .R. Gupta extended thanks to them and also felicitated , followed by refreshments packets . -A report by **Mrs. Manjula Aggarwal, Incharge**

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

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) if confirmed before 15-01-2022 from 2 pm to 4 pm followed by refreshments subject to confirmation of Chief Guest .

01.01.2022 : Sunderkand Path on New Year at Deer Park

Satsang from 7:15 am to 8:15 am followed by refreshments with the support of Monti & Family like past years.

13.01.2022 : Lohri Celebrations at Recreation Center with the support of Mrs. Usha Sharma & Mrs. Nilam Malhi

14 .01 .2022 : Distribution of blankets on the occasion of Makarsakranti at Deer Park Satsang

26 .01 .2022 : Republic Day Celebrations at Recreation Center from 2 pm to 4 pm followed by refreshments.

Haridwar Conference at Nishkam Sewa Trust, on 12, 13 & 14 .

03.2022 Note :- For above train tour, please contact Mrs. Manjula Aggarwal ,Incharge on her Mobile : 9599252210 . 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 Elderly News.

CONDOLENCES

I convey with sorrow demise of following members of Senior Citizens Council of Delhi from 01-12-2021 to 31-12-2021 and also during second 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.

LIEE MEMBER MEMBERSHIP NO ADDRESS

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