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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 : 011

Issue No. : 121

MONTH : JANUARY, 2024

Rs. 5/-

CHIEF GUEST, ASHOK KR. RAJPUT, IAS & MEMBER, CENTRAL ELECTRICITY AUTHORITY ADVISED YOUNGER GENERATION TO LOOK AFTER THEIR PARENTS, AS THEY HAD PLAYED VITAL ROLE IN BUILDING YOUR ACADEMIC CARRIER AT RECREATION CENTRE ON 12-12-23



Senior Citizens Council of Delhi organized Special function at its Recreation Centre, Green Park Extension on 12-12-2023 in which **Chief Guest was Ashok Kumar Rajput, IAS & Member, Power Systems, Central Electricity Authority, Ministry of Power, Govt. of India** who advised younger generation to look after their parents, as they had played a vital role in building their Academic Carrier in the presence of more than 80 Senior Citizens across Delhi & NCR. He also spoke on various issues concerning respect & security of their parents. He praised the working of Senior Citizens Council of Delhi by giving various free facilities to Senior Citizens on daily basis such as **Homoeopathy Dispensary, Physiotherapy, Blood sugar test, Computer Training, Yoga**

V. MURALEEDHARAN, MOS, EXTERNAL AFFAIRS GRACED NATIONAL DAY OF BHUTAN ON 15-12-2023



16 members of Senior Citizens Council of Delhi participated in National Day of Bhutan at their Embassy on 15-12-2023 in which **Hon'ble V. Muraleedharan, Union State Minister, External Affairs, Govt. of India** was Chief Guest. H. E. Mr. V. Namgyel, Bhutan Ambassador welcomed all members, followed by music evening. A report by R. K. Singhal, Incharge.

Classes, Library, News Papers, Television, Carom Board, Chess, Ludo, health checkup camps, consultations from eminent doctors & Spiritual Discourses including free Legal Aid Counsel. The Council has provided them a common platform to highlight their hidden talents in various fields. The Council is also keep them free from loneliness by taking them Historical & Religious places within Delhi, India & Abroad. He also recorded the main aim of Council to protect Lonely Senior Citizens from humiliations/abuses at the hands of at their children & others amicably & under Maintenance Act 2007. **He placed on record that Delhi Govt. should release their pending Recreation Grants for the last 2 years Contd at Page 3 with more Photos**

AVNISH KUMAR, IPS, ADDL. DCP, SW CHAIRED DISTRICT LEVEL ADVISORY BODY, SW ON 13-12-23



Avnish Kumar, IPS, Additional DCP, SW, chaired District Level Advisory Body meeting of SW on 13-12-2023 in which 4 Members of Senior Citizens Council of Delhi participated, namely L. R. Garg, Kailash Gupta, R.K. Singhal & Pratap Singh. Only 4 members were also participated from other places out of 13 members. Various issues were raised in the meeting relating to DDA Flats Munirka, Munirka Village & Green Park including by other members from their respective areas. Avnish Kumar assured the members that remedial measures would be taken to solve their grievances in due course, followed by high tea. A report by R. K. Singhal, Incharge.

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



Sh. Mohan Singh Bisht (66 yrs) resident of Ganpati Appt., Malviya Nagar visited Recreation Centre on 22-12-2023. He has alleged that his son & daughter-in-law has been beating, misbehaving, humiliating & threatening to kill including lodging of false cases with a sole motive to grab his aforesaid self acquired property in connivance with his daughter-in-law's mother Mrs. Suman Sharma. Even daughter-in-law shifted to her mother residents at Noida after 2 days. Latest assault was on 07-10-23 by his son Nitin Bisht. The matter was immediately taken up with Commissioner of Police on 22-12-2023 to take legal action against aforesaid persons & also to provide security to the complainant. **His house was vacated by his son on 28-12-2023. He has extended thanks to the Confederation / Council for their regular moral support & legal guidance from time to time.** - Editor



Sh. Kishan Lal Sachdeva (75 yrs) resident of Jangpura-B visited Recreation Centre on 07-12-2023. He has alleged that his daughter-in-law has been beating, misbehaving, humiliating & threatening to kill including lodging of false cases with a sole motive to grab his self acquired property in connivance with her mother, brother & sister. Even her husband Mr. Vikram Sachdeva has shifted to his friend house to save himself for further harassments since 06-12-2023. The matter was immediately taken up with Commissioner of Police on 07-12-2023 to take legal action against aforesaid persons & also to provide security to the complainant. Her complaint has been forwarded by CP to Spl. CP, L&O, Zone-II on 21-12-23. **No further harassments reported so far. He has extended thanks to the Confederation / Council for their regular moral support & legal guidance from time to time.** - Editor

Note :- Elderly News Readers are requested to see page 4 about visit to Delhi by 14 members delegation from Mauritius between 17-01-2024 & 24-01-2024.

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

CONFEDERATION

J. R. GUPTA, CHAIRPERSON, CONFEDERATION GRACED AS CHIEF GUEST AT NEW YEAR CELEBRATIONS BY SCA, INDERPURI AT ARYA SAMAJ MANDIR ON 31-12-23 WITH VARIOUS ACTIVITIES.



J. R. Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 lakh Senior Citizens) was Chief Guest with Y. K. Singhal, during Annual Day Celebrations organized by Senior Citizens Forum, Inderpuri headed by Brij Mohan Bhatia, President & Ashok Kumar Arora, General Secretary including their Team at Arya Samaj Mandir on 31-12-2023 with various cultural, live

music, quiz programme, Birthday Celebrations including awareness talk on Geo Tag of MCD properties by Rajeev Mehandiratta. The music Team was headed by Ganesh Das of IP Extension. J. R. Gupta, felicitated members during quiz programme of music live along with Y. K. Singhal. J. R. Gupta praised SCA Inderpuri for their excellent function followed by delicious lunch. **A report by Y. K. Singhal, Life Member.**

HOSTING OF 7TH MEETING OF GOVERNING BODY OF COFEDERATION BY SCA, BP BLOCK, SHALIMAR BAGH ON 27-12-2023



Smt. Maya Rani Goel, President, SCA, BP Block, Shalimar Bagh & her Team Members hosted 7th Meeting of Governing Body of Confederation of Senior Citizens Associations of Delhi on 27-12-2023 at Shri Durga Mandir of same block. One minutes silence was observed on the sudden demise of Late Shri Ram Babu Mittal, President, Shakti Nagar SCA expired on 03-12-2023. The

next meeting of Governing Body would be hosted by Northex SCA, Rohini on any Sunday in the month of April, 2024. The minutes of the meeting has already issued on 28-12-2023. The meeting ended with vote of thanks to the Chair, followed by delicious lunch hosted by Mrs. Maya Rani Goel & her Team. **A report by Dinesh Kumar Sangal, Life Council Member.**

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 10 years on 31.12.2023.** Elderly News is more popular among Senior Citizens of Delhi & NCR, 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 145 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 elder abuse by taking up cases amicably and also under Maintenance & Welfare of Parents and Senior Citizens Act, 2007.** - **L.R. GARG, EDITOR.**

ACTIVITIES OF SCWS, SHALIMAR BAGH ON 24-11-2023 & 02-12-2023



Senior Citizens Welfare Society, Shalimar Bagh organized Workshop on "Aging and Mental Wellbeing" on 24-11-2023 in association with HelpAge India. Also Guru Nanak Jayanti celebrated on 02-12-2023 in which M.P.S. Chadha from Delhi Gurudwara Prabandhak Committee was Chief Guest & Rekha Gupta, MCD Councilor as Guest of Honour. **A report by P.P Tuteja, General Secretary.**

GOLF VIEW APPARTMENTS, SAKET WELCOMED BHARAT AUSTRALIA SAHITYA SETU ON 10-12-2023



Senior Citizens Forum, Golf View Apartments, Saket welcomed & felicitated prominent & prestigious Hindi Poets Associated with Bharat Australia Sahitya Setu on their premises on 10-12-2023. **A report by Ishwar Bhatia.**

SAHYOG VARISHT NAGRIK MANCH, SHALIMAR BAGH CELEBRATED B'DAY CELEBRATIONS ON 30-11-2023



Sahyog Varisht Nagrik Manch, CC Block, Shalimar Bagh organized Birthday Celebrations of members born in the month of November in its Recreation Centre on 30-11-2023. **A Report by R. K. Nanda, President.**

VISITS TO RELIGIOUS PLACES BY 19 MEMBERS OF SCF, DILSHAD GARDEN ON 30-11 TO 06-12-23



19 members of Senior Citizen Forum, O-Block, Dilshad Garden visited religious places within India such as Dwarkadhish Mandir, Bhet Dwarka, Somnath Mandir, Nageshwar Mandir, Gopeshwar Mandir, Akshar Dham, Sabarmati Front & Triveni Sangam from 30-11-23 to 06-12-23. **A report by Radha Krishna Uniyal, President.**

80 PLUS 27 MEMBERS FELICITATED DURING AGM OF MCD RETIRED ENGINEERS ON 16-12-2023



Annual General Body Meeting of MCD Retired Engineers Association, Delhi was organized at S. P. Mukharjee Civic Centre, Minto Road on 16-12-2023 in which 27 Members of 80 plus were felicitated with garland & framed life Certificate, followed by lunch & a return gift to each member present. **A Report by Dinesh Kumar Sangal, Treasurer.**

JODHPUR SENIOR CITIZENS FELICITATED AJIT RAJ BHANDARI ON HIS 83RD BIRTHDAY ON 27-12-23



Jodhana Senior Citizens Society, Jodhpur felicitated their Vice - President, Ajit Raj Bhandari at Jodhpur on his 83rd Birthday on 27-12-23. Ram Raj Bhandari prayed to Almighty for his long life with sound health in the presence of other members of the Society. **A report by Ram Raj Bhandari, Patron.**

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.seniorecitizensdelhi.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 15-12-2023 to 31-12-2023 – Pt. Dinanath Shukla, Prayagraj, UP, from 01-01-2024 to 15-01-2024 Pt. Rajesh Ramayani, Bareilly, UP & from 16-01-2024 to 31-01-2024 Pt. Kaushal Kishor Mishra, Shravasti, 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. **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 ... CHIEF GUEST, ASHOK KR. RAJPUT, IAS & MEMBER, CENTRAL ELECTRICITY AUTHORITY ADVISED YOUNGER GENERATION TO LOOK AFTER THEIR PARENTS, AS THEY HAD PLAYED VITAL ROLE IN BUILDING YOUR ACADEMIC CARRIER AT RECREATION CENTRE ON 12-12-23



so that they can organize more recreation activities for their members. Every member of the Elderly Group is a Teacher & a Guru from whom one can learn a lot. He also felicitated 9 male/female members born in the month of December during Joint Birthday celebrations as a token of respect with flowers

& shawls. **J. R. Gupta, President** felicitated the Chief Guest with flower & shawl. Earlier, Sunderkand Path was recited including free Eye Checkup Camp in Association with Sharp Sight Centre, followed by refreshment packets. **A report by R. K. Singhal, Incharge.**

CELEBRATION OF 50TH MARRIAGE ANNIVERSARY OF SMT. MAYA SHARMA & SH. P.C. SHARMA ON 26-12-2023 AT RECREATION CENTRE, GREEN PARK EXTENSION IN THE PRESENCE OF 100 MEMBERS.



Senior Citizens Council of Delhi felicitated **Smt. Maya Sharma & Sh. P.C. Sharma on their 50th Marriage Anniversary** in the presence of 100 members including their relatives on 26-12-2023 at Recreation Centre, Green Park Extension. On this occasion, **Mrs Rupramka** was also

felicitated on her Birthday. **J. R. Gupta** extended greetings to both & also prayed Almighty for their long life with sound health, followed by refreshment packets with their support including Prasad by **Mrs. Rupramka**. **A report by R. K. Singhal, Incharge.**

LIKE PAST YEARS, SUNDERKAND PATH RECITED AT DEER PARK SATSANG WITH THE SUPPORT OF MONTI FAMILY ON 01-01-2024 ON THE OCCASION OF NEW YEAR CELEBRATIONS BY YASHODA & HER TEAM.



Like past years, Senior Citizens Council of Delhi organized Sunderkand Path at Deer Park Satsang Sthal **with the support of Monti Family** which was recited by Yashoda & her Team including Dinesh Kumar Sharma, Usha Sharma & Poonam Bhagotra in the presence of more than 100 devotees on 01-01-2024. On this occasions, **Renu Singh Monti** advised the audience to light diyas on 22-01-2024 in their houses as after so many years **Lord Rama** got his own house in New Built up **Shri Ram Mandir at Ayodhya Dham** including inauguration of **Balmiki Airport** by Hon'ble Prime Minister of India. **Shri Mohan Lal Chopra** of Evergreen Sweets

offered prasad in the shape of 200 refreshments boxes. **J. R. Gupta** prayed Almighty for his long life with sound health. Similarly, Kachori & Tea arranged by Monti Family for all the devotees. **S. S. Monti & Renu Singh Monti** felicitated **J. R. Gupta** with shawl. Similarly, **Yashoda & her son** also felicitated **J. R. Gupta**, as his son got promotion in Central Govt. Department, as SDO. **J. R. Gupta** prayed Lord Hanumanji to get MLA Ticket to S. S. Monti, if seat is reserved for ladies than, **Renu Singh Monti** be given ticket for Nigam Parshad in MCD elections, followed by aforesaid prasad. **A report by R. K. Singhal Incharge.**

A. R. HANJURA OF J&K SENIOR CITIZENS COUNCIL FELICITATED AT CENTRE ON 01-01-24



A. R. Hanjura, Social Activist & Founder Chairman of Jammu & Kashmir Senior Citizens Council, Sri Nagar visited Recreation Centre of Senior Citizens Council of Delhi & met its President, **J. R. Gupta** on 01-01-24. He requested to know how he should get his Council registered with J&K State. **J. R. Gupta** briefed him & gave a copy of memorandum of Associations & asked him to apply in his State after completing required formalities. He was also felicitated by members of Council. **A report by R. K. Singhal, Incharge.**

HEMANTA MADHAB SHARMA, JOINS LIFE MEMBERSHIP OF COUNCIL ON 02-01-24



Hemanta Madhab Sharma retired officer of CEC visited recreation centre of Senior Citizens Council of Delhi on 02-01-24 & took life membership of Council in the presence of **S. M. Singhal**. He has assured that Assam Guest House would year mark 8 double bed rooms as single bed rooms for 14 members delegation from Mauritius visiting Delhi between 17-01-24 & 24-01-24. **J. R. Gupta** thanked him for accepting as Chief Guest during birthday celebrations on 16-01-2024. **A report by S. M. Singhal, Life Council Member.**

RAMPAL & HIS SISTER-IN-LAW FELICITATED J. R. GUPTA WITH SHAWL AT CENTRE ON 02-01-24



L. to R.:- S. M. Singhal, Pramila Rani, Leela Bhatker, Rampal, J.R. Gupta, Dinesh Sangal & Dinesh Sharma During Sunderkand Path organized by Senior Citizens Council of Delhi at its Recreation Centre, Green Park Extension, Rampal & his sister-in-law felicitated **J. R. Gupta**, President with shawl on 02-01-24 in the presence of 50 members on the occasion of New Year Celebrations. **A report by R. K. Singhal, Incharge.**

DR. MAYO, PROFESSOR OF GLOBAL HEALTH & DR. YUKA, EXPERT HEALTHY AGEING EXERCISE & TRADITIONAL MEDICINE OF UNIVERSITY OF JUTENDU, TOKYO, JAPAN VISITED FARIDABAD ON 29-12-23



Dr. Mayo, Professor of Global Health & Dr. Yuka, Expert Healthy Ageing Exercise & Traditional Medicine from University of Jutendu, Tokyo, Japan were felicitated by Senior Citizens at Woodbury Towers, Charm Wood Village at Faridabad on 29-12-2023. **A report by M. K. Gupta, Life Member.**

RETIRED JUSTICE DEVINDER GUPTA INFORMED READERS OF ELDERLY NEWS ABOUT INAUGURATION OF AYODHYA SHRI RAM MANDIR ON 22-01-2024



Drone Hanuman has departed and will be flying over all major Cities of India like Mumbai, Bengaluru, Delhi etc., which showcases and conveys & spreads the message of Inauguration of Shree Ram Mandir in Ayodhya Dham on 22-01-2024. **- Editor**

COUNCIL ORGNIZING SUNDERKAND PATH ON EVERY TUESDAY AT CENTRE



Senior Citizens Council of Delhi has been organizing Sunderkand Path on Every Tuesday in its Recreation Centre, Community Centre, Green Park Extension. On 26-12-2023, Sunderkand Path was recited by Dinesh Kumar Sharma, Usha Sharma, Poonam Bhagotra, Neelam Malhi & Other members including **Pt. Dinanath Shukla** from Prayag Raj followed by refreshment packets. **A report by R. K. Singhal, Incharge.**

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)

With the support of DLSA (South District), Jatin Anand Diwedi, Legal Aid Counsel visited Recreation Centre, Green Park Extn, on every Tuesdays falling on 05-12-2023 & 12-12-2023. Ms. Vinita Sharma, Legal Aid Counsel, visited on 19-12-2023. Both rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than 2900 members at their doorsteps on 3 days. So far 10450 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 Sukhjeet Singh, Secretary, DLSA (South) for his continues support. Special Lectures were delivered on Cyber Security Tips & Rights of Senior Citizens. During the current financial year 2023-24, 3200 Senior Citizens benefited up to 31-12-2023. A report by R.K. Singhal, Incharge.

NAVRATAN MAL LODHA 100 YRS FELICITATED BY JODHPUR SENIOR CITIZENS ON 03-01-24 WITH FLOWERS AND SHAWL

Sh. Navratan Mal Lodha (100 yrs) keeping good physical & mental health, a commerce & law graduate is a classic example of a self made man who started modestly & became Chief of Personnel & Legal with the largest Aluminum Complex of Birlas in the Country. Post retirement, he became Advisor to many large Corporates and then returned to Jodhpur to enjoy his retirement as well as do some pro bono social work and participate in multiple Social and Charitable Endeavors. He was honoured for his work for the deprived, the down trodden and the weaker sections of Society. He was grateful and overwhelmed at the love and affection showered by his friends and well wishers particularly the Jodhana Senior Citizens Society. A report by Ramraj Bhandari, Patron.

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LIFE SUBSCRIBERS OF ELDERLY NEWS

1433		Mrs. Sudha Saxena, B-240/10, Amritpuri, East of Kailash, New Delhi - 110065 Mob : 9871330086	1438		Mrs. Jagjit Kaur, B7 Extn/123, Safdarjung Enclave, New Delhi - 110029 Mob : 9968090969
1434		Mrs. Gursharan Kaur Matharu, A-2/D, DDA Flats, Munirka, New Delhi - 110067 Mob : 9911676646	1439		Dr. Balbir Singh, F-8, 1043/8, TF, Mehrawali Appt., Mehrauli New Delhi - 110030 Mob : 9899326036
1435		Sh. Pradeep Gupta, W-17, Green Park Main, New Delhi - 110016 Mob : 9810039253	1440		Sh. Hemanta Madhab Sharma, 146 FF, Vinobapuri, Lajpat Nagar-II, New Delhi - 110024 Mob : 9810566869
1436		Sh. Mohan Singh Bisht, 10, Ganpti Appt. Malviya Nagar, New Delhi - 110017 Mob : 9540787778	1441		Sh. Vijay Kumar Jaiswal, A-175, Prodhogiki Appt., Plot-11, Sec-3, Dwarka, N.D. - 78 Mob : 9999080935
1437		Smt. Prema Bisht, 10, Ganpti Appt. Malviya Nagar, New Delhi - 110017 Mob : 9540787778	1442		Smt. Suman Lata Jaiswal, A-175, Prodhogiki Appt., Plot-11, Sec-3, Dwarka, N.D. - 78 Mob : 9811567873

FOR THE INFORMATION OF READERS OF ELDERLY NEWS

Ld. Ms. Jyoti Maheshwari, has joined as New Secretary, Delhi Legal Services Authority, South District on 22-12-2023. Senior Citizens Council of Delhi is grateful for issuing order dated 22-12-2023 in which following Legal Aid Counsels have been deputed to visit Recreation Centre, Green Park Extension from 2pm to 4pm. She was Law Interns at DLSA South on 20-12-23, joined lectures by Mr. Pea Pankaj, Legal Aid Counsel on good touch & bad touch on 20-12-23. Awareness Session on Good touch and bad touch under the provisions of POCSO Act on 18 & 19-12-23. Lastly, Awareness Session on Muslim Personal Law on 07-12-23.

1. Mani Mishra Legal Aid Counsel Lecture on Cyber Security Tips on 02 & 09-01-24
 2. Ms. Vinita Sharma Legal Aid Counsel Lecture on Rights of Senior Citizens on 16, 23 & 30-01-24
- Concerned victims of Elder Abuse / humiliations by their own children & others are requested to get free Legal advice from aforesaid Recreation Centre on dates & time mentioned above. – Editor

LIST OF TOLL FREE NUMBERS REQUIRED FOR EACH PERSON

C M Grievance Portal-181, CM Helpline -1076, Electrical Service-1912, Police Service-112, 100 & 1291, Fire Service-101, Ambulance Service- 102, Traffic Police-103, Disaster Management-108, Railway Inquiry- 139, Anti Corruption-1031, Train Accident-1072, Road Accident-1073, Crime Satire-1090, Women Helpline-1091, Earth Quake-1092, Child Abuse Help-1098, Kisan Call Center -1551, Citizen Call Center -155300, Cyber Crime Helpline -155260, Blood Bank - 9480044444 and Senior Citizens Help Line - 14567.

Complied by Y. K. Singhal, Life Council Member.

New Year 2024 Greetings to Readers of Elderly News

Elderly News wishes its Readers a very Happy & Prosperous New Year 2024. May the New Year lift your spirits & fill your life with unending joy / happiness & a fabulous including long life with sound health.

RSVP:- J. R. Gupta, President, Senior Citizens Council of Delhi.

SPECIAL PROGRAMS AT RECREATION CENTRE

16-01-2024 : Joint Birthday Celebrations for the members up to Life Membership number 2523 & enrolled up to 31-12-2022 & upto membership number 2523 born in the month of January on or before 31-01-1963. The confirmation should reach by 11-01-2024 by 3pm subject to availability of Chief Guest.

17-01-2024 to 24-01-2024 : Senior Citizens Council of Delhi is pleased to host 14 members delegation from Mauritius visiting Delhi.

CONDOLENCES

The following Life Members of Council have left for heavenly abode during the last one month from 11-12-2023 to 10-01-2024.

LIFE MEMBERS	MEMBERSHIP NO.	ADDRESS
1. Mrs. Kamini Kashyap	1579	B-1/6, FF, Malviya Nagar, N.D.-17
2. Sh. Jagmohan	1408	20A-1/9, NPCL-E, Jain City, N.D.-39
3. Sh. Ayodhya Pershad	1852	30, Block-17, Geeta Colony, D.-31
4. Sh. Mahipal Jain	1452	P-5, Green Park Ext. N. D. -16
5. Sh. Tej Bhan Khanna	0012	H-1/4, Ansal Vill., Bawa farm, Satbari, N.D.- 74

- HARIOM SHANTISHANTI - J. R. GUPTA, President

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