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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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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)

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MONTH : JANUARY 2025

45 COUNCIL MEMBERS VISITED GANGA SAGAR FROM 25 TO 27-01-2025 BY AIR AND ALSO VISITED HISTORICAL / RELIGIOUS PLACES INCLUDING SPECIAL SNAN AT GANGA SAGAR ON 26-01-2025



Senior Citizens Council of Delhi arranged Ganga Sagar Tour by Air in which 45 members participated from 25 to 27-01-2025, followed by Special Ganga Snan at Ganga Sagar by bus, steamer & took 24 hours to reach destination on 26-01-25. The members were also visited various historical / religious places around Kolkata such as Howrah Bridge, Victoria Palace, Eden Garden, Cricket Stadium, Dakshineswar Temple, Rama Krishna

Paramhans Memorial, Ganga Sagar, Raj Bhawan, RBI building. J. R. Gupta, President, Senior Citizens Council of Delhi thanked team members such as Y. K. Singhal, N. P. Soni, Ashok Kumar, Neelam Malhi, Usha Sharma, Harikesh Kr. Shukla, Attendant, followed by refreshment packets. The members returned with unforgettable memories in late mid-night on 27-01-2025. A report by Ashok Kumar, In-charge.

RAJEEV BANSAL, DISTRICT JUDGE & MEMBER SECRETARY, DELHI LEGAL SERVICES AUTHORITY FELICITATED 13 MEMBERS OF SENIOR CITIZENS COUNCIL OF DELHI DURING JOINT BIRTHDAY CELEBRATIONS AT ITS RECREATION CENTRE, COMMUNITY CENTRE, GREEN PARK EXTENSION ON 14-01-2025.



During special function organized by Senior Citizens Council of Delhi at its Recreation Centre, Community Centre, Green Park Extn. Chief Guest Rajeev Bansal, District Judge & Member Secretary, Delhi Legal Services Authority

felicitated 13 members of Council in the presence of larger number of members including Pt. Kavita Kant Bajpyee, Rai Bareilly. He congratulated concerned members on their birthday & prayed Almighty ... Contd at Page 3 More Photos

27 MEMBERS OF COUNCIL MET MS. SHUBHAM CHAUDHARY, IAS, COLLECTOR & DISTRICT MAGISTRATE, SAWAI MADHOPUR ON 06-01-2025 & VISITED RELIGIOUS & HISTORICAL PLACES AROUND RANTHAMBORE, RAJSTHAN FROM 04 TO 06-01-2025



27 members of Senior Citizens Council of Delhi met Ms. Shubham Chaudhary, IAS, Collector & District Magistrate, Sawai Madhopur on 06-01-2025. The

members visited National Park Tiger Reserve, Ranthambore, Rajsthan between 04 to 06-01-2025 and stayed at Tiger Den Resorts. ... Contd at Page 3

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



Smt. Jagjeet Kaur (66 yrs) resident of Arjun Nagar along with a complaint against Pooja Aggarwal regarding seepage in wall inside her house, in spite of repeated calls & helpline & officers of DJB. Immediately, the case was taken up with Saurabh Bhardwaj, Chairman, DJB & get the seepage in wall inside her house seepage stopped. 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



Smt. Rajinder Kaur (68 years) resident of Noida along with complaint visited Recreation Centre on 08-01-2025 regarding non-vacating her house deliberately, already lodge in Police Station Mehrauli. In her complaint she has alleged that aforesaid tenant is not vacating her house with a sole motive to grab their self acquired property. She has further alleged that whenever, she asked her to vacate her house, she had been misbehaving, harassing, abusing in connivance with husband and their staff. Incidentally, it would be worthwhile to point out that District Judge - 04, South, Saket ordered on 13-09-2024 to hand over vacant and peaceful position of the aforesaid property, within 2 weeks from the date of order. He has extended thanks to the Confederation for their regular moral support & legal guidance from time to time. - Editor



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ELDERLY NEWS WISHES ITS READERS NEW YEAR-2025, LOHRI, MAKAR SANKRANTI & BASANT PANCHAMI

CONFEDERATION

WISHING ALL MEMBERS OF COUNCIL A VERY HAPPY NEW YEAR GREETINGS - 2025



While conveying my good wishes for A very Happy New Year Greetings – 2025 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 12 years on 31.12.2024.**

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 Membership 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, adopted by GNCTD Rules - 2009. Apart from this, the members of Council are taking on religious / historical places within India & Abroad such as Nepal, Bhutan & Mauritius under MOU on reciprocal basis. Every efforts are made to keep them free from loneliness on monthly basis. – **GYAN SINGH TOKAS – EDITOR.**

ACTIVITIES OF SHIV PARK SENIOR CITIZENS WELFARE FORUM, SHALIMAR BAGH ON 19-01-2025



Senior Citizens Welfare Forum, Shiv Park, Shalimar Bagh organized Annual General Body Meeting & Joint Birthday on 19-01-2025 in their own Recreation Centre. Azad Tandon says that their monthly General Body meeting & birthday, followed by Sunderkand Path & Bhandara. **A report by Azad Tandon, General Secretary.**

NEW EXECUTIVE BODY OF SCWA, MADANGIR ELECTED ON 11-08-2024

Senior Citizens Welfare Association, Madangir during their Annual General Body Meeting held on 11-08-2024 elected Unanimously for the next 2 years 2024 & 2026. The new executive body members are namely :- **S. K. Gupta, President, M. P. Sharma, Vice-President, Bhawan Singh Negi, General Secretary, M. M. Kapoor, Secretary and Anar Singh, Treasurer.** **A report by S. K. Gupta, President.**

LOHRI & MAKARSANKRANTI CELEBRATED AT SCWS, SHALIMARBAGH ON 14-01-25



Senior Citizens Welfare Society, AB Block Shalimar Bagh celebrated LOHRI & MAKARSANKRANTI with great enthusiasm in the presence of 133 participants enjoyed the celebrations and exchanged greetings of warmth including new year greetings. **A report by Capt Chander Sachdev, President.**

BIRTHDAY CELEBRATION OF GULMOHAR SENIOR FORUM ON 05-01-2025



Gulmohar Senior Forum organized Musical Evening with birthday celebrations of its members born in December on 05-01-2025 at Multipurpose Hall, Gulmohar Centre. The members enjoyed musical programme, followed by cutting of cake, high tea & Gift. **A report by Vimal Bhan, Members.**

SENIOR CITIZENS COUNCIL OF DELHI ORGANIZED A GET TOGETHER ON THE OCCASION OF NEW YEAR-2025 ON 28-01-2025



Senior Citizens Council of Delhi arranged a get together on the occasion of New Year-25 on 28-01-2025 in which more than 100 members participated including Pt. Krishan Bihar of Vrindavan, UP. Earlier, Sunderkand Path was recited by Poonam Bhagotra, Cultural Coordinator, Harikesh Kr Shukla, Attendant, Neelam Malhi & others. Pt. Krishan Bihar delivered spiritual discourses on Ramayana, Bhagwat & Geeta which was appreciated by all present. A very delicious lunch was served to all present which was enjoyed by all present. **A report by Ashok Kumar, In-charge.**

NEW YEAR CELEBRATIONS AT DEER PARK SATSANG WITH THE SUPPORT OF MONTI FAMILY ON 01-01-25



L. to R.:- Dinesh Sharma, Renu Monti, S.S. Monti, J. R. Gupta, Y. K. Singhal, Bikramjit, B. N. Singh, Ravinder Jain & Rajiv Kalucha



Like Past years, since, 2004, New year was celebrated at Deer Park Satsang in the presence of 400 devotees / council members on 01.01.2025 by Monti Family. Sunderkand Path was recited by Yashoda, Dinesh Sharma, Poonam Bhagotra, Pritam Singh & Ashok Kumar. Hon. Bansuri Swaraj, Lok Sabha, MP could not grace the function due to indisposition. However, she extended thanks for the success of special function. The function concluded with Halwa parsad with the support of Mohan Lal Chopra, owner of Evergreen Restaurant, Green Park Main, New Delhi & Kachori, tea-coffee etc. with the support of Monti Family. **A report by Ashok Kumar, Incharge.**

TAMBOLA WITHOUT MONEY AT RECREATION CENTRE, GREEN PARK EXTN ON 31-01-2025



Senior Citizens Council of Delhi arranged **Tambola** without money at its Recreation Centre, Community Centre, Green Park Extension in the presence of more than 50 members, followed by refreshments packets. **J. R. Gupta, President** extended thanks to College Boys & Girls for Entertaining Senior Citizens which was enjoyed every one present. This event was never organized at our Centre. The prizes were given with Tulsi Paudha by **J. R. Gupta & Pt. Krishan Bihari.** **A report by Ashok Kumar, In-charge.**

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.senioreldelhi.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 16-01-2025 to 31-01-2025 – Pt. Abhilash Diwedi, Katni, MP from 01-02-2025 to 15-02-2025 Acharya Krishan Bihari Tiwari, Chitrakoot & from 16-02-2025 to 28-02-2025 Pt. Chetan Krishna, Vrindavan - 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**

FROM FRONT PAGE ... JOINT BIRTHDAY CELEBRATIONS RAJEEV BANSAL, DISTRICT JUDGE & MEMBER SECRETARY, DELHI LEGAL SERVICES AUTHORITY FELICITATED 13 MEMBERS



for their long life with sound health. He further told them not to sit idle but do some social work so that you would remain fit. He also speak about his Helpline 1516 which is working 24x7. He also suggested that they could take help from **J. R. Gupta, President of Council as & when needed. The DLSA provides free guidance to all male & female members in civil & criminal matters.** It is worthwhile to point out that Senior Citizens Council of Delhi is an only registered body representing 18 lakh Senior Citizens all over Delhi duly associated with the Ministry of Social Justice and Empowerment, Govt. of India; Social Welfare Department of Delhi Govt., I.C.C.R., Delhi State Legal Services Authority and Senior Citizens Security Cell of Delhi Police. As on date, **145** registered Senior Citizens Associations stand affiliated with the Confederation including Senior Citizens Council of Delhi. Earlier,

Sunderkand Path was organized by Neelam Malhi, Poonam Bhagotra, Ashok Kumar & Harikesh Shukla, Attendant. A talk on Investment was also delivered by the Geojit Financial Services Ltd. Yusuf Sarai, New Delhi. The Company briefed about their products such as Investment on Mutual Fund from time to time on their surplus earnings. They assured that they will get 14% Income as against 7% on their FDR's. More over there is no risk in the Investment made under Mutual Fund. The Chief Guest was also felicitated as a token of respect & regards with Shawl. He also thanked J. R. Gupta who given him an opportunity to meet you all members present. **J. R. Gupta, President,** extended birthday greetings to concerned members & also prayed to Almighty for their long life with sound health, followed by refreshment packets. **A report Ashok Kumar, In-charge.**

FROM FRONT PAGE ... 27 MEMBERS OF COUNCIL MET MS. SHUBHAM CHAUDHARY, IAS, COLLECTOR & DISTRICT MAGISTRATE, SAWAI MADHOPUR ON 06-01-2025

The members had a tour of Safari, but no lion was available in spite of 2 hours in Jungles. There was only one Bear. However, there were many dears including Neelgay. The members also visited historical and religious places such as Trinetra Ganesh Ji, Ranthambore Fort, Chamtkaar Jain Temple, Sawai Madhopur & Chauth Mata Mandir. **76th Birthday of Satwant Kaur** was

celebrated in waiting hall of Railway Station by cutting a cake. All members extended birthday greetings to her. **J. R. Gupta, President,** prayed to Almighty for his long life with sound health. The members reached Delhi with unforgettable memories late night of 06-01-2025. **A report by Ashok Kumar, Incharge.**

COUNCIL MEMBERS CELEBRATED LOHRI FESTIVAL AT RECREATION CENTRE, GREEN PARK EXTN ON 13-01-2025



Senior Citizens Council of Delhi celebrated Lohri Festival at its Recreation Centre, Community Centre, Green Park Extension on 13-01-2025 in the presence of large number of members. The Lohri was burning by members. After

that the members danced around lohri. **J. R. Gupta, President** extended Lohri Greetings to all present, followed by refreshment packets & Rewari / Popcorn parsad. **A report by R. K. Singhal, Incharge.**

आचार्य महेन्द्र मिश्र, मानस मणि, चित्रकूट धाम

परविस नगर कीजे सब काजा, हृदय राखी कौशलपुर राजा ।।
भरल सुधारिपू करई मितार्ई, गोपद सिंधु अनल सितलाई ।।
होइ वही जो राम रचि राखा, कौकरी तरक बढ़ावे साखा ।।
चलत विमान कोलाहल होइ, जे रघुवीर कहय सब कोई ।।
मोर सुधारहु सो सब भाति, जा सु कृपा नही कृपा अघाती ।।
सियाराम मैं सब जग जानी, करु प्रणाम जोर जुग पानी ।।

**जे.आर. गुप्ता, अध्यक्ष
वरिष्ठ नागरिक परिषद दिल्ली
मोबाइल : 9810488059**

LIKE PAST YEARS COUNCIL DISTRIBUTED FREE 250 BLANKETS TO NEEDY & POOR PERSONS AT DEERPARK SATSANG ON THE OCCASION OF MAKARSAGRANTI ON 14 & 15-01-25



Like past years, Senior Citizens Council of Delhi distributed 250 blankets to the needy & poor persons at daily Deer Park Satsang on 14 & 15-01-2025 on the occasion of Makar Sakranti, followed by refreshment packets. Earlier, Sunderkand Path was recited by Poonam Bhagotra, Cultural Coordinator, Harikesh Kr. Shukla, Attendant, Neelam Malhi & others. **A report by Ashok Kumar, In-charge.**

ACTIVITIES OF SENIOR CITIZENS WELFARE CLUB ON



Senior Citizens Welfare Club, Shalimar Bagh organized their activities in the Recreation Centre on ____ **A report by Azad Tandon, General Secretary.**

श्री भरत चरित्र



जब श्री भरत श्रृंगवेरपुर तमसा नदी के तट पर पहुंचे तो उदासी तपसी संतो ने भरत जी से कहा, आप पहले इसी मार्ग से रामजी गए थे, तब हमने उनका दर्शन किया, परंतु तृप्ति नहीं हुई। परंतु जब आपका दर्शन किया तब हमारे नेत्र तृप्त हुए। इसका अभिप्राय भगवान के दर्शन का फल भी संत का दर्शन है। संत की महिमा भगवंत से कही अधिक है। दिल्ली का डियरपार्क सत्संग भारत में सत्संग का सर्वोच्च मंच है। जिसका संचलन यशस्वी पुरुष सम्मान जे आर गुप्ता द्वार हो रहा है। इस मंच से भारतीय संस्कृति का संदेश प्रसारित हो रहा है।

जे.आर. गुप्ता, अध्यक्ष - मोबाइल : 9810488059

COUNCIL MEMBERS CELEBRATED REPUBLIC DAY AT DEERPARK SATSANG ON 26-01-2025



Like past years, Republic Day was celebrated on 26-01-2025 in which more than 50 Council members hoisted the National Flag including Pt. Mahendra Mishra, Chitrakoot, Jan-Gan- Mana, followed by refreshment packets, in spite of the fact 45 members were gone to Ganga Sagar from 25 to 27-01-2025. **A report by Ashok Kumar, In-charge.**

पंडित कविता कांत त्रिपाठी, राय बरेली, यूपी द्वारा श्री राम चरित्र मानस की कथा 08-01-2025 को मनोरंजन केंद्र, सामुदायिक केंद्र, ग्रीन पार्क एक्सटेंशन में।



श्री रामचरित्र मानस में बताया गया है कि औरो के हित में जो मरता है, औरो के हित में जो जीता है, उसका हर आंसू रामायण बन जाता है, और वह जगत में प्रसिद्ध हो जाता है। जो लोग स्वार्थ त्याग करके जितने पग चलते हैं उन्हें भगवान श्री रामजी अमर कर देते हैं। दैधीच षि जिनका जीवन जग हित तप करते बिता है और उन्होंने अपनी हड्डियों का देह दान कर दिया, जिसके द्वारा अस्त्र-शस्त्र बनाये गये। भगवान श्री रामजी ने उन्ही अस्त्र-शस्त्रों से रावण का वध किया। भगवान श्री राम ने उनको अमर कर दिया एवं अपने चरणों की भक्ति प्रदान की। जो मनुष्य अविरल निर्मल भक्ति का पात्र बन जाता है, उसकी सद्भावना की धारा निरंतर बहती रहती है। लक्ष्मण जी ने माता सीता जी को अपनी माँ समझा, जिससे वो बड़भागी कहलाए। जो मानव किसी को देख विकल होता है, तो उसकी पीड़ा भगवान स्वयं सह लेते हैं। जिसके सांसों में दर्द भरी रहती है, उनको भगवान अपने चरणों की सेवा दे देते हैं। जटायु जिसका जीवन नारी रक्षा में बिता था, भगवान श्री राम ने उसको अपना रूप देकर स्वर्ग में भेज दिया। जो मानव वीर है और समय-समय पर सबकी मदद करता है तब वह रामजी का सच्चा सेवक बन जाता है, ऐसे हनुमान जी को भगवान ने महा बड़भागी बना दिया। कौशल्या माता ने भगवान के चरणों में अपना मन लगाया तो भगवान ने उनको अपना स्वरूप दिखा कर स्वर्ग भेज दिया। सुमित्रा माता ने राजभवन के सभी सुख भगवान राम के इंतजार में छोड़ दिये और वो भी बड़भागी का पात्र बनी। उर्मिला ने भगवान की ज्योत जलाकर 14 वर्ष तक भगवान की परम भक्त बन गई, जिसके द्वारा लक्ष्मण ने मेघनाथ को मारा।

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

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)



With the support of DLSA (South District), Ms. Priyanka Yadav, Legal Aid Counsel visited Recreation Centre, Green Park Extn, on Tuesdays falling on 07-01-2025 & 21-01-2025. She rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than 7600 members at their doorsteps on 2 days. So far 15150 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. V. K. Agarwal, Secretary, DLSA (South) for his regular support. During the current financial year 2024-25, 7900 Senior Citizens benefited up to 31-01-2025. A report by Ashok Kumar, In-charge.

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 2025 Greetings to Readers of Elderly News

Elderly News wishes its Readers a very Happy & Prosperous New Year 2025. 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. Mobile : 9810488059

www.seniorcitizensdelhi.org, www.confederationsdelhi.com

GRIH-PRAVESH POOJA BY PT. RAM PRAVESH DUBEY, BIHAR BY PRIYA RANJAN PANDEY & HIS WIFE ANJU PANDEY ON 24-01-25



Grih –Pravesh Pooja by Pt. Ram Pravesh Dubey (83yrs), Pt. Prabhunath Tiwari (63) & Rajinder Paney Dhangai (62 yrs), Bikramganj, Bihar in which both Priya Ranjan Pandey & his wife Anju Pandey participated at Sangam Vihar, New Delhi on 24-01-2025. He is working as part-time Computer Operator for editing Monthly Elderly News Since 2022.

J.R. Gupta (82 yrs), President, Senior Citizen Council of Delhi

and extended greetings. I pray to Almighty for their long life with sound health.

RSVP:- J. R. Gupta, 9810488059

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2677		Shri Chander Mohan Govil, Flat 20C, Block, B-2, Sai Appth, Sector -71, Noida Mob.: 9811685682	2683		Sh. Rajesh Mukhija, C-23, Kirti Nagar, New Delhi-110015 Mob.: 9810865600
2678		Shri Tarun Kumar Thakur, J -162, Sector - 25, NOIDA Mob.: 9560516969			

- जो सुख को चाहे सदा, सरनि राम की लेह। कहु नानक सुन रे मना, दुर्लभ मानुख देह ॥
- देह धरे का फल यही भज मन कृष्ण मुरार। मानुष जनम को मौज यह मिले न बारम्बार ॥
- धन विद्या गण आय बल, ये न बड़प्पन देत। नारायण सोई बड़ो, ताकी हरि सौ हेत ॥
- नारायण संसार में, भूपति भये अनेक। मैं मेरी कहते रहे, ले ना गए त्रिन एक ॥
- दो बातन को भूल मत, जो चाहे कल्याण। नारायण इक मौत को, दूजे श्री भगवान ॥
- राजा, राणा, राव, रंक, बड़ा जो सुमरे राम। कह कबीर बंदा बड़ा, जो सुमरे निष्काम ॥
- चार दिनन की चांदनी, यह संपति संसार। नारायण हरि भजन कर, जासो होय उबार ॥
- बिरध भयो सुझे नहीं, काल पहुँचायों आन। कह नानक नर बावरे, क्यूँ न भजे भगवान ॥
- संग सखा सब तज गए, कोऊ न निबहो साथ। कह नानक यहि विष्पति मे, एक टेक रघुनाथ ॥
- अच्छे दिन पाछे गए, हरि सो किया न हेत। अब पछताये क्या करे, चिड़िया चुग गयी खेत ॥
- माया सगो न मन सगा। सगा ना ये संसार। परम राम या जीव को, सगा सो सुजन हार ॥
- राम नाम अवलंब बिन्दु, परमारथ को आस। बरसत बारिश बूंद गही, चाहत चढ़ना आकाश ॥
- राम नाम की लूट है, लूट सके तो लूट। फिर पाछे पछतायेगा, जब प्राण जाहि है छूट ॥
- कबीर यह मन लालची, समझे नहीं गंवार। भजन करण की आलसी, भोजन को होशियार ॥
- दुःख में सुमिरन सब करे, सुख में करे न कोय। जो सुख में सुमिरन करे, तो दुख काहे को होई ॥
- जाको राखे साइयां, मार सके ना कोय। बाल न बांका करि सके, जो जग बेरी होय ॥
- रात गवाई सो कर, दिवस गवाई खाये। हीरा जन्म अमोल था, कौड़ी बदले जाये ॥
- चलती चाकी देख के, दिया कबीरा रोय। दो पाटन के बीच में, साबुत बचा ना कोय ॥
- अजगर करे न चाकरी, पंछी करे न काम। दास मलूका यौं कहे, सबके दाता राम ॥
- गिरह गांठ नहीं बांधते, जब दैवे तब खाही। प्रभु तिनके पाछे फिरे, मत भूखे रह जाही ॥
- मेरा मुझमें कुछ नहीं, जो कुछ है सो तेरा। तेरा तुझको सौपतें, क्या लागत है मेरा ॥
- नारायण हरि लगन में, यं पाँचो न सुहात। विषय - भोग, निन्दा, हैसो। जगत-प्रित बहुबात ॥
- राम नाम के सुमिरते, उभरे प्रीति अनेक। कह कबीर नहीं छोड़िए, राम नाम की टेक ॥
- कली केवल संसार में, और न कोई उपाय। साथ संग हरिनाम बिन, मन की तपन न जाय ॥
- सुत, दारा और लक्ष्मी, पापी के भी होय। संत समागम हरि कथा, तुलसी दुर्लभ होय ॥
- संत सभा झाँकी नहीं, कियों न हरि गुणगान। नारायण फिर कौन विधि, तू चाहत कल्याण ॥
- कथा कीर्तन कली विषय, भवसागर को नाव। कह कबीर जग तरन को, नाहीं और उपाय ॥
- साधु भूखा भाव का, धन का भूखा नहीं। धन का भूखा जो फिरे, सो तो साधु नहीं ॥
- आय का आदर नहीं, नयनन नहीं स्नेह। तुलसी वाह न जाइये, चाहे कंचन बरसे नेह ॥
- आवत को आदर करे, चलत निवावे सिस। तुलसी ऐसे मित्र के, जाइयो कोसो बीस ॥
- ऐसी वाणी बोलिये, मन का आपा खोय। औरन को शीतल करे, आप भी शीतल होय ॥
- कोयल काको देत हैं, कागा कासे लेत। मीठे वचन सुनाय के, मन सब का हर लेत ॥
- सांच बराबर तप नहीं, झूठ बराबर पाप। जाके हृदय सांच हैं, ताके हृदय आप ॥
- साई इतना दीजिए, जासो कुटुंब समाए। मैं भूखा न रहूँ, साधु न भूखा जाए ॥
- धीरे धीरे रे मना, धीरे सब कुछ होय। माली साँचे सौ घड़ा, तु आए फल होय ॥
- माला फेरत जग गया, मिटा न मन का फेर। कर का मन का छाड़िके, मन का मन का फेर ॥
- माला तो कर मैं फिरे, जिभा फिरे मुख माही। मनवा तो चौ दिश फिरे, यह तो सिमरन नाही ॥
- कपट गठ मन में नहीं, सबसे सरल सुभाव। नारायण के भक्त की, लगी किनारे नाव ॥
- जो जल बाढ़े नाव में, घर में बाढ़े दाम। दोनों हाथ उलीचिये, यही सयानों काम ॥
- प्रभुता को सब मरत हैं, प्रभु पे मरे न कोई। जो कोई प्रभु पे मरे, तो प्रभुता चेरी होय ॥
- जहां द्या तहि धरम हैं, जहां लोभ तहि पाप। जहां क्रोध तहि काल है, जहां क्षमा तहि आप ॥
- मन के हारे हार हैं, मन के जीते जीत। परमब्रह्म को पाइये, मन हो को प्रतीत ॥
- मान धाम धन नारी सुत, इनमे जो न आसक्त। परम हंस तिहि जानिये, धरही माही विरक्त ॥
- करत करत अभ्यास के, जड़मति होत सुजान। रसरी आवत जात से, सिल पर होत निशान ॥
- दुर्बल को न सताइये, जाकी मोटी हाय। बिना जीभ के स्वास से, लोह भस्म हो जाए ॥
- निंदक नियरे राखिए, आंगन कुटी समाय। बिन पानी साबुन बिना, निर्मल करे सुभाय ॥
- माँगत मरन समान है, मौत को मांगे भीख। माँगन से मरना भला, ये सतगुरु की सीख ॥
- कल करे सो आज कर, आज करे सो अब। पल में प्रलय होगी, बहुरि करेगा कब ॥
- नारायण निज हिय मे, अपना दोष विचार। ता पाछे ते और के, अवगुन भले निहार ॥
- तुलसी मीठे वचन से, सुख उपजे चहु और। वशीकरण एक मन है, तज दे वचन कठोर ॥
- रहिमन धागा प्रेम का, मत तोड़ो चटकाय। टूटे ते फिर ना जुड़े, जुड़े गांठ पड़ जाए ॥
- सुख सपना दुख बुदबुदा, दोनो एक समान। सबका आदर कीजिए, जो भजे भगवान ॥
- मन फिरने से रहित कर, जिस विधि से भी होय। चाहे ज्ञान चाहे ध्यान से, चाहे भक्ति से होय ॥
- एहांकर राक्षस महान, दुखदायी सब भाति। जो छूटे इस दुष्ट से, सो हो पाये शांति ॥

SPECIAL PROGRAMS AT RECREATION CENTRE

14-01-2025 : Joint Birthday Celebrations for the members up to Life Membership number 2604 & enrolled up to 31-01-2024 & upto membership number 2607 born in the month of January on or before 31-01-1964. The confirmation should reach by 11-01-2025 by 3 pm subject to availability of Chief Guest.

CONDOLENCES

The following Life Members of Council have left for heavenly abode during the last one month from 11-01-2025 to 10-02-2025

LIFE MEMBERS	MEMBERSHIP NO.	ADDRESS
1. Smt. Veena Kalra	1070	137, Humayun Pur, N.D.-29
2. Smt. Chandra Pant	135	DDA Flats, Munirka, N.D.-67

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