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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 EXTENTION FROM 12.30 NOON TO 5.00 PM

AFFILIATED WITH CONFEDERATION OF SENIOR CITIZENS ASSOCIATIONS OF DELHI (AN UMBRELLA BODY OF 11 LAKH SENIOR CITIZENS)

VOL : 006

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MONTH : JULY, 2019

Rs. 5/-

A.K.SINGLA, ADDITIONAL C.P (CRIME) CHAIRS STATE LEVEL ADVISORY BODY MEETING OF DELHI POLICE ON 12-06-2019



A State Level Delhi Police Advisory Body meeting was held at Delhi Police headquarters under the Chairmanship of **A.K. Singla, Additional Commissioner of Police (Crime)** on 12-06-2019 to discuss Safety and Security of senior citizens, identification & registration of senior citizens living alone, conduction of security audit, creation of awareness about the Maintenance & Welfare of Parents and Senior Citizens Act 2007 and Role of Senior Citizens Associations in the safety and security of senior citizens. Eminent senior citizens across Delhi participated along with A.C.Ps level officers of all the Districts including Traffic Police. On behalf of Confederation of Senior Citizens Associations of Delhi (an umbrella body of 11 lakh senior citizens), J. R. Gupta, Chairperson, attended the meeting & raised vital issues concerning safety and security of senior citizens.

-Contd on page 3 with more photo

HELPAge INDIA RELEASES ELDERS ABUSE REPORT - 2019



Elder Abuse Report in India - 2019 prepared by Help Age India was released on 14-06-2019 on the eve of World Elders Abuse Awareness Day by **Mr. Rajdeep Sardesai**, Journalist, India Today, Mathew Cherian (CEO, Help Age India) & J.R. Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi, Ms. Ghazala Meenai, Advisor, NISD, Ministry of Social Justice & Empowerment, Mr. Devashish Sharma, Chief People Officer, People Strong & Dr. Mala Kapur Shankardass, Associate Professor of Sociology, Maitreyi College in the presence of more than 300 adult couples between the ages 30 & 50 at IIC Auditorium.

-Contd on page 4 with more photo & report

SENIOR CITIZENS MEETS T.C.GEHLLOT, UNION MINISTER, SOCIAL JUSTICE & EMPOWERMENT ON 10-06-2019



4 members delegation of Senior Citizens Council of Delhi headed by its President, J.R. Gupta, met Thawar Chand Gehlot, Union Minister, Social Justice & Empowerment, Govt. of India on 10-06-2019 and extended congratulations for his re-induction in Union Ministry and appointment as Leader of Rajya Sabha. The other members were V.K. Pahuja, Dinesh Sharma & M.P. Gupta. The delegation members also handed over a representation for organising Walkathon at India Gate on International Day of Older Persons by his Ministry. The Minister assured to do the needful in due course.

-A report by Dinesh Sharma

500 MEMBERS OF CONFEDERATION PROTESTED AT JANTAR MANTAR ON 15-06-2019 ON WORLD ELDERS ABUSE AWARENESS DAY



Confederation of Senior Citizens Associations of Delhi (an umbrella body of 11 Lakh senior citizens) in association with Help Age India organised protest march at Jantar Mantar on 15-06-2019 on the occasion of World Elders Abuse Awareness Day in which 500 senior citizens at the age 60 & above including 200 adults between the age of 30 to 50 participated with ply cards indicating Stop Elder Abuse of Senior Citizens & My Parents My Responsibility respectively. The march was also to create awareness among the Society at large through print media, electronics media & also to draw the attention of Delhi Police to take remedial measures for the safety of life & property of senior citizens, as incidents targeting them are increasing day by day including elder abuse such as physical, emotional, economical, disrespect, verbal & neglect.

-EDITOR

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ELDERLY NEWS WISHES ITS READERS GURU PURNIMA, INDEPENDENCE DAY & RAKSHA BANDHAN

CONFEDERATION NEWS

ELDER CARE



The elderly ecological system and services, a joint initiative by Thai Universities and Japan based Advanced Information Valuable Service is working on a project to assist and monitor the daily activities of elders and are sending alerts in case of an emergency. The system is specially designed to provide complete elder care, including a bed-fallout preventive alarm and sleep-hygiene monitoring system, dementia and Alzheimers patient tracking system and drug-use assistance among others. Govt. of India/ Govt. of Delhi have been requested by Confederation of Senior Citizens Associations of Delhi to have similar facilities made available to senior citizens in Delhi and other parts of the Country.

- **L.R. GARG, EDITOR**

BIRTH DAY CELEBRATIONS & ELECTIONS OF SVNMC CC BLOCK SHALIMAR BAGH



ORGANISED A SESSION ON DEMENTIA IN ELDER BY SCWS SHALIMAR BAGH



Senior Citizens Welfare Society organised a session on Dementia by Dr Pravat K. Mandal & Ms Shallu Joon, Neuropsychologist, faculty members from National Brain Research Center, Manesar with an aim to understand the functional & effective connectivity in the brain for various cognitive processes.

- **A report by Capt. Chander Sachdev, President**

80th BIRTHDAY CELEBRATION OF SHRI M.G.SHARMA BY SCWA, ROHINI, SEC-13



TALK ON UROLOGY AT DEER PARK SATSANG ON 09-06-2019



Senior Citizens Council of Delhi organise a Talk on Urology by Dr. Ashish Saini, Urologist, Primus Hospital at Deer Park Satsang on 09-06-2019 in the presence of more than 200 senior citizens. J.R.Gupta thanked him & also felicitated, followed by refreshments.

- **A report by Manjula Aggarwal**

AGM & ELECTIONS OF VARISHTH NAGRIK KALYAN SANGH, BLOCK C-1 YAMUNA VIHAR



Annual G/B meeting of varishth Nagrik Kahan Sangh Block C-1 Yamuna Vihar Delhi -53 was held under the president ship of M.L.Arya on 07-07-2019 at Agrasen Bhawan. Sh.M.L.Arya, sh. R.S.Kamboj, sh. Radhey Shyam verma and sh. L.S.Mittal were elected president, v/president, gen./Secy. and cashier respectively for the year 2019 to 2021.

- **A report by M.L. Arya, President**

WATCHING INDIA PAKISTAN MATCH ON BIG SCREEN AT RECREATION CENTER ON 16-06-2019



Senior Citizens Council of Delhi made special arrangement for its members to watch live cricket match between India & Pakistan at its Recreation Center, Green Park Extension on 16-06-2019 followed by heavy refreshments.

- **A report by Manjula Aggarwal**

GOVERNING BODY MEETING OF CONFEDERATION AT YAMUNA VIHAR ON 09-06-2019



Governing Body Meeting of Confederation of Senior Citizens Associations of Delhi was held in Yamuna Vihar under the Chairmanship of its Chairperson J.R.Gupta which was attended by large number of Confederation members from across Delhi. The meeting was hosted by Varishth Nagrik Kalyan Sangh, headed by Shri M.L Arya, President & R.S.Verma, Genl. Secy. followed by lunch.

- **A report by B.S.Yadav, Secretary General**

INTERNATIONAL YOGA DAY CELEBRATED ON 21-06-2019 BY SC FORUM, PLATINUM ENCLAVE, ROHINI



JOINT BIRTHDAY CELEBRATIONS BY MOTI NAGAR SC CULTURAL ASSOCIATION ON 30.6.2019



ORGANISED LECTURE ON SKIN AILMENTS BY GULMOHAR JOURNALISTS' COLONY SC FORUM



GJCSCF organised lecture on skin ailments by Dr. Kabir Sardana, RML Hospital. He gave tips on proper bathing and keep skin moisturised of house hold items & ended with Cake cutting of birthday of members

- **Reported Subhash Saluja, Secy.**

SMT. VEENA BHOJWANI, WIDOW (81) GOT HER HOUSE VACATED FROM ILL-TREATING DAUGHTER ON 04-07-2019



Tribunal Court of District Magistrate (South-East) vide order dated 24-05-2019 directed Mrs. Anju Jaani to vacate house of Lajpat Nagar & handover physical possession to her mother Smt.Veena Bhojwani, widow (81) within period of 30 days. Accordingly, with the intervention of DCP (South-East) & Local Police, the house was got vacated on 04-07-2019.

She has conveyed her sincere thanks to J.R.Gupta, President of the Council for his continuous moral support & legal guidance.

- **EDITOR**

APPEAL FOR DONATIONS

The Council has been incurring an expenditure of Rs. 5 Lakhs per annum on Sant Niwas daily activities at Deer Park Satsang including Recreation Center, Green Park Extension. As such, I appeal all of you to donate generously & also motivate other friends/ relatives. **All donations made to Senior Citizens Council of Delhi are exempted from Income Tax under 80G (5)(vi) of Income Tax Act 1961.** - **L.R. GARG, EDITOR**

Editorial Board of Elderly News : B.S. Yadav (Dwarka), G.R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), J.C. Narang (Tagore Garden), Dinesh Kumar Sangal (Arjun Nagar) Reporters : Pratap Singh, Mrs. Manjula Agarwal, 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.seniorcitizensdelhi.org.



Daily Spiritual Discourses at Deer Park (7AM & 8AM) Vidushi Radha Bharti (Jhansi) from 16.07.19 to 31.07.19, Pt. Rameshwara Nand Pathak Ramayani (Jaunpur, U.P.) from 01.08.19 to 15.08.19 & Pt. Bhagwat Prasad Pathak (Sidhi, M.P.) from 16.08.19 to 31.08.19. Also at Shiv Mandir, Green Park from 5.00 pm to 6.00 pm daily, Shri Ram Mandir, B5 Block, Safdarjung Enclave from 7.30 pm to 8.30 pm daily, Sadbhavana Satsang Mandal, DDA Flats, Munirka on every Sunday from 9.30 am to 10.30 am & **RECREATION CENTRE, GREEN PARK EXTENSION DAILY FROM 3.30PM TO 4.30PM - H.D.RALHAN, Founder Member**



APPEAL TO ENROLL LIFE SUBSCRIBERS OF ELDERLY NEWS : Elderly News requests to all readers to enroll themselves by making one time payment of Rs. 500/- along with 1 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, which is exempted under 80G of Income Tax Act 1961. - **L. R. Garg, Secretary**



APPEAL FOR AFFILIATION WITH CONFEDERATION

Till Date 135 Registered Senior Citizens Associations have affiliated with the Confederation of Senior Citizens Associations of Delhi (An umbrella Body of 11 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.

- **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 its members for the last 39 years. The Council is also protecting lonely Senior Citizens from abuses/humiliations from their own children & others. A good number of cases have already been solved by the Council headed by its President Sh. J.R. Gupta, during the current year. Any Senior Citizens 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 including 1 photo with Rs. 500/- for Elderly News as life subscriber. **The Payment is also exempted under 80G of Income Tax Act. 1961.**

- **A.C. BANSAL**

J.R.GUPTA RE-ELECTED AS PRESIDENT OF COUNCIL FOR THE NEXT 2 YEARS (2020-21 & 2021-22) IN THE AGM HELD ON 30-06-2019



Annual General Body Meeting of Senior Citizens Council of Delhi was held at Recreation Center, Green Park Extension on 30-06-2019 from 2:30 pm to 3:30 pm under the Chairmanship of its President, J.R.Gupta. The meeting commenced with Ganesh Vandana & 2 minutes silence was observed for the members who had passed away since last AGM. L.R.Garg, Secretary presented Annual Report of activities organised for its members for the year 2018-19. J.R.Gupta was re-elected as President of the Council for the next 2 years ending 31-03-2022 and also authorised to nominate other Governing

FROM FRONT PAGE : - A.K.SINGLA, ADDITIONAL C.P (CRIME)...



He offered his full support for holding a camp in his Recreation Center at Community Center, Green Park Extension to register more senior citizens with the senior citizens cell of Delhi Police as the number is quite low. It was also agreed in the meeting that beat Constables should visit lonely Senior Citizens at least twice in a week regularly. The members also suggested to have monthly meetings at SHO Level and after every 3 months at the level of DCP regularly. After hearing the views of all the members, Shri A.K. Singla, assured to take remedial measures to address their grievances/ suggestions in due course. The meeting ended with a vote of thanks. **- EDITOR**

J.R.GUPTA SENSITISES SENIOR CITIZENS ON MAINTENANCE ACT



An Interaction Session was organised by **Dr.G.S.Grewal** on 16-06-2019 at New Friends Colony Club on the occasion of World Elders Abuse Awareness Day in the presence of more than 300 senior citizens. Chief Guest was **Kanwal Jeet Arora, ADJ & Member Secretary, DSLSA** and Guest of Honor **J.R.Gupta**, Chairperson, Confederation of Senior Citizens Associations of Delhi. J.R.Gupta delivered a lecture on Rights of Senior Citizens who are facing ill-treatment from their children under Maintenance of Parents & Welfare of Senior Citizen Act, 2007 which has been amended in Delhi under the orders of Lt. Governor, Delhi on 19-12-2016 & 28-07-2017. Any such senior citizens can approach District Tribunal Courts on a simple application without any Advocate stating that he/she is being ill-treated by their son/ daughter-in-law and to seek their eviction from his/her property including Maintenance Allowance of Rs. 10,000/- per month. In cases where parents have transferred their properties in the name of their sons by sale deed or gift deed 20-25 years ago and now ill-treating their parents, the aforesaid property can be taken back by cancellation of sale deed and gift deed as the case may be through District Magistrate Tribunal Court. In such cases, there is also a Appellate Court of Divisional Commissioner, GNCTD. Incidentally, he further told that both High Court of Delhi and Supreme Court of India has refused to interfere in the orders of District Magistrates Tribunal Court or Appellate Court. In the end he advised senior citizens not to transfer their properties by way of sale deed or gift deed and rather go for WILL so that their children could look after them till their life. As such, there is a need to create awareness of the provisions of this unique Maintenance Act. Dr. Grewal thanked J.R.Gupta for his valuable lecture on Maintenance Act which was also appreciated by all present and he was felicitated with memento. Sh. Kanwal Jeet Arora, Member Secretary, Delhi State Legal Services Authority also addressed the audience and also appreciated the detailed lecture of J.R.Gupta on Maintenance Act. The function was concluded followed by refreshments. **- EDITOR**

JOINT BIRTHDAY & FANCY DRESS COMPETITION BY SENIOR CITIZENS AT RECREATION CENTER, GREEN PARK



Senior Citizens Council of Delhi organised Joint Birthday of its 8 life members on 30-06-2019 whose birthday falls in the month of June, 2019 in the presence of more than 150 members. Each was felicitated with flowers, shawl & gift as a token of respect and regards. Ms.Manju Chhabra was introduced by J.R.Gupta and welcomed by all. She agreed to train willing members as Senior Citizens Parliamentarian. Fancy Dress Competition was also held in which many male and female senior citizens participated followed by heavy refreshments. Dr. Saraswat Poet recited poems. **-A report by Manjula Aggarwal**

Council Members as announced by the Returning Officer, Sh.B.S.Yadav during AGM including re-constitution of members of existing Sub-Committee to run the Recreation Center as and when required, as also announced by the Returning Officer. Accordingly, J.R.Gupta re-nominated S/Sh.Ramesh Aggarwal (Vice-President), L.R.Garg (Secretary), Pratap Singh (Treasurer), Executive Members:- Gyan S. Tokas, Sardare Singh & Amar C. Bansal (in place of D.P.Rupal on voluntary grounds). The minutes of the AGM already issued followed by heavy refreshments. **- A report by Pratap Singh**

MOHAN LAL CHOPRA FELICITATES J.R.GUPTA ON 27-06-2019



Mohan Lal Chopra, owner of Evergreen Sweets visited the residence of J.R.Gupta on 27-06-2019 and felicitated him along with his wife with shawls in recognition to his self-less services throughout the year for the cause and care of Elderly including protection of lonely senior citizens from abuses/humiliations at the hands of their own children & others. **- EDITOR**

SPECIAL YOGA CAMP AT DEER PARK SATSANG ON 20-06-2019



Senior Citizens Council of Delhi organised special yoga camp at Deer Park, on 20-06-2019 in which more than 200 senior citizens participated in order to celebrate International Yoga Day. Dr.Girdhari Lal Gupta, Yoga Specialist trained the senior citizens on various yogas practically. The purpose of the activity was to raise awareness & ignite a passion for fitness & yoga amongst ourselves and for a healthier tomorrow. J.R.Gupta, President of the Council thanked him & also felicitated along with other members followed by refreshments. **-More photo on page 4 - A report by Gyan Singh Tokas**

30 MEMBERS OF COUNCIL PARTICIPATED IN LOK SABHA TV DEBATE ON COMPARISON BETWEEN GOVT. EMPLOYEES ON 13-06-2019



30 members of Senior Citizens Council of Delhi led by its President, J.R.Gupta, participated in debate between Working Hours by Govt. Employees & Daily Wages Workers at Lok Sabha TV Channel.

MUSICAL PROGRAMME & YOGA SESSION ON FATHER'S DAY ON 12-06-2019



Senior Citizens Council of Delhi organised special Musical Entertainment Program by eminent **singer Sh. Ganesh Das & his group** on 12-06-2019 at Recreation Center in which more than 150 senior citizens participated. On this occasion, **Mrs. Meenakshi Lekhi** also joined & sang songs along with artists. She was felicitated by J.R.Gupta and other members on her land slide victory as Lok Sabha, M.P. Sh. Surender Mohan Sharma & Dinesh Sharma also recited many songs which were also appreciated by all present. J.R.Gupta thanked Sh.Ganesh Das & his team & felicitated by Mrs. Lekhi. Dr. G.L.Gupta, Yoga Specialist & members of laughter club Rohini also conducted Laughter Session followed by heavy refreshments. **- EDITOR**

CHABEEL ON NIRJALA EKADASHI AT RECREATION CENTER, GREEN PARK EXTENSION ON 13-06-2019

Like last year, Senior Citizens Council of Delhi arranged Chabeel outside the main gate of its Recreation Center on the occasion of Nirjala Ekadashi on 13-06-2019 from 11:00 am to 5:30 pm. Dinesh Sharma, Usha Sharma, Laxmi Aggarwal, Pradeep Aggarwal, Ajay Kumar Payal and Pritam Singh served Roohafza Sharbat to more than 500 persons/children passing through road leading to Community Center along with other members. **-EDITOR**

FROM PAGE 3 : SPECIAL YOGA CAMP AT DEER PARK ...**FROM FRONT PAGE : ELDERS ABUSE REPORT - 2019 ...**

On this occasion, a talk was also delivered by J.R.Gupta on the latest provisions in Maintenance of Parents & Welfare of Senior Citizens Act, 2007 as amended on 19-12-2016 & 28-07-2017 which was appreciated by the audience followed by question answer session in which Mrs. Manju Chhabra raised issues concerning elder abuse. **- A report by Manjula Aggarwal**

DAILY FREE FACILITIES AT RECREATION CENTER

Senior Citizens Council of Delhi have been providing various free facilities to senior citizens like Physiotherapy, Library, Carrom Board, Newspapers. Beside this, yoga teacher Dr.G.L.Gupta is also taking yoga classes including laughing session regularly. J.R.Gupta, President says that Council is determined to engage them throughout the year to feel free from loneliness by organising Joint Birthday Celebrations, visit to historical & religious places around Delhi, India & abroad regularly for the last 12 years including protection of lonely senior citizens from abuses/humiliations at the hands of their own children & others. **- EDITOR**

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SATSANG BY H.H. SUDHANSHU JI MAHARAJ AT SIRI FORT AUDITORIUM ON 20-04-2019

More than 500 senior citizens participated in a special Satsang by H.H.Sudhanshu ji Maharaj at Siri Fort Auditorium on 20-04-2019 organised by Vishav Jagriti Mission, South Delhi. J.R.Gupta, President and Ramesh Aggarwal also got blessings from Maharajji.

- A report by Manjula Aggarwal

J.R.GUPTA BRIEFS INTERNSHIP STUDENTS ABOUT ELDERLY CARE ON 24.06.2019 & 02-07-2019

Elisha, Arpita & Ankita currently students of SRI Venkateswara college, Janki Devi Memorial college, Central college of Himachal & Alsaba Ahmad, Maulana Azad college Hyderabad, Mohd. Mukarram, Maulana Azad college Hyderabad & Muskan Rawat, P.G.D.A.V College respectively doing their internship with Help Age India on Elderly Care visited Recreation Center, Green Park Extn. on 24-06-2019 & 02-07-2019 to know about Elderly Care in Delhi. J.R.Gupta, President of the Council briefed them about various free facilities being provided to senior citizens at the Center. He also told about Rights of Senior Citizens who are ill-treated by their children including their eviction through District Tribunal Courts under Maintenance of Parents & Welfare of Senior Citizens Act, 2007. **- Report by Manjula Aggarwal**

FROM FRONT PAGE : - 500 MEMBERS OF CONFEDERATION PROTESTED...**COUNCIL HOLDS PROPERTY TAX COLLECTION CAMP AT RECREATION CENTER ON 15-06-2019**

Senior Citizens Council of Delhi organised Property Tax Collection Camp at Recreation Center, Green Park Extension on 15-06-2019 from 10:00 am to 1:30 pm in association with S.D.M.C in which more than 100 property owners of South Delhi availed the facility to deposit the House Tax manually/online. J.R.Gupta, President, thanked the officials. **- Report Manjula Aggarwal**

SPECIAL PROGRAMMES

Sunderkand Path on every Tuesday at Recreation Center from 1 pm to 3 pm followed by prasad.

Free Consultation on Legal Matters by an Advocate :- Every Tuesday from 2 pm to 4 pm.

14.07.2019 : World Cup 2019 FINAL CRICKET MATCH on big screen at 3 pm followed by refreshment.

21.07.2019 : Laughter Session by Kamlesh Masalawala (Surat) at 2 to 3pm followed by heavy refreshment.

28.07.2019 : Joint Birthday Celebrations of Council Members (enrolled upto 30-06-2018) if confirmation received before 20-07-2019 from 2 to 4pm followed by heavy refreshments.

02.08.2019 : Teej Celebration from 2 to 4 pm followed by refreshments.

-EDITOR