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SENIOR CITIZENS COUNCIL OF DELHI
B-2/73-B, SAFDARJUNG ENCLAVE
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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. : 011-26171092

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

VOL : 010

Issue No. : 115

MONTH : JULY, 2023

Rs. 5/-

V. K. P. SINGH YADAV, ACP, SAFDARJUNG ENCLAVE INTERACTED WITH SENIOR CITIZENS ON 13-06-2023 ON SAFETY & PROPERTY OF SENIOR CITIZENS AT RECREATION CENTRE, GREEN PARK EXTENSION



Senior Citizens Council of Delhi organized Special Interaction Session at its Recreation Centre, Green Park Extension on 13-06-2023 on the subject "Safety of Senior Citizens & Security of their Properties" in the presence of more than 115 male & female Senior Citizens. Chief Guest was V. K. P. Singh Yadav, ACP, Safdarjung Enclave & Guest of Honor was Santosh Kumar Rawat, SHO, Safdarjung Enclave. Both Reiterate that priority of Delhi Police is to take remedial measures for the Safety & Security of Senior Citizens falling in the

Jurisdiction of Safdarjung Enclave, Himayun Pur, Arjun Nagar, Krishna Nagar & Hauz Khas Village. Various tips were given by both for their Security concerns. The members also put many questions & both replied in details. On this occasion, both felicitated 13 male & female members born in the month of June & extended birthday greetings. J. R. Gupta, President, felicitated both & thanked them for their very useful talk on security, followed by refreshment packets. A report by R. K. Singhal, Incharge.

50 COUNCIL MEMBERS PARTICIPATED IN HELPAGE PROGRAMME ON 14-06-2023



50 Members of Senior Citizens Council of Delhi participated in Helpage India Programme on 14-06-2023 at IIC, Auditorium on the occasion of release of Elders Abuse Report in the presence of full of public. Special Guest was Mrs. Sharmila Tagore, famous Actress at her time & other dignitaries including J. R. Gupta, President, who spoke that Elderly are among the most vulnerable in any Society. As

such Elder Abuse is a Horrible Crime. The survey is extremely worrying, especially since there are 53 million elderly women (over 60 years) in India, as per the 2011 census. Elderly helpline 1291, 14567 should be regularly advertised in mass media. Authorities should also find creative ways of monitoring their safety & health. The function concluded by delicious lunch. A report by R. K. Singhal, Incharge.

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



Mrs. B. Shanta Kumari (73) resident of Gulmohar Enclave visited Recreation Centre on 12-06-2023 along with complaint dated 08-05-2023 against her son B. Srinivas Rao forcefully residing at Sector-19 Dwarka, although, the whole amount was incurred by his father Mr. B. Shanmukh Rao (86) suffering from dementia for the last 6 years. Their son is abusing mother & father, beating, harassing, physical, mental agony, financial & threatening to kill including stealing medical card of mother. The matter was immediately taken up with Commissioner of Police on 12-06-2023 for taking legal action against their son under Cheating & Forgery Act including protection to mother & father. No further harassments reported so far. She has extended thanks to the Council for their regular moral support & legal guidance.

- Editor



Sh. Jagdish Chander Sharma, (71) resident of Sunrise Budh Vihar has been abused, assaulted, insulted, threatened to kill & also to lodge false cases by his son Rajesh Sharma & daughter-in-law Jyoti Sharma with a sole motive to grab his property including forced to sign on blank papers by both. He visited Recreation Centre on 09-06-2023 & sought early hearing in the office of (DM North-West). Immediately, the matter was taken up with (DM North-West) with a request to decide his case on priority basis in view of Hon'ble Delhi High Court Order date 23-05-2022, awaiting decision, since 2022. He has extended thanks to the Council for their regular moral support & legal guidance.

- Editor

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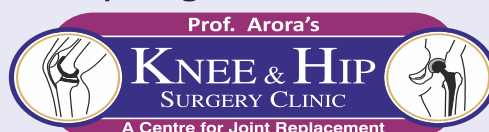
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ELDERLY NEWS WISHES ITS READERS WORLD ELDERS ABUSE AWARENESS DAY, FATHER'S DAY, YOGA DAY, DOCTOR'S DAY & GURU PURNIMA

CONFEDERATION

NATIONAL DOCTOR'S DAY ON 01-07-2023



All across India, National Doctors' Day is celebrated on July 1 in the memory of Dr. Bidhan Chandra Roy, Physician and the second the than Chief Minister of West Bengal. He was born on July 1, 1882 and died on the same date in 1962. There are seven ways to Celebrate Doctor's Day such as (1) Host a Doctors' Day appreciation meal (2) A red carnation boutonniere or small corsage (3) Invite patients to write "Happy Doctors' Day" notes to their physicians (4) Create a video for your doctors (5) A personalized gift from Etsy & (6) Explore Pinterest boards for more inspiration. - **L.R. GARG, EDITOR.**

SILVER CITIZENS WELFARE ASSOCIATION ORGANIZED MEDICAL CAMP ON 18-06-2023



Silver Citizen's Welfare Association, Rohini, Sector:-13 organized Medical Camp sponsored by "Action Medical Institute Superspeciality Hospital", Punjab Bagh on 18.06.2023. **A report by D. K. Mehra, Treasurer.**

AGM & BIRTH DAY CELEBRATIONS OF SAHYOG VARISHT NAGRIK MANCH, SHALIMAR BAGH ON 31-05-2023



Sahyog Varisht Nagrik Manch, CC Block, Shalimar Bagh organized AGM & Birthday Celebrations on 31-05-2023. **A report by R. K. Nanda, President.**

BIRTH DAY CELEBRATIONS BY GULMOHAR FORUM ON 31-05-2023



Gulmohar Park Journalists Society Senior Citizens Forum celebrated birthday of its members born in the month of May along with discussions on Loneliness. **A report by Vimal Bhan.**

HON. ATISHI SINGH, MINISTER, DELHI GOVT. FELICITATED BY Y. N. SHARMA, PRESIDENT, KALKA JI ON 08-06-2023



Y. N. Sharma, President, Kalkaji, SCWA felicitated Honorable Atishi Singh, Minister, Delhi Govt. on her birthday on 08-06-2023 at Giri Nagar office, Kalka Ji. **A report by Y. N. Sharma, President.**

SCWC, SHALIMAR BAGH ORGANIZED YOGA DAY ON 21-06-2023



SCWC, Shalimar Bagh celebrated international Yoga Diwas on 21-06-23. **A report by Ram Gopal Gupta, General Secretary.**

INDERPURI SCA ORGANIZED YOGA ON 21-06-2023



Senior Citizens forum-Inderpuri organized Yoga on 21-06-2023 on the occasion of International Yoga Day, followed by light refreshment. **A report by B. M. Bhatia, President.**

SUNDERKAND PATH BY SILVER CWA, ROHINI, SECTOR-13 ON 10-06-2023



Silver Citizen's Welfare Association, Rohini, Sector-13 organized Sunderkand Path on 10-06-2023, which was sponsored by Satpal Gupta. **A report by D. K. Mehra.**

SCWS, SHALIMAR BAGH MET SMT. BANDANA KUMARI, DY. SPEAKER, DELHI VIDHAN SABHA ON 01-06-2023



A 4 members delegation of SCWS, Shalimar Bagh met Smt. Bandana Kumari, Dy. Speaker, Delhi Vidhan Sabha on 01-06-2023. **A report by P. P. Tuteja, General Secretary.**

COUNCIL ORGANIZED YOGA AT DEER PARK SATSANG ON 21-06-2023



Ms. Nidhi, Yoga Teacher demonstrated various types of Yoga Asans at Deer Park Satsang on 21-06-2023 on the occasion of International Yoga Day. J. R. Gupta, President thanked Yoga Teacher, followed by Prasad. **A report by Gyan Singh Tokas, Executive Member.**

HON. GANESHI LAL, GOVERNOR, ODISHA FELICITATED 11 MEMBERS OF JODHPUR LED BY SATYANARAIN AGARWAL ON 30-05-2023 DURING GOA DAY AT RAJ BHAWAN, ODISHA.



Honorable Ganeshi Lal, Governor of Odisha felicitated 11 members of Jodhpur led by Satyanarain Agarwal on 30-05-2023 at Raj Bhawan, Odisha on the occasion of Goa Day. **A report by S. N. Agarwal, Life Member.**

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)
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E-mail: guptajr2005@gmail.com, **Web:** www.seniorecitizensdelhi.org.

Daily Spiritual Discourses, at Deer Park Satsang (7AM to 8 AM), Recreation Centre, Green Park Extn. (3pm to 4 pm) & Shiv Mandir, Green Park (5:15 PM to 6:15 PM) & Sadbhawna Satsang Mandal, Munirka every Sunday (9:30AM to 10:30AM) respectively from 16-06-2023 to 30-06-2023 Pt. Dinesh Pandey, Shivan, Bihar, from 01-07-2023 to 15-07-2023 Pt. Ram Dev Mishra, Brelli, UP & from 16-07-2023 to 31-07-2023 Pt. Raghav Kishore Ramayani, Etawa, 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. 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. -**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

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**

200 MEMBERS OF CONFEDERATION PROTESTED AT JANTAR MANTAR ON 15-06-2023 ON THE OCCASION OF WORLD ELDERS ABUSE AWARENESS DAY.

Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 Lakh senior citizens) organized **Peaceful Protest March at Jantar Mantar on 15.06.2023**, led by J. R. Gupta, Chairperson on the occasion of World Elders Abuse Awareness Day in which 200 Senior Citizens across Delhi participated with ply cards indicating Stop Elder Abuse, My Parents My Responsibility & Respect Elders etc. 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, Central Govt. & Delhi Govt. 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. J. R. Gupta, also warned younger generations to respect their Elders otherwise when they would grow older, same



fate would be met to them by their own children. He also pointed out that National Policy for Older Persons, 1999 was reviewed in 2011 indicating that Elders have a right to live with dignity & respect. Beside this, victim senior citizens are waiting the fate of their cases in different 11 Tribunal Courts under Maintenance Act 2007 for the last 2 years, where as such cases should be disposed of within 90 days. Even Hon'ble Supreme Court of India had ordered on 13.12.2018 that Maintenance Act cases should be disposed of on priority basis. He further pointed out that Hon'ble Delhi High Court also ordered on 23 .05 .2022 asking pendency reports of such cases from all Tribunal Courts & Appellate Court of Divisional Commissioner. As per Policy, media has a vital role to highlight the grievances of Senior Citizens, followed by refreshment packets & water bottles. **A report by R. K. Singhal, Incharge.**

SCA SURAJKUND, FARIDABAD ORGANIZED YOGA ON 21-06-2023

SCA, Surajkund, Faridabad organized joint Yoga Asans on the occasion of International Yoga Day on 21-06-2023. **A report by Mahendra Kumar Gupta, President.**

ODISHA SCA ORGANIZED YOGA DAY ON 21-06-2023

Sri Krupasindhu Sahoo, President, Odisha SCA organized Yoga Day on 21-06-2023 with Asan, Pranayam & Dhyana on the occasion of International Yoga Day. **A report by K. P. Sahoo, President.**

JOINT BIRTHDAY BY MOTI NAGAR SCA ON 24-06-2023

Moti Nagar SCCA celebrated joint birthday on 24.06.2023 at its Recreation Centre followed by lunch. **A report by Subhash Sharma, President.**

L. R. GARG & R. K. SINGHAL ATTENDED DISTRICT LEVEL ADVISORY BODY SOUTH-WEST CHAIRED BY MANOJ C., IPS, DCP, SOUTH-WEST ON 09-06-2023

Manoj C., IPS, DCP, South-West chaired District Level Advisory Body meeting in his office on 09-06-2023 in which L. R. Garg, Secretary & R. K. Singhal, Incharge on behalf of J. R. Gupta, President, Senior Citizens Council of Delhi as he was in some other meeting. Various issues concerning residents of DDA Flats Munirka, Green Park & Safdarjung Enclave were brought to the notice of DCP, who assured to look after their complaints in due course. **A report by R. K. Singhal, Incharge.**

JOINT BIRTHDAY BY MCD RETIRED ENGINEERS ASSOCIATION, DELHI ON 23-06-2023

MCD Retired Engineers Association, Delhi organized Joint Birthday on 23-06-2023 at Safdarjung Club. **A report by Dinesh Kumar Sangal, Treasurer.**

40 COUNCIL MEMBERS VISITED VRINDAVAN ON 22-06-2023

40 members of Senior Citizens Council of Delhi led by its President J. R. Gupta visited Vrindavan on 22-06-2023 in a AC Bus in the morning around 5.30am. Refreshment packets & water bottles were also served in the bus. The bus was reached Vrindavan around 8.30am & all got Darshan of Lord Bankey Bihari Ji. Most of the members also visited various Temples around Vrindavan. A delicious lunch was served to them at Shri Balaji Ashram. After taking group photograph, the members reached back Delhi with an unforgettable memories around 5.30pm at the initiative of J. R. Gupta. **A report by R. K. Singhal, Incharge.**

IMPORTANCE OF GURU PURNIMA ON 03-07-2023

Guru Purnima is a religious Hindu festival dedicated to offering respect to all the spiritual and academic gurus. It is celebrated as a festival in India, Nepal and Bhutan by Hindus, Jains and Buddhists. This festival is traditionally observed to honour one's chosen spiritual teachers or leaders. It is observed on the full moon day (**Purnima**) in the month of **Ashadha** (June-July) according to the **Hindu Calendar**. **- Editor**

ASHOK KAPOOR, PRESIDENT, B-4/RWA REPLACES MS. RACHNA TIWARI ON 29-05-2023.

New Managing Committee consisting of Ashok Kapoor, President, Mrs. Arpita Chatterjee, Vice- President, Ravi Shankar Gupta, General Secretary, Surendra Mohan Singhal, Joint Secretary, Naresh Kumar, Treasurer. Executive Members:- Ashok Chandna, Ramesh Arora, Rakesh Ganotra, Dr. Vijay Sagar Madan, Sumit Chopra, Ms. Ritu Sikka, Rana Prashant, Ravinder Sharma & Mrs. Rachna Tiwari, Ex-President as per Constitution. A report by Ashok Kapoor, President.

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)

With the support of DLSA (South District), Jatin Diwedi, Legal Aid Counsel visited Recreation Centre, Green Park Extn. on every Tuesdays falling on 13 & 20-06-2023. Advocate Pea Pankaj visited on 04-07-2023. Both rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than 900 members at their doorsteps on 3 days. So far 8450 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 Animesh Kumar, Secretary, DLSA (South) for his continues support. During the current financial year 2023-24, 1200 Senior Citizens benefited up to 04-07-2023. A report by R.K. Singhal, Incharge.

JODHPUR SENIOR CITIZENS ORGANIZED YOGA DAY ON 21-06-2023

Jodhana Senior Citizens Society, Jodhpur Celebrated International Yoga Day on 21-06-2023, followed by thandai. A report by Prem Sukh Daga, President.

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Sector-7, Rohini Delhi-85
Mob : 9540701717

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Mrs. B. Shanta Kumari,
207 (FF), Gulmohar Enclave,
ND-49
Mob : 9891685700

1394



Mrs. Reeta Pathania,
62/2 (UGF), Arjun Nagar,
ND-29
Mob : 9870317767

SCWS , SHALIMAR BAGH HOSTED 5TH MEETING OF CONFEDERATION ON 02-07-2023

5th quarterly meeting of Governing Body of Confederation of SCAs of Delhi (An umbrella body of 18 Lakh having 145 SCAs affiliated) was hosted by Senior Citizens Welfare Society at their Recreation Centre, AB Block, Shalimar Bagh on 02-07-2023 in which most of the SCAs participated. Mrs. Rekha Gupta, Area Nigam Parshad felicitated Y. K. Sharma (86), B.S. Yadav (85), G. D. Bajaj (83) & A. R. Kapil (81). While speaking she assured to any help as & when required. Earlier, host SCA felicitated J. R. Gupta, Chairperson & B. S. Yadav, Secretary General including Mrs. Rekha Gupta. A report by Vimal Bhan.

FELICITATION OF Mrs. NIRMAL AGGARWAL ON HER MARRIAGE ANNIVERSARY ON 04-07-2023

During Sunderkand Path Mrs. Nirmal Aggarwal felicitated on her Marriage Anniversary at Recreation Centre of Senior Citizens Council of Delhi on 04-07-2023 in the presence of Pt. Ramdev Mishra, Bareilly & more than 70 members. J. R. Gupta, extended her greetings & prayed for her long life with sound health. He also felicitated sister of Mrs. Aggarwal & Kishan, a devoted worker, followed by refreshment packets with the support of Mrs. Aggarwal. A report by R. K. Singhal, Incharge.

GULMOHAR FORUM ORGANISED LECTURE ON CYBER CRIME ON 01-07-2023

Gulmohar Journalists Colony Senior Citizens Forum organized a lecture on topic "Cyber Crime and Fraud Prevention" at Gulmohar Centre. The speakers were Sub-Inspector Ankit Sharma, Cyber Cell, Saket, Inspector, Rohit Kumar & Inspector, Bharat Lal, of Hauz Khas Police Station. A report by Vimal Bhan.

SPECIAL PROGRAMS AT RECREATION CENTRE

18-07-2023 : Joint Birthday Celebrations for the members up to Life Membership number 2441 & enrolled up to 30-06-2022 born in the month of July on or before 31-07-1962, subject to availability of Chief Guest. Confirmation should reach latest by 11-07-2023 positively.

Souvenir 2023 Please collect the same if not already collected. Either from Deer Park Satsang from 7am to 8am, Recreation Centre from 3pm to 4pm on any day including Sundays / Holidays.

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