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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)

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Issue No. : 78

MONTH : JUNE, 2020

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ISU3A COMMITTED TO LIFE LONG LEARNING, SOCIAL SERVICE, PRIMARILY ELDER CARE & FELLOWSHIP SAYS J.R.GUPTA



During lock down , U3A Webinar on " Covid -19 & Activities " was organized on 11-06-2020 among U3As - India , Indonesia , Thailand , Sri Lanka , France , China , & Bulgaria includes i) **J.R.Gupta** , President Senior Citizens Council of Delhi & National Executive Chairperson, ISU3A, Indian Society of Universities of Third Age, India , ii) **Prof PhD Adji Kusworo** , UGM University Gadjha Mada, Yogyakarta, Indonesia , iii) **Prof PhD Chaturaporn Sihabutr** , Director Tourism and Hospitality Management , Khon Kaen University , Nong Khai Campus, Thailand , iv) **Prof Dr D.A.C. Suranga Silva** , Director CERIPA and Secretary General THERAA , University of Colombo , Sri Lanka , v) **Prof François Vellas** , Director U3A Toulouse , France , & President AIUTA , vi) **Nicole Ding** , World Senior Tourism Congress , Yantai , China & vii) **Dr Georgi Stankov** , National Basgariatob/8As, Plovdiv, Bulgaria.

DURING LOCKDOWN ELDERS ABUSE INCREASED INCLUDING LOSS OF JOBS SAYS J.R.GUPTA, CHAIRPERSON, CONFEDERATION IN WEBINAR ON 15-06-2020



The World Elder Abuse Awareness Day (WEAAD) happens each year on June 15th. It was officially recognized by the United Nations General Assembly in December 2011. It represents the one day in the year when the whole world voices its opposition to the abuse and suffering inflicted to some of our older generations.

Continued on page.....3

SENIOR CITIZENS DONATES RS. 3.45 LAKHS IN PM CARES FUND



L to R :- V.K.Pahuja, J.R.Gupta handing over 79 cheques to Satpal Singh (PMO office)

Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 Lakh senior citizens) donates Rs. 3.45 Lakhs in PM CARES FUND. J.R.Gupta, Chairperson along with V.K.Pahuja handed over 79 cheques to Satpal Singh in PMO office on 15-06-2020 for combating , containment and relief efforts against the Corona virus outbreak and similar pandemic like situations in the future . The donors include 49 members of SCWA Lajpat Nagar - I & II headed by its President R .P. Kapoor, 20 members of SCWM Tagore Garden headed by its President R.K.Katyal & 10

members of Senior Citizens Council of Delhi, headed by its President , J.R. Gupta. Elderly News extends its appreciation for all the aforesaid donors & pray to Almighty for their long life with sound health. -- A report by V.K. Pahuja

WORLD ENVIRONMENT DAY - 2020



(Photo of 2019)

World Environment Day celebrated on June 5 every year, is the United Nations most impactful campaign for spreading awareness and action to conserve our environment . The theme for this year is 'Biodiversity ' which , considering the havoc of 2020 seems all the more pertinent to this year. There have been several reports regarding re-appearance of avian species that had disappeared for several years due to the harshness of air and noise pollution . Their euphonious chirpings are back in town. The theme is extremely relevant because human beings are part of the ecosystem and cannot continue to survive in isolation . Biodiversity is important for the survival of all living things big and small, on land, or in water . We need to understand that while there may be a food chain and ranking of species, every living thing is connected to another living thing, and together it forms a network of diverse life forms on the planet. Tree plantation is considered to be an extremely crucial way of eradicating pollution in the cities . However , in cities like Delhi where there is practically no space for tree plantation , going vertically is

continued on page 3....

Advanced Knee Replacement PINLESS Computer Navigated Total Knee Replacement



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ELDERLY NEWS WISHES ITS READERS ENVIROMENT DAY, WORLD ELDERS ABUSE AWARENESS DAY & INTERNATIONAL DAY OF YOGA

CONFEDERATION NEWS

INTERNATIONAL DAY OF YOGA - 2020



This International Yoga Day, when the theme selected by the United Nations is **Yoga for Health – Yoga at Home**, it is important to learn how yoga and immunity can function together. Yoga is a holistic practice that strengthens our body physically as well as mentally. As a result, the body's defence mechanism also improves. While the social distancing measures adopted by countries to fight the COVID-19 pandemic have shut down yoga studios and other communal spaces, yoga practitioners have turned to home practice and online yoga resources. Yoga is a powerful tool to deal with the stress of uncertainty and isolation, as well as to maintain physical well-being. The United Nations offers yoga resources to its personnel and others on the Corona virus portal's section on Wellness. The World Health Organization mentions yoga as a means to improve health in its Global action plan on physical activity 2018-2030: more active people for a healthier world.

-L.R.Garg, EDITOR

PRECAUTIONS SHOULD BE FOLLOWED BY SENIOR CITIZENS



Dr. K.P. Aggarwal, (Dwarka) & Life member of Council has suggested some precautions for senior citizens such as :- 1. Cheating happens only when the mind thinks that I will do it and the body misses it. The result is an accident and physical damage. These damages can range from fracture to head injury. That means sometimes even fatal. Therefore, whoever has habit of

always working in haste, it is better to change their habits. Don't get confused, take care because you are not as active as before. Small lapses can sometimes lead to big losses. 2. Do not leave the bed immediately as soon as the sleep is open in the morning, because the eyes are opened but the blood flow of the body and veins cannot be in full conscious state. So first sit in bed for a few minutes and become fully conscious. 3. Try to put the sleepers / slippers on your feet while sitting and while standing, only by holding the table or any support. Often this is the time to stagger and fall. 4. The highest incidence of falls is in the bathroom / washroom or toilet. Whether you are alone, living with a spouse or in a joint family, you are alone in the bathroom. If you are alone in the house, take more care because if you cannot get up in case of a fall, then you will be able to reach the help by breaking the door, that too when you will be able to send timely information to the neighbor. Remember to have a mobile phone in the bathroom as well so that the need of the hour is useful. 5. Always use European commode toilet instead of native toilet. If not, get it replaced in time, it needs to be done, if not now, then after some time. If possible, get a handle placed near the commode. In case of weakness, it becomes necessary to get hold of it. Plastic vacuum handles are also available in the market, which are affixed to a smooth surface like a tile, but be sure to pull them before its use. 6. Always take a bath by sitting on the necessary high stool. Place a rubber mat on the bathroom floor so that you can avoid slippage. Never take the support of a wall with tiles with wet hands, you can fall 'dis-balanced' as soon as your hands slip. 7. Place a cotton mat just outside the bathroom which soaks up water from wet soles. Stand on it for a few seconds, then put your feet on the floor very carefully. 8. Undergarment or wear clothes only in your change room or bedroom. Never wear underwear, pajamas, or pants. Always put feet in their pivots by resorting to the wall or sitting, then wear it while standing, otherwise the accident may occur. Sometimes smartness costs a lot. 9. Make a habit of keeping your daily necessities in a fixed place, so that they can be easily picked up or searched. If you have a habit of forgetting, then put the list of essential things on the table or wall, keep an eye on it while leaving the house, it will be easy. 10. The medicines which are to be taken daily, keep them in a plastic planer (box), in which the medicines are kept day-wise for a week in the attached compartments. There is often confusion whether medicines have been taken or forgotten. There will be no mistake in eating the medicine from the planner. 11. When climbing stairs, even when able, always resort to the railing, especially on automatic stairs. Keep in mind that your body is no longer the obedient servant of your mind. In old age, any work that you have always been doing should not be stopped. At least do your own work related to yourself. 12. In the morning, do not leave the habit of going out of the house, going to the park, and also keep doing small exercises. Otherwise you will get away from yoga and exercise and the activeness and elasticity of body parts will decrease. Do some yoga-pranayam every day. 13. Leave the habit of running spades at home or outside. Take your own water, food, medicines etc. so that the body remains active. Help of others should be taken only when very necessary. 14. If there are small children in the house, spend more time with them, but do not over-talk them. Teach them with love. Keep in mind that now you have to adjust with everyone and not everyone with you. For adjusting this, whether it is a large family, small family or whether it is a wife / husband, friend, neighbor or society. 15. Always use basic mantras, a) Control the taste of food. b) Silence Speak at least and only on need c). who has come, who has gone, who is where, who is doing what, reduce your interference.

COVID-19 ADVISORY

The outbreak of COVID-19 has put the entire world in extremely difficult times, where it seems that our normal life has come to a halt. Let's not panic and rather help out each other to contain the spread of COVID-19. Our collaborative efforts can help all of us to fight this disease. Do not forget that social distancing and proper precautions are the key weapons against COVID-19. Although most of the restrictions have been eased by the government as per Unlock 1.0, it is time for us to be even more cautious than before. A high surge is expected due to lifting off the restrictions. All of us to ensure the following :-

1. People do not stand in groups outside (such as vegetable / fruit vendors, labour involved in construction activities, daily workers such as gardeners, car cleaners etc).
2. Please wear face masks when stepping outside your house. Triple layer mask preferred.
3. Maintain a distance of approx 6 feet while communicating with any other person.
4. Do not forget NAMASTE is the best form of greeting.
5. Avoid social gatherings as much as possible. Please communicate using voice / video calls / communication apps. After all Technology is available for you. Use it to the best possible extent.
6. Avoid going out in public places and if absolutely necessary, use face masks and other precautions to safeguard yours and others health.
7. Avoid touching colony gates / barricades etc.
8. Cover your nose and mouth while coughing / sneezing with a tissue. Dispose off the tissue in a closed bin.
9. Wash your hands after coming in contact with any object which has come from outside such as grocery, fruits, vegetables etc. Keep these items in a separate area.
10. Wash your hands having touching the stair case grills, gate openers, door knobs, switch boards, door handles etc. Also sanitize them repeatedly.
11. Avoid touching your eyes, nose or mouth with unwashed hands.
12. Wash fruits and vegetables properly before use.
13. Use a good quality disinfectant spray to sanitize the currency notes. Prefer digital mode of transactions.
14. Prefer contact less delivery for grocery, vegetables, couriers etc. Ask your vendors online retailers to leave the items requested by you in a well designated area.
15. Ask your house helps to wear a mask when coming from their respective homes to your premises. Also emphasize on repetitive hand washing.
16. Sanitize your hands with an alcohol based sanitizer in case you cannot wash your hands.
17. Repeatedly emphasize people coming to your house not to spit anywhere on the roads as it may be a great hazard.
18. All people above age of 65, people having co-morbidity such as diabetes, hypertension, heart issues, respiratory disorders, kidney disease, liver disease OR any other chronic illness and children below 10 years are requested to stay indoors.
19. Avoid unnecessary travel by any means of transport i.e. Air, Railways, DTC buses, Metro etc. Although some of the means are closed in Unlock 1.0 as well. If involved in essential services and using public transport is a necessity, follow proper precautions when you get back to home.
20. Maintain a balanced and healthy diet. Stay fit. Avoid outside food. Please enjoy home cooked dishes.
21. Stay well hydrated, drink lot of water.
22. Keep your surroundings clean indoor as well as outdoor. Please dispose off the garbage to your designated sanitary workers / MCD vans. Do not throw the bags on the corners of the roads or parks.
23. Maintain positive thought process. Do not panic. Remember Panic does not possess any ability to solve any problem.
24. Please consult a doctor on onset of any symptoms such as running nose, fever, cough, difficulty in breathing etc. Although asymptomatic carriers cannot be identified this way. Symptomatic carriers can at least take the required precautions. Stay in home isolation.
25. Please inform MCD immediately if you have any COVID positive patient in your neighbourhood so that appropriate steps can be taken on right time, please do not hesitate.
26. Feel free to consult your MCD over phone / whatsapp. "WISH ALL OF YOU A VERY GOOD HEALTH" - NOTE : Use of AAROGYA SETU APP is recommended.

-EDITOR

RELEASE OF SOUVENIR 2020 INCLUDING PANCHANG ON 28-05-2020



L-R : - L.R.Garg, J.R.Gupta, O.P.Ghamandi, Gyan Singh Tokas & O.P.Makkar

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.



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 139 Registered Senior Citizens Associations have affiliated with the Confederation of Senior Citizens Associations of Delhi (An umbrella Body of 19 Lakh Senior Citizens across Delhi). In order to take up issues of Senior Citizens with the Government 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 member of the Council by paying one time payment of Rs. 1200/- by cheque/cash photo with Rs. 500/- for Elderly News as life subscriber. The Payment is also exempted under 80G of Income Tax Act. 1961. - H.D. Ralhan, Founder Member

FROM FRONT PAGE — ELDERS ABUSE INCREASED INCLUDING LOSS OF JOBS

Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 lakh senior citizens having 139 registered Senior Citizens Associations affiliated) have been taking up various concerned issues of abuses of Senior Citizens with Govt. of India, Delhi Govt & Delhi Police to take remedial measures, as incidents targeting senior citizens are increasing day by day. Due to Covid -19 pandemic, this year we will not be able to join Candle March at Jantar Mantar like past years, but we should create awareness about such senior citizens suffering from abuses such as physical, emotional, economical, disrespect, verbal and neglect and also help them on regular basis. Elder abuse can lead to serious physical injuries and long-term psychological consequences. J.R. Gupta, Chairperson through webinar on 15-06-2020 told that most of the senior citizens have lost their jobs and also faced more abuses during lock down. He also advised them to approach concerned District Magistrate Courts on a simple paper, if their son/daughter-in-law residing with them are not taking care of them and neglecting or abusing them to evict them from their own house under Maintenance of Parents and Senior Citizens Act, 2007. There are 11 Tribunal Courts across Delhi with an Appellate Court of Divisional Commissioner. Hon'ble High Court & Supreme Court has already held that they will not interfere in the findings of District Magistrate Court or Appellate Court under this Act. He further advised not to transfer their properties in the name of their children during lifetime and rather execute a will on a plain paper with 2 witnesses out of one should be of younger age so that their children would take care of them till the end of their life. Even, maintenance allowance can be claimed in such cases which is at present Rs.10,000/- per month. The print and electronics media has a vital role to sensitize younger generations to respect their parents/grandparents.

— L.R.Garg, Secretary

FROM FRONT PAGE — ENVIRONMENT DAY

the only way possible. Vertical gardens are also great benefactors of cleaning contaminated air and reducing the carbon print caused by vehicular fuel emissions. One of its unique advantages is that, it plummets noise, pollution by create soundproof environments. Moreover, it also boosts mental health for city dwellers who do not get open green spaces, which are also cheap to grow and maintain. All senior citizens affiliated with the Confederation of Senior Citizens Associations of Delhi are advised to plant more and more trees as and where space is available to keep green & clean Delhi.

—A report by Mrs. Manjula Aggarwal, Cultural Co-ordinator

FROM FRONT PAGE — U3A WEBINAR

Moderator was Mr. Vellas. Each participant introduced himself and told about Covid-19 situation in his Country including U3A activities. J.R.Gupta informed about Covid-19 pandemic in India, which is spreading day by day at alarming rate despite remedial measures taken by State Govts in consultation with Govt. of India on regular basis. He also speak about various ISU 3A Activities centers in India viz Delhi, Kolkata, Udaipur, Mumbai, Hyderabad, Chennai, Lucknow, Allahabad, Riva & Haridwar. ISU 3A is part of a World-wide U3A movement committed to life long learning, social service, primarily elder care and fellowship. Moderator thanked all the participants. — A report by L.R.Garg, Vice-Chairperson (North)

CONDOLENCES

The following members of Council have expired during the last months. The Council prays for their souls to rest in peace.

1. Satyapal Nangia, A-7/89/1, Safdarjung Enclave
2. Pardeep Vasisht, K-62, Green Park
3. Suresh Kumar Gola, D-26, Green Park

—EDITOR

ACTIVITIES OF SENIOR CITIZENS DURING LOCKDOWN



Snehlata Rupamka making dishes, Ganesh Das singing a song, M.C. Gaur, playing carom with kids

Rajiv Bhalla & Bhushan Bali, doing yoga

Mrs Kailash Gupta &



M.P.Gupta reading Ramayana, Ashok Gupta playing Sudoku Mrs. & Mr Y.N.Sharma,

J.B.Karamchandani,

Sarita Sharma

Ghan Shyam Das

YOGA BY COUNCIL MEMBERS ON INTERNATIONAL DAY OF YOGA ON 21-06-2020 IN THEIR HOUSES DURING LOCKDOWN



Mrs & Mr R.S.Bhatia

Dr. Ravi Kant Bhatnagar

M.C.Gaur

Neelam Chhabra

Aarti Bhatnagar

& Sneha Kapoor



Naresh Singhal

Sudhir Agrawal

Lalita Bajaj

Shail Negi

Mrs. & Mr. Anand Pk Gupta & Naresh Kumar Mahajan



Anil Khanna

Nitu Khanna

Sneha Khanna

Ashok Kumar Popli

Shambhoo Dayal Gupta

& Lachman Dutt



Bhushan Bali

Anita Chopra

Aruna Bala Wadhwa

Pran Nath Wadhwa

Tarun Lata Gupta

& Mrs. & Mr. Lakhmi C. Gupta

SENIOR CITIZENS THANKS MRS. LEKHI, MP FOR HER INITIATIVE TO SAVE THEIR RECREATION CENTER, GREEN PARK EXTENSION



J.R. Gupta, President, Senior Citizens Council of Delhi had sought help from **Mrs. Meenakshi Lekhi**, MP for taking up the matter with Lt. Governor, as their Recreation Center, First Floor, Green Park Extension was surveyed & included in the list by the Officers of DM (South) for taking over the same to be converted in Corona Hospital. Immediately, she was very kind and

wrote to the L.G. saying, "I request you to please issue appropriate directions to the officials concerned not to take over the Recreation Center including Community Center to avoid the spread of Corona virus among the residents of Green Park Extension." Subsequently, Community Centers across Delhi were excluded those were within the surroundings of residential colonies. On behalf of the Council, J.R. Gupta expresses gratitude & sincere thanks to her.

-EDITOR

MEETING BY 38 MEMBERS OF COUNCIL WITH GOVERNOR, WEST BENGAL SH. JAGDEEP DHANKAR AT RAJ BHAVAN KOLKATA ON 25-02-2020 DURING THEIR VISIT TO GANGASAGAR & KOLKATA



On the suggestions of Elderly News readers, this photo has been again printed as the earlier photo printed on front page of May, 2020 issue was not clear.

ATTENTION OF COUNCIL/ CONFEDERATION MEMBERS

1. The Council is planning to hold a Property Tax Camp in its Recreation Center, Green Park Extension during the end of this month in association with SDMC for all the property owners of South Delhi. The date is yet to be decided. As soon as date is confirmed, the same would be conveyed to you through Whatsapp Group.

2. Due to lock down, we are not able to give you hard copies of Elderly News for the months of April, May & June, 2020. However, e-copies are available to its readers.

-EDITOR

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INCOME TAX BENEFITS TO SENIOR CITIZENS FOR A.Y. 2019-20

1). For ordinary individual tax payers the basic exemption limit, upto which he is not required to pay any tax is presently fixed at Rs. 2.50 lakhs for A.Y. 2019-20. However, for Senior Citizens, the basic exemption limit is fixed at a higher figure of Rs. 3 lakhs. Senior Citizens who are aged 80 years or more, do not have to pay any tax upto Rs. 5 lakhs of annual total income.

Income Tax Rates for senior citizens are following:

Total Income	Rates of taxation for senior citizens	
	Age > 60 yrs and < 80 yrs	Age ≥ 80 yrs
upto 3 lakhs	0%	0%
from 3 lakhs to 5 lakhs	5%	0%
from 5 lakhs to 10 lakhs	20%	20%
more than 10 lakhs	30%	30%

2). From AY 2019-20, the maximum limit for deduction u/s 80D in respect of payment made for health insurance premium in respect of a Senior Citizen has been increased to Rs. 50,000. Deduction upto Rs. 50,000 is also allowed for medical expenses incurred on the health of a Senior Citizen provided no amount is paid for health insurance of such person. For claiming this deduction, it is mandatory that the health insurance premium / medical expenses are paid by any mode other than cash. 3). Individual taxpayers other than senior citizens are allowed maximum deduction of Rs. 10,000 u/s 80TTA in respect of interest income from saving bank accounts. However, from AY 2019-20 onwards, a Senior Citizen can claim deduction upto Rs. 50,000 u/s 80TTB in respect of interest income earned on not only savings bank accounts but also on interest income earned on any bank deposits or any deposit with post office or co-operative banks. Further, if such interest income earned by a senior citizen during the year is less than Rs. 50,000, the payer bank / post office will not deduct any tax from such interest income. 4). For general tax payers, the amount of deduction available in respect of expenses incurred for medical treatment of specified disease or ailments of self or dependent relatives u/s 80DDB is Rs. 40,000. However, in case the expenses are incurred by the tax payer in respect of a dependent senior citizen, the entitlement has been enhanced to Rs. 1 lakh in a year from AY 2019-20 onwards. 5). Every person whose estimated tax liability for the year is Rs. 10,000 or more, is liable to pay advance tax. However, a senior citizen need not to pay any advance tax, provided he does not have any income under the head "Profits and Gains of Business or Profession". From AY 2019-20, a standard deduction up to Rs. 40,000 against salary income earned during the year has been introduced u/s 16. Accordingly, a Senior Citizen who is in receipt of pension income from his former employer can claim a deduction up to Rs. 40,000/- against such salary income. 6). A Senior Citizen aged 80 years or more filing his return of income in Form SAHA (ITR-1) or SUGAM (ITR-4) and having total income of more than Rs. 5,00,000 or having a refund claim can file his return of income in paper mode. For such individuals, electronic filing of ITR 1 or ITR 4 (as the case may be) is not mandatory. However, he may opt for e-filing, if he chooses to do so. 7). A senior citizen may submit form No. 15 H to the deductor for non-deduction of TDS on certain incomes referred to in that section, if the tax on his/her estimated total income of the concerned year comes at nil way of a reverse mortgage as per the Reverse Mortgage Scheme made and notified by the Central Government for senior citizens, is not liable to be taxed as Capital Gain (nor under any other head of income).

-EDITOR

FATHER'S DAY -2020 ON 21-06-2020



The Council had been organizing **Father's Day** every year regularly. Due to lock down, the same could not be celebrated this year. Father's Day is a day of honoring fatherhood and paternal bonds, as well as the influence of fathers in society. The Council is grateful to **Justice V.B. Gupta, (Retd), Delhi High Court** who has conveyed Father's Day greetings to all with the

following message comparing great values of Fathers & Mothers in India: - One who loves till her eyes close, is a **Mother**, one who loves without an expression in the eyes, is a **Father**. **Mother** introduces you to the world, **Father** introduces the world to you. **Mother** gives you life. **Father** gives you living. **Mother** makes sure you are not starving. **Father** makes sure you know the value of starving. **Mother** personifies care. **Father** personifies responsibility. **Mother** protects you from a fall. **Father** teaches you to get up from a fall. **Mother** teaches you walking. **Father** teaches you walk of life. **Mother** teaches from her own experiences. **Father** teaches you to learn from your own experiences. **Mother** reflects Ideology. **Father** reflects reality. **Mother's** love is known to you since birth. **Father's** love is known when you become a **Father**. DEDICATED TO ALL FATHERS. **Happy Father's Day**