



FREE CIRCULATION OF ELDERLY NEWS FOR THE MEMBERS OF SENIOR CITIZENS
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 : JUNE 2025

400 MEMBERS OF SENIOR CITIZENS COUNCIL OF DELHI ORGANIZED INTERNATIONAL YOGA DAY AT DEER PARK SATSANG NEAR JHEEL ON 21-06-2025 IN WHICH 100 STUDENTS OF GREEN FIELDS SCHOOL SJE PARTICIPATED.



The Senior Citizens Council of Delhi organized a unique **International Yoga Day** at Deer Park Satsang/ around Jheel in collaboration with Ministry of Social Justice & Empowerment, Govt of India on 21.06.2025 and Green Fields School in the presence of 400 senior Citizens including 100 students of nearby a prestigious Green Fields School, Safdarjung Enclave, headed by Mrs Minni Khanna, Principal. Chief Guest was Mrs. Monali P. Dhakate, Joint Secretary of the Ministry. The Instructor Ms Sharma of Ministry and Mrs Gogia of Yoga class physically do various Aasans for one hour at

morning followed by heavy Refreshments from Kaleva a Prestigious Sweet House. The Senior Citizens reached by cars, buses from Delhi- NCR. T-Shirts were sponsored by the Ministry. The Senior Citizens were went back to their homes with unforgettable Memories. The Council is very actively associated with the Ministry, Social Security Cell of Delhi Police, I.C.C.R. & Delhi State Legal Services for last so many years. J. R. Gupta extended vote of thanks followed by heavy refreshment packets.

R.S.V.P: - J.R. Gupta, President, 9810488059

4 MEMBERS OF COUNCIL MET AMIT GOEL, IPS, DCP, SW ON 05-06-2025



L. to R. :- Miss Mukesh, Ashok Kumar, D.K. Sharma, Y.K. Singhal, Amit Goel & J.R. Gupta.

4 members of Senior Citizens Council of Delhi met Amit Goel, IPS, DCP, South West on 05-06-2025 led by its President, J. R. Gupta. Other members were Ashok Kumar, D. K. Sharma & Y. K. Singhal. J. R. Gupta raised various issues concerning Senior Citizens of Delhi, followed by high tea. A report by Ashok Kumar, Incharge.

ANAND KUMAR MISHRA, ADDL. DCP, NEW DELHI DISTRICT RELEASED SOUVENIR-2025 ON 13-06-2025



L. to R. :- B. S. Yadav, Anand Kr. Mishra, J. R. Gupta, Y. K. Singhal & Ashok Kumar

A 4 member's delegation of Confederation of Senior Citizens Associations of Delhi (An umbrella body of 18 Lakh Senior Citizen in Delhi-NCR). Anand Kumar Mishra, Additional DCP, New Delhi District also released Souvenir-2025 of Senior Citizens Council of Delhi on 13-06-2025 led by its President, J.R. Gupta. The other members were B. S. Yadav, Secretary General, Y. K. Singhal, Treasurer & Ashok Kumar, Incharge. Additional DCP also given his consent to hold peaceful DHARNA from 4 to 5pm by 100 Confederation members. A report by Ashok Kumar, Incharge.

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



Sh. Thakur Das Kalra resident of Paschim Vihar visited Recreation Centre on 02-06-2025 along with complaint against his daughter-in-law Ratika Kalra, her parents, her brother & cousin for evection has been harassing, abusing, soughing including filthy language and threatened to kill & to lodge false complaint with crime against Women Cell with a sole motive to harass his. Immediately, his case was taken up with Commissioner of Police with a request action should be taken against aforesaid persons and also provide security to complainant & his family members in the interest of Justice so that she could live peacefully in his own house. No further harassments reported so far. He has extended thanks to the Confederation/ Council for their moral support & legal guidance from time to time. - Editor



Mrs. Prabha Singh resident of Mehrauli visited Recreation Centre on 04-06-2025 along with complaint regarding delay in Electricity connection / restoration & unjust demand. Immediately, her case was taken up with Commissioner of Police with a request that action should be taken against aforesaid persons of Electricity Department and also provide security to complainant & his family in the interest of Justice so that he could live peacefully in her own house with electricity connection. 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



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ELDERLY NEWS WISHES ITS READERS NIRJALA EKADASI, WORLD ENVIRONMENT DAY, FATHER'S DAY & INTERNATIONAL DAY OF YOGA

CONFEDERATION

WORLD ELDERS ABUSE AWARENESS DAY ON 14-06-2025



World Elder Abuse Awareness Day is celebrated on 14th June every year to draw the attention of State Govts / Govt. of India / Police Authorities to take remedial measures to protect the life and property of Senior Citizens as incidents targeting senior citizens are increasing day by day. There are various kinds of abuses such as Physical, Emotional, Economical, Disrespect, Verbal and Neglect. Even, Elders are being victim of Cyber Crimes. Elder abuse is a widespread problems. In other cases, it is simple negligence. Caregivers do not provide the basic necessities, like nutritious food, appropriate medication, safety, or assistance with hygiene. Both the Younger generations & Society at large needs to be sensitized to enable Elders to live peacefully with dignity and respect in their fag end of life. Print / electronics media should play a vital role by highlighting these unique problems in their esteemed newspapers / TV channels. Confederation would hold a candle march on 14-06-2024 at Jantar Mantar, like past years to draw the attention of Delhi Govt. / Govt. of India & Delhi Police. – **GYAN SINGH TOKAS – EDITOR.**

ACTIVITIES OF SCWF, SHIV PARK, SHALIMAR BAGH ON 01-06-2025



Senior Citizens Welfare Forum, Shiv Park, Shalimar Bagh organized joint Birthday on 01-06-2025, followed by delicious lunch. A report by Azad Tandon, General Secretary.

ACTIVITIES OF SENIOR CITIZENS FORUM, DILSHAD GARDEN 'O' POCKET ON 05-06-2025



Senior Citizens Forum, Dilshad Garden planted many plants at their Recreation Centre at Pocket 'O' Dilshad Garden on the occasion of World Environment Day, followed by refreshment packets. A report by Radha Krishan, President.

J. R. GUPTA, PRESIDENT OF SENIOR CITIZENS COUNCIL OF DELHI PARTICIPATED IN A MEETING WHICH WAS HELD AT SANT NAGAR ON 01-06-2025



Senior Citizens Welfare Associations hosted Confederation meeting held on 01-06-2025 in which **J. R. Gupta, President as Chief Guest.** Other members were **Y. K. Singhal, Dinesh Sharma & Ashok Kumar.** The Souvenir-2025 was also released in the presence of various members of Sant Nagar led its **President, G. R. Sehgal.** The function concluded after having delicious lunch. A report by **G. R. Sehgal, President.**

SENIOR CITIZENS WELFARE ASSOCIATION, SHAKTI NAGAR, HOLD ITS AGM ON 04-05-2025

Senior Citizens Welfare Association, Shakti Nagar, Delhi hold its Annual General Body meeting on 04-05-2025. The Election officer was Sh D. S. Saini. Following members were elected un-opposed. Usha Sharma (President) for the next term of 3 years w.e.f 04-05-2025 to 03-05-2028. The President was authorized to nominate to Vice-Presidents, One Secretary, One Treasure & Two Joint Secretaries. A report by D. S. Saini, Election Officer.

ACTIVITIES OF SCWS, AB BLOCK, SHALIMAR BAGH ON 24-05-2025



Senior Citizens Welfare Association, AB block, Shalimar Bagh felicitated **R. S. Gupta, 99 Years** on his birthday at its Recreation Centre, Shalimar Bagh on 24-05-2025, followed by delicious lunch. A report by **P. P. Tuteja, General Secretary.**

COUNCIL MEMBERS ARRANGED PEYAO ON THE OCCASION OF NIRJALA EKADASI ON 06-06-2025



Senior Citizens Council of Delhi arranged **Peyao** outside its Recreation Centre, Community Centre, Green Park Extension and served sarbat to persons on the occasion of Nirjala Ekadasi from 10am to 4pm. A report by **Ashok Kumar Incharge.**

35 COUNCIL MEMBERS VISITED RASHTRAPATI BHAWAN ON 14-06-2025



J. R. Gupta, President of Senior Citizens Council of Delhi organized a visit to Rashtrapati Bhawan by AC Bus on 14-06-2025. The official guide showed the members whole Rashtrapati Bhawan for 35 minutes, followed by refreshment packets in the bus. A report by **Ashok Kumar, Incharge.**

CONFEDERATION ORGANIZED CANDLE MARCH AT JANTAR MANTAR ON 14-06-2025



Confederation of Senior Citizens Associations of Delhi organized Candle March at Jantar Mantar to highlight instances of Elder Abuse, which are increasing day by day. It was also requested Central Govt., GNCTD & Delhi Police to take remedial measures at the earliest. A report by **R. K. Singhal, Incharge.**

CHIEF GUEST CHANDER MOHAN, JOINT SECRETARY, LOK SABHA FELICITATED 7 MEMBERS OF SENIOR CITIZENS COUNCIL OF DELHI AT ITS COMMUNITY CENTRE, GREEN PARK EXTENSION ON 14-06-2025



Chief Guest, **Chander Mohan, Joint Secretary, Lok Sabha** felicitated 7 members of Senior Citizens Council of Delhi during Joint birthday celebrations at its Recreation Centre, Community Centre, Green Park Extension on 14-06-2025 in the presence of more than 50 members. Chief Guest also accompany his son. **J. R Gupta, President** felicitated Chief Guest and his guests with flowers and shawls. He also prayed to Almighty for their long life with sound health. followed by refreshment packets. 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.senioreldersdelhi.org.**

Daily Spiritual Discourses, at Deer Park Satsang (7 am to 8 am), 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 16-06-2025 to 30-06-2025 Pt. Dhruv Narain Avasthi, Auriya, UP, from 01-07-2025 to 15-07-2025 Pt. Manoj Mishra, Varanasi UP & from 16-07-2025 to 31-07-2025 Pt. Ramacharya Chaturved, Varanasi, UP - 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**

INTERNATIONAL YOGA DAY ORGANISED AT DEER PARK SATSANG NEAR JHEEL ON 21.06.2025**M. K.GUPTA, ADVOCATE FELICITATED AT HOMEIO SHREE AWARD - 2025 CEREMONY ON 01-06-2025**

M. K. Gupta, Advocate, Supreme Court was Chief Guest at Homeio Shree Award-2025 ceremony organized by Akhil Bharatiya Chikitsak Association on 01-06-2025 at Faridabad, followed by high tea. **A report by M. K. Gupta, Council Member.**

4 MEMBERS OF COUNCIL MET MRS. RIDHIMA SETH, IPS, ADDL. DCP ON 03-06-2025

4 members of Senior Citizens Council of Delhi met Mrs. Ridhima Seth, IPS, Addl. DCP in her office at Nanakpura on 03-06-2025 led by its **President, J. R. Gupta**. The other members were Y. K. Singhal, N. P. Soni & Ashok Kumar. Mrs. Ridhima Seth released Souvenir-2025, followed by high tea. **A report by Ashok Kumar, Incharge.**

CA, DEEPAK KUMAR & ARVIND KR SINGH RELEASED SOUVENIR-2025 ON 07-06-2025

L. to R. :- Deepak Kumar, Arvind Kumar Singh & J. R. Gupta

J. R. Gupta, President, Senior Citizens Council of Delhi visited CA office of K. B. Kalra on 07-06-2025 and requested to release **Souvenir-2025** by CA, Deepak Kumar & Arvind Kumar Singh. **A report by Ashok Kumar Incharge.**

HELPAge INDIA RELEASED WORLD ELDER AWARENESS DAY REPORT AT IIC AUDITORIUM ON 13-06-2025

HelpAge India released World Elders Awareness Day report at India International Centre, Lodhi Road on 13-06-2025 in the presence of 400 Senior Citizens including **J. R. Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi**. He spoke about intergeneration gap in details. He was of the view that Senior Citizens should be respected by younger generations. At the same time younger generations should be given liberty in their day-to-day work. Other council members were **Y. K. Singhal, Treasurer, Gyan Singh Tokas, Secretary & Ashok Kumar, Incharge**, followed by questions answers session, followed by delicious lunch. **A report by Ashok Kumar Incharge.**

My Realization

There are 3 types of people in the World. In the first category, I put those people who contribute less and take more from Society — they are called thieves or dacoits.

In the second Category, I put those people who contribute the same and take the same from Society, they are called Businessmen.

In the third category, I put those people who contribute More and take less from Society, People call them Saints, but I call them Senior Citizens. Their contribution to society is unparalleled. It is not a matter of counting, but it is a matter of realisation.

जब हम जीवन की मर्यादाओं और संयम का उल्लंघन करते हैं, तो हमारा नैतिक बल क्षीण हो जाता है। सफलता हमसे दूर होने लगती है, और हम अपने ही विकारों के बंदी बन जाते हैं। यह आवश्यक है कि हम अपने भीतर एक ऐसा अनुशासन विकसित करें, जो बाह्य प्रेरणाओं से नहीं, बल्कि आत्मबोध और आचरण की शुद्धता से संचालित हो।

RSVP:- J. R. Gupta, President

COUNCIL MEMBERS PLANTED MANY PLANTS WITHIN THE PREMISES OF CENTRE ON 05-06-2025

Senior Citizens Council of Delhi planted many plants within the premises of Recreation Centre, Community Centre, Green Park Extension on 05-06-2025 in the presence of Council members including Pt. Pahlad Mishar Ramayani, Gonda, UP on the occasion of **World Environment Day**, followed by Parsad. **A report by Ashok Kumar Incharge.**

H. S. JUBBAL DELIVERED A TALK ON DIGITAL AWARENESS AT CENTRE ON 18-06-2025

H. S. Jubbal, delivered a talk on Digital Awareness at Recreation Centre of Senior Citizens Council of Delhi on 18-06-2025 in the presence of 50 members, followed by refreshment packets. **A report by Ashok Kumar, Incharge.**

तू अपनी खूबियां ढूंढ़, कमियां निकालने के लिए लोग हैं।। अगर रखना ही है तो कदम आगे रख, पीछे खींचने के लिए तो लोग हैं ना।। सपने देखने ही हैं तो ऊंचे देख, नीचा दिखाने के लिए तो लोग हैं ना।। अपने अंदर जुनून की चिंगारी भड़का, जलने के लिए तो लोग हैं ना।। अगर बनानी है तो यादें बना, बातें बनाने के लिए तो लोग हैं ना।। प्यार करना है तो खुद से कर, दुश्मनी करने के लिए तो लोग हैं ना।। रहना है तो बच्चा बनकर रह, समझदार बनाने के लिए तो लोग हैं ना।। भरोसा रखना है तो खुद पर रख, शक करने के लिए तो लोग हैं ना।। तू बस संवार ले खुद को आईना दिखाने के लिए तो लोग हैं ना, तू खुद की अलग पहचान बना, भीड़ में चलने के लिए तो लोग हैं ना।। तू कुछ करके दिखा दुनिया को बस कुछ करके दिखा, तालियां बजाने के लिए तो लोग हैं ना।।

RSVP:- J. R. Gupta, President

अपनी गठरी टटोलें

दो आदमी यात्रा पर निकले! दोनों की मुलाकात हुई, दोनों का गंतव्य एक था तो दोनों यात्रा में साथ हो चले! सात दिन बाद दोनों के अलग होने का समय आया तो एक ने कहा:- भाई साहब! एक सप्ताह तक हम दोनों साथ रहे क्या आपने मुझे पहचाना? दूसरे ने कहा:- नहीं, मैंने तो नहीं पहचाना। पहला यात्री बोला:- महोदय मैं एक नामी ठग हूँ परन्तु आप तो महाठग हैं। आप मेरी गुरु निकले। दूसरे यात्री बोला “कैसे?” पहला यात्री:- कुछ पाने की आशा में मैंने निरंतर सात दिन तक आपकी तलाशी ली, मुझे कुछ भी नहीं मिला। इतनी बड़ी यात्रा पर निकले हैं तो क्या आपके पास कुछ भी नहीं है? बिल्कुल खाली हाथ हैं। दूसरा यात्री धीरे पास एक बहुमूल्य हीरा है और थोड़ी-सी रजत मुद्राएं भी हैं। पहला यात्री बोला:- तो फिर इतने प्रयत्न के बावजूद वह मुझे मिले क्यों नहीं? दूसरा यात्री “मैं जब भी बाहर जाता, वह हीरा और मुद्राएं तुम्हारी पोटली में रख देता था और तुम सात दिन तक मेरी झोली टटोलते रहे। अपनी पोटली सँभालने की जरूरत ही नहीं समझी, तो फिर तुम्हें कुछ मिलता कहाँ से?” ईश्वर नित नई खुशियाँ हमारी झोली में डालता है परन्तु हमें अपनी गठरी पर निगाह डालने की फुर्सत ही नहीं है! यही सबकी मूलभूत समस्या है। जिस दिन से इंसान दूसरे की ताकझाक बंद कर देगा उस क्षण सारी समस्या का समाधान हो जाएगा...अपनी गठरी टटोलें! जीवन में सबसे बड़ा गूढ़ मंत्र है स्वयं को टटोले और जीवन-पथ पर आगे बढ़े सफलताये आप की प्रतीक्षा में है..!!

RSVP:- J. R. Gupta, President

सकारात्मक रहें

यदि आप केवल दुख पर ध्यान देंगे तो हमेशा दुखी रहेंगे और सुख पर ध्यान देंगे तो हमेशा सुखी रहेंगे। वह जीवन का शाश्वत नियम है कि आप जिस पर ध्यान देंगे वही चीज सक्रिय हो जाती है। यदि आप दो पेड़ों को एक साथ लगाते हैं और देख-रेख एक ही पेड़ को करते हैं तो आप पाओगे कि देख-रेख के अभाव में दूसरा पेड़ मुरझा गया है। सुख अथवा दुख, जिस पर भी हम ध्यान केंद्रित करते हैं वही अपने जीवन में भावी हो जाते हैं। विज्ञान ने भी इस बात को सिद्ध किया है कि जीवन में जिस वस्तु की हम उपेक्षा करने लगते हैं वो वस्तु धीरे-धीरे अपने अस्तित्व को खोना शुरू कर देती है। भले ही वो प्रेम हो, करुणा हो, जीवन का उत्साह हो अथवा सुख ही क्यों ना हो। जहाँ सकारात्मक दृष्टि जीवन में सुख की जननी होती है वहीं नकारात्मक दृष्टि जीवन को दुख और विषाद से भी भर देती है। इसलिए जीवन में सदा सकारात्मक दृष्टि ही रखी जानी चाहिए ताकि व्यक्ति के दुख और विषाद जैसे काल्पनिक शत्रुओं का समूल नाश हो सके। □

RSVP:- J. R. Gupta, President

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)



With the support of DLSA (South District), Pankaj Kaushik, Legal Aid Counsel visited Recreation Centre, Green Park Extn, on Tuesday falling on 15-06-2025. She rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than 8300 members at their doorsteps on 1 days. So far 15850 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. Aviral Shukla, Secretary, DLSA (South) for his regular support. During the current financial year 2025-26, 8600 Senior Citizens benefited up to 30-06-2025. A report by Ashok Kumar, In-charge.

4 MEMBERS OF COUNCIL MET Mrs. MONALI P. DHAKATE, JOINT SECRETARY ON 17-06-2025



L. to R. :- Shubham Bhardwaj, Praveen Sharma, Director, Ashok Kumar, R.N. Gupta, Y.K. Singhal & Mrs Monali P. Dhakate

4 members of Senior Citizens Council of Delhi met Mrs. Monali P. Dhakate, Joint Secretary, Ministry of Social Justice & Empowerment, Govt. of India on 17-06-2025 led by its President, J. R. Gupta. Other members were Ashok Kumar, Ram Niwas Gupta & Y. K. Singhal. As per orders of Secretary, SJ&E, Yoga activities to be arranged on 21-06-2025 on the occasion of International Yoga Day at Community Centre, Green Park Extension from 7 to 8am. The refreshment packets would be arranged by Ministry SJ&E on their cost. The officials of Ministry visited Recreation Centre Today & accommodation find useful for Yoga activities. A report by Ashok Kumar Incharge.

SUNDERKAND PATH ORGANIZED AT COMMUNITY CENTRE, GREEN PARK EXTN ON 03-06-2025



Senior Citizens Council of Delhi arranged a meeting at its Recreation Centre, Community Centre, Green Park Extension on 03-06-2025. Sunderkand Path was recited by Dinesh Sharma, Poonam Bhagotra, Usha Sharma & Neelam Malhi including D. P. Maini & his daughter, followed by refreshment packets. A report by Ashok Kumar, Incharge.

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LIFE MEMBERSHIP OF COUNCIL

2697



Sh. Shammi Chawla,
Road No. 80, House No. 10,
Punjabi Bagh, Delhi
Mob.: 9560858215

2698



Sh. Narendra Kumar Jain,
K-19,SF, Greenpark Extn,
New Delhi-16,
Mob.: 9717216901

33 MEMBERS OF COUNCIL GOT VIP DARSHAN OF LORD SHRI BANKE BIHARI LAL ON 31-05-2025



33 members of Senior Citizens Council of Delhi arranged tour of Vrindavan by bus & had Darshan of Lord Shri Banke Bihari Lal on 31-05-2025 led by its President, J.R. Gupta. Members also visited various temple around Vrindavan, followed by lunch at Shri Balaji Ashram like past years. A report by Ashok

!! हे परमेश्वर!!

कोई आवेदन नहीं किया था, किसी की सिफारिश नहीं थी, फिर भी यह स्वस्थ शरीर प्राप्त हुआ। सिर से लेकर पैर के अंगूठे तक हर क्षण रक्त प्रवाह हो रहा है....न जाने कौनसा यंत्र लगाया है कि निरंतर हृदय धड़कता है... हजार-हजार मेगापिक्सल वाले दो-दो कैमरे के रूप में 2 आँखें संसार के दृश्य कैद कर रही हैं। दस-दस हजार टेस्ट करने वाली जीभ सेंकड़ों संवेदनाओं का अनुभव कराने वाली त्वचा नाम की सेंसर प्रणाली अलग-अलग फ्रीक्वेंसी की आवाज पैदा करने वाली स्वर प्रणाली उन फ्रीक्वेंसी का कोडिंग-डीकोडिंग करने वाले कान नाम का यंत्र इस शरीर की विशेषता हैं। पचहत्तर प्रतिशत जल से भरा शरीर लाखों रोम कूप होने के बावजूद कहीं भी लीक नहीं होता... बिना किसी सहारे मैं सीधा खड़ा रह सकता हूँ। गाड़ी के टायर चलने पर घिसते हैं, पर पैर के तलवे जीवन भर चलने के बाद आज तक नहीं घिसे अद्भुत ऐसी रचना है। हे परमात्मा आप ही इसके संचालक हैं। आप ही निर्माता। स्मृति,शक्ति,शांति ये सब भगवान आप देते हैं। आप ही भीतर बैठ कर शरीर की संरचना चला रहे हैं। अद्भुत है यह सब, अविश्वसनीय। ऐसे शरीर रूपी मशीन में हमेशा आप ही हैं, इसका अनुभव कराने वाली आत्मा भगवान आप हैं। यह आपका खेल मात्र है। मैं आपके खेल का निश्चल, निस्वार्थ आनंद का हिस्सा रहूँ!...ऐसी सद्बुद्धि मुझे दीजिए!! आप ही यह सब संभालते हैं इसका अनुभव मुझे हमेशा रहे!! प्रतिदिन पल-पल कृतज्ञता से आपका ऋणी होने का स्मरण, चिंतन हो, यही परमेश्वर के चरणों में प्रार्थना है।

RSVP:- J. R. Gupta, President

DR. AVTAR SINGH DELIVERED A TALK ON INTERNATIONAL YOGA DAY AT CENTRE ON 21-06-2025



World yoga day is celebrated on the 21st of June every year. In December 2014 the UN declared 21 June as the International day of Yoga after adapting a resolution proposed by prime minister Narendra Modi. This year's theme is "Yoga For One Earth, One Health". The Day of 21 June was chosen because it marks the summer solstice the longest day of the year in the northern hemisphere and is associated with spiritual significance in India. Yoga is based on a subtle science, which focuses on bringing harmony between mind and body. Yoga plays a vital role in disease prevention, promotion of health and in the management of lifestyle-related disorders. Through a different body posture called ASNA it helps us to stay fit, reduce stress and build focus and discipline. It supports stress management, mental health mindfulness, healthy eating, weight loss and quality sleep. It lowers blood pressure, improves blood circulation and posture and a sense of well being. A report by Dr. Avtar Singh.

SPECIAL PROGRAMS AT RECREATION CENTRE

17-06-2025 : Joint Birthday Celebrations for the members number 2640 & enrolled up to 30-06-2024 & upto membership number 2640 born in the month of June on or before 30-06-1964. The confirmation should reach by 17-06-2025 by 3 pm.

CONDOLENCES

The following Life Members of Council have left for heavenly abode during the last one month from 11-06-2025 to 10-07-2025.

LIFE MEMBERS	MEMBERSHIP NO.	ADDRESS
1. Sh. R. R. Gaur	843	42-A/2, FF, Krishna Nagar, New Delhi-29

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

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