

# ELDERLY NEWS

MONTHLY NEWSPAPER OF SENIOR CITIZENS COUNCIL OF DELHI

Affiliated with Confederation of Senior Citizens Associations of Delhi (An Umbrella Body of 11 Lakh Senior Citizens)

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## Exchange Visit by Mauritius delegation



By virtue of MOU since 2006 between Senior Citizens Council of Delhi and Senior Citizens Council of Mauritius in order to promote exchange of views of groups of Elderly, 14 members Mauritius delegation visited Delhi led by Mrs. Fazilla Jeewa Daureeawoo, Social Security Minister from 16th to 21st February, 2016. Incidentally, it may be worthwhile to point out that their forefathers migrated to Mauritius 180 years back as indenture labourers from various parts of India. Through their toil and tears, sweat and sacrifice, they enabled later generations to live in comfort and security and now they are ruling their own country. A seminar was organized at Help Age India office on ageing issues. Initially, Ms. Roji Bala welcomed on behalf of the Help Age India to the Mauritius Delegates and briefed about the efforts of the Help Age India related to various issues of the Senior Citizens Isolation, Pension, Alzheimer and Dementia, healthcare, Day care Centre, Physiotherapy Centre, etc.

Contd. at page 3 with more Photos

## Meeting with State Minister (Social Justice) on 17.2.2016



L to R :- J.R. Gupta, J. Goburdhun, Mrs. Fazila & Krishan Pal Gurjar



L to R :- Pramila Tokas, J.R. Gupta, Mrs. Mrs. Fazila, Dheeraj Tokas & J. Goburdhun

## Inauguration of Rain Shelter by Sh. Radhey Shyam Sharma, Chairmam, Standing Committee, SDMC



## Meeting with Sh. Subhash Arya, Mayor, SDMC with Delegates



## State Level Meeting of Advisory Body of Delhi Police on 12.2.16



A State Level Delhi Police Advisory Body meeting was held at Delhi Police headquarters under the Chairmanship of Shri Ravindra Yadav, I.P.S., Joint Commissioner of Police (Crime) on 12/02/2016 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 D.C.P. 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 who raised vital issues concerning senior citizens. He offered his full support for holding a big conclave of senior citizens to create awareness about the Maintenance & Welfare of Parents and Senior

Contd. at page 2

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**60% OF EPF DEPOSITS TO BE TAXED****L.R. Garg**

The Union Budget for 2016-17 seeks to impose a retirement tax at the time of final withdrawal on 60% of contributions made after April 1st, 2016, to Employees Provident Fund (EPF) and other schemes. J.R. Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi (an umbrella body of 11 lakh Senior Citizens) has requested Shri Arun Jaitley, Union Finance Minister to withdraw this proposal in the interest of employees.

**- Editor****Activity of Das SCWO-Dilshad Garden on 5.2.2016**

Das SCWO, Dilshad Garden organized Monthly Satsang at its recreation center on 5.2.2016.

**-A report by: President****Health talk on Urology at Munirka on 23.2.2016**

Senior Citizens Council of Delhi organized a Health Talk on Urology by an expert in association with Unicharm India Limited and Munirka Varisht Nagrik Sangathan on 23-02-2016 at Community Centre, DDA Flats, Munirka to create awareness and also to educate people in continence category through Power Point presentation. The session was very interactive and informative and audience found it useful, & concluded with refreshments.

**Medical Camp by Moti Nagar SCCA on 10.1.2016****Contd. from Front Page - State Level Meeting**

Citizens Act, 2007 which was appreciated by the Chairman assured to convey the date in due course. The members present also pointed out about the traffic problems including encroachments in their respective colonies. Shri J.R. Gupta also raised the issue regarding encroachments of service lane facing Africa Avenue, Safdarjung Enclave by Mahindra Car Showroom, old car dealers and Nova Hospital and even the residents have to wait sometime for hours due to congestion of traffic in the service lane in spite of complaints to local traffic police. He further, asked to the need of traffic signal on Harsukh Marg, just opposite to B-5 gate of Deer Park as the morning/evening walkers including senior citizens, children and women are feeling inconvenient while crossing the road and has to wait for long time to cross the road as the traffic on the road is very heavy as such, it is very difficult to enter in the Deer Park. He further informed that a function was organized in association with Delhi Police on 25th July, 2015 at Green Fields School, Safdarjung Enclave in which students of 11th and 12th class and lonely senior citizens participated. He also shown his concern about the number of Senior Citizens registered by Delhi Police, as more than 1 lakh Senior Citizens across Delhi are residing and needs its awareness also. The beat Constables should also visit lonely Senior Citizens at least twice in a week regularly. As it has been very difficult for them to use the footpath. 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 Ravindra Yadav, assured to take remedial measures to address their grievances/ suggestions in due course. He further agreed to address the senior citizens for creating awareness of Parents Act, 2007 as and when venue is booked by the Confederation. On behalf of Delhi Police, it was also conveyed that any lonely Senior Citizen who wants to get registered can do the by filling the form online or call helpline Number 1291. The meeting ended with a vote of thanks to the Chair.

**-A report by L.R. Garg****Visit to Mathura, Vrindavan by SVN, Shalimar Bagh****ISU3A EC Meeting At Mumbai on 27.2.2016****LtoR : A.K. Khan, A.P. Singh, J.R. Gupta, Dr Sajjan Singh & T.M. Dak**

Executive Committee meeting of ISU3A was held on 27/02/2016 at Mumbai under the Chairmanship of Dr. Sajjan Singh, Chairperson. Shri J.R. Gupta, Executive Chairperson, Dr. T.M. Dak, Secretary General, Dr Indrani Chakravarty (Calcutta), A.K. Khan (REWA), G.K. Khare (Allahabad), A.P. Singh (Ghaziabad), A. Chattopadhyay (Calcutta), Suryanarayana (Ambadipudi), R.N. Mittal, Chief Pattern (Hyderabad), R.K. Garg (Udaipur), Mr Bhandari (Udaipur), L.R. Garg (Delhi), Dr. P Vyasamoorthy (Hyderabad). The meeting was hosted by Shri Dinesh Babel, Vice Chairperson, (West) followed by lunch.

**A report by L.R. Garg, Vice Chairperson (North).****Meeting with Mr. Aliaksandr of The U3A Minsk, Belarus on 22.02.2016**

Mr. Aliak Sandr, Vice Chairman of Council of University of Third age (The Minsk U3A) met J.R. Gupta, National Executive Chairperson ISU3A on 22/02/2016 along with his wife at New Delhi. He shown his interest to sign MoU between his U3A and Senior Citizens Council of Delhi.

**- EDITOR****Annual Day of Triveni SCF on 14.2.2016**

Triveni Senior Citizens Forum, Sheikh Sarai Phase-I celebrated its 17th Annual Day on 14.2.2016 in which more than 200 members and guests participated. Shri J R Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi (An umbrella body of 11 lakh senior citizens) was Chief Guest. Super Senior Citizens (80+) & golden couples (50 years of marriage) were felicitated by the Chief Guest. Sh. S.D. Singh & Party entertained the gathering with their melodious songs followed by lunch.

**-A Report by R.C. Sharma, President**

**Editorial Board of Elderly News :** B.S. Yadav (Dwarka), P.D. Bathla (Rohini), Ved Prakash Gupta (Mayur Vihar), J.C. Narang (Tagore Garden), R.C. Sharma (Triveni) **Reporters :** Pratap Singh, Jai Singh, Gyan Singh Tokas, Smt. Kamlesh Popli & Mishri Lal Kaushik (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:** gupta jr2005@gmail.com, **Web:** www.seniorcitizensdelhi.org



**Daily Spiritual Discourses at Deer Park (7AM & 8AM)** Swamy Ram Swaroop Girdi (Chattisgarh) from 16.03.16 to 31.03.16, Pt. Banwari Lal Saraswat (Vrindavan) from 1.4.16 to 15.4.16 & Aditya Prakash Tripathi (Chitrakoot) from 16.4.16 to 30.4.16. Also at Shiv Mandir, Green Park from 4.30 pm to 5.30 pm daily, Shri Ram Mandir, B5 Block, Safdarjung Enclave from 7.00 pm to 8.00 pm. daily & Sadbhavana Satsang Mandal, DDA Flats, Munirka on every Sunday from 10.00 a.m. to 11.00 am. **-H.D. RALHAN, Secretary**



**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, EDITOR**

**APPEAL FOR AFFILIATION WITH CONFEDERATION**

Till Date 102 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.

**-BALBIR SINGH, Genl. Secy.****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 35 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.

Please contact - 9810488059 **- A.C.BANSAL, Executive Member**

## Contd. from Front Page - Exchange visit



## Contd. from front page:-

On the other side, J.R. Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi, ( an umbrella body of 11 lakh Senior Citizens) briefed their counter parts about various facilities/ benefits being extended to Senior Citizens by Delhi Govt. and Govt of India. He highlighted some activities for the cause and care of elderly such as, on every 1st October is celebrated as Elders Day by organizing Walkathon with the support of Ministry of Social Justice & Empowerment, Govt of India & Help Age India from Vijay Chowk to India Gate in which more than 5000 Senior Citizens are participating. Various talks by eminent doctors are organized, 102 recreation centers across Delhi are functional for the elderly with the Govt. support at the rate of Rs. 20,000.00 per month as recurring grant, and 38 more recreation centers would be created by April, 2016. 4 Lakhs, 13 thousand elderly living below poverty line are getting pension at the rate of Rs. 1,000.00 per month upto 69 years and Rs. 1,500.00 per month from 70 and above , whose annual income is Rs. 60,000.00. Concessional bus passes in DTC buses for the elderly at the rate of Rs. 50.00 and Rs. 150.00 per month in Non- AC and AC buses respectively. Even, Senior Citizens & Parents Maintenance Act 2007 has been enacted for the welfare of senior citizens of Delhi .Under this Act; the senior citizen can go to Tribunal Court in case of ill-treatment by son without advocate. In case, the son refuses to look after their parents, they can claim Rs 10,000.00 per month as maintenance allowance . The settlement period for the same is 90 days. Moreover, the Council is also organizing interaction programmes in association with Public Schools where students of ninth class and above are visiting lonely Elderly as a moral support and getting special marks for such social service. Even with the help of Mahanagar Telephone Nigam Ltd. (MTNL) 4 digit helpline numbers is created for the lonely senior citizens in each colony , Cultural programs, Exercises (laughing), yoga & birthday celebrations of Senior Citizens are also organized to fight the isolation of Senior Citizens. If we compare these benefits with the other Indian States, Delhi is availing the maximum benefits from the Central government because of the active participation of the Senior Citizens Council of Delhi & Confederation.

While interacting, Mrs. Fazilla , Social Security Minister of Mauritius appreciated the efforts of Council for the cause and care of Elderly, she informed that in Mauritius their Prime Minister ensures that the programs are implemented for the elderly. Frequent meetings and discussions are held to help elderly to live with dignity and for the protection of their rights. Elderly population in Mauritius is 89,000. Various measures have been taken by the government which includes Basic Pension Scheme, in which Elders get a pension of Rs. 5,000.00 per month upto 69 years, Rs 15,000 per month (70-89 years), Rs 30,000 per month (90 and above) and elders (90 – above years) get a pension of Rs 40,000 per month, Medical help, Careness Allowance, free healthcare, free transport for the elder citizens are also available.



LtoR :- J.R. Gupta, Mrs. Fazila &amp; Mrs. Uma Tuli

Programs and policies are revisited at regular intervals to serve the needs of the elderly who are role models and getting support from the government. She further stated that her Govt. is fully committed to promote the Welfare and quality of life of its Senior Citizens by taking a number of important policy measures to provide inter alia for income Security, protection, Empowerment

## Seminar on Ageing at HelpAge India office with Delegates



and general welfare for our Elderly persons. She also stated that 3 recreation centres are already operational and one more is under construction for Elderly people.

A Special programme was also organized at Central Park, Munirka, DDA Flats during Annual Day Function of Sadbhawana Satsang Mandal in the presence of 700 Senior Citizens followed by lunch in which the Minister, delegation members and Mr. J.Goburdhun, Mauritius High Commissioner were also felicitated by J.R. Gupta and other members including Mrs. Pramila Tokas, M.L.A and Shri Radhey Shyam Sharma, Chairman, Standing Committee , South Delhi Municipal Corporation (who also inaugurated rain shelter at the venue). Special Cultural programme was also organized for the entertainment of delegation members. Mr. Hanslall Seebarith, Chairperson, Senior Citizens Council Mauritius also briefed the members on various ageing issues and the delegation members are trying to search the routes of their forefathers in India. The Minister however, stated that she has already been able to find out her routes in Surat (Gujarat)

J.R. Gupta, President of the Council acknowledged that Mauritius and India enjoy a unique and exceptional bond of friendship, anchored in a shared historical and cultural heritage and thanked the Minister and delegates for visiting Delhi under exchange programme and also congratulated the Minister for extending maximum benefits to its elderly by her Govt. as compared to whole of World.

## Visit to Computer room operated by physical handicapped students



The members were also taken to Akshardham and a few selected historical places in Delhi including interacting meetings with Shri. Krishan Pal Gurjar, Minister of State, Social Justice & Empowerment, Govt. of India, Shri Subhash Arya, Mayor of Delhi , Visit to physically handicapped centre run by Amar Jyoti Trust, East Delhi, headed by Mrs. Uma Tuli.

- A report by D.P. Rupal

## KRIYA-RASAM PAGRI



## SMT. SAMAR LATA GUPTA

W/o Late Ram Chand Gupta

With profound grief & sorrow we regret to inform the sad demise of our beloved mother on 26th Feb.

Rasam Pagri will be held on 8th March at Mata ka Mandir, New Friends Colony, New Delhi from 3 pm to 4 pm.

## In Grief

Rakesh Chand & Renu Gupta (Son & Daughter in law)  
 Naresh Chand & Anita Gupta (Son & Daughter in law)  
 Kamal & Suresh Kumar Gupta (Daughter & Son in law)  
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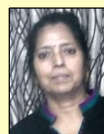
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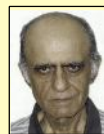
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## International Roma Conference by ARSP &amp; ICCR



50 members of Senior Citizens Council of Delhi participated in International Roma Conference held on 20/02/2016 at Azad Bhawan Auditorium which was organized by ICCR and the same was inaugurated by the Chief Guest Smt. Sushma Swaraj, Union Minister for External Affairs, Govt. of India followed by high tea.

## Visit to Jaipur Sidhartha Extension SCWF



Siddhartha Extension SCW organized tour to Jaipur Tour from 30.1.2016 to 2.2.2016.

-A report by - Man Mohan Gupta, President

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I L.R. Garg, hereby declare that the particulars given above are the true to the best of my knowledge and belief.

Date: 01/03/2016

L.R. Garg (Editor)

## Special Programmes at Deer Park

24 March 2016 - Holi Milan with Chandan, Flowers & Cultural programmes from 7.30 am onwards followed by refreshment.

10 April 2016 - Distribution of Souvenir - 2016 including Parv Deepika 2016-17 from 7.30 am onwards followed by refreshment.

- EDITOR



## Shree Ram Katha at Siri Fort from 17 to 24 April 2016

Shree Ram Katha Samiti Dakshini Delhi in Association with Senior Citizens Council of Delhi is to organize Shree Ram Katha by Param Poojya Sant Sh. Vijay Kaushal Ji Maharaj at Siri Fort Auditorium from 17-4-2016 to 24.04.2016 (4 to 7 pm) daily. All are cordially invited & make a note in their calendar in advance.

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

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