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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., DSLSA & SENIOR CITIZENS CELL OF DELHI POLICE

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Rs. 5/-

SENIOR CITIZENS MEETS MRS. SANTI BAI HANOOMAN JEE, NEW HIGH COMMISSIONER OF MAURITIUS IN INDIA ON 02-03-2020



L to R :- V.K.Pahuja, J.R.Gupta, Mrs. S.B.Hanoomanjee (High Commissioner) & Mrs. Manjula Aggarwal
A 3 members delegation of Senior Citizens Council of Delhi led by its President J.R.Gupta met new **High Commissioner of Mauritius in India H.E. Mrs. Santi Bai Hanooman Jee** on 02-03-2020. The other members were Virender Kumar Pahuja & Mrs. Manjula Aggarwal. The members congratulated for her new assignment. She was the first woman elected Speaker of the National Assembly of the Republic of Mauritius between 2015 & 2019. She was also Minister of Health and Quality of Life during May 2010 to July 2011. Incidentally, it may be worthwhile to note that MOU exist since 2006, between both the Councils of Delhi & Mauritius under the aegis of Ministry of Social Security in order to promote exchange of views of groups of elderly of both the countries on reciprocal basis. **- Manjula Aggarwal**

GRACEFUL AGEING CONFERENCE AT HARIDWAR FROM 29-02-2020 TO 02-03-2020



Senior Citizens Council of Delhi organized Graceful Ageing Conference at Nishkam Sewa Trust, Haridwar on 29-02-2020 to 02-03-2020, in which 117 members (including 11 Speakers & 12 students) participated after coming from different parts of Delhi including Jodhpur. While welcoming all the delegates & Guests, J.R. Gupta, President of Council, briefed about various free facilities being provided in the Recreation Centre, Green Park Extension on daily basis such as Physiotherapy, Blood sugar test, Computer Training, Yoga Classes, Library, News Papers, Television, Carom Board, Chess, Ludo, health checkup camps, consultations from eminent doctors & Spiritual Discourses. **Contd. on page 3 with more photos**

SENIOR CITIZENS MEETS PROF. GANESHI LAL, GOVERNOR OF ODISHA AT RAJ BHAVAN ON 22-02-2020



38 members of Senior Citizens Council of Delhi and Jodhpur met Hon'ble **Prof. Ganeshi Lal, Governor of Odisha** at Raj Bhavan, Bhubaneswar on 22-02-2020. J.R.Gupta, President along with Ram Raj Bhandari & other members also felicitated him with shawl, patka & special Rajasthani pagri as a token of respect and regards during their visit to Bhubaneswar. He welcomed all the members & hosted high tea in their honour. **- Photos at 4**

51 MEMBERS VISITS RASHTRAPATI BHAVAN, MUGHAL GARDEN & NATIONAL WAR MEMORIAL ON 15-02-2020



Senior Citizens Council of Delhi organised visit to Rashtrapati Bhavan, Mughal Garden & National War Memorial on 15-02-2020 in which its 51 members participated from 12 noon to 7:30 pm in a bus provided by the Council. Rashtrapati Bhavan is a H shaped building, covering an area of 5 acres on a 330 acre estate. This mansion has a total of 340 rooms spread over four floors, 2.5 kilometres of corridors and 190 acres of garden area. The Mughal Gardens are situated at the back of the Rashtrapati Bhavan, incorporate both Mughal and English landscaping styles and feature a great variety of flowers. The Rashtrapati Bhavan gardens are open to the public in February every year. The National War Memorial at India Gate represents the gratitude of a nation to its Armed Forces. The Memorial will help strengthen the sense of belonging, high moral values, sacrifice and national pride in our citizens. It shall stand testimony to the sacrifices made by our soldiers during various conflicts, United Nations Operations, Humanitarian Assistance and Disaster Response Operations since Independence. It will showcase rich military traditions of our Armed Forces as a shining example of selfless service to the nation. The visit could be possible in a very short span with the efforts of Sh. J.R.Gupta, President of the Council and everyone was thankful to him. **-More photo page 4, reported: Manjula Aggarwal**

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ELDERLY NEWS WISHES ITS READERS HAPPY NAVRATRAS, RAM NAVAMI, MAHAVEER JAYANTI & HANUMAN JAYANTI

CONFEDERATION NEWS

INTERNATIONAL WOMEN'S DAY -2020 ON 08-03-2020



The theme of International Women's Day 2020 is, **I am Generation Equality: Realizing Women's Rights**. The theme is aligned with UN Women's new multigenerational campaign, Generation Equality, which marks the 25th anniversary of the Beijing Declaration and Platform for Action, the most progressive roadmap for the empowerment of women and girls, everywhere. International Women's Day is a time to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women, who have played an extraordinary role in the history of their countries and communities. Confederation of Senior Citizens Associations of Delhi have recognised vital role of women in various fields by felicitating 16 women on this day.

-L.R. GARG, EDITOR

PICNIC BY MEMBERS OF SCW MISSION - TAGORE GARDEN



A picnic was arranged on 16.02.2020 at Rajgarh Farms sector 135, Noida, in which 178 members of SCWM participated. The activities included Variety foods, Music, Dance, Adventure, Camel ride, Cricket, Cards & Tambola. Members also participated in the activities specially arranged for Senior Citizens by the Resorts.

-A report by R.K. Katal, President

MOTI NAGAR SCCA ORGANIZED AN ORTHO MEDICAL CAMP ON 16.2.2020



Moti Nagar SCCA organized an Ortho Medical Camp at its Centre on 16.2.2020, under the guidance of its President, Subhash Sharma, where Ortho Doctor from Maharaj Agarsen Hospital (Dr. Atul Garg) was invited for a lecture of "awareness program on arthritis", after which there was a question/answers session. This camp was attended by about 65 members. At the end refreshments were served.

-Subhash Sharma, President

SMT BANDANA KUMARI, MLA VISITED SCWS, SHALIMAR BAGH ON 29.02.2020



Smt Bandana Kumari, MLA, Shalimar Bagh visited activity center of SCWS. She watched the proceedings for more than an hour & observed that the accommodation of the Activity Center allotted to the SCWS was insufficient as many members could not get seats. She promised that she will arrange a suitable accommodation in a period of six months, President thanked Smt Bandana Kumari for her gracious visit & the promise announced by her for a spacious accommodation. Birthdays of Members born in the month of February were celebrated & Smt Bandana Kumari distributed gifts to these Members and had a group photo with them.

-Reported by: P.P. Tuteja, G.S.

BIRTHDAY CELEBRATIONS BY SCWA - ROHINI, SECTOR 13



NEW YEAR CELEBRATIONS BY SCA MIXED HOUSING COMPLEX



Senior Citizens Association Mixed Housing Complex celebrated NEW YEAR on 01.01.2020. distributed sweets & conveyed best wishes to all members of the Association.

-A report by Dr. Tapan Chakraborti, President

GULMOHAR FORUM ORGANISES LECTURE-CUM-DEMONSTRATION ON ART OF LIVING on 23.02.2020



On Sunday Feb 23th, GJCSCF celebrated the birthday of its February born members by organising a lecture-cum-demonstration on Art of Living by Ms. Varuna Ladda. She was assisted by Dr. Saroj Kumari. During the talk, Ms Varuna highlighted the importance of breathing to our health and well being. Against about 2-3 Kg food and liquids we ingest. Dr. Saroj chipped in and gave several tips for senior citizens to remain fit & healthy which were highly appreciated by all. In the end, a cake was cut & everybody wished the birthday.

-A report by Vimal Bhan

DENTAL CHECK-UP CAMP ORGANIZED BY JODHANA SENIOR CITIZEN FORM AT DESURI



Desuri Dental Check up Camp organized by Jodhana Senior Citizne Forum, Jodhpur in which 100 of public taking benifits. The Chief Guest is our His Highness Maharaja Gaj Singh Sahib with Ambassador of Luxsumberg & Maharani Hemlata Shaiba.

-A Report By Ram Raj Bhandari

BIRTH DAY CELEBRATIONS BY SCWA - CC BLOCK SHALIMAR BAGH



SC FORUM DILSHAD GARDEN VISITED JAGARNATHPURI, KONARK, CHITLA LAKE, CULCUTTA & GANGA SAGAR



80TH BIRTHDAY CELEBRATION OF MR. M.L. KHANNA by SCWA, SECTOR 13, ROHINI



80th Birthday of Sh. M.L. Khurana celebrated by SCWA sector-13 Rohini. he was felicitated by shwal & flower. I will pray to God for his long life & sound health.

-A report by D. K. Mehra

Editorial Board of Elderly News : B.S. Yadav (Dwarka), G.R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), Vimal Bhan, R.K. Singhal, Amar Chand Bansal & Mrs. Pushpa Mishra, Reporters : Pratap Singh, Mrs. Manjula Aggarwal, 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.seniorecitizensdelhi.org.



Daily Spiritual Discourses at Deer Park (7AM & 8AM) Pt. Bal Mukund Shukla (Prayag) from 16-03-2020 to 31-03-2020, Acharya Dhananjay Mishra (Prayag) from 01-04-2020 to 15-04-2020 & Pt. Ram Anugrah Ramayani (Allahabad) from 16-04-2020 to 30-04-2020. Also at Shiv Mandir, Green Park from 5.15 pm to 6.15 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 am to 11.00 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 138 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 40 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

SWAMI NITYANAND SARASWATI JI, HARIDWAR ADVISES SENIOR CITIZENS TO RESPECT THE WISHES OF THEIR CHILDREN & VICE-VERSA



Senior Citizens Council of Delhi organised a special spiritual discourses on senior citizens by **Swami Nityanand Saraswati (Haridwar)** on 18-02-2020 at its Recreation Centre, Green Park Extension in the presence of more than 200 senior citizens. In his spiritual speech, he concentrated between the relations of senior citizens and their children, as incidents are increasing day-by-day in which senior citizens are abused or neglected at the hands of their own children. He admitted that such senior citizens have failed in their duties to teach moral values to their children. Due to breakdown of Joint Family system, married childrens are busy in their multinational jobs from 8 AM till night and they have no time to take care of their parents. But at the same time, parents are also required to respect the wishes of their children to maintain harmony and peace within the family. He appreciated the efforts of

the Council headed by J.R.Gupta, President for protecting lonely senior citizens from abuses/humiliations at the hands of their own children without the intervention of Delhi Police. Senior Citizens are well experienced and can contribute a lot for the welfare of the society/neighbourhood. Mr. Somnath Bharti, MLA also addressed the senior citizens and assured his full support for any civil work in his area as & when required. J.R.Gupta felicitated Swami Ji with shawl & memento. On this occasion, **Joint Birthday of 21 members** including J.R.Gupta were also celebrated. Swami ji himself felicitated J.R.Gupta with shawl and blessings. Each concerned member was felicitated with flowers, shawl and a gift as a token of respect & regards. J.R.Gupta extended Birthday Greetings to all concerned followed by heavy refreshments.

- A reropt by Manjula Aggarwal

VISIT TO ODISHA, GANGASAGAR & KOLKATA BY 38 MEMBERS FROM 22-02-2020 TO 25-02-2020



38 members of Senior Citizens Council of Delhi & Jodhpur visited Odisha, Gangasagar & Kolkata from 22 to 25 -02-2020 by air. The members visited Bhubaneswar & met **Hon'ble Prof. Ganeshi Lal, Governor of Odisha**. He welcomed all the members & arranged high tea in their honor at Raj Bhavan. The members also have darshan of Lord Jagannath at Puri including Ling Raj temple. The members reached Kolkata and visited many religious & historical places around Kolkata & have darshan of Kali Mata Shakti Peeth,

Kalighat, Victoria Palace, Eden Garden and met **Hon'ble Sh. Jagdeep Dhankar, Governor of West Bengal** at Raj Bhavan followed by high tea. 6 members consisting of Prem Sukh Daga, Ram Raj Bhandari, J.R.Gupta, L.R.Garg & Bal Kishan Gupta also visited Sh. Jagmohan Bagla at his residence and felicitated him with shawl & patka. The members visited Ganga Sagar on 25-02-2020. The members returned to Delhi late night with unforgettable memories with the efforts of J.R.Gupta.

- EDITOR

FROM FRONT PAGE : - GRACEFUL AGEING CONFERENCE AT HARIDWAR ...



He informed about protecting lonely senior citizens from abuses/humiliations at the hands of their own children and others. He further told that Delhi senior citizens are getting maximum benefits from Delhi Govt. in comparison to other states across the country & advised Haridwar senior citizens to demand same benefits for them from Uttarakhand Govt. on the basis of Delhi Govt. The Chief Guest was Maha Mandaleshwar Swami Anand Chaitanaya Saraswati ji Maharaj, Anand Krishan Dham, Kankhal, Haridwar, delivered a special lecture on Ageing. Dr. Mahavir Agrawal, Pro Vice-Chancellor, University of Patanjali, Haridwar, Guest of Honor, delivered key note address on Graceful Ageing issues. A cultural program was also organized by the 12 students (6 girls and 6 boys) of Patanjali Vidyapeeth, Haridwar, which was appreciated by all present during inaugural session on 29-02-2020. The other speakers were Acharya Krunesh Mishra, Naresh Mittal, Yoga Teacher, Sat Narayan Aggarwal, Prem Sukh Daga (both from Jodhpur), Ram Kunwar Vats (Delhi), Mrs. Lalita Bajaj (Rohini) also speaks about Mudra therapy, Dr. Nagendra Kumar Neeraj, Chief Medical In-charge, Yoggram Nature Cure and Panchkarma Research Centre, Patanjali Yogpeeth, Haridwar speaks on 01.03.2020 in details about Nature Cure without any medicine and invited senior citizens to visit his Patanjali Yoggram. Ram Pal (Delhi), Mrs. Alka Mittal (Rohini), Dr R.N.Sinha (Noida) Gyan Chand Gupta (East Delhi) also spoke about various issues on Ageing. L.R.Garg, Secretary speaks about Family Issues based on Ageing. Acharya Krunesh Mishra, delivered a spiritual discourses advising how cordial relations can be maintained in a family & society as per teachings of Shree Ramcharitmanas. Most of the Speakers gave various tips how senior citizens can maintain their health. Naresh Mittal from Delhi chaired laughing session and the same was demonstrated before the audience.

Everybody was very cheerful and happy. Thereafter, Question-Answer sessions were also held for each speaker in which some members from audience shared their views on Graceful Ageing. Next day, practical yoga session was also conducted by Naresh Mittal in the presence of senior citizens. Speakers also spoke about Yoga- Pranayam and Meditation including the art of stress free living, Atam Darshan and Yoga followed by concluding session on 02-03-2020, followed by lunch. Each participant was offered badges, Conference-Kit, mineral water bottles including lodging and boarding on twin share basis for all 3 days. The participants were picked up from Haridwar Railway Station by 3 buses on 29-02-2020 and were taken to venue of Conference and they were dropped at Haridwar Railway Station on 02-03-2020. The members also visited Patanjali Yoggram Nature Cure & Research Center, Patanjali Haridwar on last day of the Conference after lunch and thereafter, proceeded to Railway Station to board the Train for New Delhi. The Conference was very well organised and the delegates were taken care till their departure from Haridwar with the sincere efforts of Shri J.R. Gupta. During the Conference, the delegates interacted and shared their experiences with each other. All the participants were of the view that such Conference should be continued to be organized every year. Moreover, they also utilized 3 days time with their counterparts by ignoring loneliness in their routine life. The participants also have a holy bath in Ganga ji at Har-ki-Pauri followed by Special Evening Aarti on both days and also took a round of various historical and religious places at around Haridwar and Rishikesh including darshan of Neelkanth. J.R.Gupta President of the Council thanked all the Speakers, Guests and Students and also felicitated them with mementos/gifts along with other members. The members reached Delhi on 02-03-2020 (late night) by train with unforgettable memories. **- L.R. Garg**

FROM FRONT PAGE : SENIOR CITIZENS MEETS PROF. GANESHI LAL, GOVERNOR OF ODISHA ...



FROM FRONT PAGE : - 51 MEMBERS VISITS RASHTRAPATI BHAVAN ...



FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA SAKET COURT MONTH OF FEBRUARY, 2020



With the support of Delhi State Legal Services Authority (South District), during the month of February, 2020, Advocates Dheeraj Bhardwaj visited Recreation Center, Green Park Extension on every Tuesday and rendered free Legal advice sought by members of Senior Citizens Council of Delhi. J.R. Gupta, President of the Council says that more and more members are coming forward to avail this free unique facility at their door steps and waiting for their turn on coming Tuesdays. So far, more than 1600 senior citizens have benefited in sorting out their petty matters and also by creating awareness among other senior citizens in the adjoining colonies. **- EDITOR**

SUNDERKAND PATH AND FELICITATION OF KRISHAN LAL AT RECREATION CENTER ON 07-03-2020



Senior Citizens Council of Delhi organised sunderkand path with the support of Sh. Krishan Lal in the presence of more than 100 senior citizens, which was recited by Dinesh Sharma, Devraj Nanda, Mrs. Usha Sharma and other members. Sh. Krishan Lal was also felicitated by J.R. Gupta & other members followed by heavy refreshments. **-A report by Manjula Aggarwal**

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1081		Mrs. Lalita Agarwal, 70, Pocket-B, SFS DDA Flats, Sukhdev Vihar, New Delhi-110025	1086		Mrs. Maya Bhardwaj, E-1/A, Green Park Extn, New Delhi -110016

COUNCIL FELICITATES 16 WOMEN ON INTERNATIONAL WOMEN DAY AT RECREATION CENTER ON 07-03-2020



Senior Citizens Council of Delhi organised International Women Day at its Recreation Center, Green Park Extension on 07-03-2020 in the presence of more than 200 members. On this occasion, a skit play was performed by Mrs. Geeta Jha, Meenakshi Venkataraman & Mrs. Veena Sharma (Gulmohar Park) on the Empowerment of Women in various fields. J.R. Gupta, President felicitated 16 women namely Pratima Chaturvedi, Prabha Rastogi, Geeta Jha, Meenakshi Venkataraman, Krishna Deb, Veena Sharma, Pushpa Mishra, Nirmal Bhardwaj (all from Gulmohar Park), Usha Sharma, Vijay Laxmi Sharma, Maya Sharma, Theresa Dieudonne, Manjula Aggarwal, Kamlesh Ramgaria, Kailash Gupta & Sushma Dhawan. J.R. Gupta, extended congratulations to all concerned women, as they are a symbol of strength to build the Nation. The function concluded followed by heavy refreshments. **- A report by Manjula Aggarwal**

HOLI CELEBRATED AT DEER PARK SATSANG ON 10.03.2010



Senior Citizens Council of Delhi organised Holi milan at Deer Park Satsang on 10.03.2020 in the presence on more then 200 senior citizens with chandan only. Kalam Bharti, poet recited many poems followed by refreshment.

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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: 01/03/2020

L.R. Garg (Editor)

SPECIAL PROGRAMMES AT RECREATION CENTER, GREEN PARK EXTENSION

Free Consultation on Legal Matters by an Advocate & Sunderkan Path :- Every Tuesday from 2pm to 4pm
 Free Homeopathy Dispensary:- Every Tuesday, Thursday and Saturday from 1.30pm to 3.30pm
 Free Consultation by Dr. S.K. Gupta (General Physician):- Every Tuesday and Thursday from 2pm to 4pm
 14-03-2020: Governing Body Meeting of Confederation at Shalimar Bagh
 21, 22 & 23 -03-2020 :- ISU3A National Seminar at Goa.
 25-03-2020 : Release of Souvenir 2020 by Chief Guest at Deer Park Satsang
 27-03-2020 : Shree Durga Saptasati Path from 2 pm to 4 pm followed by refreshments.
 29-03-2020 : Joint Birthday Celebrations of Council Members (enrolled upto 28-02-2019) if confirmed on or before 20-03-2020.
 02.04.2020 : Sri Ram Janam Mahotsav by Sanatan Dharm Mahasabha at Hindi Bhawan, followed by cultural programme / refreshment in association with Senior Citizens Council of Delhi by bus. **-EDITOR**