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

VOL : 008

Issue No : 087

MONTH : MARCH, 2021

Rs. 5/-

SENIOR CITIZENS COUNCIL OF DELHI ORGANIZED GRACEFUL AGEING CONFERENCE AT HARIDWAR ON 06, 07 & 08 -03-2021



Senior Citizens Council of Delhi organized **Graceful Ageing Conference at Nishkam Sewa Trust, Haridwar on 06, 07 & 08-03-2021** in which 83 eminent senior citizens participated after coming from different parts of Delhi including Jodhpur & Haridwar. The Chief Guest was **Dr. Mahavir**

Agrawal, Pro- Vice- Chancellor, University of Patanjali, Haridwar who delivered key note address on Graceful Ageing issues. A cultural program was performed by the 13 students (7 girls and 6 boys) of Patanjali Vidyapeeth, Haridwar. **Contd. on page 3 with more photos also at page 2**

H.E.MRS. SANTI BAI HANOOMANJEE, MAURITIUS HIGH COMMISSIONER TO INDIA FELICITATES 13 WOMEN TO CELEBRATE INTERNATIONAL WOMEN DAY ON 09-03-2021



H.E. Mrs. Santi Bai Hanoomanjee, Mauritius High Commissioner to India visited Recreation Center of Senior Citizens Council of Delhi at Green Park Extension on 09-03-2021. She took a round of the center & appreciated the efforts of the Council to provide various free facilities to senior citizens on daily basis. She also felicitated 13 women to celebrate **International Day of Women** in recognition to their services on various fields before retirement. She announced that MOU with both the Councils is still in force, although, the same was pending since, 2017. J.R. Gupta, President felicitated the Chief Guest with shawl & memento as a token of respect & regards. **- a report by L.R.Garg, Secretary**

DCP (SOUTH-WEST) FELICITATES J.R.GUPTA ON HIS 77TH BIRTHDAY DURING POLICE WEEK ON 16-02-2021 AT RECREATION CENTER



The Senior Citizens Council of Delhi organized Interaction Session with Delhi Police, South-West District, on 16-02-2021 during Police Week in order to create Awareness about safety and security of senior citizens at its Recreation Center, Green Park Extension in the presence of more than 125 senior citizens by observing social distancing norms. **Ingit Pratap Singh**, DCP (South -West) was the Chief Guest. He took a round of the Recreation Center & appreciated efforts **Contd. on page 3**

COUNCIL/CONFEDERATION DONATES RS. 5.66 LAKH TO RAM MANDIR AYODHYA

Senior Citizens Council of Delhi & Confederation of Senior Citizens Associations of Delhi headed by J.R. Gupta as President and Chairperson respectively, donated a sum of **Rs. 5.66 Lakh** through **60 cheques** in the name of **Shree Ram Janam Bhoomi Teerth Kshetra** for the renovation of Shree Ram Mandir at Ayodhya. The cheques have already been credited in the account of Mandir on **19-02-2021**. The donation includes Rs. 2,67,710/- by Council, Rs. 2,37,311/- by SCA, Shalimar Bagh West Shiv Park, Rs. 36,102/- by SCWA, Sukhdev Vihar & Rs. 22,301/- by SCWO, Dilshad Garden affiliated to Confederation. **- A reporty by Pratap Singh, Treasurer**

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ELDERLY NEWS WISHES ITS READERS HAPPY INTERNATIONAL DAY OF WOMEN, MAHASHIVRATRI, HOLI & GOOD FRIDAY

CONFEDERATION NEWS

INTERNATIONAL WOMEN DAY ON 08-03- 2021



International Women's Day is celebrated on the 8th of March every year. Women deserve equal opportunities at everything like men. The world is moving towards achieving gender balance. It's moving towards equality for both men and women. The change is something that is needed and is essential. For ages, men have had more privileges in every sphere of society. However, that needs to change because we are all humans, and we should all get equal rights and opportunities. International women's Day is a day where everyone appreciates everything that the women in their lives do. It's a day when everyone acknowledges the value and importance of women in their lives—of women in the world is immense. Senior Citizens Council of Delhi felicitates 13 women on this day at Recreation Center, Green park Extn.

-EDITOR

MOTI NAGAR SENIOR CITIZENS CULTURAL ASSOCIATION



Moti Nagar SCCA celebrated its Lohri festival, one of the most important Festivals of North India, at its Recreation Centre on 13-01-2021, by observing social distancing norms in the presence of more than 50 members, followed by tea/refreshments.

-Subhash Sharma

SCWF, KALKAJI ORGANIZED TAMBOLA GAMES



Members of Senior Citizen Welfare Forum, Kalkaji have been playing TAMBOLA Games on every 2nd and 4th Friday of every month regularly for the last few years in its Recreation Center.

- a report by Y.N.Sharma, President

SCA MIXED HOUSING COMPLEX ORGANISES CULTURAL PROGRAMME



Senior Citizens Association, Mixed Housing Complex, has organised a Cultural Programme on 28-02-2021. Dr. Tapan Chakrabarti played Sitar & his campaign was on Tabla. Other members sang old songs & jokes which members enjoyed. Light refreshments was also served to the participants.

- Dr.Tapan Chakrabarti, President

INAUGURATION OF SENIOR CITIZEN MANORANJAN KENDRA



Senior Citizen Manoranjan Kendra inaugurated in AGCR Enclave Central Park by Shahdra Jila Adhyaksh Ram Kishore Sharma and Ex Mayor Anju Kamalkant on 1st March, 2021. It was possible with efforts of EDMC and Senior Citizen Welfare Club, AGCR Enclave. Shri Naresh Aggarwal, President thanked all present.

-EDITOR

HIDDEN TALENTS OF SENIOR CITIZENS DURING HARIDWAR CONFERENCE



SCA JANAKPURI CELEBRATES BASANT PANCHMI ON 16-02-2021



Ladies Wing of Senior Citizens Friendship Forum, A-1 Block, Janakpuri celebrated Basant Panchmi Festival on 16-02-2021 in the presence of large number of members.

- A report by Arun Sabharwal

SCF, SECTOR-18, ROHINI, CELEBRATES JOINT BIRTHDAY ON 31-01-2021



Joint Birthday of January born members was celebrated on 31-01-2021 by the Senior Citizens Forum, Platinum Enclave, Sector-18, Rohini.

-S C Saxena, General Secretary

GULMOHAR FORUM ORGANISED TALK ON "COVID-19 VACCINES & JOINT BIRTHDAY CELEBRATIONS O 31-01-2021



On 31-01-2021 GJCSCF celebrated birthday of its January born members by organising a lecture on "Covid-19 vaccines" by Dr. Lalit Kant. Dr. Kant is an expert on communicable diseases. He spoke at length about the 2 vaccines rolled out in India under emergency use authorization, their underlying technology, efficacy and other scientific parameters and advised to follow social distancing norms. the protocol of wearing a mask, washing hand frequently, maintain a safe distance and observe cough hygiene. Several members from the audience asked questions about various aspects of Covid and the vaccines which were very well explained by Dr. Kant. In the end, a cake was cut and all joined for a sumptuous lunch laid out in the open lawns of Gulmohar Club.

- a report by Vimal Bhan

SCWS SHALIMAR BAGH CELEBRATED BASANT PANCHMI/ YOGA CAMP



On 16th February, 2021 the Society celebrated the Festival of Basant Panchmi and organized a Yoga Camp on 24th February, 2021. Members and their spouses participated in both events in a big way. All followed Covid-19 protocols and wore masks.

-P P Tuteja, General Secretary

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E-mail: guptajr2005@gmail.com, Web: www.seniorcitizensdelhi.org.

Daily Spiritual Discourses at Deer Park Satsang (7 AM to 8 AM) & Recreation Center, Green Park Extension (3 PM to 4 PM) by Pt. Prem Prakash Tripathi, Sultanpur, UP from 16-03-2021 to 31-03-2021, Pt. Raghubans Bhushan Pandey, Chitrakoot from 01-04-2021 to 15-04-2021 & Pt. Sudhakar Tiwari, Badhoi, UP from 16-04-2021 to 30-04-2021 respectively.



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 141 Registered Senior Citizens Associations have affiliated with the Confederation of Senior Citizens Associations of Delhi (An umbrella Body of 18 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 41 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.

- H.D.Ralhan

---FROM FRONT PAGE ---INTERACTION WITH SENIOR CITIZEN BY DCP (SOUTH-WEST) DURING POLICE WEEK ON 16-02-2021



L to R : - Insp. S.K.Singh, Umesh Barthwal, SHO, Ingiti Pratap Singh, DCP (South-West) & J.R.Gupta | Release of 4 Vedas by Insp., S.K.Singh, SHO, Umesh Barthwal, Ingiti Pratap Singh, DCP & J.R.Gupta
Felicitation of DCP by J.R.Gupta | DCP interacted with 125 senior citizens present at Recreation Center, Green Park Extension during Police week on 16-02-2021



Ingiti Pratap Singh, DCP (South West) felicitates 19 senior citizens during Joint Birthday Celebrations at Recreation Center, Green Park Extension

of the Council for providing various free facilities to senior citizens on daily basis like Physiotherapy Center, Gym, Homeopathy Dispensary, Library etc. He also gifted 4 Vedas- **Samved, Yajurved, Rig Veda & Atharva**. He was quite hopeful to get vast knowledge from these books by senior citizens in order to create awareness about the moral values in a family in modern times. On this occasion, he also **felicitated 19 senior citizens** on their Birthdays with flowers, shawls & gifts as a token of respect & regards **including 77th Birthday of its President, J.R.Gupta**. During Interaction Session with senior citizens, he gave various tips how senior citizens could be safe while at their homes or outside. **Umesh Barthwal, SHO, SJE**

(**Safdarjung Enclave**) & Inspector Sanjeev Kumar Singh Anti Terrorist Operation, Safdarjung Enclave were also present. Council members also celebrated Basant Panchami by wearing yellow dresses and also chanted various songs and enjoyed. All the guests were felicitated by J.R. Gupta, President along with other members of the Council with shawls, bouquet & a gift as a token of respect and regards. Earlier, Sunderkand Path was recited by Dinesh Sharma and Harikesh Shukla, Attendant with the support of Mrs. & Mr. Sushil Kumar Aggarwal. The function concluded followed by refreshment packets.

-a report by Mrs. Manjula Aggarwal, Incharge

- FROM FRONT PAGE- HARIDWAR CONFERENCE -- COUNCIL PROVIDES PLATFORM TO SENIOR CITIZENS TO HIGHLIGHT THEIR TALENTS



which was appreciated by all present during inaugural session on 06-03-2021. The other speakers were **Prof. (Dr.) Ashok Misra, Retd. Principal, S. M.J.N. (PG) College, Haridwar, Sat Narayan Aggarwal, Prem Sukh Daga (both from Jodhpur), L.R.Garg, Secretary** speaks about Family Issues based on Ageing including Question -Answer session on General Knowledge. **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. **Dr. Girdhari Lal Gupta** from Delhi chaired laughing session and the same was demonstrated before the audience. Next day, practical yoga session was also conducted including Yoga -Pranayam and Meditation and the art of stress free living, Atam Darshan and Yoga followed by concluding session on 08-03-2021, 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 2 buses on 06-03-2021 and were taken to

venue of Conference and they were dropped at Haridwar Railway Station on 08-03-2021. 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 of till their departure from Haridwar with the sincere efforts of **Shri J.R. Gupta**. Moreover, they also utilized 3 days time with their counterparts by ignoring loneliness in their routine life. The Council provided common platform for all the members to highlight their hidden talents. 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 along with other members. The members reached Delhi on 08-03-2021 (late night) by train with unforgettable memories. - **L.R.Garg, Secretary**

ACP/SHO SAFDARJUNG ENCLAVE IN ASSOCIATION WITH SENIOR CITIZEN COUNCIL OF DELHI ORGANIZED KAVI SAMELAN /INTERACTION SESSION ON 23-02-2021



ACP V.K. Singh Yadav & SHO Umesh Barthwal, Safdarjung Enclave, in association with Senior Citizens Council of Delhi headed by its President, J.R.Gupta organized Kavi Samelan & Interaction Session with senior citizens during Police Week on 23-02-2021 in which members of Council participated in large number. Ingiti Pratap Singh, DCP (South-West) was the Chief Guest who also interacted with the senior citizens present. He also welcomed eminent poets namely **Ashok Chakardhar, Kunwar Ranjeet Chauhan and Om Raizada** also felicitated them. The audience enjoyed Kavi Samelan very much particularly poems recited by eminent poet Ashok Chakardhar followed by lunch. - a report by Mrs. Manjula Aggarwal, Incharge

FELICITATION OF SUSHIL AGGARWAL ON 66TH BIRTHDAY DURING SUNDERKAND PATH ON 23-02-2021 AT RECREATION CENTER, GREEN PARK EXTENSION



Senior Citizens Council of Delhi organized Sunderkand Path on 23-02-2021 at its Recreation Center, Green Park Extension with the support of Mr. Sushil Kumar Aggarwal & Mrs. Sumita Aggarwal of Vishal Enclave. J.R.Gupta & other members also felicitated Sushil Aggarwal on his **66th Birthday** & prayed to Almighty for his long life with so-und health followed by refreshments/prasad.

- a report by Mrs. Manjula Aggarwal, Incharge

MS. ROJI BALA & MS. PALLAVI FROM HELP AGE INDIA VISITED RECREATION CENTER, GREEN PARK EXTENSION ON 11-02-2021



Ms. Roji Bala & Ms. Pallavi from Help Age India visited Recreation Center of Senior Citizens Council of Delhi on 11-02-2021 at Community Center, Green Park Extension & discussed about the support of Confederation of Senior Citizens Associations of Delhi for the National Helpline No :14567 to be launched in Delhi shortly. -**EDITOR**

SUNDERKAND PATH ON 09-02-2021 BY DINESH SHARMA

Senior Citizens Council of Delhi organized Sunderkand Path on 09-02-2021 at Recreation Center, Green Park Extension with the support of Mr. Dinesh Sharma & Mrs. Usha Sharma. J.R. Gupta & other members felicitated the couple & prayed to Almighty for their long life with sound health.

-a report by Manjula Aggarwal

FELICITATION OF ASHOK KUMAR POPLI ON HER DAUGHTER BIRTHDAY 02-02-2021

Senior Citizens Council of Delhi organized Sunderkand Path on 02-02-2021 at Recreation Center, Green Park Extension in association with Mr. & Mrs. Popli followed by prashad. J.R. Gupta & other members felicitated A.K. Popli & Mrs. Kamlesh Popli on the occasion of Birthday of their daughter.

-- EDITOR

ROHIT CHATURVEDI, LEGAL ADVISOR, DM (SOUTH) OFFICE VISITED RECREATION CENTER, GREEN PARK EXTENSION ON 23.02.2021

Rohit Chaturvedi, Legal Advisor, District Magistrate (South) Office visited Recreation Center of Senior Citizens Council of Delhi on 23-02-2021. He took a round of the Center & appreciated the efforts of Council to provide various free facilities to senior citizens on daily basis. He also handed over copies of certain documents for filing applications in the Tribunal Court of ADM & DM by the affected senior citizens for claiming Maintenance & also for initiating eviction proceedings against their children. J.R. Gupta, President felicitated him & also extended thanks for his positive support & legal guidance.

--Mrs Manjula Aggarwal, Incharge

PRIYANKA GUPTA & RADHA GOSWAMI FROM HELP AGE VISITED RECREATION CENTER, GREEN PARK EXTENSION ON 23-02-2021

Mrs. Priyanka Gupta & Ms. Radha Goswami met J.R. Gupta, President of Council at its Recreation Center, Green Park Extension on 23-02-2021 and sought his cooperation in the National Helpline No : 14567 as and when to be launched in Delhi. J.R. Gupta assured them for his support at appropriate time.

--EDITOR

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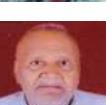
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FREE LEGAL CONSULTATION BY ADVOCATE DEPUTED BY DELHI LEGAL SERVICES AUTHORITY (SOUTH DISTRICT)

With the support of Delhi Legal Services Authority (South District), during the month of February, 2021, Advocate Harkaran Singh, visited Recreation Center, Green Park Extension on every Tuesday & rendered free Legal advice sought by members of Senior Citizens Council of Delhi, by observing social distancing norms in the presence of more than 100 members. 2010 senior citizens have benefited in sorting out their petty matters and also by creating awareness among other senior citizens in the adjoining colonies since June, 2018.

-Mrs. Manjula Aggarwal

R.S.BHATIA FELICITATES J.R.GUPTA ON HIS 77TH BIRTHDAY

R.S. Bhatia, Senior Vice-President, M.C.D Retired Engineers Association extended Birthday Greetings to J.R. Gupta, President, Senior Citizens Council of Delhi on his 77th Birthday. He also prayed to Almighty for his long life with sound health.

- EDITOR

SPECIAL PROGRAMMES AT RECREATION CENTER

Joint Birthday Celebrations of Council Members (enrolled up to 28-02-2020) if confirmed before **15-03-2021** from 2 pm to 4 pm followed by refreshments subject to confirmation of Chief Guest.

29-03-2021 : Holi Celebrations without color and gulal followed by refreshment.

13-04-2021 : Shree Durga Saptasati Path 2 pm to 4 pm followed by refreshment

NOTE :- Council Members who are unable to visit either daily Deer Park Satsang or Recreation Center may furnish their email id so that they can know special programmes through Elderly News.

- -EDITOR

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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.
Dated : 01-03-2021

--L.R.Garg, EDITOR

CORRIGENDUM : Photos of Life Subscribers at serial no. 1119 & 1121 may be read as Mrs. Uma Rani Jai Singh & Mrs. Kiran Vig respectively, as their photos were exchanged inadvertently at page -4 of Elderly News for the month of February, 2021 which is regretted

-- EDITOR

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