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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 : 009

Issue No : 099

MONTH : MARCH, 2022

Rs. 5/-

SENIOR CITIZENS MEETS S.B.K. SINGH (IPS), SPECIAL COMMISSIONER



L-R :-R.K.Singhal, D.K.Sharma, J.R.Gupta, S.B.K.Singh, V.K.Pahuja & Ramesh Aggarwal

A 5 members delegation of Senior Citizens Council of Delhi led by J.R.Gupta, President met S.B.K.Singh, IPS, Special Commissioner, Technology & Project Implementation on 17.02.2022 in his office. The other members were Ramesh Aggarwal, R.K. Singhal, Dinesh Kumar Sharma & V.K. Pahuja. - a report by R.K.Singhal, Officiating Incharge

H.H.GAJ SINGH, MAHARAJA OF JODHPUR GRACES AS CHIEF GUEST & J.R.GUPTA, PRESIDES IN SPECIAL FUNCTION " COMPLETION OF 10 YRS OF MOU BETWEEN COUNCIL & JODHPUR



Jodhana Senior Citizens Society, Jodhpur organized Special Function on 27.02.2022 on the occasion of completion of 10 years of MOU between Senior Citizens Council of Delhi and Jodhana Senior Citizens Society which was signed at Umed Bhawan, Jodhpur in the presence of H.H. Mahraja of Jodhpur Sh. Gaj Singh on 07.03.2010 which was also signed by Sh. J.R.Gupta, President of Council along with Ram Raj Bhandari, Parihar Ji & R.P.Arya to promote exchange of groups of elderly. On this occasion, the directory was also released by Maharaja in the presence of more than 200 senior citizens. Contd-3 with more photos

DR. SAGAR PREET HOODA, IPS, SPECIAL COMMISSIONER INAUGURATES SOUTH-WEST DISTRICT CYBER CRIME POLICE STATION ON 22.02.2022 AT SAFDARJUNG ENCLAVE



Dr. Sagar Preet Hooda, IPS, Special Commissioner of Delhi Police, Law & Order, Zone-II inaugurated South-West District Police Station at Safdarjung Enclave on 22.02.2022 in the presence of more than 100 senior citizens. Gaurav Sharma, DCP (SW) briefed about Cyber Crime. A.K.Singh, Joint CP (Southern range) welcomed Chief Guest. Amit Kaushik, Additional DCP (SW), Gaurav Sharma, DCP (SW) also felicitated Chief Guest. Stage was well managed by Mr. V.K.Singh Yadav, ACP, Safdarjung Enclave. J.R.Gupta, President, Senior Citizens Council of Delhi also presented a memento to the Chief Guest. - a report by R.K.Singhal, Officiating Incharge

SANDIP KUMAR, IAS, SECRETARY, SOCIAL WELFARE DEPARTMENT ASSURES SENIOR CITIZENS TO GET PENDING RECREATIONAL GRANTS TO SCAS SHORTLY



L to R :- Pradeep Aggarwal, D.K.Sharma, J.R.Gupta, Sandip Kumar, R.K.Singhal & Ashok Agarwal

During meeting with the senior citizens led by J.R.Gupta on 04.03.2022, Sandip Kumar, IAS, Secretary, SW assures to get pending grants shortly in the presence of DCA, DD(SS) & AD (SS). - R.K.Singhal

COUNCIL HELPS SENIOR CITIZEN IN GETTING HER RS.98,000/- BACK

Mrs. Satwant Kaur (73) resident of DDA Flats Munirka gave her mobile for two hours to her friend Mrs. Manpreet Kaur on 09.02.2022, who is also a resident of Munirka. In the evening, it was noticed that a sum of Rs.98,000/- was withdrawn from her account. She contacted Council / Confederation telephonically on 09.02.2022 and advised to lodge online complaint. She also visited Recreation Center on 11.02.2022. The matter was immediately taken up with the Commissioner of Police and the amount was credited to her account on 18.02.2022. She has extended her thanks to J.R.Gupta, President for his moral support and legal guidance. - Editor

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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 7 women on 05.03.2022 at its own Recreation Center, Green park Extension

-L.R.GARG, EDITOR

ACTIVITIES OF I.P.EXTENSION, SCWA ON 19.02.2022



Inderprasth Varishth Nagrik Welfare Association organized a Cultural Programme on 19.02.2022 at its Community Center in association with Bunk Tribe artists headed by Mr. Pradeep Bhatt, which was appreciated by all present. B.K.Singhal, President felicitated them in the presence of B.B.Gupta, Secretary General followed by lunch. **-report by B.B.Gupta**

MOTI NAGAR SENIOR CITIZENS CULTURAL ASSOCIATION



Moti Nagar Cultural Association organized an Ortho Medical Camp for Senior Citizens at its Recreation Centre at Moti Nagar, New Delhi, on 27.2.2022, headed by Dr. Simon Thomas, Head of Joint Replacement Surgery Unit, SantParmanand Hospital New Delhi, which was attended by about 80 persons. **-A report by Subhash Sharma, President**

PUSHKAR YATRA BY JODHPUR SENIOR CITIZENS



On the occasion of "Mahashivratri" on 01.03.2022 a group of 41 members of Jodhana Senior Citizens Society, Jodhpur visited to Falsiddhi Parswanath Temple, Sant Shiromani BhaktMeera Bai, Charbhuj Nath Temple, Merta and Teerthraj Pushkar. At Pushkar group visited to Brahm Savitri Ved Vidhyapeeth where students are taught vedas. There we all performed Shiv Abhishek. **- a report by Premsukh Daga, President**

GULMOHAR SENIOR CITIZENS FORUM ORGANISED TALK ON LEGAL ISSUES



Gulmohar Senior Citizens Forum organized talk on legal issues on 27.02.2022 in the Gulmohar Club which is being used as Recreation Center.

-report by Vimal Bhan

MEGA HEALTH CAMP BY SCF, Inderpuri ON 20.02.2022



Senior Citizens Forum, Inderpuri organized Mega Health Camp in association with Apollo Spectra Hospital on 20.02.2022 in the presence of more than 70 members availed the facility and free consultations by qualified doctors. **- A report by B.M.Bhatia, President**

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 February 16th 2021. **- a report by Arun Sabharwal**

VACCINATION CAMP ORGANIZED BY RWA/GULMOHAR SENIOR CITIZENS



Our sincere thanks to Sh.Somnath Bharti ji MLA for organising 3rd Carona Vaccination camp for 1st/2nd/Booster/15yrs to 18yrs./doses on request of RWA, Gulmohar Park. It was a grand success with the help of medical staff of MCD Dispensary under the guidance of Dr. Ankita, nursing staff Mrs. Sunita & Mrs. Manju & other staff. 92 residents enjoyed the vaccination at Gulmohar Park Center. We wish all residents happy & cheerful life ahead. **- by Ishwar Bhardwaj**

ACTIVITIES OF DAS SENIOR CITIZENS WELFARE ORGANIZATION, DILSHAD GARDEN



Members of Das Senior Citizens Welfare Organization, Dilshad Garden participated in Safety & Security Talk for senior citizens, which was organized by Additional DCP Shahdara. Sanitizer kits were distributed to senior citizen members during Police week on 18.02.2022. **-K.N.Chhabra**

MEDICAL CAMP ORGANIZED IN SENIOR CITIZENS FORUM DILSHAD GARDEN



Senior citizen Forum O Block Dilshad Garden organised medical camp with association of Dr Neha Gupta (MD, senior orthopaedic surgeon) on 13th and 20th February 2022. Near about 60 patients facilitated during this camp. Shri Veer Singh Pawar, counsellor and chairman of standing committee of EDMC inaugurated the medical camp. **-R.K.Uniyal**

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, R.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: guptajr2005@gmail.com, Web: www.seniorecitizensdelhi.org.**

Daily Spiritual Discourses at Deer Park Satsang (7 AM to 8 AM), Recreation Center, Green Park Extension (3 PM to 4 PM) & Shiv Mandir, Green Park (5 to 6 PM) by Pt. Sanjay Mishra, Mumbai from 16-03-2022 to 31-03-2022, Pt. Raghubans Bhushan Pandey, Chitrakoot from 01-04-2022 to 15-04-2022 & Pt. Radhey Shyam Dubey, Gonda, UP from 16.04-2022 to 30-04-2022 respectively. **-Editor**



APPEAL TO ENROLL LIFE SUBSCRIBERS ELDERLY NEWS

Elderly News requests to all its readers to enroll themselves by making one time payment of Rs. 500/- along with one photo as life time subscription fee which can be deposited in Bank Account No . 000603610110002726 of Senior Citizens Council of Delhi in Bank of India, Safdarjung Enclave Branch, IFSC code: BKID0006036. The amount is exempted under 80G of Income Tax Act 1961. **-L. R. Garg, Secretary**



APPEAL FOR AFFILIATION WITH CONFEDERATION

Till Date 144 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. The amount can be deposited either cash / cheque or can be deposited in the SB Account No : 000603610110006266 of Confederation in Bank of India, Safdarjung Enclave Branch, IFSC code : BKID 0006036. The amount is exempted under 80G of Income Tax Act 1961. **-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 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. 1200/- 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, Founder Member**

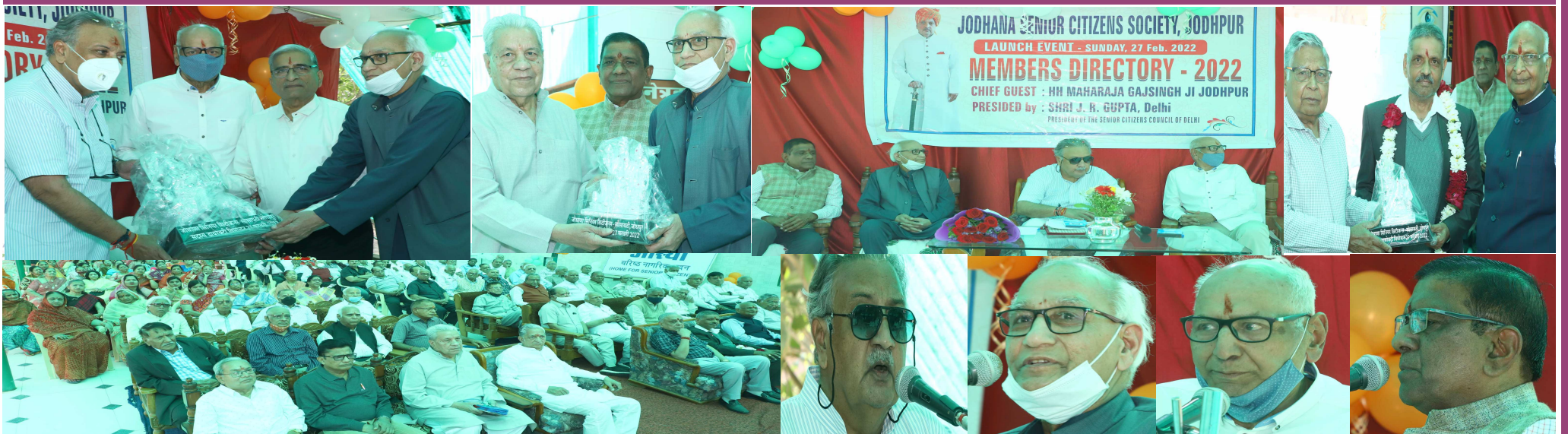
AMIT KAUSHIK, IPS, ADDITIONAL DCP (SOUTH-WEST) CAUTIONS SENIOR CITIZENS AGAINST CYBER CRIME ON 22.02.2022 DURING SPECIAL SUNDERKAND PATH ON THE OCCASION OF 9TH ANNIVERSARY OF LATE SH. BHAGWAN DAS KALRA, EX-VICE PRESIDENT, DEER PARK SATSANG & SENIOR CITIZENS COUNCIL OF DELHI



Senior Citizens Council of Delhi organized a special program at its Recreation Center, Green Park Extension on the occasion of last day of Police week i.e. on 22.02.2022 during Special Sunderkand path on the occasion of 9th Anniversary of **Late Sh. Bhagwan Dass Kalra, former Vice-President, Satsang/Council** in the presence **Rajesh Kundra family** and more than 150 senior citizens . Chief Guest was **Amit Kaushik , IPS, Additional DCP (SW)**, who speaks in detail about safeguards while making transactions online . OTP should not be shared to anybody , otherwise you would lose your money from your bank account . He also advised to file online complaint of such frauds

within 24 hours on helpline no :1926 .ACP , V.K.Singh Yadav and SHO , Shailender Tomar were also present . On this occasion Joint Birthday was also organized of 26 members who were born in the month of February and felicitated by Chief Guest one male J.R.Gupta, President & female Mrs . Kailash Gupta of Arjun Nagar as they were in hurry to make arrangements for the inauguration of the Cyber Crime Police Station (South - West) at Safdarjung Enclave . All the three guests extended Birthday greetings to all concerned particularly J.R.Gupta , President . The other members were felicitated with flowers , shawls and a gift as a token of respect & regards, followed by heavy refreshments. **-R.K.Singhal**

---FROM FONT PAGE -1----- J.R.GUPTA, PRESIDENT PRESIDES SPECIAL FUNCTION AT JODHPUR -----



Shri Premsoh Daga in his presenditil speech narrated the work of society carried out in last few years and told that society will render all possible good service in the interest of the society members . **Shri J R Gupta, President**, in his speech informed about the functions of Senior Citizens Council of Delhi and how they are helping senior citizens from abuses/humiliations at the hands of their own children in Delhi . Jodhpur senior citizens were pleased to know that Sh. J.R.Gupta & Gyan Singh Tokas reach Jodhpur by Air at their own expenses

to preside the function in time . H.H. Maharaja Gaj Singh appreciated the working of Council in Delhi including various activities being organized by Jodhana Senior Citizens Society throughout the year for the benefit of Senior Citizens of Jodhpur including Dental Camp & other health camp as and when needed . .Shri R P Arya ji presented vote of thanks and Shri P D Agarwal Secretary conducted the function. **- P D AGARWAL**

VACCINATION CAMP AT RECREATION CENTER ON 05.03.2022



Senior Citizens Council of Delhi organized free vaccination camp at its Recreation Center on 05.03.2022 with the support of area MLA Somnath Bharti in which more than 100 senior citizens/ children availed the facility at their doorsteps. **- report by R.K.Singhal, Officiating Incharge**

SUNDERKAND PATH PROMILA RANI ON 08.02.2022



Senior Citizens Council of Delhi has been organizing regularly Sunderkand Path at its Recreation Center, Green Park Extension on every Tuesday. Mrs. Pramila Rani was felicitated on 08.02.2022, as she arranged prasad. **-Editor**

VALENTINE'S DAY CELEBRATION BY COUNCIL MEMBERS



DELEGATION OF SC&PENSIONERS WA, SUNLIGHT COLONY VISITS RECREATION CENTER, GREEN PARK EXTENSION ON 21.02.2022



LtoR :- R.R.Sharma, Ramesh Lakhera, J.R.Gupta, Ishwar Vashist & Jai Prakash Chauhan

A 4 members delegation of Senior Citizens & Pensioners Welfare Association , DDA Flats , Sunlight Colony -II led by its General Secretary , Ram Ratan Sharma met J.R.Gupta , Chairperson , Confederation of Senior Citizens Association of Delhi (an umbrella body of 18 Lakh senior citizens) on 21.02.2022 .Other members were Ramesh Lakhera , Ishwar Vashist & Jai Prakash Chauhan . J.R.Gupta thanked the members for affiliation of their Association with Confederation . He further assured them to extend help as and when needed including release of grant from GNCTD in due course J.R.Gupta also invited them to visit Haridwar in Conference -2022 . **- R.K.Singhal**

MAHASHIVRATI CELEBRATIONS ON 01.03.2022 AT RECREATION CENTER



USEFUL HELPLINES FOR SENIOR CITIZENS

Delhi Police has advised citizens of Delhi to use following helplines in case of any emergency or need particularly senior citizens, female & male :- Senior Citizens Cell of Delhi Police- **1291**, PCR- **112** , Cyber Crime- **1926** Eyes and Ears - **1090** -(Toll Free), Women in distress - **1091** , Special Cell (North-Eastern States)- **1093**, Anti Corruption Helpline)- **1064** , Missing Persons - **1094, 011-23241210** , Traffic- **1095, 011- 25844444** For uploading Audio and Video Clips- **9910641064** **-EDITOR**

ISU3A WEBINAR HELD ON 19.02.2022 ON ACUEPRESSURE



ISU 3A organized webinar on zoom platform on 19.02.2022 on Acuepressure in which main Speaker was A.P.Singh . Dr . R.K.Garg welcomed all participants . Dr . G.K.Khare thanked Sh . A.P.Singh . J.R.Gupta , warmly invited everyone to Delhi for AGM to be held on 25.03.2022 . A.P.Singh with the help of 49 slides gave a lucid and impressive talk on Acupressure in details. **-Dr. R.K.Garg, Secretary General**

TALK ON HEART EMERGENCIES BY SANDEEP JAIN ON 28.02.2022



Senior Citizens Council of Delhi organized a talk on heart emergencies by Dr. Sandeep Jain in association with Max Hospital, Saket in the presence of more than 80 senior citizens followed by refreshments. **- report by R.K.Singhal**

INTERNATIONAL DAY OF WOMEN CELEBRATED ON 05.03.2022



Senior Citizens Council of Delhi felicitated 7 women senior citizens at its Recreation Center , Green Park Extension on 05.03.2022 on the occasion of International Day of Women in the presence of more than 100 senior citizens during vaccination camp . J.R.Gupta , President also lauds the role of women in various fields at National , State and Society levels **- report by R.K.Singhal , Officiating Incharge**

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FREE LEGAL CONSULTATION BY ADVOCATE DEPUTED BY DLSA (SOUTH) DURING THE MONTH OF FEBRUARY, 2022



With the support of Delhi Legal Services Authority (South District), Advocate **Anuj Aggarwal** visited Recreation Center , Green Park Extension on every Tuesday during the month of February ,2022 . He rendered free Legal advice sought by members of the Senior Citizens Council of Delhi , by observing social distancing norms in the presence of more than 50 members at their doorsteps each day . So far **3450** 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 Ms . Nabeela Wali , Secretary , DLSA (South) , for her continuous support . During the current financial year 2021 -22 , **1270** senior citizens benefited from this facility up to **28.02.2022**. **-Editor**

SPECIAL PROGRAMMES AT RECREATION CENTER

Joint Birthday Celebrations of Council Members (enrolled up to 28-02-2020) if confirmed before 14-03-2022 from 2 pm to 4 pm followed by refreshments subject to confirmation of Chief Guest .

15.03.2022 : Holi Celebrations without color and gulal followed by refreshments

08.04.2022 : Shree Durga Saptasati path at Center from 2 pm to 3 pm

16.04.2022 : Hanuman Jayanti at Center from 2 pm, to 3 pm

Amritsar & Wagah Border Tour on 26 & 27.03.2022

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 Lakhi Ram Garg, hereby declare that the particulars given above are the true to the best of my knowledge and belief.
Dated 01-03-2022 **-Lakhi Ram Garg, Editor**

CONDOLENCES

I convey with sorrow demise of following members of Senior Citizens Council of Delhi from 01.02.2022 to 07.03.2022 . I, on my behalf and members of the Council convey heartfelt condolences to the bereaved families & pray Almighty God to rest their noble souls in eternal peace and also give strength to bear irreparable loss.

Life Member	Membership No	Address
1. Mrs. Santosh Malik	2356	41, Vasant Enclave, ND-57
2. Sh. Girdhari Lal Gupta	1003	188, Hargovind Enclave, Delhi-92

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

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