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

VOL : 010

Issue No. : 111

MONTH : MARCH, 2023

Rs. 5/-

ARVIND KEJRIWAL, CHIEF MINISTER, DELHI GOVT. FELICITATES J. R. GUPTA WITH VARISHTHA SAMMAN AWARD ON 21-02-2023



Social Welfare Department, Delhi Govt. organized Varishtha Samman Utsav at Shah Auditorium in the presence of more than 1000 Senior Citizens across Delhi on 21-02-2023. Chief Guest Arvind Kejriwal, Chief Minister felicitated J.R. Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi (An Umbrella Body of 18 Lakh Senior Citizens) in recognition of his selfless services for protecting them from humiliations / abuses at the hands of their own children & others with memento, shawl & a Cheque of Rs. 2.50 Lakh including Varishtha Samman Certificate. He also felicitated other 23 eminent persons in the fields of Art & Culture, Medicine, Sports & Freedom Fighter. The other dignitaries on stage were Ram Niwas Goyal, Speaker Delhi Vidhan Sabha, Raaj Kumar Anand, Social Welfare Minister, Mrs. Garima Gupta, Secretary, SW & Krishan Kumar, Director, SW. While addressing Senior Citizens, Arvind Kejriwal told that "Age is just a number" & advised Senior Citizens to engage themselves to help others, old age would not touch you. If you sit

without any work even at the age of 30 years or so, you would be in the grip of old age. Ram Niwas Goyal also addressed Senior Citizens. Raaj Kumar Anand, Social Welfare Minister briefed about various free schemes for Senior Citizens like Tirath Yatra, Old Age Pension up to the age of 69, Rs.2,000/- per month & above Rs. 2,500/- per month including free treatment in Mohalla Clinics & Delhi Govt Hospitals. J. R. Gupta thanked CM, Speaker & New Minister, SW for honoring him with Prestigious Award. He also announced that this Award is for the whole Senior Citizens of Delhi. He also congratulated New Minister SW for his new thoughts for organizing this type of function for the Samman of Senior Citizens. Such functions should be held regularly in future so that more & more Senior Citizens would come forward to show their hidden talents in various fields. At the end, he advised Senior Citizens not to execute Sale-Deed or Gift-Deed & rather go for WILL so that their children could look after them till life, followed by delicious lunch. A report by R. K. Singhal, Incharge.

5 MEMBERS OF COUNCIL MEETS SUMEET ANAND, OSD, NATIONAL LEGAL SERVICES AUTHORITY



L. to R. Ashok Kumar, Y. K. Singhal, D. K. Sangal, Sumeet Anand, J. R. Gupta & R. K. Singhal
A 5 members delegation of Senior Citizens Council of Delhi led by its President, J. R. Gupta met Sumeet Anand, OSD, National Legal Services Authority (NALSA) at his office Jaisalmer House on 10-02-2023. The other members were Ashok Kumar, Y. K. Singhal, D. K. Sangal & R. K. Singhal. J. R. Gupta requested him to visit Recreation Centre, Green Park Extension on 18-02-2023 in a special function from 3pm to 4pm, who consented his benign presence. A report by R. K. Singhal, Incharge.

COUNCIL FELICITATES 18 WOMEN SENIOR CITIZENS ON 07-03-2023



Senior Citizens Council of Delhi felicitated 18 Women Senior Citizens on 07-03-2023 on the occasion of International Day of Women Celebrations at its Recreation Centre, Green Park Extension in the presence of more than 90 persons, including Pt. Ramrekha Tripathi in recognition to their selfless services in various fields at National, State & Society level. Their names are Rajkumari Sangal, Shashi Arora, Sunita Kashyap, Jitender Kaur, Anshu Sooin, Shashi Kalra, Poonam Bhagotra, Nandita Verma, Usha Sharma, Ratan Kaur, Bala Devi, Saroj Sharma, Promila Rani, Shashi Juneja, Theresa Dieudonne, Pushpa Kalra, Shashi Nagia & Neelam Malhi. J. R. Gupta, President extended congratulations to all concerned Women, as they are a symbol of strength to build the Nation. A report by R. K. Singhal, Incharge.

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



Kartar Singh, (90) resident of Nirankari Colony, Delhi who was victim of ill-treatment & harassment at the hands of his son Suresh Chhikara & his wife. The Tribunal Appellate Court of Divisional Commissioner ordered on 22.11.2022 that the Parents do not wish to have their children staying with them is enough for invoking, the Maintenance Welfare of Parents & Senior Citizen Act 2007 & Delhi Rules 2009 amended from time to time & ordered to vacate through Delhi Police. But due to abnormal delay on the part of Delhi Police, ultimately his house was vacated on 10-01-2023. He has extended thanks to the Council headed by its President J. R. Gupta for his regular moral support & legal guidance from time to time since 22-11-2022. - Editor



Yash Pal Dogra, (88) resident of S.D.A. New Delhi was harassed by his female Neighbour, who made false report in connivance with Police Official SI Kamlesh Meena. Charge for the offence punishable under sections 354 / 323 /506(II) /509 IPC was framed. The Court of MM, Mahila Court - 03, Saket Court concluded that prosecution failed to prove charges against him beyond reasonable doubt. Accordingly, he was acquitted on 19-10-2022 with sticker that his bail bonds should remain in force for 6 months. He has extended thanks to the Council for their regular moral support & legal guidance from time to time. - Editor

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ELDERLY NEWS WISHES ITS READERS MAHA SHIVRATRI, HOLI & DHULENDI

CONFEDERATION

INTERNATIONAL WOMEN'S DAY ON 08-03-2023



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. **“Theme of this year is Innovation and technology for gender equality”**. This theme is aligned with the priority theme for the upcoming 67th Session of the Commission on the Status of Women (CSW-67), **“Innovation and technological change, and education in the digital age for achieving gender equality and the empowerment of all women and girls”**. Senior Citizens Council of Delhi felicitates 18 Women on 07-03-2023 at its Recreation Centre, Green Park Extension. **L. R. Garg. – Editor**

PICNIC TO BEGAMPUR, NEAR ROHINI BY SCA, INDERPURI ON 05-02-2023 WITH 120 MEMBERS



Senior Citizens Forum, Inderpuri organized Picnic at Farm House in Begampur, near Rohini by 2 buses with 120 members on 05-02-2023 with

the support of Kuldeep Raj, followed by sumptuous food & melodious songs by his close friend Dinesh. **A report by B. M. Bhatia, President.**

VISIT TO MADHAVGARH, BADSHAHPUR, GURUGRAM ON 18-01-2023 BY GOLF VIEW SCF, SAKET



Golf View Apartments, Senior Citizens Forum, Saket, organized a tour to Madhavgarh, in Badshahpur, Gurugram-Haryana on 18-01-2023 with 37 members, who enjoyed excellent surroundings, the food inclusive of breakfast, lunch and evening snacks including 7D show having Darshan of Kedarnath, Badrinath, Rameshwaram, Dwarkadeesh etc. **A report by Ishwar Lal Bhatia.**

JODHPUR SENIOR CITIZENS CELEBRATES REPUBLIC DAY ON 26-01-2023



Jodhana Senior Citizens Society jointly with Navjeevan Sansthan celebrated 74th Republic day on 26.01.2023. National Flag was hoisted by retired Judge Godara, Rajendra Parihar, Patron of Navjeevan Sansthan & Prem Sukh Daga, President of JSCS. Members enjoyed patriotic songs. Elite Club of Great Grandparents established under the patron ship of Ramraj Bhandari & Convener Satyanarayan Agarwal. 11 members were honored by Tilak, Shawls and garlanding, Shawls etc were sponsored by Satyanarayan Agarwal, followed by delicious lunch sponsored by Vishvanath Bansal & Ramjilal Lila, who were also honored by the Society with shawl. **A report by P. D. Agarwal, General Secretary.**

VISIT TO KHATU SHYAM DHAM, DELHI BY SENIOR CITIZENS WELFARE CLUB, SHALIMAR BAGH



Senior Citizens Welfare Club, BK-71 (West) Shalimar Bagh organized visit to Khatu Shyam Dham, Near Alipur, Delhi on 03-02-2023. **A report by Ram Gopal Gupta, General Secretary.**

COMMUNITY LUNCH SERVED BY SENIOR CITIZENS SAMAJ, A-4, PASCHIM VIHAR ON 03-02-2023



- Reported by Pramod Kumar Sharma, General Secretary

3 MEMBERS OF SCA, PALAM COLONY MET J.R. GUPTA ON 11-02-2023



L. to R.: Gyan Singh Tokas, Phool Chand Mehra, J. R. Gupta, D. P. Mehra & R. C. Sabharwal at Recreation Centre

A 3 members delegation of SCA, Palam Colony met J. R. Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi at Recreation Centre, Green Park Extension on 11-02-2023. D. P. Mehra, General Secretary requested J. R. Gupta to help in getting possession of Senior Citizens Room already earmarked in Community Centre at Kailashpuri Chowk at Sadh Nagar, Palam Colony through Ramesh Bidhuri, M.P. J. R. Gupta addressed letter to Ramesh Bidhuri to help the Senior Citizens as they are from his constituency. **A report by Gyan Singh Tokas, Executive Member.**

REPUBLIC DAY CELEBRATIONS BY SCF, BLOCK - O, DILSHAD GARDEN



Senior Citizens Forum, O Block, Dilshad Garden Celebrated Republic Day on 26-01-2023. **A report by Radha Krishna Uniyal, President.**

GULMOHAR PARK SENIOR CITIZENS FORUM VISITED SURJIVAN RESORT, MANESAR ON 08-02-2023



Gulmohar Park Senior Citizens Forum organized a picnic to Surjivan Resort, Manesar on 08-02-2023. **A report by Vimal Bhan.**

Editorial Board of Elderly News : B.S. Yadav (Dwarka), G.R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), K.K.Mehta (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.seniorcitizensdelhi.org.**

Daily Spiritual Discourses, at Deer Park Satsang (7 & 8 AM), Recreation Centre, Green Park Extn. (3 to 4 PM) & Shiv Mandir, Green Park (5:15 PM to 6:15 PM) & Sadbhawna Satsang Mandal, Munirka every Sunday (10 am to 11 am) respectively from 16/02/2023 to 28/02/2023 Dr. Uma Shankar Tripathi, Gazipur, UP, from 01-03-2023 to 15-03-2023 Pt. Balram Shastri, Jhansi, UP & from 16-03-2023 to 31-03-2023 Pt. Arvind Tiwari, Balia, UP. – **Editor**



APPEAL TO ENROLL LIFE SUBSCRIBERS OF 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. 603610110002726 of Senior Citizens Council of Delhi in Bank of India, Safdarjung Enclave Branch, IFSC code :BKID 0006036. The amount is exempted under 80G of Income Tax Act 1961. **-L. R. Garg, Secretary**



APPEAL TO ENROLL LIFE SUBSCRIBERS ELDERLY NEWS BY CONFEDERATION MEMBERS

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. 603610110002726 of Senior Citizens Council of Delhi 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, Secretary General**

APPEAL FOR LIFE MEMBERS OF COUNCIL



Senior Citizens Council of Delhi has been organizing daily spiritual, social & cultural activities for the last 42 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, Life Member**

43 MEMBERS OF COUNCIL VISITED NASIR FARM HOUSE, BIJWASAN ON 28-02-2023

On the invitation extended by **Mrs. Santosh** of B-4 Block of Safdarjung Enclave, 43 members of Senior Citizens Council of Delhi visited her **Nasir Farm House, Bijwasan** by AC Bus on 28-02-2023. The members served so many varieties of snacks etc. Later on, a very delicious lunch was enjoyed by all present having so many dishes. The members enjoyed very much by singing songs. J. R. Gupta, President thanked the host including Ram Kumar Ji. On this occasion, U.C. Jindal (83 years) & Mrs. Satya Verma were also felicitated with shawls including J. R. Gupta, followed by sweet packets. **A report by D. K. Sangal, Tour Coordinator.**

JOINT BIRTHDAY CELEBRATIONS BY MCD RETIRED ENGINEERS ASSOCIATION, DELHI ON 18-02-2023

MCD Retired Engineers Association Delhi organized Joint Birthday Celebrations of its 7 members born in the month of February on 18-02-2023 at Safdarjung Club. **A report by D. K. Sangal, Treasurer.**

SMT. SANTOSH, DHANESH YADAV, SATYA VERMA & RELATIVES FELICITATED ON 14-02-2023 DURING SPECIAL SUNDERKAND PATH AT RECREATION CENTRE, GREEN PARK EXTENSION BY J. R. GUPTA, PRESIDENT & OTHERS.

Senior Citizens Council of Delhi organized Special Sunderkand Path at its Recreation Centre, Green Park Extension on 14-02-2023 in the presence of more than 90 members with the support of Smt. Santosh & Dhanesh Yadav residents of B-4 Block, Safdarjung Enclave. J. R. Gupta, President & other members also felicitated them along with their relatives including Satya Verma, followed by refreshment packets. **A report by R. K. Singhal, Incharge.**

FELICITATION OF DR. R. K. GARG, SECRETARY GENERAL, ISU3A ON 07-01-2023

Dr. R.K. Garg, Secretary General, Indian Society of U3As and a very well known Educationist, Environmentalist & Social worker was felicitated on 07-01-2023 with Life Time Achievement Award and Maru Ratna Award by Mahila PG College and Desert Environment Conservation Organization of Jodhpur in an Award Ceremony attended by more than 300 person. - **Editor.**

RAJEEV KUMAR, Addl. DCP, SW, IPS INTERACTED WITH SENIOR CITIZENS AT CENTRE ON 22-02-2023

Senior Citizens Council of Delhi organized Special function on the occasion of last day of Police week at its Recreation Centre, Green Park Extn. on 22-02-2023, in which Rajeev Kumar, Additional DCP(SW), IPS interacted with Senior Citizens. He gave various tips about Cyber Crime frauds & advised not to disclose their OTP. In emergency, you can call at 112 & helpline number 1291. Remedial measures are being taken by Delhi Police for their safety & security of property. Chief Guest was felicitated including ACP VKPSingh Yadav in the presence of Santosh Kumar Rawat, SHO, Safdarjung Enclave. J. R. Gupta, President thanked the guests followed by refreshment packets. **A report by R. K. Singhal, Incharge.**

CANCER AWARENESS TALK BY DR. AVTAR SINGH ON 07-02-2023

The World Cancer Day is observed worldwide on 4 Feb 2023. Dr. Avtar Singh delivered an Awareness talk on Cancer at Recreation Centre, Green Park Extn on 07-02-2023 in the presence of 75 members. The aim is to inform, educate and motivate people on its early detection, prevention and proper treatment. This day was initiated by UICC (Union for International Cancer Control) to raise Global awareness to promote personal, collective government actions. According to the World Health Organization cancer is a leading cause of death worldwide and about 10 millions of people die annually. Cancer is of numerous types and various colours and symbols are used for specific types of cancer to promote the fight against it. Theme of this year is "Uniting our Voices". Let us make it a mission to contribute by joining hands with numerous organizations working for the same cause. **A report by R. K. Singhal, Incharge.**

EC MEETING OF ISU3A AT UDAIPUR, AGGARWAL SABHA COMPOUND ON 25-02-2023

EC meeting of ISU3A held on 25-02-2023 at Udaipur Aggarwal Sabha, Sector-11. in which 36 members of Senior Citizens Council of Delhi also participated including J. R. Gupta (Executive Chairperson), L. R. Garg, Vice-Chairperson (North), Executive Members:- Gyan Singh Tokas & R.K. Singhal. The meeting was jointly chaired by J.R. Gupta & P. Vyasamoorthy (Chairperson). Other EC members were also present namely D. C. Babel (Vice-Chairperson West), M. K. Raina (Dy. General Secretary) & S. Sathyamoorthy (Advisor). The minutes of the meeting are under issue. After the meeting, 36 members visited Nathdwara by bus & had Darshan of SRINATHJI Temple including visit to Vishwas Swaroopam Statue of Belief (Lord Shiva Statue Complex) by lift. The height is 369 feet or 112 meter, which is the World' Tallest Shiva Statue. Next day on 26-02-2023, the members visited various religious & historical places around Udaipur, which is called Lakes of City. The members returned to Delhi by train on 27-02-2023 morning with unforgettable memories with the efforts of J. R. Gupta, President. **A report by R. K. Singhal, Incharge.**

FELICITATION OF S. SATHYAMOORTHY, J. R. GUPTA & P. VYASAMOORTHY DURING EC MEETING OF ISU3A

During EC meeting of ISU3A on 25-02-2023 S. Sathyamoorthy (Advisor), J. R. Gupta (Executive Chairperson) & P. Vyasamoorthy (Chairperson) were felicitated by S. L. Bhandari (Secretary Finance) & Dr. R. K. Garg (Secretary General) with Rajasthan Pagri. New EC members from Delhi namely M. K. Gupta, R. P. Gupta & S. K. Gupta were also felicitated. **A report by R. K. Singhal, Incharge.**

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)



With the support of DLSA (South District), **Advocate Adib Fatema** visited Recreation Centre, Green Park Extn. on every Tuesdays falling on 07, 14 & 28-02-2023 and rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than 400 members at their doorsteps on 3 days. So far **6850** 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 **Animesh Kumar, Secretary, DLSA (South)** for his continues support. During the current financial year 2022-23, **4670** senior citizens benefited up to 28.02.2023. **A report by R.K. Singhal, Incharge.**

SPECIAL PRAVACHAN BY PARAM PUJYA SUDHANSHU JI MAHARAJ & DR. ARCHIKA DIDI



Vishwa Jagriti Mission, South Delhi has organized **Special Pravachan by Param Pujya Sudhanshu Ji Maharaj & Dr. Archika Didi at Siri Fort Auditorium on 18-03-2023 from 5:30pm to**



8:00pm. All Council members are cordially invited. Please take your seat by 5:15pm positively. Bus will be arranged by Senior Citizens Council of Delhi after assessing the total participants. **R.S.V.P:- J. R. Gupta, President, Mob: 9810488059**

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Dated : 01-03-2023

- Lakhi Ram Garg, Editor

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1364		Mrs. Pawan Thakur, M-15B, (GF), Malviya Nagar, New Delhi-110017	1368		Smt. Sunita Makkar, B-7/27 Extn. Safdarjung Enclave, New Delhi-29
1365		Smt. Rani Sabherwal, K-1, Green Park Extn. New Delhi-110016	1369		Mrs. Shakuntala, H. No. - 114, Goyla Khurd V.P.O. Chhawla New Delhi-110071
1366		Ms. Leela Bhatakar, RZ-98, Panchsheel Colony, Near Bindapur DDA Flats, Uttam Nagar New Delhi-59	1370		Sh. Rajesh Verma, Y-64A (FF), Hauz Khas, New Delhi-110016

APPEAL FOR FINANCIAL SUPPORT FOR THE MARRIAGE OF BHOLA'S 2ND DAUGHTER



Harikesh Kumar Shukla (Bhola) has been discharging his duties as Attendant since 1st January, 2011 with sincerity and honesty in Sant Niwas, Daily Deer Park Satsang & Recreation Centre, Green Park Extension maintained / organized by Senior Citizens Council of Delhi. **The marriage of his 2nd daughter Anjali Shukla is to be held on 21-05-2023 in his native Village Purebhaiya of District Partapgarh (U.P).** The Governing Council has already decided to help him financially to the extent of Rs. 3.00 Lakhs, latest by 31-03-2023.

I, therefore, appeal all the members to donate in cash not below Rs. 5,100/-, although there is no limit for higher amount & deposit with L. R. Garg, Secretary or at Deer Park Satsang or Recreation Centre latest by 31-03-2023 so that money could be handed over in the marriage ceremony on 21-05-2023 by J.R. Gupta, L. R. Garg, Partap Singh & Gyan Singh Tokas in his native place like during his 1st daughter marriage on 20-05-2013. **J. R. Gupta, President, 9810488059.**

SPECIAL PROGRAMS AT RECREATION CENTRE

- Joint Birthday Celebrations** for the members up to Life Membership number 2379 & enrolled up to 31-01-2022 born in the month of **February on or before 28-02-1962, subject to availability of Chief Guest.**
- SPECIAL PROGRAMS**
 - 07-02-2023:** Cancer Awareness talk by Dr. Avtar Singh, 3pm to 4pm.
 - 18-02-2023:** **Mahashivratri**, Special Pravachan by Mahamandleshwar Swami Nityanand Saraswati Ji Maharaj 2:30pm to 3:30pm
 - 07-03-2023:** International Day of Women Celebrations 3pm to 4pm.
- Udaipur visit by Train from 25-02-2023 to 26-02-23 (No seats available).**
- Haridwar Inauguration of Graceful Ageing Conference at Nishkam Sewa Trust on 11-03-2023 from 2:30pm to 5:30pm followed by high tea. (No seats available).**
- Souvenir 2023** is under print. Members may inform about their change of Address, if any.

The Members who are paying Rs-5,100/- or more annually are also requested to pay the

Same urgently, as Recreation Grant is pending from Delhi Govt. for the last 1 & half year.

- Editor

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