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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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DAILY FREE VARIOUS FACILITIES FOR SENIOR CITIZENS IN RECREATION CENTER, GREEN PARK EXTN. FROM 12.30 NOON TO 5.00 PM, Ph. : 011-40537962

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

VOL : 011

Issue No. : 123

MONTH : MARCH, 2024

Rs. 5/-



100 MEMBERS OF COUNCIL HAD VIP DARSHAN OF SHREE RAM LALLA JI ON 03-02-2024 & 05-02-2024. MEMBERS STAYED AT SHREE JANKI MAHAL TRUST, AYODHYA DHAM FROM 03 TO 05-02-2024.



100 members of Senior Citizens Council of Delhi visited Ayodhya Dham from 03 to 05-02-2024 and had VIP Darshan of Shree Ram Lalla ji twice on 03 & 05-02-2024. The members also visited Dashrath Mahal, Kanak Bhawan, Hanuman Garhi, Lata Mangeshkar Chowk, Mani Parbat, Bharat Milap with Hanumanji,

Guptkar Ghat, Saryu River at Shree Ram Ghat & Nageshwar Nath Temple. Also visited many other surrounding places as per their convenience in groups. They also attended Shree Ram Katha recited by Pt. Mahender Mishra of Chitrakoot on 3rd, 4th & 5th Feb 2024. A report by R. K. Singhal, Incharge.

J. R. GUPTA, PRESIDENT FELICITATED 17 MEMBERS OF COUNCIL ON THEIR BIRTHDAY AT CENTRE ON 13-02-2024



J. R. Gupta, President, Senior Citizens Council of Delhi felicitated 17 members (9 Gents & 8 Ladies) on their birthday born in the month of February at its Recreation Centre, Green Park Extension on 13-02-2024 in the presence of 80 members. Chief Guest Sh. Paras Kumar Singh, Additional Commissioner (VS)

& CSD, MCD agreed to grace the occasion, but suddenly he was transferred to House Tax Department of MCD. He was reminded yesterday but he preferred to keep quite. J. R. Gupta prayed to Almighty for their long life with sound health, followed by refreshment packets. A report by R. K. Singhal, Incharge.

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



Smt. Anita Gupta, Widow (65 yrs) resident of Green Park, visited Recreation Centre on 11-10-2023, with complaint. She has alleged that her daughter-in-law has been harassing, abusing, shouting, filthy language & threatened to lodge false complaints with a sole motive to grab her property in connivance with her mother, father, mama & jija. Immediately, she was taken to K. Jegadesan, Special Commissioner, SPUWAC on same day. He was kind to speak to SHO, Mehrauli, not to harass her any more by his Investigating Officer. **No further harassments reported so far. She has extended thanks to the Confederation/ Council for their moral support & legal guidance from time to time. - Editor**



Sh. Dilawar Singh Tomar (66yrs) resident of Chhatarpur Extn. visited Recreation Centre on 12-12-2023, with a **Judgment dated 06-10-2022 in OA Number 559/2019** passed by Hon'ble Cenral Administrative Tribunal, Principal Bench. In his representation he has alleged that he is being victimized by parent department by threatening to with hold his pension. On 15-01-2024, the matter was referred to Hon'ble Hardeep Singh Puri, Union Minister, Housing & Urban Affairs with a request to reconsider his request sympathetically at the earliest in the interest of Justice to a Senior Citizen at the age 66yrs. **No further orders were issued to with hold his pension. He has extended thanks to the Confederation/ Council for their moral support & legal guidance from time to time. - Editor**



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ELDERLY NEWS WISHES ITS READERS A INTERNATIONAL WOMEN DAY, BASANT PANCHAMI & MAHA SHIVRATRI.

CONFEDERATION

INTERNATIONAL WOMEN'S DAY ON 08-03-2024



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 "Invest in women: Accelerate progress and take a stand with us using the Invest In Women". Investing in women, a human rights issue, Ending poverty, Implementing gender-responsive financing, Shifting to a green economy and care society & Supporting feminist change-makers.** Senior Citizens Council of Delhi felicitates 18 Women-----? on 08-03-2024 at its Recreation Centre, Green Park Extension. **L. R. Garg, Editor.**

JODHANA SENIOR CITIZENS SOCIETY CELEBRATED JOINT BIRTHDAY ON 10-02-2024



Jodhana Senior Citizens Society, Jodhpur celebrated Joint birthday of its members for the month of February on 10-02-2024. Ram Raj Bhandari garlanded the members & Shreefal offered. Prem Sukh Daga, President prayed almighty for healthy long life to the members. **A report by P. D. Agarwal, Secretary.**

SCWS, SHALIMAR BAGH CELEBRATED BIRTHDAY ON 03-02-2024



SCWS, Shalimar Bagh organized birthday celebration of its members born in the month of January on 03-02-2024. **A report by P. P. Tuteja, General Secretary.**

SAHYOG VARISHT NAGRIK MANCH, SHALIMAR BAGH ORGANIZED B'DAY CELEBRATION ON 31-01-2024



Sahyog Varisht Nagrik Manch, Shalimar Bagh organized Birthday Celebrations of their members on 31-01-2024 born in the month of January. **A report by R. K. Nanda, President.**

50 MEMBERS OF SCWA, SANT NAGAR ORGANIZED JIM CORBETT TOUR FROM 05 TO 07-01-2024



50 members of Senior Citizens Welfare Association organized JIM CORBETT tour from 05 to 07-01-2024. **A report by G. R. Sehgal, President.**

MEDITATION & YOGA BY SCWA, SANT NAGAR ON 18-02-2024



Senior Citizens Welfare Association, Sant Nagar organized Meditation & Yoga in Association with Art of living by Ms. Anmol Narang. **A report by G.R. Sehgal, President.**

HEALTH TALK ORGANIZED BY SCWA ON 04-02-2024



55 members of Senior Citizens Welfare Association, Sant Ngar organized Health Talk on 04-02-2024 in Association with Management of Moolchand Hospital. **A report by G. R. Sehgal, President.**

55 MEMBERS OF SCWA, SANT NAGAR VISITED VISHAL GADH FARMS, GURGAON -----



55 members of Senior Citizens Welfare Association, Sant Nagar visited Vishal Gadh Farms, Gurgaon on 01-02-2024. **A report by G. R. Sehgal, President.**

60 MEMBERS OF SCWA, SANT NAGAR VISITED LOTUS TEMPLE & KALKAJI TEMPLE ON 26-02-24



60 members of Senior Citizens Welfare Association, Sant Nagar visited Lotus Temple & Kalkaji Temple on 26-02-2024. **A report by G. R. Sehgal, President.**

BASANT PANCHAMI CELEBRATED BY SCWA, SANT NAGAR ON 14-02-2024



Senior Citizens Welfare Association, Sant Nagar celebrated birthday of its members born in the month of January 24 in the presence of Nigam Parshad Smt. Shikha Rai. **A report by G.R. Sehgal President.**

BIRTHDAY CELEBRATIONS BY SCWA, SANT NAGAR ON 31.01.24.



Senior Citizens Welfare Association, Sant Nagar organized Basant Panchami on 14-02-2024. **A report by G. R. Sehgal, President.**

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.seniorelitzensdelhi.org.

Daily Spiritual Discourses, at Deer Park Satsang (7am to 8am), Recreation Centre, Green Park Extn. (3pm to 4 pm) & Shiv Mandir, Green Park (4:30pm to 5:30pm) & Sadbhawna Satsang Mandal, Munirka every Sunday (10am to 11am) respectively, **from 16-02-2024 to 29-02-2024 – Rajendra Kumar Mishra, Sidhi, MP from 01-03-2024 to 15-03-2024 Pt. Ram Anugrah Ramayani, Pryagraj, UP & from 16-03-2024 to 31-03-2024 Acharya Hemant Upadhyay, Banaras, 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. **603610110006266** 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**

FROM FRONT PAGE COUNCIL MEMBERS WEARING YELLOW CLOTHS FELICITATED ON BASANT PANCHAMI ON 13-02-2024

J.R. Gupta, President, Senior Citizens Council of Delhi felicitated at its Recreation Centre, Green Park Extension in the presence of more than 80 members on 13-02-2024 on the occasion of Basant

Panchami including Pt. Ram Rekh Tripathi, Sultanpur UP, followed by refreshment packets. A report by R. K. Singhal, Incharge.

J. R. GUPTA, CHAIRPERSON, CONFEDERATION OF SENIOR CITIZENS ASSOCIATIONS OF DELHI GRACED AS CHIEF GUEST IN ANNUAL DAY OF SCA MEHRAULI ON 19-02-2024

J. R. Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 Lakh) graced Annual Day of Senior Citizens Welfare Association, Mehrauli on 19-02-2024 along with Y. K. Singhal, Council Life Member in the presence of more than 300 Senior Citizens. Shikhar Chand Jain, President felicitated J.R. Gupta with flowers & shawl as a token of respect & regards. Sh. _____, Ex-President felicitated Y. K. Singhal with flowers &

shawl. Cultural programme & yoga dance performed by the students of Gurukul, which were appreciated by all present. J. R. Gupta briefed about non-payment of Recreation Grant by GNCTD for a period of more than last 2 years. He also appreciated the daily various activities of SCA, Mehrauli, which were praised by all present. The function concluded with delicious lunch. A report by Y. K. Singhal, Council Life Member.

44 MEMBERS OF SENIOR CITIZENS COUNCIL OF DELHI VISITED SALASAR & KHATUSHYAM ON 15 & 16-02-2024

44 members of Senior Citizens Council of Delhi visited Salasar & Khatushyam by bus at 6am. Breakfast & water bottles were served in the bus on 15 & 16-02-2024 & night

stayed at Maruti Dham Dharamsala at Salasar. The members have delicious breakfast & have group photo before boarding in bus. A report by R. K. Singhal, Incharge.

ROHIT MEENA, DCP, SWD, CHAIRED DISTRICT LEVEL ADVISORY BODY MEETING ON 16-02-2024

L. R. Garg, Secretary, Senior Citizens Council of Delhi attended meeting of Senior Citizens of South West District Level Advisory Body on 16-02-2024 on behalf of J. R. Gupta, President. The meeting was chaired by Rohit Meena, IPS, DCP, SW in his office at Vasant Vihar Police Station including M.S. Sanghamitra, ACP, HQ, SWD & all other members residing in South West District. L. R. Garg raised various issues concerning Senior Citizens of DDA Flats Munirka & nearby colonies under the Jurisdiction of Safdarjung Enclave Police Station. He also requested the chair to call Traffic Inspector in future meetings, as owners of many car showrooms have encroached even footpath service lanes on Africa Avenue in Safdarjung Enclave. Other members also raised their issues concerning Senior Citizens. DCP, SW assured to the needful at the earliest. A report by L. R. Garg, Secretary.

J. R. GUPTA, PRESIDENT MET 2 INTERNS FROM HELPAGE INDIA ON 19-02-2024

L. to R. J. R. Gupta, Sukanya Pillai & Ashu Kumari

Sukanya Pillai (9413172197) & Ashu Kumari (7488970565) met J. R. Gupta, President, Senior Citizens Council of Delhi at Recreation Centre, Green Park Extension on 19-02-2024. Both are Interns placed in the office of HelpAge India regarding Elder Help Line number 14567. Both were sponsored by AMITY University, Sector-125, Noida, followed by questions answers sessions. A report by R. K. Singhal, Incharge.

COUNCIL ORGANIZED SUNDERKAND PATH ON EVERY TUESDAYS AT RECREATION CENTRE

Like past years, Senior Citizens Council of Delhi has been organizing regularly Sunderkand Path at its Recreation Centre, Community Centre at Green Park Extension since 2016. On 20-02-2024, Sunderkand Path was recited by Harikesh Kumar Shukla, Attendant, Dinesh Sharma & Pritam Singh played Dholak in the presence of larger number of Senior Citizens followed by heavy refreshments packets. A report by R. K. Singhal, Incharge.

WORLD CANCER AWARENESS TALK BY DR. AVTAR SINGH ON 04-02-2024

The World Cancer Day is observed worldwide on 4 Feb 2024 every year. Dr. Avtar Singh delivered an Awareness talk on Cancer at Recreation Centre, Green Park Extn on 04-02-2024 in the presence of 80 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. The theme of this year is "Close the Care Gap". The campaign is all about understanding and recognizing the inequities in cancer care around the globe including power of working together. A report by R. K. Singhal, Incharge.

RAMRAJ BHANDARI VISITED RECREATION CENTRE ON 25-02-2024

L. to R. :- Y. K. Singhal, Pratap Singh, Ramraj Bhandari, G. S. Tokas, J.R. Gupta & L. R. Garg

A get together function organized by Senior Citizens Council of Delhi at its Recreation Centre, Green Park Extension on 25-02-2024, as he shifted from Jodhpur to his own house at B-5/110, Safdarjung Enclave along with his wife Mrs. Shanti Bhandari. On this occasion other members were present namely Y. K. Singhal, Pratap Singh, G.S. Tokas, J.R. Gupta & L.R. Garg, followed by light refreshments. A report by R. K. Singhal, Incharge.

SUBHASH BAGGA FROM SHRI LAXMI NARAIN MANDIR, MALVIYA NAGAR FELICITATED AT DEER PARK SATSANG ON 29.02.2024

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)



With the support of DLSA (South District), **Pea Pankaj, Legal Aid Counsel** visited Recreation Centre, Green Park Extn, on every Tuesdays falling on **06 & 13-02-2024**. **Yogesh Sharma, Legal Aid Counsel**, visited on **20 & 27-02-2024**. Both rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than **3700** members at their doorsteps on 4 days. So far **11250** 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. Jyoti Maheshwari, Secretary, DLSA (South)** for her continues support. Special Lectures were delivered on Rights of Senior Citizens & Cyber Security Tips. During the current financial year 2023-24, **4000** Senior Citizens benefited up to **29-02-2024**. A report by **R.K. Singhal, Incharge**.

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Dated : 01-03-2024

- Lakhi Ram Garg, Editor

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1448		Sh. Satendra Kumar Agrawal, SG-67/16, Shastri Nagar, Ghaziabad- 201002 Mob : 9899113831	1455		Smt. Kusum Lata Chhibber, H. No-261, Street-3, Bholanath Nagar, Shahdara, Delhi-32 Mob : 9899523979
1449		Smt. Renu Agrawal, SG-67/16, Shastri Nagar, Ghaziabad -201002 Mob : 9899070884	1456		Smt. Shant Bhandari, B-5/110, Safdarjung Enclave New Delhi-110029 Mob : 9351951446
1450		Sh. Mahendra Bhai Patel, Aspen D-202, Omaxe SPA Village, Sec-78, Faridabad Mob : 9810641768	1457		Sh. Sanjay Kumar Rana, A-47, FF, Siddhtri Enclave Bhagwati Garden, Uttam Nagar, Delhi-59, Mob : 9315668652
1451		Sh. Ram Bilas Kushwaha, H-31, Sector-22, Noida-201301 Mob : 8447924885	1458		Sh. Balraj Kumar Bhutani, 269/A, SF, Arjun Nagar, New Delhi-110029 Mob : 9212678959
1452		Smt. Vinita Kushwaha, H-31, Sector-22, Noida-201301 Mob : 8447924885	1459		Smt. Kiran Bhutani, 269/A, SF, Arjun Nagar New Delhi-110029 Mob : 9212299696
1453		Smt. Kamal Dutta, B-63, Sector-56, Noida- 201301 Mob : 9582227257	1460		Sh. Narendra Kumar Jain, 2227/169, Ganesh Pura Tri Nagar, New Delhi-110035 Mob : 7428900626

ELECTION OF NEW GOVERNING BODY OF CONFEDERATION ON 06.04.2024.

The Tennure of Existing Governong Body of Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 lakh senior citizens) is expiring on 01.05.2024.

Shri Cherian Mathew, former CEO, Help Age India, has been nominated as an election officer as per Meeting Notice dated 23.03.2024. He will conduct elections at 2.30 pm Sharp & onwards on 06.04.2024 (Saturday) at Recreation Center of Senior Citizens Council of Delhi at Community Centre, Green Park Extension opposite K-28 . One person from each association is allowed to participate in elections. The meeting would be adjourned for half an hour for want of quorum, if needed. The light refreshments would be served after election.

RSVP : J. R. Gupta, Chairperson, 98104 88059

गुमशुदा



श्री ठाकुर सिंह

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RSVP : J.R. Gupta, President, 98104 88059

SPECIAL PROGRAMS AT RECREATION CENTRE

13-02-2024 : Joint Birthday Celebrations for the members up to Life Membership number 2528 & enrolled up to 28-02-2023 & upto membership number 2528 born in the month of February on or before 31-01-1964. The confirmation should reach by 11-02-2024 by 3pm subject to availability of Chief Guest.

08-03-2024 : International Day of Women at Recreation Centre & Maha Shivratri.

09-03-2024 : Special Pravachan by Nityanand Saraswati Ji Maharaj at Centre.

CONDOLENCES

The following Life Members of Council have left for heavenly abode during the last one month from 11-01-2024 to 10-02-2024.

LIFE MEMBERS	MEMBERSHIP NO.	ADDRESS
1. Mrs. Swarn Kanta	315	66A, Arjun Nagar, ND-29
2. Sh. Laxman Baswal	813	185/1, Arjun Nagar, ND-29
3. Sh. Subhas Chand Garg	2384	267, Raksha Enclave, Mohan Garden, ND-59

- HARIOM SHANTISHANTI - J. R. GUPTA, President

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