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COUNCIL OF DELHI & CONFEDERATION OF SENIOR CITIZENS
ASSOCIATIONS OF DELHI FROM 01-04-2024 & ONWARDS
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SENIOR CITIZENS COUNCIL OF DELHI
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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 : 012

Issue No. : 136

MONTH : MARCH 2025

45 MEMBERS OF SENIOR CITIZENS COUNCIL OF DELHI VISITED CHITRAKOOT FROM 21 TO 24-03-2025 AND VISITED VARIOUS RELIGIOUS / HISTORICAL PLACES AROUND CHITRAKOOT INCLUDING DARSHAN OF JAGAT GURU SHRI RAMBHADRACHARYA JI MAHARAJ, FOUNDER OF TULSI PEETH.



45 Members of Senior Citizens Council of Delhi visited Chitrakoot from 21 to 24-03-2025 and visited various religious / historical places around Chitrakoot including Darshan of Jagat Guru Rambhadracharya ji Maharaj Founder of Tulsi Peeth. The members also met Sh. Anil Jaiswal, Director of Arogya Dham, Deen Dayal Research Centre. The members visited various sites such as Gupt

Godavari Caves, Snan at Shri Ram Ghat & Mandakini River including Kamadgiri Temple parikarma of 5km with wheelchairs, Panchwati / Sita Kund etc. The members returned with unforgettable memories with the efforts of J. R. Gupta, President Senior Citizens Council of Delhi. A report by Ashok Kumar, Incharge.

CHIEF GUEST, RAJNISH SINGH, SHO, SAFDARJUNG ENCLAVE, FELICITATED 18 MEMBERS OF SENIOR CITIZENS COUNCIL OF DELHI IN THE PRESENCE OF MORE THAN 50 MEMBERS INCLUDING J.R. GUPTA, PRESIDENT ON 18-03-2025



Chief Guest, Rajnish Singh, SHO, Safdarjung Enclave, felicitated 18 members of Senior Citizens Council of Delhi including J. R. Gupta, President in the presence of more than 50 members on 18-03-2025 at its Recreation Centre, Community Centre, Green Park Extension. He prayed to Almighty for their long life with sound health. Earlier, Sunderkand Path was recited by Dinesh Sharma, Harikesh Shukla, Neelam Malhi, Poonam Bhagotra, Ashok Kumar, & other

members. All members present prayed to Almighty for the fast recovery of wife of our worthy President, followed by refreshment packets sponsored by Gyan Singh Tokas, Secretary, Senior Citizens Council of Delhi. J. R. Gupta also prayed Almighty for their long life with sound health whose birthday was organized. J. R Gupta also felicitated Chief Guest as a token of respect & regards with flowers & shawl. A report by Ashok Kumar, In-charge.

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



Sh. Rajpal Gupta (79 yrs) resident of Safdarjung Enclave along with a complaint dated 08-02-2024 & 23-02-2025 against his neighbor Mr. Iqbal, regarding encroachment of aforesaid property forcibly. Mr. Iqbal has been harassing, abusing, soughing including filthy language and threatened to kill & to lodge false complaint with crime against Women Cell with a sole motive to harass him. Immediately, his case was taken up with Commissioner of Police with a request action should be taken against aforesaid person and also provide security to complainant his wife and his sin in the interest of Justice so that he could live peacefully in his own house, including investigation. No further harassments reported so far. He has extended thanks to the Confederation/ Council for their moral support & legal guidance from time to time. - Editor



Smt. Kamla Mamtani (72 yrs) resident of South Ext Part-I, visited Recreation Centre on 12-03-2025, with complaint. She has alleged that her tenant Mr. Sumit Sabharwal not vacating her house, already lodged at Kotla Mubarkapur Police Station. She has further alleged that whenever, she asked to vacate her house, the tenant is misbehaving, harassing, abusing & threatening to kill in connivance with her staff members. On 02-04-2024, tenant Mrs. Shashi Sabharwal that she will vacate their house H-33, FF, South Extension Part-1 on 31-05-2024. Immediately, the matter was taken up with Commissioner of Police to take legal action against aforesaid tenant & other staff members. On the intervention of Confederation / Council, the tenant has handed over keys on 24-06-2024 to the complainant. She 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 NEW YEAR-2025, INTERNATIONAL WOMEN DAY & HAPPY HOLI

CONFEDERATION

SENIOR CITIZENS ABOVE 75 HAVE BEEN EXEMPTED FROM FILING INCOME TAX RETURNS, SAYS FINANCE MINISTER



Finance Minister, Nirmala Sitharaman already announced in the Parliament that citizens above the age of 75 are exempted from filing income tax returns, if they have pension income & interest income only. As such, we are reducing the compliance burden on senior citizens. The Confederation of Senior citizens Associations of Delhi has hailed the decision of Central Govt. – GYAN SINGH TOKAS – EDITOR.

45 SENIOR CITIZENS OF SHIV PARK, SHALIMAR BAGH VISITED AYODHAYA DHAM ON 05 & 06-03-2025



45 members of Senior Citizens, Shivpark, Shalimar Bagh visited Ayodhya Dham from 05 to 06-03-2025. A report by Azad Tandon, General Secretary.

HOLI MILAN SAMAROH AT SENIOR CITIZENS WELFARE FORUM, SHIV PARK, SHALIMAR BAGH ON 12-03-2025



Senior Citizens Welfare Forum, Shiv Park, Shalimar Bagh organized Holi Milan Samaroh on 12-03-2025. A report by Azad Tandon, General Secretary.

92 MEMBERS OF SCWS, AB BLOCK, SHALIMAR BAGH ORGANIZED PICNIC ON 21-02-2025



92 members of Senior Citizens Welfare Society, AB Block, Shalimar Bagh visited a picnic to Garden of Five Senses on 21.2.2025 during "the day of its Annual flower show" A report by Capt Chander Sachdev, President.

ACTIVITIES OF JODHANA SENIOR CITIZENS SOCIETY ON 11-03-2025



Jodhana Senior Citizens Society of Jodhpur organized Birthday of its members at Sardar Club on 11-03-2025. The members were felicitated on the occasion of his son's marriage, followed by delicious lunch. A report by Satya Narain Agarwal, Council Member.

56 MEMBERS OF JODHANA SENIOR CITIZENS SOCIETY OF JODHPUR TOUR FROM 17-03-2025 -21-03-25



56 members of Jodhana Senior Citizens Society of Jodhpur left for Ayodhya, Chitrakoot, Prayagraj & Varanasi by Train from 17-03-2025 to 21-03-2025. A report by Ramraj Bhandari, Patron.

INFORMATION FOR MEMBERS



It is here by informed to the members of Senior Citizens Council of Delhi that late Smt. Sushma Swaraj, Union Minister, Ministry of Social Justice Empowerment, Govt. of India was the originator to construct new shed at Deer Park Satsang in 2006.

RSVP:- J. R. Gupta, President, 9810488059

GULMOHAR SENIOR FORUM ORGANIZES A TRIP TO PRADHANMANTRI SANGRAHALAYA ON 19, MARCH 2025



Gulmohar Journalists Colony Senior Citizens Forum organized a trip to Pradhanmantri Sangrahalaya on Wednesday 19, March 2025. 43 members took part in it. The PMS is located within the historic Teen Murti Bhavan and is dedicated to all prime ministers of India and their contribution to the progress and development of India.

It took us nearly 2 hours to go through the museum and rare letters, signed documents, newspapers, photos on display there. It was highly fulfilling and enriching experience to see how our Prime Ministers through their action, policies and plans navigated our country to its present status.

Everyone looked forward to the last session in PMS, where members clicked their photos with Modi ji or earlier Prime ministers. Other special were Hologram Room where a life-size hologram of Pandit Nehru's famous speech was displayed. Some members took the helicopter ride which took them on a 5-D tour of special achievements of the country.

A highlight of the day was Light and Sound Show which was dedicated to the valour and sacrifice of brave and fearless women warriors who fought for our country and gave up their lives defending it.

We concluded our trip with dinner at Gujarat Bhavan, Kautilya Marg. Here a traditional Gujarati Thali was served to all which included some of choicest Gujarati dishes.

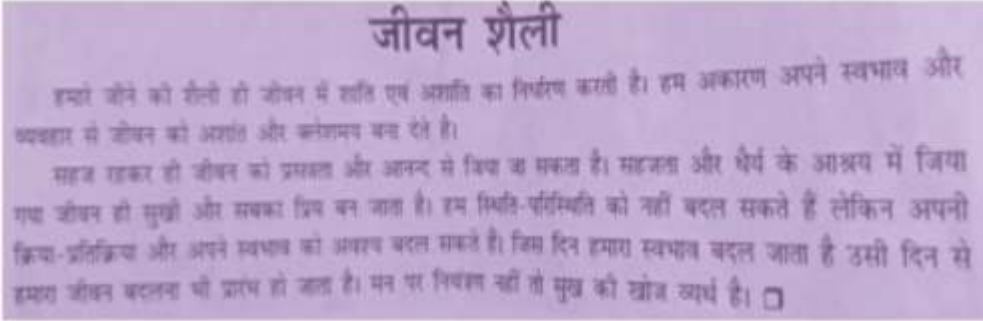
Editorial Board of Elderly News : B.S. Yadav (Dwarka), G. R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), K.K. Mehta (Tagore Garden), Reporters: Y.K. Singhal & Gyan Singh Tokas (Chief Editor J.R. Gupta Responsible only for selection of News under the P.R.B. Act. 1867). All disputes, subject to Delhi Jurisdiction. **E-mail: guptajr2005@gmail.com, Web.: www.seniorcitizensdelhi.org.**

Daily Spiritual Discourses, at Deer Park Satsang (7am to 8am), Recreation Centre, Green Park Extn. (3 pm to 4 pm) & Shiv Mandir, Green Park (4:30pm to 5:30pm) & Sadbhawna Satsang Mandal, Munirka every Sunday (10am to 11am) respectively, **from 16-03-2025 to 31-03-2025 Pt. Radhey Shyam Ramayani, Gonda UP from 01-04-2025 to 15-04-2025 Pt. Ramesh Chander Mishra Ramayani, Mirzapur, UP & from 16-04-2025 to 30-04-2025 Pt. Vidhya Bhushan, Chhapra, Bihar - Editor**

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. 1700/- 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**



जे.आर.गुप्ता, अध्यक्ष,
वरिष्ठ नागरिक परिषद दिल्ली
9810488059

कुंभ में एक बौ नहीं 20 से अधिक महिलाओं के प्रसव महाकुंभ स्थित केन्द्रीय चिकित्सालय में कराये गये। इन महिलाओं को पता था कि उनका प्रसव का दिन नजदीक है लेकिन घर के परिजनों को कुंभ में जाता देवह भी आने का मोह नहीं छोड़ पायीं तथा अधिकांश महिलाओं की इच्छा थी कि उनका बच्चा महाकुंभ में पैदा हो। महाकुंभ में पैदा हुये बच्चों के नाम भी धर्म और आस्था से जुड़े हुये रखे गये हैं। इनके नाम कुंभ, राधा, सीता, वैदेही, शंभू, गंगा, यमुना नदी आदि रखे गये हैं।

जे.आर.गुप्ता, अध्यक्ष,
वरिष्ठ नागरिक परिषद दिल्ली
9810488059

दिल्ली के वरिष्ठ नागरिक परिषद द्वारा डियर पार्क शेड में प्रतिदिन सत्संग का आयोजन किया गया। रायबरेली के पं. राजेश रामायणी केवल श्री राधेश्याम रामायणी पर ही आध्यात्मिक प्रवचन कर रहे हैं। उनकी कथा 15.03.2025 तक है। उन्होंने श्री रामजी और सीताजी को 14 वर्ष के बनवास तथा भरतजी के राज तिलक के बारे में जानकारी दी।

निवेदक - जे.आर. गुप्ता,
अध्यक्ष



Senior Citizens Council of Delhi organized **Holi Milan Samaroh** at Deerpark Satsang on 14-03-2025. Eminent poet Sunehari Lal Verma recited so many poems / songs for the entertainment of about 100 Senior Citizen, followed by refreshment packets with the support of **Mohan Lal Chopra, Owner of Evergreen Sweet House**. Also Maya Sharma of Mehrauli distributed parsad. All members enjoyed very much. **A report by Ashok Kumar, Incharge.**



L. to R. :- J.R. Gupta, Ram Kishan, Susshil Kr & Mahendra Singh

A 3 members delegation of Senior Citizens Associations, Katwaria Sarai met **J. R. Gupta, President, Senior Citizens Council of Delhi** at Recreation Centre, Community Centre, Green Park Extension, followed by parsad. **A report by Ashok Kumar, Incharge.**



L to R:- Pushpa Kalra, Suresh, Savitri, Anshu soin, Pt. Rajesh Ramayani & J. R. Gupta
Senior Citizens Council of Delhi felicitated female members of Council on the occasion of **International of Women Day** on 08-03-2025, followed by parsad. **A report by Ashok Kumar, Incharge.**



Senior Citizens Council of Delhi organized **Sunderkand Path** on 11-03-2025 in which more than 60 members participated. On this occasion, an investment talk was delivered by Bank of India, Safdarjung Enclave Branch Officers, followed by refreshment packets. **A report by Ashok Kumar, Incharge.**

RIGHTS OF 18 LACKS SENIOR CITIZENS OF DELHI-NCR UNDER THE CONSTITUTION OF INDIA

1.) Right to Equality (Article 14): Senior citizens have the right to equal treatment and non-discrimination. This means they should not be denied access to public spaces, services, or opportunities because of their age. **2.) Right to Life and Liberty (Article 21):** Senior citizens have the right to protection of life, dignity, and personal liberty. This includes the right to live with dignity, free from abuse, neglect, or exploitation. **3.) Right to Freedom of Speech and Expression (Article 19):** Senior citizens have the freedom to express their opinions, participate in societal activities, and engage in creative pursuits. **4.) Right to Social Security (Article 41):** The state is responsible for providing social security, including pension, healthcare, and other benefits, to senior citizens. **5.) Maintenance and Welfare of Parents and Senior Citizens Act, 2007:** This law ensures that children provide financial support to their parents and senior citizens. It also provides for the welfare of senior citizens, including access to healthcare, shelter, and other services. **6.) Additionally, senior citizens in India are also entitled to:** (a) **Concessions in transportation:** Senior citizens are eligible for priority and discounts on bus fares (b) **Tax benefits:** Senior citizens are eligible for tax deductions on their income. (c) **Priority in healthcare:** Senior citizens are entitled to priority in healthcare services, including hospitalization and medical treatment. (d) **Protection from abuse:** Senior citizens are protected from abuse, neglect, and exploitation under the Maintenance and Welfare of Parents and Senior Citizens Act. (e) Let us respect and honor to our senior citizens by younger generations, ensuring they should live with dignity and respect at the fag end of their life. **RSVP:- J. R. Gupta, President 9810488059**



Let us start the day by remembering the constitutional rights of senior citizens in India:

Right to Equality (Article 14): Senior citizens have the right to equal treatment and non-discrimination. This means they should not be denied access to public spaces, services, or opportunities because of their age. **Right to Life and Liberty (Article 21):** Senior citizens have the right to protection of life, dignity, and personal liberty. This includes the right to live with dignity, free from abuse, neglect, or exploitation.

Right to Freedom of Speech and Expression (Article 19): Senior citizens have the freedom to express their opinions, participate in societal activities, and engage in creative pursuits.

Right to Social Security (Article 41): The state is responsible for providing social security, including pension, healthcare, and other benefits, to senior citizens.

Maintenance and Welfare of Parents and Senior Citizens Act, 2007: This law ensures that children provide financial support to their parents and senior citizens. It also provides for the welfare of senior citizens, including access to healthcare, shelter, and other services.

Additionally, senior citizens in India are also entitled to:-

- Concessions in transportation:** Senior citizens are eligible for priority and discounts on bus fares.
- Tax benefits:** Senior citizens are eligible for tax deductions on their income.
- Priority in healthcare:** Senior citizens are entitled to priority in healthcare services, including hospitalization and medical treatment.
- Protection from abuse:** Senior citizens are protected from abuse, neglect, and exploitation under the Maintenance and Welfare of Parents and Senior Citizens Act. Let us respect and honor our senior citizens, ensuring they live with dignity and receive the care they deserve!

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)



With the support of DLSA (South District), **Javed Hussain, Legal Aid Counsel** visited Recreation Centre, Green Park Extn, on Tuesdays falling on **11-03-2025 & 25-03-2025**. He rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than **8000** members at their doorsteps on **2 days**. So far **15550** 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 **Sh. V. K. Agarwal, Secretary, DLSA (South)** for his regular support. During the current financial year 2024-25, 8300 Senior Citizens benefited up to **31-03-2025**. A report by **Ashok Kumar, In-charge**.

COUNCIL NOTICE

As per UNO report, population of Senior Citizens aged 65 and above were 761 million. The number of people aged 80 years & above are growing even faster. A child born in 2021 can expect to live, on average to age 71 with women living longer than men. This is nearly 25 years more than a baby born in 950. Together we can address today's inequalities for the benefit of tomorrow's generations.

RSVP:- J. R. Gupta, President, 9810488059

PUBLIC NOTICE

It is here by informed that the Daily Deerpark Satsang timings have been changed from 10-03-2025 (Monday) from 6.45am to 7.45am. All the members of Senior Citizens Council of Delhi are requested to attend Satsang accordingly, followed by parsad.

RSVP:- J. R. Gupta, President, 9810488059

PRINTING OF COUNCIL SOUVENIR-2025

All the members of Senior Citizens Council of Delhi are requested to pay one time of Rs. 5,000/- for the printing of Souvenir-2025 in the month of April-2025 at the earliest

RSVP:- J. R. Gupta, President, 9810488059

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LIFE MEMBERSHIP OF COUNCIL

2687		Sh. T K Parameshwaran, C-261, Eastend Appt, Mayur Vihar Ph-1 Extn. N.D.-96 Mob.: 7736641701	2690		Sh. Sushila Victor, 160, DDA Flats (FF) Lado Sarai, New Delhi-30 Mob.: 9811762045
2688		Mrs. Malti Jaiswal, 7032, D-7, Vasant Kunj New Delhi-70 Mob.: 9899405789	2691		Sh. Kishan Chand, B-4/184, GF, New Delhi-29 Mob.: 7206320804
2689		Sh. Robert Victor, 160, DDA Flats (FF) Lado Sarai, New Delhi-30 Mob.: 9811762045	2692		Smt. Usha Valecha, T-17, Rajouri Garden, New Delhi Mob.: 9873700124

6 MEMBERS OF SENIOR CITIZENS COUNCIL OF DELHI MET CHIEF MINISTER, SMT. REKHA GUPTA ON 31-03-25



A 6 members delegation of Senior Citizens Council of Delhi led by its **President, J. R. Gupta** met **Smt. Rekha Gupta, Chief Minister of Delhi** at her official Residents at Shalimar Bagh on 31-03-2025. Other members were **Y. K. Singhal, N. P. Soni, Vimal Bhan & Azad Tandon**, General Secretary of Shiv Park, Shalimar Bagh. J. R. Gupta requested her to release pending Recreation grant for the last 3 years at the earliest as 145 Associations having (18 Lacks Senior Citizens) are unable to conduct their daily activities in their respective Recreation Centers in Delhi / NCR. J. R. Gupta thanked for meeting the members inspite of her busy schedule. Members also felicitated her with the shawl as the token of respect & regards. She assured to do the needful at the earliest as we have made budget provisions in the next financial year 2025-26. A report by **Ashok Kumar, Incharge**.

43 MEMBERS OF GULMOHAR SENIOR FORUM ORGANIZES A TRIP TO MUSEUM ON 19-03-2025



43 Members of Gulmohar Journalists Colony Senior Citizens Forum organized a trip to Pradhanmantri Sangrahalaya on 19-03-2025. The PMS is located within the historic Teen Murti Bhavan and is dedicated to all prime ministers of India and their contribution to the progress and development of India. It took nearly 2 hours to go through the museum and rare letters, signed documents, newspapers, photos on display there. It was highly fulfilling and enriching experience to see how our Prime Ministers through their action, policies and plans navigated our country to its present status. Everyone looked forward to the last session in PMS, where members clicked their photos with Modi ji or earlier Prime ministers. Other special were Hologram Room where a life-size hologram of Pandit Nehru's famous speech was displayed. Some members took the helicopter ride which took them on a 5-D tour of special achievements of the country. A highlight of the day was Light and Sound Show which was dedicated to the valour and sacrifice of brave and fearless women warriors who fought for our country and gave up their lives defending it. We concluded our trip with dinner at Gujarat Bhavan, Kautilya Marg. Here a traditional Gujarati Thali was served to all which included some of choicest Gujarati dishes. A report by **Vimal Bhan, Council Member**.

SPECIAL PROGRAMS AT RECREATION CENTRE

11-03-2025 : Joint Birthday Celebrations for the members up to Life Membership number **2626** & enrolled up to **31-03-2024** & upto membership number **2626** born in the month of **March** on or before **31-03-1964**. The confirmation should reach by **11-03-2025** by 3pm subject to availability of Chief Guest.

CONDOLENCES

The following Life Members of Council have left for heavenly abode during the last one month from **11-03-2025** to **10-04-2025**.

LIFE MEMBERS	MEMBERSHIP NO.	ADDRESS
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- **HARI OM SHANTI SHANTI - J. R. GUPTA, President**

Printer, Publisher & Editor **Shri Gyan Singh Tokas, G-7/1, DLF Ph - 1, Gurugram- 122002** on behalf of Senior Citizens Council of Delhi
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