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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

E-mail : guptajr2005@gmail.com

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DAILY FREE VARIOUS FACILITIES FOR SENIOR CITIZENS IN RECREATION CENTER, GREEN PARK EXTENTION FROM 12.30 NOON TO 5.00 PM

AFFILIATED WITH CONFEDERATION OF SENIOR CITIZENS ASSOCIATIONS OF DELHI (AN UMBRELLA BODY OF 11 LAKH SENIOR CITIZENS)

VOL : 006

Issue No. : 65

MONTH : MAY, 2019

Rs. 5/-

SENIOR CITIZENS SHOULD EXECUTE THEIR WILLS DURING LIFE TIME SAYS JUSTICE V. B. GUPTA (RETD), DELHI HIGH COURT ON 02-05-2019



Annual General Body Meeting of Confederation of Senior Citizens Associations of Delhi (an umbrella body of 11 lakh senior citizens) was held at Recreation Center, Green Park Extension on 02-05-2019 in the presence of large number of Confederation Members. After the meeting, Chief Guest **Justice V.B.Gupta** shared useful tips for senior citizens on various issues concerning them, such as Will, Investments with Nominees, Self-security, social life, active ageing etc. He specifically advised to execute Will by each

Contd on page 4 with more photos

SENIOR CITIZENS MEETS SH. GAUTAM MANAN, NEW SPECIAL SECRETARY, DSLSA, ON 03-05-2019



A 4 members delegation of Senior Citizens Council of Delhi led by its President, J.R.Gupta met **Sh. Gautam Manan, ADJ & Special Secretary, Delhi State Legal Services Authority** on 03-05-2019 in his office. The other members were Vimal Bhan, V.K.Pahuja and D.K.Sangal. The members extended invitation to visit Recreation Center as per his convenience. He accepted the invitation.

-A report by Vimal Bhan

TRIBUNAL COURT RESCUES MOTHER FROM ILL-TREATING DAUGHTER



Tribunal Court of District Magistrate (South) dismissed the petition of **Mrs.Sharda Gambhir (74)** regarding evicting her daughter Mrs.Vibha Gambhir on 05-03-2018 on the basis of local reports prepared by concerned Patwari. She filed an appeal on 05-04-2018, under Rule-22(3)(4) of the Delhi Maintenance and Welfare of Parents and Senior Citizens Rules, 2009 as amended in 2016, read with the Maintenance &

Welfare of Senior Citizen Act, 2007 before Appellant Tribunal Court of Ms. Manisha Saxena, Divisional Commissioner. The Appellant Authority accepted the appeal and directed her daughter on 09-10-2018/27-11-2018 to vacate the premises within a period of 30 days, which was vacated on 06-04-2019. She is now living peacefully in her own house. Mrs. Sharda Gambhir expressed his thanks to the Council for their continuous moral support & legal guidance.

- EDITOR

SEMINAR ON AGEING AT VARDHMAN MAHAVIR MEDICAL COLLEGE ON 16-04-2019



50 members of Senior Citizens Council of Delhi led by its President, J.R.Gupta participated in a Seminar on Ageing Issues including health at Vardhman Mahavir Medical College Auditorium on 16-04-2019 on the occasion of Mahavir Jayanti. Chief Guest was **Acharya Lokesh Muni Ji Maharaj** and other guests includes **Dr. (Prof.) D.C.Jain**, former D.G. (Health Services), Govt. of India, **Dr. Jugal Kishore**, Director, Professor and Head, Deptt. of Community Medicine, VMMC & Safdarjung Hospital and others followed by Panel Discussion on Mind & Health by eminent doctors. All the Speakers paid tributes to Bhagwan Mahavir for his valuable teachings which are being followed in India & abroad. **J.R.Gupta**, briefed about various free activities being organised for the cause and care of elderly including protection of lonely senior citizens at the hands of their own children & others, which was appreciated by all present followed by lunch.

- A report by Mrs. Manjula Aggarwal

SHREE RAM JANAM MAHOTSAV CELEBRATED AT HINDI BAHAVAN ON 13/04/2019



50 members of Senior Citizens Council of Delhi participated in Shree Ram Janam Mahotsav at Hindi Bhavan on 13-04-2019 organised by Sanatan Dharam Mahasabha, Delhi in the presence of large number of devotees. **Shri Ram Niwas Goel**, Speaker, Delhi Vidhan Sabha was the Chief Guest who inaugurated the function. J.R.Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi was Guest of Honor including Ramesh Goel and many more and all were felicitated with mementos by Sh. Ved Prakash Gupta, Surender Mohan Gupta and Sh. Narendra Mohan Gupta. All speakers exhorted the people to follow the examples of high moral and ethical standards set and followed by Lord Rama, which only can lead us to "Rama Rajya" A cultural program was presented by Shree Radhe Radhe Art Group, followed by refreshments. A bus was provided by the Council. The stage was well managed by Surender Mohan Gupta. V.P. Gupta welcomed all the guests.

-A report by Manjula Aggarwal, More Photo on page 4

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ELDERLY NEWS WISHES ITS READERS BUDH POORNIMA, WORLD ELDERS ABUSE AWARENESS DAY & NIRJALA EKADASI

CONFEDERATION NEWS

AMENDMENT IN MAINTENANCE ACT ON 28-07-2017



L.R. Garg

i) A Senior citizen/ Parents may make an application before the Dy. Commissioner/ District Magistrate of his district for eviction of his son and daughter or legal heir from his property of any kind, whether movable or immovable, ancestral or self acquired, tangible or intangible and include right or interests in such property on account of his non-maintenance and ill-treatment.

ii) The Deputy Commissioner/District Magistrate during summary proceedings for the protection for Senior Citizens/ Parents shall consider all the relevant provisions of the said Act. If, the Deputy Commissioner/ District Magistrate is of opinion that any son or daughter or legal heir of a senior citizens/ parents is not maintaining the senior citizens and ill-treating him and yet is occupying the property of any kind whether movable or immovable, ancestral or self acquired, tangible or intangible and include rights or interests in such property of the senior citizen, and that they should be evicted. The Deputy Commissioner/District Magistrate shall issue in the manner hereinafter provided a notice in writing calling upon all persons concerned to show cause, as to why an order of eviction should not be issued against them/him/her.

- EDITOR

GULMOHAR PARK SC FORUM ORGANISED BIRTHDAY CELEBRATIONS ON 28-04-2019



TALK ON HEALTH BY SCRC - SHALIMAR BAGH ON 28.04.2019



Senior Citizens Recreation Center organised a session on 28-4-2019 attended by 105 members. Dr Nisha, Gold Medalist, BHMS (SHME), DCN (APOLLO) DNY (AINCF) addressed the participants about chronic and life style related ailments and tips on healthy and tension free life. Birthdays of the month of April of 15 members were also celebrated with great fanfare.

- A report by R N Khosla, President

BIRTHDAY CELEBRATIONS BY SVN M - CC BLOCK - SHALIMAR BAGH



JOINT BIRTHDAY CELEBRATION BY MOTI NAGAR SC CULTURAL ASSOCIATION



Moti Nagar SCCA celebrated birthdays of its 87 members on 31.3.2019. The program started with songs, gazals, poems, bhajans, etc., and then cake was cut wishing the b'day members "Happy Birthday" after which heavy refreshments were served.

- A report by Subhash Sharma, President

JOINT BIRTHDAY CELEBRATION BY SC FORUM, PLATINUM ENCLAVE, ROHINI ON 31-03-19



NEW EXECUTIVE BODY OF SIDDARTHA EXTENSION SR. CITIZENS' WELFARE FORUM ON 14.04.2019 FOR 2019-21

President, M.M. Gupta, **Vice President**, Mrs. Indra Dhall, **General Secretary**, V.D. Sharma, **Jt. Secretary**, S.K. Sahni, **Treasurer**, M.C. Gupta, **Members**, S/Sh.S.P. Kapoor, Y.P. Anand, Surjit Singh, S.P. Jain, Shyam Singh, Mrs. Vijay Malhan, Manju Aggarwal and Rita Sawhney.

- A report by M M Gupta, President.

MONTHLY MEETING ON 27-04-2019 BY CARE & SHARE ROHINI, SECTOR-13



LECTURE ON RIGHTS OF SENIOR CITIZENS AT PUNJAB & SIND BANK TRAINING COLLEGE, ROHINI BY J.R. GUPTA ON 23-04-2019



Punjab & Sind Bank Training College, Rohini organised Special Function for its Officers and Staff (retired on 31-03-2019) for their knowledge to know about Rights of the Senior Citizens. **Sh. J.R. Gupta**, Chairperson, Confederation was the main Speaker who told them about Rights of the Senior Citizens as enumerated in National Policy of Older Persons, 1999 such as Financial, Social, Health securities etc. He further drawn their attention towards amendments on 19-12-2016 & 28-07-2017 under Maintenance of Parents & Welfare of Senior Citizens Act, 2007 in which any senior citizen can approach Tribunal Courts of District Magistrates on a simple application without any Advocate to evict his/her son and daughter-in-law from his property, if he/she is ill-treated by them including maintenance allowance. He also touched issues concerning senior citizens including various free facilities made available by Senior Citizens Council of Delhi at its Recreation Center, Community Center, Green Park Extension on daily basis.

- EDITOR

ACTIVITIES BY SCW MISSION - TAGORE GARDEN ON 28.04.2019



Senior Citizens Welfare Mission Tagore Garden, held a function "Maitri Milan" on 28.04.2019. Members presented their Talents i.e., Bhajans, self composed Geet etc. Two skits based on National Unity / Our Brave Army were presented by Female Members which were applauded by all. Appx. 250 Members participated. The programme ended with serving of Tea & distribution of Snacks to all.

- A report by R.K. Katyal, President

BIRTHDAY CELEBRATIONS BY SCWS, SHALIMAR BAGH ON 27.04.2019



SCWS celebrated birthdays of members & marriage anniversary of Shri H M Sharma & Smt. Asha Sharma. Six executive members for the current term, namely Dr RK Khanna, S/Sh MC Mehtani, BN Chandna, HKL Relhan, AR Kapil & Ashok Kapoor were also inducted in the Executive Body.

- Capt. Chander Sachdev, President

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, Mrs. Manjula Agarwal, 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 (7AM & 8AM) Vidushi Neelam Shastri (Banaras) from 16.05.19 to 31.05.19, Pt. Rajender Mishra Ramayani (Sidhi, MP) from 01.06.19 to 15.06.19 & Balvyas Pundrik Krishan (Vrindavan) from 16.06.19 to 30.06.19. Also at Shiv Mandir, Green Park from 5.00 pm to 6.00 pm daily, Shri Ram Mandir, B5 Block, Safdarjung Enclave from 7.00 pm to 8.00 pm daily, Sadbhavana Satsang Mandal, DDA Flats, Munirka on every Sunday from 9.30 am to 10.30 am & **RECREATION CENTRE, GREEN PARK EXTENSION DAILY FROM 3.15PM TO 4.15PM - H.D. RALHAN, Founder Member**



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 135 Registered Senior Citizens Associations have affiliated with the Confederation of Senior Citizens Associations of Delhi (An umbrella Body of 11 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 38 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. -A.C. BANSAL

JOINT BIRTHDAY CELEBRATIONS AT RECREATION CENTER, GREEN PARK EXTENSION ON 30-04-2019



Senior Citizens Council of Delhi organised Joint Birthday of its 19 members on 30-04-2019 at Recreation Center, Green Park Extension in the presence of more than 200 members. **Dr. D.C. Jain**, former Director General, Health Services, Govt. of India delivered a very useful talk on Non-Communicable diseases. Each concerned member was felicitated by flowers, shawl and gift

as a token of respect and regards. J.R.Gupta, President extended them Birthday Greetings. On this occasion, power presentation on Financial Literacy on investment by Reliance Securities Ltd was also presented, which was appreciated by all present, followed by refreshments.

- A report by Dinesh Kumar Sangal, Incharge

MAHAVIR JAYANTI CELEBRATIONS AT DEER PARK SATSANG ON 16-04-2019



Senior Citizens Council of Delhi organised Mahavir Jayanti at Deer Park Satsang on 16-04-2019 in the presence of large number of senior citizens/devotees. **Sh. Veer Sagar Jain**, Professor, Lal Bahadur Shastri Rashtriya Sanskrit Vidyapeeth delivered a lecture on the teachings of Bhagwan Mahavir. He stressed the need to think about present and forget about past or future, if you want to live peacefully during your lifetime. He also advised not to criticize anybody and give up your anger & ego. **- Gyan Singh Tokas**

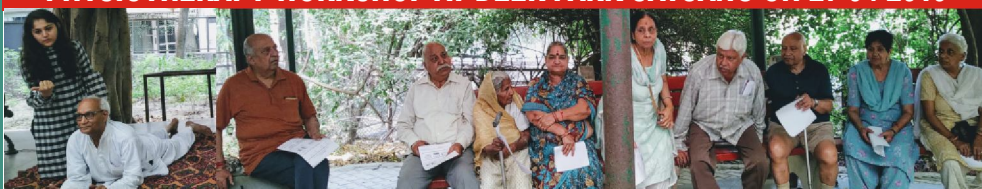
DIGITAL AWARENESS PROGRAMME FOR SENIOR CITIZENS AT RECREATION CENTER ON 12-04-2019



Senior Citizens Council of Delhi organised Digital Awareness Programme for Senior Citizens in its Recreation Center on 12-04-2019 in association with Dr. Akhilesh Das Gupta Institute of Technology & Management. The team through Power Presentation briefed about Digital Transactions for booking Railway Tickets, Air Ticket, Bills of Phones, Electricity etc and its payment by Paytm. The talk was very affirmative and useful followed by refreshments.

- A report by Dinesh Kumar Sangal, Incharge

PHYSIOTHERAPY WORKSHOP AT DEER PARK SATSANG ON 27-04-2019



Senior Citizens Council of Delhi organised Physiotherapy Workshop at Deer Park Satsang on 27-04-2019 in the presence of large number of senior citizens/devotees in association with BLK Super Speciality Hospital. Dr. Namarta, Physiotherapist, gave a physical demonstration of various exercises beneficial for pain relief in joints/neck etc, followed by refreshments.

- A report by Gyan Singh Tokas

7 MEMBERS OF COUNCIL WATCH IPL AT FEROS SHAH KOTLA ON 28-04-2019



7 members of Senior Citizens Council of Delhi led by its President, J.R.Gupta, witnessed IPL Cricket match between Delhi Capitals led by Captain, Shreyas Iyer & Royal Challenger Bangalore led by captain Virat Kohli at Feroz Shah Kotla Ground on 28-04-2019. Other members were D.P.Rupal, Dinesh Sharma, Pratap Singh, V.K.Pahuja, Gyan Singh Tokas & Surinder Mohan Sharma. **- EDITOR**

FELICITATION OF BRIJESH GOYAL, CANDIDATE AAM AADMI PARTY FROM NEW DELHI, LOK SABHA AT DEER PARK SATSANG ON 02-05-2019



Mr.Brijesh Goyal, Candidate, Aam Aadmi Party from New Delhi Parliamentary Constituency along with Sh. Somnath Bharti, Area MLA, visited on 02-05-2019 at daily Deer Park Satsang and got blessings from senior citizens present in large numbers. Both addressed the audience and were also felicitated by the members of Council. **- EDITOR**

WORLD LAUGHTER DAY CELEBRATED AT RECREATION CENTER ON 09.05.2019



Senior Citizens Council of Delhi celebrated World Laughter Day at Recreation Center, Green Park Extn on 09.05.2019 in the presence of more than 200 members followed by refreshment. Dr. G.L. Gupta, Yoga Specialist & Members of Delhi Laughter Club hold Laughter session. **- EDITOR**

SHREE DURGA SAPATSATI PATH & KANYA PUJAN ON 12 & 13-04-2019 AT DEER PARK SATSANG/RECREATION CENTER



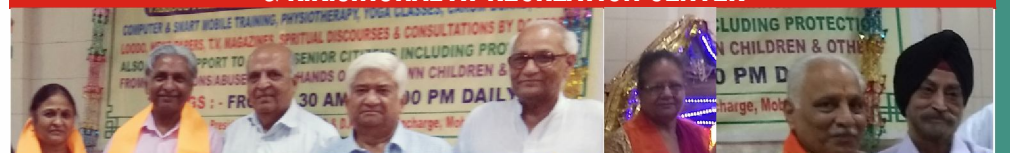
J.R. GUPTA GRACES FOUNDATION DAY OF SCWA, SANT NAGAR, AS CHIEF GUEST ON 21-04-2019



SCWA, Sant Nagar, East of Kailash celebrated its 17th Foundation Day in the presence of large number of its members on 21-04-2019. On this occasion, a music programme was performed by the artists of Umang, which was enjoyed by all. J.R.Gupta, Chairperson, Confederation as Chief Guest felicitated by the members led by Sh. G.R.Sehgal, President & his team with flowers & shawl. J.R.Gupta appreciated the SCA for organising various daily activities by their members. He assured to support any help as and when asked for SCA. Sh. Pratap Singh & V. K.Pahuja were also felicitated. The function concluded followed by lunch.

- A report by Pratap Singh

FELICITATION OF MRS.USHA SHARMA & D.K.SHARMA AND MRS. MADHU SINGHAL & R.K.SINGHAL AT RECREATION CENTER



Senior Citizens Council of Delhi organised Sunderkand Path at its Recreation Center, Green Park Extension on 09 & 23-04-2019 in the presence of large number of senior citizens in association with Mrs. Usha Sharma & Sh.D.K.Sharma and Mrs. Madhu Singhal & Sh. R.K.Singhal respectively. J.R.Gupta, President thanked both the couples and prayed for their long life with sound health. The couples were also felicitated by the members followed by prasad/refreshments.

- A report by D. K. Sangal, Incharge

TALK ON NON-COMMUNICABLE DISEASES BY DR. D.C.JAIN, FORMER D.G. HEALTH SERVICES, GOVT. OF INDIA ON 30-04-2019



In a special function, Senior Citizens Council of Delhi organised a very useful talk on Non-Communicable diseases by **Dr. D.C.Jain**, Former D.G., Health Services, Govt. of India on 30-04-2019. J.R.Gupta, President of Council, thanked Dr. Jain and felicitated him along with Ram Raj Bhandari & other members followed by refreshments. **- A report by D.K. Sangal, Incharge**

DEEPAK MISHRA FORMER CHIEF JUSTICE OF INDIA HONOURS J.R.GUPTA ON 28-04-2019



In a special function at Fortis Escort Hospital, Chief Guest, Deepak Mishra, former Chief Justice of India honours J.R.Gupta, President, Senior Citizens Council of Delhi in recognition to his self-less services for the cause & care of elderly including protection of lonely senior citizens from abuses/humiliations at the hands of their own children & others **- EDITOR**

FROM FRONT PAGE : - SHREE RAM JANAM MAHOTSAV ...



FREE LEGAL CONSULTATIONS BY ADVOCATES DEPUTED BY DLSA SAKET COURT DURING THE MONTH OF APRIL, 2019



During the month of April, 2019, Advocates, Abhishek Goel & Harpal Singh, visited Recreation Center & rendered free Legal advice sought by members. J.R.Gupta, President of the Council says that more and more members are coming forward to avail this free facility at their door steps & waiting for their turn on coming Tuesdays. **-EDITOR**

FELICITATION OF PREM BATRA & B.D.WADHWA, R.C.SHARMA & H.C.BAWEJA AT DEER PARK SATSANG



Senior Citizens Council of Delhi felicitated Sh.Prem Batra & B.D.Wadhwa from Vishav Jagriti Mission, South Delhi at Deer Park Satsang on 09-04-2019. The Council also felicitated Sh.R.C.Sharma, President, SCWA, Triveni and H.C.Baweja on 01-05-2019. **- A report by Gyan Singh Tokas**

FROM FRONT PAGE : - SENIOR CITIZENS SHOULD EXECUTE ...



senior citizen well in advance with two witnesses of younger age and one doctor must. Chief Guest along with his two friends Dr. Rai and Dr. Dabas were felicitated by the members of Council followed by refreshments. The Minutes of the AGM has already been issued to the Confederation members. **-A report by B.S.Yadav, Secretary General**

ANNUAL GENERAL BODY MEETING OF CONFEDERATION ON 02.05.2019



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ANNUAL DAY ON 2nd JUNE 2019 AT DEER PARK



Mata Asha Rani Sehgal

Senior Citizens Council of Delhi will celebrate its 40th Annual Day of Deer Park Satsang on Sunday the 2nd June 2019 from 6.30 to 8.00 am at Deer Park Satsang, followed by refreshments. On this occasion, Sunder Kand Path would also be recited in the memory of Late Mata Asha Rani Sehgal on her 12th Anniversary. Students of 10th & 12th class scoring more than 90% marks in CBSE Examination 2019 would also be felicitated including Free distribution of Exercise books / stationery articles to poor students of MCD Primary Schools. **- EDITOR**

SPECIAL PROGRAMMES

- Sunderkand Path on every Tuesday at Recreation Center from 1 pm to 3 pm followed by prasad.
Free Consultation on Legal Matters by an Advocate :- Every Tuesday from 2pm to 4pm
Physiotherapy on Every Tuesday, Thursday & Saturday from 2 pm to 5 pm
Dr. S.K. Gupta, General Physician from 2 pm to 4 pm on every Tuesday & Thursday.
11-05-2019 : Mother day celebration from 2 pm to 3 pm, followed by refreshments.
18-05-2019 : Special Hawan on Buddha Purnima from 3 pm to 4 pm, followed by refreshments.
31-05-2019 : Joint Birthday Celebrations of Council Members (enrolled upto 30-04-2018) if confirmation received before 20-05-2019 from 2 pm to 4 pm followed by heavy refreshments including workshop on Maintenance Act-2017.
04-06-2019 : Environment Day-Plantation Drive at Recreation Center 2pm to 4pm followed by refreshments.
13-06-2019 : Chabeel on Nirjala Ekadashi outside Community Center, Green Park Extn 2 to 4 pm
15.06.2019 : Candle March at Jantar Mantar on World Elders Abuse Awareness Day at 6 pm

-EDITORSHARP SIGHT
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