



FREE CIRCULATION OF ELDERLY NEWS FOR THE MEMBERS OF SENIOR CITIZENS
COUNCIL OF DELHI & CONFEDERATION OF SENIOR CITIZENS
ASSOCIATIONS OF DELHI FROM 01-04-2024 & ONWARDS
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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 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. : 138

MONTH : MAY 2025

MS. AISHWARYA SINGH, ADDL. DCP-1/SWD, DISTRICT LEVEL ADVISORY BODY OF SENIOR CITIZENS HELD ON 08-05-2025



4 members of Senior Citizens Council of Delhi led by its **President J. R. Gupta** attended District Level Advisory Body meeting which was chaired by **Ms. Aishwarya Singh, IPS, Addl. DCP-1/SWD**. The other members were **Y. K. Singhal, N. P. Soni & Raman Kumar Gupta**. J. R. Gupta briefed about Social Security of Senior Citizens including their life and property. He complained that Left turn is not free from the traffic signal and parking of vehicles on both the sides occupies the roads, even in double lanes, unable to move left or right at the green signal, opposite Police Station SJE & Rajender Dhaba. There should not be any parking from the signal for 100 meters on both sides of the roads. Traffic congestion in and around the market complex.

The beat Constables should be directed to visit lonely Senior Citizens twice a week. The Confederation of Senior Citizens Associations of Delhi is an only registered body representing 18 lakh Senior Citizens all over Delhi duly associated with the Ministry of Social Justice and Empowerment, Govt. of India; Social Welfare Department of Delhi Govt., Delhi State Legal Services Authority and Senior Citizens Cell of Delhi Police. As on date, 145 registered Senior Citizens Associations stands affiliated with the Confederation. The Council / Confederation have solved amicably 5000 cases per year, which was appreciated by all present including Addl. DCP. The meeting ended with a high tea. **A report by Ashok Kumar, Incharge.**

CHIEF GUEST CHANDER MOHAN, JOINT SECRETARY, LOK SABHA FELICITATED 3 MEMBERS OF SENIOR CITIZENS COUNCIL OF DELHI AT ITS COMMUNITY CENTRE, GREEN PARK EXTENSION ON 11-05-2025



Chief Guest, Chander Mohan, Joint Secretary, Lok Sabha felicitated three members of Senior Citizens Council of Delhi during Joint birthday celebrations at its Recreation Centre, Community Centre, Green Park Extension on 11-05-2025 in the presence of more than 50 members. Chief

Guest also accompany his daughter –in-law and son-in-law. **J. R Gupta, President** felicitated Chief Guest and his guests with flowers and shawls. He also prayed to Almighty for their long life with sound health. followed by refreshment packets. **A report by Ashok Kumar, In-charge.**

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



Vijay Lakshmi Chhibber resident of Mehrauli visited Recreation Centre 04-05-2025 along with complaint against her eldest son **Rakesh Chhibber, Dinesh Chhibber & his wife Bhawna Chhibber** has been harassing, abusing, shouting including filthy language and threatened to kill & to lodge false complaint with crime against Women Cell with a sole motive to harass her. **Immediately, her case was taken up with Commissioner of Police with a request action should be taken against aforesaid persons and also provide security to complainant & her family members in the interest of Justice so that she could live peacefully in her own house. 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**



S. Dutta Majumdar resident of Krishna Nagar visited Recreation Centre 01-05-2025 along with complaint against his servant **Gaurav** regarding illegal occupation of servant room has been physically assaulting, verbally, abusing, shouting including filthy language and threatened to kill & to lodge false complaints 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 that action should be taken against aforesaid servant and also provide security to complainant & his family in the interest of Justice so that he could live peacefully in his own house. 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**



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ELDERLY NEWS WISHES ITS READERS WORLD LAUGHTER DAY, MOTHERS DAY, BUDDHA PURNIMA & WORLD ENVIRONMENT DAY

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.**

COUNCIL MEMBERS VISITED PRIME MINISTERS MUSEUM, TEEN MURTI ON 30.05.2025



SCWA, SANT NAGAR ORGANIZED AYUSHMAN BHARAT REGISTRATION CAMP FROM 07TH TO 10-05-25



Ayushman Bharat Registration Camp was organized by Senior Citizens Welfare Association at its Recreation Centre, Sant Nagar from 7th to 10-05-2025. This scheme was launched by Smt. Rekha Gupta, Chief Minister, Delhi Govt., followed by high tea. A report by G. R. Sehgal, President.

DIGITAL AWARENESS BY YAMUNA VIHAR HITKARI SANSTHA ON 11-05-2025



Yamuna Vihar Varishth Nagrik Sanstha organized Digital Awareness for its members in Association in Vaishav Mahavar Dharamshala on 11-05-2025 in the presence of 100 members. A report by Rakesh Jain, General Secretary.



RSVP:- J. R. Gupta, President

NOTICE FOR MEMBERS OF SENIOR CITIZENS COUNCIL OF DELHI

Senior Citizens Council of Delhi arranged Lift Service for its members while climbing up-stairs on daily basis from 12-05-2025. All members are requested to a well this facilities on their door steps.

RSVP:- J. R. Gupta, President.

DIGITAL LITERACY AWARENESS FOR THE MEMBERS OF SENIOR CITIZENS COUNCIL OF DELHI ON 12-05-2025

Wishes and Care Foundation headed by Sh. Rajesh Mukhija Launched Digital Literacy Program For the members of Senior Citizens Council of Delhi at its Recreational center, Community Centre, Green Park Extension on 12-05-2025, followed by refreshment packets,. A report by Rajesh Mukhija, Managing Director.

FREE LUNGER BY SIKH COMMUNITY IN SACHKHAND EXPRESS THROUGHT INIDA

Over 13,000 trains run daily across India, carrying more than 2 crore passengers. But only one train quietly stands out. Not because of speed, luxury, or technology, but for something humane. This train, known as the Sachkhand Express is the only train in India where passengers are served free breakfast, lunch, and dinner throughout a journey that lasts nearly 35 hours from Maharashtra to Punjab. Sachkhand Express (12715) operates between Nanded in Maharashtra and Amritsar in Punjab, covering around 2,000 kilometers and connecting two of the holiest Sikh sites in the country. If you travel in this train, you'll be served a fresh home-style meal, without anyone asking for money. You might get kadhi-chawal, sabzi, and fresh rotis, served with a warm smile. These meals aren't cooked in a railway kitchen, instead they're prepared at nearby Gurudwaras and brought on board by volunteers. It's all part of the Sikh tradition of langar, where anyone, rich or poor, local or stranger, is offered food with respect and free of cost. This beautiful act of service has been going on since 1995, and passengers have been receiving free meals for nearly 30 years now. The food is not served at just one place, it is offered at several stations along the journey. While there is no official list, many passengers have received meals at stops like Aurangabad, Bhopal, Jhansi, Gwalior, Delhi, and Ludhiana. And, since the meals are not from the railway's pantry, you need to carry your own plate or tiffin box to receive the food. Volunteers usually walk along the platform or get into the coaches with containers full of fresh meals, offering them to whoever is willing to accept. In a time when everything is about give and take, this train reminds you that kindness can travel thousands of kilometers too. What began as a humble offering by the Sikh community has become a part of this train's identity. So next time you hear someone talk about Indian Railways, tell them there's one train which offers more than a journey. It's a moving example of generosity, faith, and shared humanity.

RSVP :- J. R. Gupta, President

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

SUNDERKAND PATH AT RECREATION CENTRE, COMMUNITY CENTRE, GREEN PARK EXTN ON 27-05-2025



Senior Citizens Council of Delhi recited Sunderkand Path at its Recreation Centre, Community Centre, Green Park Extension on 27-05-2025. The sunderkand path was recited by Harikesh Kumar Shukla, Attendant, Dinesh Sharma, Usha Sharma, Poonam Bhagotra & Pritam Singh, followed by refreshment packets. A report by Ashok Kumar, Incharge.

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 (7 am to 8 am), Recreation Centre, Green Park Extn. (3 pm to 4 pm) & Shiv Mandir, Green Park (4:30 pm to 5:30 pm) & Sadbhawna Satsang Mandal, Munirka every Sunday (10 am to 11 am) respectively, **from 16-05-2025 to 31-05-2025 Acharya Hemant Upadhyay , Varanasi, UP from 01-06-2025 to 15-06-2025 Pt. Prahlad Mishra Ramayani, Gonda UP & from 16-06-2025 to 30-06-2025 Pt. Dhruv Narain Avasthi, Auriya, UP - 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**

SOUVENIR-2025 RELEASED BY MURLI MANOHAR PATHAK, VICE-CHANCELLOR, LAL BAHADUR SHASTRI, SANSKRIT UNIVERSITY, CEO, ROHIT PRASAD, HELPAGE INDIA & MRS. BHAWNA GULATI, CHIEF ACCOUNTS OFFICER, DDA ON 15-05-2025



L to R = Aman Singh, Sushil Kr, J.R. Gupta and M.M. Pathak, V.C.



L to R = Mrs Bhawna Gulati, CAO, DDA, J.R. Gupta & B.B. Satija



L to R = Aman Singh, Rohit Prasad, Sonali, J. R. Gupta & Sushil Kumar

Senior Citizens Council of Delhi has printed Souvenir-2025 including Panchang Vikram Samwat-2082 for the Calendar year 2025-26 which was released by Murli Manohar Pathak, Vice-Chancellor, Lal Bahadur Shastri, Sanskrit University, Qutub Institutional Area, Rohit Prasad, Chief Executive Officer,

Helpage India, Aman Singh, Sonali & J.R. Gupta & Mrs. Bhawna Gulati, Chief Accounts Officer, DDA on 15-05-2025, J.R. Gupta, B. B. Satija respectively. J. R. Gupta, President extended thanks to the above named 3 dignitaries. A report by Ashok Kumar, Incharge.

35 FEMALE MEMBERS LED BY J. R. GUPTA, PRESIDENT, SCCD PARTICIPATED IN WOMEN EMPOWERMENT FUNCTION ON 23-05-25



On the invitation from Sansad TV, 35 Female members mainly from Safdarjung Enclave including Sarita Vihar & East Delhi led by J. R. Gupta, President, Senior Citizens Council of Delhi on 23-05-2025. The subject was on Empowerment of Women. J. R. Gupta extended

thanks to the Sansad TV for Live Cast of the of the above Programme on their channels. The subject was very well much appreciated as it is a part of Modi Government Achievements, followed by refreshment packets. A report by Ashok Kumar, Incharge.

PRAYER MEETING OF LATE SMT. JAGNI DEVI GUPTA WIFE OF SH. J. R. GUPTA AT CHHATARPUR MANDIR HALL ON 05-05-25



Special prayer meeting of Late Smt. Jagni Devi Gupta w/o Sh. J. R. Gupta was held at Chhatarpur Mandir, Hall, Gate No-3, by famous Sagar Bandhu in the presence of more than 500 members / devotees from Delhi-NCR, which was very unique presentation by the artists. The stage was well managed by Surender Kumar Gupta. Justice (Retired), O. P. Gupta & V. B. Gupta, Anil Sharma, MLA, R. K. Puram, Rambhaj, Former Chairman, NDMC, paid tributes to the departed soul. In addition to this, tributes were also paid by Balbir Singh & Mohinder Bajaj of Dwarka. J. R. Gupta, President, Senior Citizens Council of Delhi extended thanks to all present, followed by high tea. A report by Ashok Kumar, Incharge.

FELICITATION OF RAJESH MUKHIJA AT RECREATION CENTRE, COMMUNITY CENTRE, GREEN PARK EXTENSION WHO DELIVERED A TALK ON HEALTH OF SENIOR CITIZENS ON 20-05-2025



Senior Citizens Council of Delhi organized a health talk for the benefit of Senior Citizens at Recreation Centre, Community Centre, Green Park Extn. on 20-05-2025. J. R. Gupta, President felicitated Rajesh Mukhija and his son Anand in the presence of Pt. Hemant Upadhyay of Varanasi, UP & S. S. Dhawan. J. R. Gupta extended thanks to Mukhija. A report by Ashok Kumar, Incharge.

AU BANK OFFERED HUGE INTEREST ON THE FDR'S OF SENIOR CITIZENS ON 20-05-2025



Senior Citizens Council of Delhi organized Digital Awareness health for the Senior Citizens at its Recreation Centre, Community Centre, Green Park Extension on 20-05-2025 by Rahul Mudgil, J. R. Gupta, President extended thanks to the team & advised Senior Citizens to get more interest on their FDR's. Earlier, sunderkand path was also organized, followed by refreshment packets. A report by Ashok Kumar, Incharge

MOTHERS DAY CELEBRATED AT RECREATION CENTRE, COMMUNITY CENTRE, GREEN PARK EXTENSION. THE FEMALE MEMBERS WERE ILLIGIBLE FOR HAVING LIVE THREE GENERATIONS, MOTHERS' DAY IS NOT A PUBLIC HOLIDAY. IT FALLS ON 11-05-2025 EVERY YEAR. FLOWERS AND OTHER GIFTS ARE GIVEN TO MOTHERS ON MOTHER'S DAY, FOLLOWED BY REFRESHMENT PACKETS.

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

SENIOR CITIZENS COUNCIL OF DELHI ORGANIZED SUNDERKAND PATH ON 13-05-2025



Senior Citizens Council of Delhi organized Sunderkand Path at its Recreation Centre, Community Centre, Green Park Extension on 13-05-2025 in the presence of more than 50 members, followed by refreshment packets. A report by Ashok Kumar, Incharge.

FELICITATION OF RAJESH MUKHIJA AT DAILY DEER PARK SATSANG WHO DELIVERED A TALK ON HEALTH OF SENIOR CITIZENS ON 18-05-2025



Senior Citizens Council of Delhi organized a health talk for the benefit of Senior Citizens at daily Deer Park Satsang on 18-05-2025. J. R. Gupta, President felicitated Rajesh Mukhija and his son Anand in the presence of Pt. Hemant Upadhyay of Varanasi, UP & S. S. Dhawan. J. R. Gupta extended thanks to Mukhija. A report by Ashok Kumar, Incharge.

गुरुकुल धरौंदा के एक आचार्य # जनसंघ के टिकट पर सांसद बन गए, तो उन्होंने सरकारी आवास नहीं लिया। वे दिल्ली के बाजार सीताराम, दिल्ली-6 के आर्य समाज मंदिर में ही रहते थे। वैंहा से # संसद तक पैदल जाया करते थे कार्रवाई में भाग लेने। वे ऐसे पहले # सांसद थे, जो हर सवाल पूछने से पहले संसद में एक वेद मंत्र बोला करते थे। वे सब # वेदमंत्र संसद की कार्रवाई के रिकार्ड में देखे जा सकते हैं। उन्होंने एक बार संसद का घेराव भी किया था, गोहत्या पर बंदी के लिए। एक बार इंदिरा गांधी ने किसी मीटिंग में उन स्वामी जी को पांच सितारा होटल में बुलाया। वहां जब लंच चलने लगा तो सभी लोग बुफे काउंटर की ओर चल दिये। स्वामी जी वहां नहीं गए। उन्होंने अपनी जेब से लपेटी हुई # बाजरे की सूखी दो रोटी निकाली और बुफे काउंटर से दूर जमीन पर बैठकर खाने लगे। इंदिरा जी ने कहा -“आप क्या करते हैं? क्या यहां खाना नहीं मिलता? ये सभी पांच सितारा व्यवस्थाएं आप सांसदों के लिए ही तो की गई है। तो वे बोले -“मैं संयासी हूं। # सुबह भिक्षा में किसी ने यही रोटियां दी थी। मैं सरकारी धन से रोटी भला कैसे खा सकता हूं।”

RSVP:- जे.आर. गुप्ता, अध्यक्ष

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)



With the support of DLSA (South District), **Praveen Semwal, Legal Aid Counsel** visited Recreation Centre, Green Park Extn, on Tuesday falling on **06-05-2025**. She rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than **8200** members at their doorsteps on **1 days**. So far **15750** 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 2025-26, **8500** Senior Citizens benefited up to **31-05-2025**. A report by **Ashok Kumar, In-charge**.

4 MEMBERS OF COUNCIL MET DEVESH CHANDRA SRIVASTVA, I.P.S. SPECIAL C.P. (CRIME) ON 30.05.2025.



L to R :- G. S. TOKAS, Y. K. SINGHAL, D.C. SRIVASTVA, J.R. GUPTA & ASHOK KUMAR.

COUNCIL MEMBERS VISITED WAR MEMORIAL AT INDIA GATE ON 30.05.2025



33 COUNCIL MEMBERS VISITED VRINDAVAN AND HAD DARSHAN OF LORD SHRI BANKAY BIHARI JI ON 31-05.2025



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LIFE MEMBERSHIP OF COUNCIL

2694		Smt. Vijay Lakshmi, Chhibber, Wd-8, H. No. 1031 B-4, Mehrauli, New Delhi Mob.: 9958937077	2696		2696 - Smt. Aneeta Aggarwal, 106A1, GF, Gautam Nagar, ND- 49, Mob - 9873101415
2695		Sh. D. C. Jain, K-16, FF, Green Park Extn, New Delhi-110016 Mob.: 9818093593			

AMIT YADAV, IAS, SECRETARY, SJ&E RELEASED SOUVENIR-2025 ON 27-05-2025



L To R :- Amit Yadav, J. R. Gupta, Y. K. Singhal, N. P. Soni & Ashok Kumar

A 4 members delegation of Senior Citizens Council of Delhi led by its President, **J. R. Gupta** met **Amit Yadav, IAS, Secretary, Social Justice & Empowerment, Govt. of India** at Shastri Bhawan in his office on 27-05-2025. Other members were **Y. K. Singhal, N. P. Soni & Ashok Kumar**. Amit Yadav released **Souvenir-2025**. **J. R. Gupta** also requested to him to start Senior Citizens Awards & Walkathon pending for the last so many years. However, he offered tea & snacks. He assured that we would hold a big gathering at Deer Park Satsang Sthal on the occasion of International Yoga Day. As regards Senior Citizens Awards & Walkathon we would inform you in due course after obtaining approval from Union Minister **Dr. Virendra Kumar, SJ & E**. A report by **Ashok Kumar, Incharge**.

COUNCIL MEMBERS VISITED PRIME MINISTERS MUSEUM, TEEN MURTI ON 30.05.2025



DR. AVTAR SINGH DELIVERED HEALTH TALK ON WORLD NO TOBACCO DAY ON 31-05-2025



31 May is World No Tobacco Day. It is celebrated to raise awareness about the health risk associated with Tobacco use and advocate effective policies to reduce Tobacco consumption worldwide. The theme of anti Tobacco day 2025 is "Unmasking the Appeal : Exposing Industry Tactics on tobacco and Nicotine products. This year the campaign will focus on revealing the tactics that the Tobacco and Nicotine Industries use to make their harmful products seem attractive. Tobacco was introduced in India by the Portuguese barely 400 years ago in the Mughal era. Tobacco contains Nicotine which is a highly addictive stimulant. It is quickly absorbed in the bloodstream and has the qualities of calming and relaxing an individual and acts as anxiolytic drugs. The primary risk of Tobacco consumption includes many forms of cancers like lung cancer, kidney cancer, oral cancer, Cardiovascular disease, chronic lung diseases and diabetes. Stroke which is so common in young people is caused by smoking. Quitting Tobacco is not easy. Lifestyle modifications like regular physical activity, yoga and meditation can reduce Tobacco cravings and ease withdrawal symptoms. Eating a nutritious diet and consuming plenty of water can help flush toxins from the body and improve energy level. Behavioral Counseling and Support Groups and Social interaction plays a crucial role in preventing a relapse. A report by **Dr. Avtar Singh**.

SPECIAL PROGRAMS AT RECREATION CENTRE

11-05-2025 : Joint Birthday Celebrations for the members number **2638** & enrolled up to **31-05-2024** & upto membership number **2638** born in the month of **May on or before 31-05-1964**. The confirmation should reach by **11-05-2025** by 3 pm. Chief Guest would be **Chander Mohan, Joint Director, Lok Sabha**.

CONDOLENCES

The following Life Members of Council have left for heavenly abode during the last one month from **11-05-2025** to **10-06-2025**.

LIFE MEMBERS	MEMBERSHIP NO.	ADDRESS
1. Pushpa Kalra	151	A137, Humayupur, New Delhi-29

- **HARI OM SHANTI SHANTI - J. R. GUPTA, President**