



RNI No. : DELENG/2014/54294

Post Office Registration No. : DL-SW-17/4178/2023-25
Posting Date at Lodhi Road H.P.O. on 13 & 15 of same month

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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 : 010

Issue No. : 119

MONTH : NOVEMBER, 2023

Rs. 5/-

18 COUNCIL MEMBERS VISITED CHENNAI FROM 28 TO 30-10-2023. SHAILESH KUMAR YADAV, IPS, ADG WELCOMED THEM ON 28-10-2023 AT POLICE MESS & INTERACTED WITH SENIOR CITIZENS ABOUT THEIR SAFETY & SECURITY IN STATES & DELHI



Senior Citizens Council of Delhi arranged visit to Chennai by 18 members from 28 to 30-10-2023. The members participated in Seminar of ISU3A upto 4pm. Thereafter, members met **Shailesh Kumar Yadav, IPS, Additional Director General in Chennai at Police Mess.** He welcomed all members followed by high tea. **J. R. Gupta, President** felicitated him with shawl & bouquet. Earlier, members were received by **Inspector, Uma Rani deputed by ADG.** Had Darshan of Lord Muruga at Mylapore in the morning. One bus

was hired for two days by visiting Mahabalipuram & Marina Beach on 29-10-2023. On 30-10-2023 members visited Museum Egmore, Police Museum, Archaeological Museum including B M Birla Planetarium followed by lunch on way and reached Airport Chennai. All members reached back Delhi late evening with lot of unforgettable memories with the efforts of J. R. Gupta, President. Please see more photos at page 3 bottom. **A report by Bikram Jit, Tour Coordinator.**

J. R. GUPTA, CHAIRPERSON, CONFEDERATION HONOURED WITH 1ST PRIZE DURING SENIOR CITIZENS RUN BY MOTIVATING 500 MEMBERS OUT OF TOTAL 713 AT JAWAHAR LAL NEHRU STADIUM ON 15-10-2023



During Senior Citizens Run 500 mtr organized by **Emoha Elder Care** at Jawahar Lal Nehru Stadium on 15-10-2023, its **CEO, Emoha Elder Care, Saumyajit Roy,** Honoured **J. R. Gupta** with 1st Prize in the capacity of Chairperson, Confederation of Senior Citizens Associations of Delhi an umbrella body of 18 Lakh Senior Citizens in which 145 SCAs affiliated across Delhi-NCR, by motivating 500 Senior Citizens out of total 713 participates. **A report by R. K. Singhal, Incharge.**

5 COUNCIL MEMBERS DELEGATION MET SAURABH GARG, SECRETARY, SJ&E, GOI ON 13-10-2023



L. to R.: Surjit Dutta, Saurabh Garg, S.R. Sahoo, Ashok Kumar, J.R. Gupta, Y.K. Singhal & R.K. Singhal

A 5 member's delegation of Senior Citizens Council of Delhi led by its **President, J. R. Gupta** met **Sh. Saurabh Garg, IAS, Secretary, Ministry of Social Justice & Empowerment, Govt. of India.** The other members were S. R. Sahoo, Ashok Kumar, Y. K. Singhal & R. K. Singhal including **Surjit Dutta, Deputy Secretary.** J. R. Gupta informed that no Walkathon has been held since 2019 & requested him to hold the same in the month of October, 2023 on the occasion of **International Day of Older Persons.** He was also requested to address our Senior Citizens on any day at Recreation Centre of Senior Citizens Council of Delhi, who assured to visit after Diwali. J. R. Gupta thanked him for his gesture to meet our members in spite of busy schedule. **A report by R. K. Singhal, Incharge.**

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



Sh. Sukarma Singh Indora, (66) resident of Sector-7, Rohini along with complaint visited Recreation Centre on 26-09-2023 regarding non-allowing his daughters to meet his father by his wife Smt. Veena Indora. He has alleged that his wife has been harassing, abusing, misbehaving, mental torturing & threatening to kill with a sole motive to grab his self acquired property in connivance with his neighbor Mr. Raj Kumar Jat. The matter was taken up with Commissioner of Police on 29-09-2023 for taking legal action against his wife & neighbor & also requested to depute any Lady ACP Officer from Women Cell for Counseling between husband & wife so that husband could meet his daughters. No further harassments reported so far. He has extended thanks to the Confederation for their regular moral support & legal guidance. - Editor



Smt. Omwati Devi, Widow (70 yrs) resident of Sadh Nagar, Palam Colony visited Recreation Centre on 14-09-2023, with complaint. She alleged that her younger son & daughter-in-law has been beating, misbehaving, humiliating & threatened to kill including lodging of false cases with a sole motive to grab my aforesaid self acquired property in connivance with Mrs. Richa Verma's father-in-law Mr. Mahavir Pershad, Mother-in-law Mrs. Kusum, her Mama, a relative as DM in UP & her Maus. She has further stated that she has already disowned both younger son & his wife on 19-05-2021. Her case was taken up with Divisional Commissioner on 14-09-2023 for deciding her appeal on priority basis. She has intimated on 17-10-2023 that her flat was vacated on 15-10-2023. She has extended thanks to the Confederation/ Council for their regular moral support & legal guidance from time to time. - Editor

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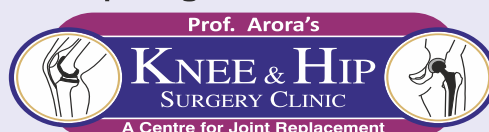
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SOCIAL / FINANCIAL SECURITY FOR ELDERS IN DELHI & INDIA



The rapid increase in population of Senior Citizens, the fast changing socio-economic conditions have led to Govt. of India & Govt. of Delhi, prioritizing old age related social security schemes. As such, there is a need to ensure maximum coverage under existing as well as new social schemes including healthcare facilities in rural and semi-urban areas. In addition to this, old age pension should be increased due to increase in living costs. There should be some Income Tax incentives for younger people who are looking after their parents. There should also be some kind of financial support for setting up network of caregivers for older persons at district level to look after older people living alone. -L.R. GARG, EDITOR.

NEW EXECUTIVE BODY & BIRTHDAY BY SHIV PARK SWF, SHALIMAR BAGH ON 02.10.2023



Shiv Park Sr. Citizen Welfare Forum, Shalimar Bagh celebrated Birthday of its members born in the month of September on 02-10-2023. Earlier, elections were held on 23-09-2023 in which new executive body formed namely President, S. N. Sharma, Vice-President, Smt. I.D. Mehta, General Secretary, Azad Tandon, Joint Secretary, Gordhan Kishnani & Treasurer, Shyam Sunder Bhatia and 7 executive members. **A report by Azad Tandon, General Secretary.**

SCWA, ROHINI, SECTOR-13 ORGANIZED BIRTHDAY CELEBRATION ON 28.10.2023



Silver Citizen's Welfare Association, Rohini, Sector-13 organized Birthday Celebration of Members born during October on 28-10-2023. **A report by D. K. Mehra, Treasurer.**

DSCWO CELEBRATED ITS 14TH FOUNDATION DAY AT THEIR CENTER ON 09.10.2023



Das Senior Citizens Welfare Organization, Dilshad Garden celebrated its 14th Foundation Day including free heart and dental checkup camp for the health checkup of senior citizens. **A report by K. N. Chabra, President.**

VACCINATION CAMP BY GULMOHAR SENIOR FORUM ON 07.10.2023



Senior Citizens Forum organized Vaccination Camp in Gulmohar Park where vaccines for Influenza and Pneumonia were administered to its members, their friends and relatives on 07-10-2023 on the occasion of International Day of Older Persons. **A report by Vimal Bhan, Council Member.**

SCWS SHALIMAR BAGH CELEBRATED BIRTHDAY ON 30.09.2023



Senior Citizen Welfare Society, Shalimar Bagh organized Birthday Celebrations of its members born in the month of September on 30-09-2023 with gifts. **A report by P.P. Tuteja, General Secretary.**

SCW CLUB, SHALIMAR BAGH ORGANIZED HEALTH CHECK-UP CAMP ON 14.10.2023



Senior Citizen Welfare Club, Shalimar Bagh, organized a Health Check-up Camp in association with Max Hospital Shalimar Bagh at its activity centre on 14/10/23. **A report by Ram Gopal Gupta, General Secretary.**

VARISHTH NAGRIK KALYAN SANGH, YAMUNA VIHAR ORGNIZED DEWALI MILAN ON 05.11.2023



दिनांक 5-11-2023 को वरिष्ठ नागरिक कल्याण संघ, यमुना विहार के तत्वावधान में महावार वैश्य धर्मशाला में दीपावली मिलन समारोह का आयोजन श्री ऐम ऐल आर्य की अध्यक्षता में संपन्न हुआ जिसमें प्रधान, महासचिव एवम अन्य गणमान्य व्यक्तियों ने सभा को संबोधित किया – **Editor.**

K. N. CHHABRA, PRESIDENT, DAS SENIOR CITIZENS WELFARE ORGNISATION, DILSHAD GARDEN



Left heavenly abode on 03-11-2023. On behalf of Confederation of Senior Citizens Associations of Delhi, its Chairperson J. R. Gupta paid Condolences on the said demise of Late Sh. K. N. Chhabra. May God grant peace to the noble soul & enough strength to the bereaved family to bear the colossal loss. **Om Shanti, Shanti - Editor.**

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.senioreldersdelhi.org.

Daily Spiritual Discourses, at Deer Park Satsang (7am to 8am), Recreation Centre, Green Park Extn. (3pm to 4 pm) & Shiv Mandir, Green Park (5:15pm to 6:15pm) & Sadbhawna Satsang Mandal, Munirka every Sunday (9:30am to 10:30am) respectively, **from 16-09-2023 to 30-09-2023** Pt. Raghvender Das Ramayani, Chitrakoot, **01-10-2023 to 15-10-2023** Pt. Mahesh Mishra Bhopal & **from 16-10-2023 to 31-10-2023** Pt. Suresh Mishra, Azamgarh, 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

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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**

JAIN MUNI VASUNANDI JI ADVISED SENIOR CITIZENS TO LIVE HAPPY, HEALTHY IN A SATISFIED MANNER, AS THE SAME CANNOT BE PURCHASED BY MONEY AT CENTRE ON 17.10.2023



During Special function organized on 17-10-2023 by Senior Citizens Council of Delhi at its Recreation Centre, Green Park Extension, **Jain Muni Vasunandi Ji** advised Senior Citizens to live happy, healthy in a satisfied manner, as the same cannot be purchased by money. A rich person having many diseases, may not happy & healthy, where as poor many could be healthy & happy with limited resources. He also follow teachings of Jain Sashtas in the presence of Sh. **D. C. Jain, former Director, Health Services, Nirmal Bhawan**. Earlier, Sunderkand Path was recited by Dinesh Sharma, Usha Sharma, Pritam Singh, Poonam

Bhagotra & others. **Prof. Veer Sagar Jain, Lal Bahadur Shastri National Sanskrit University** felicitated 4 male & 6 female members born in the month of October during Joint Birthday. Thereafter, **Sanjeev Jha, Financial Doctor, MDRT (USA) & Anil Bhaskar, Branch Manager, LIC 12T**. delivered a talk to get old age pension from LIC. **J. R. Gupta, President** thanked both Jain Muni for their unique pravachan & also congratulated members felicitated. He prayed to Almighty for their long life with sound health, followed by refreshment packets. **A report by D. K. Sangal, Officiating Incharge.**

J. R. GUPTA, PRESIDENT RE-ELECTED FOR ANOTHER 2 YRS FROM 01-04-2024 TO 31.03.2026



During AGM at Assembly Hall, Green Fields School, Safdarjung Enclave on 01-10-2023, **Cherian Mathew, former CEO, Help Age India** declared re-elected **J. R. Gupta, President** for another 2 years from 01-04-2024 to 31-03-2026 in the capacity of **Returning Officer**. The other members were also declared re-elected **Ramesh C. Agarwal, Vice-President, L. R. Garg, Secretary, Pratap Singh, Treasurer, Executive Members** namely **Sardar Singh, Gyan Singh Tokas** including **Usha Sharma** in place of **D. P. Rupal** who was suffering from parkinson disease since long. **A report by R. K. Singhal, Incharge.**

J. R. GUPTA, PRESIDENT CONGRATULATED DR. SAMIR SUD ON INAUGURATION OF NEW BUILDING ON 08.10.2023



L. to R.:- Dr. Kamal, Y.K. Singhal, Dr. Samir Sud, J.R.Gupta, S.M. Singhal, B.N. Singh, Priti Singhal, Deepshikha & Archana

J. R. Gupta, President, Senior Citizens Council of Delhi graced Inauguration Ceremony of New Building of Sharp Sight Group of Hospitals at Preet Vihar, Metro Pilar No- 78, A6/A7, Swasthya Vihar, Vikas Marg along with 55 members & congratulated Dr. Sud & his entire team, followed by delicious lunch. **A report by R. K. Singhal, Incharge.**

COUNCIL ORGANIZED KANYA PUJAN AT DEER PARK SATSANG ON 23.10.2023



Like past years, Senior Citizens Council of Delhi arranged **Kanya Pujan** at Deer Park Satsang in the presence of large number of devotees particularly **J. R. Gupta, L. R. Garg, Pratap Singh & Pramila Rani**, followed by halwa prasad with the support of **Sh. Mohan Lal Chopra, Owner of Evergreen Sweets**. **J. R. Gupta, President** thanked him for his gesture & prayed to Almighty for his long life with sound health including **Pramila Rani & Gyan Singh Tokas**. **A report by Gyan Singh Tokas, Executive Member.**

CYBER CRIME TALK BY PARVINDERJIT SINGH, LEGAL AID COUNSEL OF DLSA, SOUTH ON 01.11.2023



During daily Satsang at Recreation Centre, Green Park Extension, Senior Citizens Council of Delhi organized Cyber Crime talk including precautions on 01-11-2023 with the support of **DLSA, South** on the occasion of National Legal Services Week from 01 to 07-11-2023. He advised not to share your OTP otherwise you would loose your money in your bank account. He also speak about **DLSA Helpline 1516 & 1930** in details. He also cautioned their children not to talk to unknown persons on whatsapp mobile which may lead to criminal complications at a later stage. **J. R. Gupta, President** thanked him for his valuable talk including precautions. **A report by R. K. Singhal, Incharge.**

FELICITATION OF NEELAM MALHI GOING HONGKONG TO MEET HER SON AT CENTRE ON 14.10.2023



L. to R.:- Krishna, S.R. Aggarwal, Pt M. Mishra, N. Verma, Neelam Malhi, J. R. Gupta, P. Singh, K. Lal, H.S. Gurseay & S. R. Sahoo
In a special function, Senior Citizens Council of Delhi felicitated Mrs. Neelam Malhi going Hongkong to meet her son in the presence of large number of members. **J. R. President, President** extended best wishes for her safe journey & also prayed Almighty her son's long life with sound health including excellent academic future carrier. **A report by R. K. Singhal, Incharge.**

FELICITATION OF PALLAVI, HELPAGE INDIA AT RECREATION CENTRE ON 26.10.2023



During daily satsang at Recreation Centre, Green Park Extension, **Pallavi** from **HelpAge India** was felicitated by **J. R. Gupta, President & other members** on 26-10-2023. **A report by R. K. Singhal, Incharge.**

MORE PHOTOS OF CHENNAI VISIT FROM 28.10.2023 TO 30.10.2023



FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)

With the support of **DLSA (South District)**, **Advocate Jatin Anand, Legal Aid Counsel** visited Recreation Centre, Green Park Extn, on every Tuesdays falling on **03, 10 & 31-10-2023**. **Legal Aid Counsel Vinita Sharma**, also visited on **17 & 24-10-2023**. Both rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than **2400** members at their doorsteps on 5 days. So far 9950 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 **Sukhjeet Singh, Secretary, DLSA (South)** for his continues support. **Special Lectures were delivered on Safety & Prevention from Cyber Crime on 10-10-2023 & Rights of Senior Citizens on 24-10-2023 by both Advocates respectively.** During the current financial year 2023-24, **2700** Senior Citizens benefited up to **31-10-2023**. **A report by R.K. Singhal, Incharge.**

18 COUNCIL MEMBERS PARTICIPATED IN NATIONAL SEMINAR AT CHENNAI ON 28.10.2023

18 members of Senior Citizens Council of Delhi participated in National Seminar, Mylapore on 28-10-23. J. R. Gupta, Executive Chairperson chaired the meeting with P. Vyasamoorthy & Dr. R. K. Garg, Secretary General. He spoke on Maintenance and Welfare of Parents and Senior Citizens Act of 2007 in details. Inspector Uma Rani was also introduced & felicitated, followed by lunch. Minutes of the meeting will be issued by the Secretary General. **A report by Dr. R. K. Garg, Secretary General.**

SPECIAL PROGRAMME

09.11.2023 : 101st Birthday of Sh. H.D. Ralhan living in Canada.

11.11.2023 : 83rd Birthday of Sh. J.P. Gupta at Deer Park Satsang.

27.11.2023 : Sabad Kirtan from 2 to 4 pm

05.12.2023 : 7th Annual Day of Recreation Center (Time to decided subject to availability of Chief Guest.

***Ayodhya Dham Visit on : 3, 4 & 5 Feb., 2024.** No seats are available.

Haridwar Aging Conference : 2, 3 & 4 March, 2024.

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1419		Sh. Mukesh Agarwal 151-B, Pocket-1, Mayur Vihar Ph-1, Delhi- 110091 Mob. : 9811849905	1422		Sh. Parkash Chander Mehani F/327, GK-II, New Delhi-110049 Mob. : 9810077055
1420		Mrs. Namrata Agrawal 151-B, Pocket-1, Mayur Vihar Ph-1, Delhi- 110091 Mob. : 9871659655	1423		Mrs. Raj Sindhu WZ-105(GF), Hari Singh Park, New Multan Nagar. N. D-56 Mob. : 9999619326

WELCOME AT JODHPUR RAILWAY STATION ON 04.11.2023 MORNING**RAMRAJ BHANDARI FELICITATED J.R. GUPTA & G.S. TOKAS AT JODHPUR UMED CLUB ON 04.11.2023****GROUP PHOTO AT UMED CLUB ON 04.11.2023****J. R. GUPTA & GYAN SINGH TOKAS FELICITATED SMT. SHANTI BHANDARI AT JODHPUR ON 04.11.23**

On receipt of Special Invitation, J. R. Gupta & Gyan Singh Tokas reached Jodhpur by Train on 04-11-2023. Both were received by Satnarain Agarwal & Prem Sukh Daga at Jodhpur Railway Station. Both were stayed at Umed Club. During Bhajan Sandhya, J. R. Gupta & Gyan Singh Tokas felicitated Mrs. Shanti Bhandari, W/O Sh. Ramraj Bhandari on the occasion of her 80th Birthday with shawl & bouquet in the presence of large number of gathering. J. R. Gupta, President, Senior Citizens Council of Delhi prayed Almighty for her long life with sound health. It was further prayed that she should cross Century with sound health. Ramraj Bhandari thanked both for accepting his invitation, followed by delicious lunch. **A report by Gyan Singh Tokas, Executive Member.**

SPECIAL PROGRAMS AT RECREATION CENTRE

14-11-2023 : Joint Birthday Celebrations for the members up to Life Membership number **2492** & enrolled up to 30-11-2022 born in the month of **November on or before 30-11-1962**, subject to availability of Chief Guest. Confirmation should reach latest by 10-11-2023 positively.

19 to 24-11-2023 : Visit of Mauritius delegation to be hosted by Senior Citizens Council of Delhi.

Souvenir 2023 : Please collect the same if not already collected. Either from Deer Park Satsang from 7 am to 8 am, Recreation Centre from 3 pm to 4pm on any day including Sundays/Holidays.

CONDOLENCES

The following life members of Council has left for heavenly abode during the last month from **11.10.2023 to 10.11.2023**

LIFE MEMBERS	MEMBERSHIP NO.	ADDRESS
1. Sh. Anil Kumar Madan	1584	E-15, Green Park, N.D.-16
2. Sh. Ram Kishan	2450	K-15, Green Park Extn., N.D.-16

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

Printer, Publisher & Editor Shri Lakhi Ram Garg, BA-13/E, DDA Flats, Munirka, New Delhi - 110 067 on behalf of Senior Citizens Council of Delhi
Published at : B-2/73-B, Safdarjung Enclave, New Delhi - 110029, Mobile : 9313203760, 9810488059, E-mail : guptajr2005@gmail.com
Printed at : Drishti Graphics & Printing Solutions, C-114, Countrywide Apartment, Mohammadpur, R.K. Puram, New Delhi - 110 066