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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

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DR. B. S. PRAJAPATI, ADM, VADODARA & NARAYAN MADHU, ADM, NARMADA MET 22 MEMBERS OF SENIOR CITIZENS COUNCIL OF DELHI ON 16 & 17-10-24 RESPECTIVELY. THE MEMBERS ALSO VISITED AMUL DAIRY & PRO. MR. GAUTAM BRIEFED IN DETAILS ON 16-10-24 & ALSO VISITED VARIOUS RELIGIOUS PLACES / HISTORICAL PLACES AROUND GUJARAT INCLUDING STATUE OF UNITY ON 17-10-24.



22 members of Senior Citizens Council of Delhi visited Gujarat from 16 to 18-10-2024 & also seen various religious & historical places around Gujarat. The members met Dr. B.S. Prajapati, ADM, Vadodara & Narayan Madhu, ADM, Narmada on 16 & 17-10-24 respectively including visit to Sardar Patel Zoological Park. Both interacted with the members followed by high tea. PRO, Mr. Gautam briefed members in detail about Amul Dairy on 16-10-24. J. R. Gupta, President felicitated all three Guests. The members also visited 182 meters height Statue of Unity, which is highest in the World including USA, China, Russia etc.,

International Cruise, Swami Narayan Mandir, Maharani Radhika Gayakwad & her husband Maharaja Deepak Gayakwad at Raja Mahal Palace on 18-10-24. The members also had Darshan of Maa Kali Devi at height of 400 stairs. The members also enjoyed Laser show about Sardar Ballabh Bhai Patel including message of Prime Minister of India, followed by Jan Gan Man. The members returned Delhi with unforgettable memories with the efforts of J. R. Gupta, President & Y. K. Singhal, Tour Coordinator. A report by Ashok Kumar, Incharge.

INGURATION OF VARISHTH NAGRIK SAMMAN FUNCTION BY SANJAY ARORA, IPS, COMMISSIONER OF DELHI POLICE FELICITATED POETS ON 23-10-2024 AT GURU GOVIND SINGH UNIVERSITY AUDITORIUM, SAHADARA. PRASHANT GAUTAM, DCP FELICITATED VARISHTH SAMMAN AWARD & CERTIFICATE TO J. R. GUPTA, CHAIRPERSON, CONFECERATION. J. R. GUPTA ALONG WITH Y. K. SINGHAL MET RAVINDRA SINGH YADAV, SPECIAL COMMISSIONER.



3 Members of Senior Citizens Council of Delhi led by its President, J. R. Gupta participated in a prized distribution function organized by East Delhi DCP, Sahadara in which Chief Guest was Sanjay Arora, IPS, Commissioner of Police, who inaugurated Varishth Nagrik Samman Awards. J. R. Gupta & Y. K. Singhal also met Ravindra Singh Yadav, Special Commissioner & Prashant Gautam, DCP, Sahadara.

On this occasion a Kavi Sammelan was recited by namely M. K. Gandhi, Sunil Jogi & others. All were felicitated by Sanjay Arora. A nukkad Natak was also organized on Cyber Crime to educate Senior Citizens. Other members were Y. K. Singhal & Navdeep Soni. DCP, Sahadara presented a memento to J. R. Gupta & appreciation Certificate followed by high tea. A report by Y. K. Singhal, Tour Coordinator.

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



Sh. Satyanarayan (60 yrs) resident of CSP Flats, SJE along with a complaint against his real Sister regarding forcibly trying to vacate the aforesaid property in connivance with her son Amit (38years) already lodged in Police Station Safdarjung Enclave. In his complaint he has alleged that aforesaid persons have been lodging false Civil Suit, abusing, misbehaving, harassing & threatening to kill. The matter was taken up with Commissioner of Police on 09-10-2024 to take legal action against aforesaid persons. No further harassments reported. He has extended thanks to the Confederation / Council for their moral support & legal guidance from time to time. - Editor



Smt. Reena Gutpa, widow (62 years) (Mob- 8178960557), resident of Naraina Vihar New Delhi has visited Recreation centre on 05-11-2024 along with complaint against her elder son Prashant Gupta (Mob-8452013321) & her daughter-in-law Mrs. Mohini Gupta, already lodged with Police Station Naraina in the year 2022, but no action was taken, which is self explanatory. In her complaint, she had alleged that both her son & daughter-in-law broken lock & forcibly encroached without my knowledge. Whenever, I asked both, they abused, misbehaved, humiliated & even threatened to kill including lodging of false cases in connivance with her mother & father who are settled now permanent from Agra with a clear motive to grab my aforesaid property. She further mentioned that now she is living with her younger son & daughter-in-law. Immediately, the matter was taken up with the Commissioner of Police to take legal action against aforesaid persons in the interest of Justice to a widow of 62 years including protection so that she could leave peace fully at the fag end of her life. No further harassments reported. 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 KARWA CHAUTH, HAPPY DIWALI & BHAIYA DOOJ

CONFEDERATION

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. – GYAN SINGH TOKAS, EDITOR

102nd BIRTHDAY OF H.D. RALHAN CELEBRATED IN CANADA ON 09-11-2024



102nd Birthday of Harcharan Das Ralhan was celebrated in Canada Temple in the presence of his family members on 09-11-2024. Incidentally, it is pointed out that **Sh. Ralhan was Vice-President** of Deer Park Satsang & Senior Citizens Council of Delhi many years before settling at Canada. His selfless services cannot be forgotten for years to come. On this day, he was remembered at Daily Deer Park Satsang & all members extended birthday greetings. **J. R. Gupta, President** wished him a very happy birthday & prayed to Almighty for his long life with sound health. – Editor.

KOLKATA SENIOR CITIZENS CELEBRATED DUSSEHRA FESTIVAL ON 12-10-2024



9 Members of Senior Citizens Forum, Kolkata headed by Purshottam Agarwal, President celebrated Dussehra Festival on 12-10-2024 in which Ramraj Bhandari was Special Guest. A report by **C. R. Bhandari, Executive Body Member**.

DURGA PUJA ORGANIZED BY C. R. PARK RESIDENTS FROM 09 TO 12-10-2024



Chitrangan Park Residents Welfare Association organized Shri Durga Puja from 09 to 12-10-2024 in the presence of larger number of devotees. The idols were immersion Yamuna River on 13-10-24. A report by **Mahendra Kumar Gupta, Council Member**.

SCWS, SHALIMAR BAGH VISITED MATHURA VRINDAVAN, BARSANA FROM 25 TO 27-09-2024



40 members of Senior Citizens Welfare Society, Shalimar Bagh visited Mathura, Vrindavan & Barsana from 25 to 27-09-2024. A report by **P. P. Tuteja, General Secretary**.

NEW EXECUTIVE BODY OF SCFF, A1 JANAKPURI ELECTED FOR THE YEARS 2024-26 ON 24-10-24



Senior Citizens Friendship Forum A1 Janak Puri, New Delhi celebrated Members Quarterly Birthday celebrated on 24-10-24 in which more 100 members took part in this great function and also elected New Core Committee for next 2 Years in presence of South Delhi Mayor Shri Narendra Chawla the Chief Guest of the occasion and also Corporate Counsellor **Mrs Urmila Chawla**. All birthday participants were given attractive gifts and followed by a delicious dinner. New Committee elected for the year 2024-2026 as follows: **Chairman, J.P Bharti, President, Arun Kumar Sabharwal, Gen. Secretary, S. Daljit Singh, Finance Secretary, P C Pathak**. A report by **Arun Kumar Sabharwal, President**.

TRIBUTES TO S. SATHYA MOORTHY, PRESIDENT, U3A, CHENNAI ON HIS DEATH AT USA ON 31-10-24



Sh. S. Sathya Moorthy passed away in California, USA at the residence of his son on 31-10-2024. He had organized a National Seminar of ISU3A in Chennai on 28 – 29 October 2023 on “Empowering Senior Citizens”. EC members of U3A including Members of the General Council mourn on his untimely and sudden death. **J. R. Gupta, Chairperson, ISU3A**, conveyed his heartfelt condolences at Recreation Centre on 05-11-2024 & prayed to Almighty to keep his departed soul in eternal peace & give strength to his bereaved family members. **Hari Om Shanti Shanti. J.R. Gupta, Chairperson**.

MITHILANCHAL SAMITI ORGANIZED KALI PUJA ON 01.11.2024.



Sibdurga Vihar, Sector-39, Faridabad organized Kali Puja in association with Mithilanchal Puja Samiti on 01.11.2024 in the presence of large number of Devotees followed by cultural performance by the Imminent Artists which was enjoyed by all present. A report by **Mahendra Gupta, Council Member**.

SHIV PARK SHALIMAR BAGH ORGANIZED DIWALI & BIRTHDAY AT ITS RECREATION CENTER ON 27.10.2024.



Shiv Park Shalimar Bagh organized Diwali and birthday of its members born in October in the presence of large number of its members. Each member was felicitated with Patka followed by Patka & sweets. A report by **Azad Tandon, Vice - Chairperson, North**.

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: gupta jr2005@gmail.com, Web.: www.senioreldersdelhi.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 (4:30 pm to 5:30 pm) & Sadbhawna Satsang Mandal, Munirka every Sunday (10.00 am to 11.00 am) respectively, from 16-10-2024 to 31-10-2024 **Pt. Sanjay Mishra, Mumbai**, from 01-11-2024 to 15-11-2024 **Pt. Radhey Shyam Dubey, Gonda, UP** & from 16-11-2024 to 30-11-2024 **Pt. Piyush Mishra, Bhadoi, Banaras**. - 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**

MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOI, ORGANIZED SPECIAL FUNCTION FOR SENIOR CITIZENS OF DELHI AT RANG BHAWAN AUDITORIUM OF ALL INDIA RADIO ON 25-10-2024, IN WHICH UNION STATE MINISTERS, RAM DAS ATHAWALE & B. L. VERMA, GRACED AS CHIEF GUEST & SPECIAL GUESTS OF HONOUR RESPECTIVELY INCLUDING MEMBER NITI AYOJ DR. V. K. PAUL, AMIT YADAV, SECRETARY



90 Members of Senior Citizens Council of Delhi led by its President J. R. Gupta participated in a Special function by 2AC Bus at Rang Bhawan Auditorium of All India Radio, Sansad Marg organized by Ministry of Social Justice & Empowerment, GOI on 25-10-2024. On this occasion, **Lighting of Lamp by Chief Guest Ram Das Athawale & B. L. Verma, Union State Ministers as Guests of Honour including Dr. V. K. Paul, Member, Niti Ayog & Amit Yadav, Secretary**

6 COUNCIL MEMBERS MET RANBIR, ACP, SAFDARJUNG AT HIS OFFICE ON 21-10-2024



L to R= Ashok Kumar, Y.K. Singhal, J.R. Gupta, Ranbir, Dinesh Sharma, Usha Sharma & Neelam Malhi

6 Members of Senior Citizens Council of Delhi led by its President, J. R. Gupta met Ranbir, ACP, Safdarjung at his office at Sarojini Nagar Police Station on 21-10-2024. J. R. Gupta, congratulated his team including SHO, Safdarjung regarding protecting Mrs. Jain 76 years old lady resident of Green Park Extension, whose husband gone to morning walk. The robbers were arrested from Anand Vihar Bus Terminal on receipt of complaint lodged by her husband Mr. Jain 77 years old. The Police recovered her cash & jewellery worth lakhs of rupees. A report by Ashok Kumar, Incharge.

ACP, RANBIR (SAFDARJUNG) SAYS THAT DELHI POLICE IS COMMITTED FOR YOUR LIFE & PROPERTY 24X7 HOURS, WHO ALSO FELICITATED 13 MEMBERS OF COUNCIL BORN IN THE MONTH OF OCTOBER ON 27-10-24



During special function organized by Senior Citizens Council of Delhi at Recreation Centre, Community Centre, Green Park Extn. Chief Guest ACP, Ranbir, Safdarjung felicitated 13 members of Council in the presence of larger number of members including Rajneesh Kumar Sharma, SHO, Safdarjung Enclave on 27-10-2024. J. R. Gupta, President congratulated concerned members on their birthday & prayed Almighty for their long life with sound health. Pt. Sanjay Mishra of Mumbai (Katha Vachak) was also present. Earlier, Sunderkand Path was organized by Dinesh

5 COUNCIL MEMBERS LED BY J. R. GUPTA, MET DD, NISD AT DWARKA ON 21-10-2024



L to R :- Navdeep Soni, Y.K. Singhal, HCSC Ranga Reddy, J.R. Gupta, B.S. Yadav, Raj Pal Gupta & Pritam Singh

5 Members of Senior Citizens Council of Delhi led by its President, J. R. Gupta met Dr. HCSC Ranga Reddy, Dy. Director, NISD in his office at Dwarka on 21-10-24. The other members were Navdeep Soni, Y. K. Singhal, Rajpal Gupta, Pritam Singh & Balbir Singh Yadav, General Secretary, Confederation. J. R. Gupta requested him to Intervene in the matter as Director, NISD was not available due to his pre-occupation regarding organizing of Walkathon including restoration of Senior Citizens Awards Ceremony which is lying unattended since 2019. He assured to bring to the notice of Director. A report by Y. K. Singhal, Tour Coordinato.

MAHENDRA KUMAR GUPTA, ADVOCATE, SUPREME COURT FELICITATED AT DEER PARK ON 12-10-24



L to R:- Pramila Rani, Pt. O. P. ripathi, Asha Gupta, J. R. Gupta, M. K. Gupta, D. K. Sharma, B. N. Singh & S. S. Dhawan

During daily Deer Park Satsang of Senior Citizens Council of Delhi, Mahendra Kumar Gupta, Advocate, Supreme Court felicitated on 12-10-2024 in the presence of larger number of members. A report by Ashok Kumar, Incharge.

specifically organized for Senior Citizens. A cultural programme was also organized which was enjoyed by all present. Dr. V.K. Paul requested Senior Citizens to send their proposals so that their suggestions could be incorporated in the new Policy to be announced shortly for the betterment of Life of Senior Citizens. The function concluded, followed by food packets & refreshment. A report by Y. K. Singhal, Tour Coordinator.

4 MEMBERS OF COUNCIL MET SURENDRA CHAUDHRY, IPS, DCP, SW ON 22-10-24



L to R:- Ashok Kumar, Surendra Chaudhry, J.R. Gupta, Y.K. Singhal & Pritam Singh

4 Members of Senior Citizens Council of Delhi led by its President, J. R. Gupta met Surendra Chaudhry, IPS, DCP, South West at his office at Vasant Vihar Police Station on 22-10-2024. J. R. Gupta, congratulated him including his team headed by ACP regarding protecting Mrs. Jain 76 years old lady resident of Green Park Extension, whose husband gone to morning walk. The robbers were arrested from Anand Vihar Bus Terminal on receipt of complaint lodged by her husband Mr. Jain 77 years old. The Police recovered her cash & jewellery worth lakhs of rupees. A report by Ashok Kumar, Incharge.

5 MEMBERS OF COUNCIL LED BY ITS PRESIDENT, J. R. GUPTA FELICITATED NEW MEMBER SECRETARY, DSLSA, RAJEEV BANSAL ON 28-10-24



L to R= Ashok Kumar, Navdeep Soni, Rajeev Bansal, J. R. Gupta, Y. K. Singhal & Pritam Singh

5 Members of Senior Citizens Council of Delhi led by its President, J. R. Gupta met New Member Secretary, DSLSA, Rajeev Bansal at his office at Rouse Avenue Courts Complex at 3rd Floor on 28-10-24. J. R. Gupta also requested him to grace special function at Community Centre, Green Park Extension as Chief Guest on 19-11-2024 from 3 pm to 3.30 pm. He assured to grace the function accordingly. He also offered high tea to the aforesaid members. A report by Ashok Kumar, Incharge.

FELICITATION OF SHALINI AGGARWAL(UK), SANDEEP GARG AT DEER PARK ON 01-11-2024



L to R= Shalini Aggarwal, Diwanshi, Aditya, Sandeep Garg, Pt. R. S. Dubey, J. R. Gupta & B. N. Singh

During daily Deer Park Satsang, the family of Late Sh. L. R. Garg assembled on the occasion of 7th month of his death & distributed parsad to more than 100 devotees / members on 01-11-2024. J.R. Gupta, President felicitated his daughter Shalini Aggarwal (UK) & her daughter Diwanshi, Sandeep Garg & his son Aditya in the presence of Pt. R. S. Dubey, Gonda, UP & B. N. Singh. He also prayed to Almighty to keep his departed soul in eternal peace in give strength to bereaved family members particularly Mrs. Nirmal Garg (wife). A report by Ashok Kumar, Incharge.

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)



With the support of DLSA (South District), Ms. Pinky Maheshwari, Legal Aid Counsel visited Recreation Centre, Green Park Extn, on Tuesdays falling on 08 & 15-10-2024, Sh. Yogesh Sharma, Legal Aid Counsel visited on 22-10-2024 & Sh. Jatin Anand Dwivedi visited on 29-10-2024. All three rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than 7000 members at their doorsteps on 4 days. So far 14550 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. During the current financial year 2024-25, 7300 Senior Citizens benefited up to 31-10-2024. A report by Ashok Kumar, Incharge.

MR. RAMAN OF MCD, SNATCHED KEY OF LIFT FACING HARDSHIP TO SENIOR CITIZENS OF 85 TO 95 YEARS ON 05-11-2024



Senior Citizens Council of Delhi organized Sunderkand Path in which more than 100 members participated from Delhi-NCR on 05-11-2024. Mr. Raman of MCD forcibly snatched key of lift from Harikesh Shukla, Attendant with the result all members had to climb up stairs facing hardship. The matter was reported at once to Mrs. Yashoda, Incharge, Civic Centre. No response was received from her in spite of repeated calls. The matter was also reported to Additional Commissioner, MCD. A report by Ashok Kumar, Incharge.

SCWA, SANT NAGAR ORGANIZED DIWALI FESTIVAL ON 13.10.2024.



Senior Citizens Welfare Association organized Diwali Festival. Chief Guest Smt. Shikha Roy distributed gifts to its members on 13-10-24. A report by G. R. Sehgal, President

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LIFE MEMBERSHIP OF COUNCIL

2656		Smt. Rajni Jain, 120, TF, Jagriti Enclave, Anand Vihar, Delhi-110092 Mob.: 9868176198	2660		Mr. Sanjive Nath, 21, Rajdoot Marg, Chanakyapuri, New Delhi-110021 Mob.: 9319661467
2657		Dr. Kishan Singh Mahar, K-20, Green Park, New Delhi-110016 Mob.: 9971797790	2661		Mr. Vinod Gupta, Flat No.7, H. No.11, Road No.71 West Punjabi Bagh, N. Delhi-26 Mob.: 9810081500
2658		Smt. Dr. Meeta Mahar, K-20, Green Park, New Delhi-110016 Mob.: 8130212228	2662		Mr. Palvinder Singh, 189, Gautam Nagar, New Delhi-110049 Mob.: 9810532177
2659		Ms. Rajmi Ahluwalia, 78, Shankar Vihar, Delhi-110092 Mob.: 9871527103	2663		Mr. Alvinder Singh, 10Z-862/3, Gali 15A, Sadh Nagar, Palam Colony, New Delhi-110045 Mob.: 9210786821

Old age now begins at 80

By Tim Radford

OLD age has been postponed. Biologically and psychologically, it now begins at 80, according to Ian Robertson, dean of research at Dublin's Trinity College Institute of Neuroscience. "This leaves 30 years – roughly age 50 to 80, a period much longer than youth – for which we have to have a whole new way of living," he told the British Association science festival recently.

Robertson began to study the effect of age on the brain in 1984. Then, the average age of stroke victims was 72.

"By 1999, the average age of my patients was around 82. In just 15 short years, I saw with my own eyes how, in many senses of the word, people had become younger by roughly 10 years."

The human brain, he argued, at all ages was plastic: it was shaped by experience, learning and thinking. Ancient Romans had a life expectancy of 22, while Europeans could look forward to a lifespan of 50 years at the start of the 20th century.

A woman of 60 in Britain now could expect to live on average to 83. The degree to which people retained their faculties after 50 was influenced by what they did.

He listed a seven-point plan to ensure a youthful old age:

◆ Aerobic fitness was probably most important. The function and structure of the brain were influenced by activity.

◆ Mental stimulation was vital. People could reduce cognitive decline by mental training.

◆ New learning was important. "The more you learn, the more you can learn," he said. "It can have profound physiological effects on the brain."

◆ High and prolonged stress had negative effects, particular on human memory.

◆ A rich social life helped. "People who maintain a lot of social interactions maintain mental sharpness for a longer period."

◆ Healthy eating. A diet rich in fruit and vegetables and fish had profound effects on cognitive decline later in life.

◆ Finally, think young. – Guardian Newspapers Limited

SCWA SANT NAGAR ORGANIZED HEALTH CHECK UP CAMP ON 19.10.24.



Senior Citizens Welfare Association, Sant Nagar organized Health Check camp at its Recreation Centre on 19.10.24. Dr. Abhishek Vaish, Apollo Hospital delivered talk on Osteoporosis. A report by G. R. Sehgal, President.

DR. AVTAR SINGH DELIVERED A TALK ON WORLD STROKE AWARENESS AT CENTRE ON 29-10-2024



World Stroke Day is observed annually on 29-10-2024 to raise awareness about stroke prevention, treatment, and the significant impacts strokes have on individuals and communities. This day, led by organizations like the World Stroke Organization, aims to improve understanding of strokes, their warning signs, and how lifestyle changes can reduce risk. Strokes are a leading cause of death and disability worldwide, affecting people of all ages, and raising awareness is crucial in preventing avoidable cases

through early intervention and healthy lifestyle choices. Keep reading as we share a list of common factors that can increase your risk of stroke. A report by Dr. Avtar Singh.

SPECIAL PROGRAMS AT RECREATION CENTRE

22-10-2024 : Joint Birthday Celebrations for the members up to Life Membership number 2584 & enrolled up to 31-10-2023 & upto membership number 2584 born in the month of October on or before 31-10-1963. The confirmation should reach by 11-11-2024 by 3pm subject to availability of Chief Guest.

Souvenir-2024 : is available & can be collected either from Deer Park Satsang or Recreation Centre, Green Park Extension. The members who are paying Rs. 5,100/- or more Annually are also requested to pay the same urgently, as Recreation Grant is pending from Delhi Govt. for the last 2 & half years.

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