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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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MONTH : NOVEMBER, 2024 PART-2

MRS KALPANA AGARWAL, IAS, COLLECTOR, KOTPUTLI MET 12 MEMBERS OF SENIOR CITIZENS COUNCIL OF DELHI ON 25-11-2024. THE MEMBERS ALSO VISITED VARIOUS RELIGIOUS PLACES / HISTORICAL PLACES AROUND RAJSTHAN, SUCH AS TIJARA JAIN MANDIR, NEEMRANA FORT, BAWARI NEEMRANA FROM 24 TO 25-11-2024



12 members of Senior Citizens Council of Delhi led by its President visited Rajasthan from 24-11-2024 to 25-11-2024 including Tijara Jain Temple,

District Alwar, on 24-11-2024 by own 3 car. The members then met Mrs. Kalpana Agarwal, IAS, Collector, Kotputli on Contd at Page 3

4 COUNCIL MEMBERS MET AMIT YADAV, IAS, SECRETARY, SJ&E ON 21-11-2024



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

4 Members of Senior Citizens Council of Delhi led by its President J. R. Gupta met Amit Yadav, IAS, Secretary, Ministry of Social Justice & Empowerment, Govt. of India, 6th Floor of Shastri Bhawan on 21-11-2024. Contd at Page 3

COUNCIL MEMBERS MET NAVIN KUMAR, ADC, CSD, MCD ON 28.11.2



L to R = Rakesh, Yashoda, N.Soni, Ashok Kumar, Y.K.Singhal, J.R.Gupta & Naveen Kumar

4 Members of the Senior Citizens Council of Delhi led by its President, J.R. Gupta met Naveen Kumar, ADC, CSD, MCD in Civic Centre at 15th floor in the presence of Yashoda, DD, Rakesh, AD regarding handing Contd at Page 3

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



Sh. Sanjive Nath (74 yrs) resident of Chankyapuri, along with a complaint against his would be buyer now residing in same colony, regarding forcibly trying to sell the aforesaid property in connivance with his friends & relatives, even refused his own identity name & mobile number, although he is living in Hisar, Haryana, **already lodged in Police Station Chankyapuri.** In his complaint he has alleged that complainant is getting day & night telephonic calls from aforesaid persons & relatives who have been threatening to kill including abusing, misbehaving & harassing. He further stated that his father Late Sh. Ajit Nath had paid the total cost of aforesaid property & handed over original documents to the complainant. He has further mentioned that his elder sister Mrs Meera Raw (80yrs) residing in Telangana (Hyderabad) & residing in the same property including his another elder sister. **The matter was taken up with Commissioner of Police on 14-11-2024 to take legal action against aforesaid persons.** 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



Sh. Vinod Gupta (73 years), resident of West Punjabi Bagh has visited Recreation centre on 11-11-2024 along with complaint against **Sandeep Kapoor, age 45 year** resident of same building regarding lift space dispute, **already lodged with Police Station Punjabi Bagh.** In his complaint, he has mentioned that he has occupied in 1998, where as Sandeep Kapoor in 1995. **He has alleged that he is facing hardship in getting lift space for elderly & ailing residents of upper floors between the age of 65 to 75 years, while coming back from their official duties & had to dependent on lift space of other residents, who are objecting on regular basis.** Whenever, I requested the above mentioned Sandeep Kapoor who misbehaved, abused, harassed & even threatened to kill in connivance with his relative & friends. To linger on the case for years, the complainants had filled Civil Suit No- 1047 of 2017 in the Court of ADJ-04, West District. The next date of hearing already fixed for 16-12-2024 for cross examination by the complainant. Immediately, the matter was taken up with the Commissioner of Police to take legal action against aforesaid persons in the interest of Justice, so that they could continue to live peace fully at the fag end of their life. 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 GURUNANAK JAYANTI, CHRISTMAS & NEW YEAR 2025

CONFEDERATION

PRECAUTIONS FOR SENIOR CITIZENS AGAINST DELHI AIR POLLUTION DURING DECEMBER, 2024



As soon as one is exposed to pollution, they can experience irritation in the eyes, light headedness, headache, dizziness, skin irritation, cough and breathlessness. With the air likely to remain polluted in the coming days, it's advisable to take precautions and not venture outside, unless absolutely necessary, children and the elderly, especially, need to be careful as the pollution can manifest itself in numerous health problems. **The pollution can also cause harm to your lungs.**

– GYAN SINGH TOKAS, EDITOR.

NEW EXECUTIVE BODY OF GULMOHAR DURING AGM ELECTED ON 10-11-2024



During AGM of Gulmohar Journalists Colony Senior Citizens Forum held on 10-11-2024, New Executive Body was elected. Mr Subhash Saluja -President, Ms. Kanta Joshi - Vice - President, Mr. Rajiv Bhalla-Secretary, Mr. Vijay Sharma - Treasurer & Executive Body Members namely I. C. Bhardwaj, Umesh Sahdev & Mrs. Pratima Chaturvedi. **A report by Subhash Saluja, President.**

SCWS, SHALIMAR BAGH CELEBRATED DIWALI ON 26-10-2024



Senior Citizens Welfare Society, Shalimar Bagh celebrated Diwali Festival in its Recreation Centre on 26-10-2024 in the presence of large number of members. Members shared Diwali Greetings with each other and packets containing 1/2 kg Dates (Khajoor) were distributed to all present. **A report by P. P. Tuteja, General Secretary.**

JODHPUR SENIOR CITIZENS ORGANIZED ACTIVITIES ON 10-11-24



Jodhana Senior Citizens Society, Jodhpur celebrated Deepawali Sneh Milan and joint happy birthday/marriage anniversary of P. D. Aggarwal & his wife for October/November on 10-11-2024 at "Asta" in which 130 members participated. Function started with bhajan, garlanding & presented Shrifal to concerned members. Program ended with lunch. **A report by Ramraj Bhandari, Patron.**

DR. AVTAR SINGH DELIVERED HEALTH TALK ON WORLD AIDS DAY ON 01-12-2024



World AIDS Day is celebrated on 01-12-2024. On this day WHO joins partners and communities to commemorate world aids day 2024 under the theme "Take the right path: My health, My right" About more than 39.9 billion people were living with HIV globally in 2023 and approximately 6,30,000 people died with HIV related causes last year. An estimated 1.3 million people acquired HIV in 2023. The key message of world aids day is - everyone deserves access

to HIV testing, treatment and care and ensuring that health care is available to everyone, without any discrimination, regardless of their HIV status, background, gender or where they live. There are many ways to prevent HIV infection. Prevention empowers individuals with access to preventing tools, education and services which not only protects their health but is key to stopping new infections. This day also raises awareness about stigma and discrimination that undermines the fight against AIDS. Eliminating AIDS needs to engage vulnerable and marginalized populations who practice unprotected sex, drug addicts, sex workers and educate them which is very essential to ensure durable and effective response to HIV. With early diagnosis and consistent antiviral therapy people with AIDS can lead long healthy lives. WHO is calling upon global leaders and citizens to join the fight against AIDS so the world can end this disease as a public health threat by 2030. **A report by Dr. Avtar Singh.**

NEEB KARORI BABA, USA, ASHRAM HEAD POOJYA GURU MATA POONAM JI SPEAKS ABOUT HER ACTIVITIES 04.12.2024 AT UTTAKHAND SADAN, CHANKYAPURI, FOLLOWED BY HIGH TEA. J.R. GUPTA, CHAIRPERSON, CONFEDERATION FELICITATED INCLUDING Y. K. SINGHAL & NAVDEEP SONI BY HER DISCIPLES. A REPORT BY ASHOK KUMAR INCHARGE.



Editorial Board of Elderly News : B.S. Yadav (Dwarka), Azad Tandon (Shalimar Bagh), Giri Bhardwaj (Shalimar Bagh), 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.senioreldelhi.org.**

Daily Spiritual Discourses, at Deer Park Satsang (7 am to 8 am), Recreation Centre, Green Park Extn. (3pm 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 16-11-2024 to 30-11-2024 Pt. Piyush Mishra, Bhadoi, Banaras, **from 01-12-2024 to 15-12-2024 Pt. Hariom Sharan Mau, UP & from 16-12-2024 to 31-12-2024 – Pt. Mahesh Mishra, Bhopal, MP - 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**

FROM FRONT PAGE ... VISIT TO RAJASTHAN 24 TO 25-11-2024

25-11-2024 including visit to various places around Rajasthan such as **Bawari Neemrana & Fort. J. R. Gupta, President** felicitated the Collector along with **Y. K. Singhal, Tour Co-ordinator** & briefed her about Council activities for Senior Citizens on monthly basis in order to keep them free from loneliness. He further told to her that main aim is to **Protect Lonely Senior Citizens from abuses / humiliations at the hand of their children under Maintenance of Parents & Welfare of Senior Citizens Act 2007 introduced by Govt. of India, Ministry of Social Justice & Empowerment.** He further briefed that Council has 18 Lakh members across Delhi-NCR & affiliated with Confederation of Senior Citizens Associations (an umbrella body having 145 branches) all over

India, including Delhi. The members are also visiting across India, foreign Countries like Mauritius, Bhutan etc. She was very happy to note the such activities for their Senior Citizens. **J. R. Gupta thanked the Collector for meeting in spite of her busy schedule.** For her this kind gesture he conveyed to her for her long life with sound health. She offered high tea to members. J. R. Gupta also invited her at their Recreation Centre, Community Centre, Green Park Extension as & when she visits Delhi on her official duties. The members were returned back on 25-11-2024 late evening with unforgettable memories of this unique trip with the help of **Y. K. Singhal, Tour Co-ordinator.** **A report by Ashok Kumar, Incharge.**

FROM FRONT PAGE MET AMIT ---- 21-11-2024

J. R. Gupta brought to his notice that your Ministry has not arranged **Walkathon** after 2019 including **Senior Citizens Awards.** He assured to examine both the points & revert back. He also extended thanks to him for sparing his valuable time in spite of busy schedule. **A report by Ashok Kumar, In-charge.**

FROM FRONT PAGE MET NAVIN KUMAR, ON 28.11.2024

over the keys of Lift installed at Recreation Center, Community Centre, Green Park Extension, New Delhi. Other members were Navdeep Soni, Ashok Kumar & Y.K. Singhal. J.R. Gupta requested him to hand over the keys of Lift urgently, as Senior Citizens aged 81 to 95 yrs are facing hardship while climbing up stairs. He assured to do the needful in due course. **A report by Ashok Kumar, Incharge.**

MAHENDRA KUMAR GUPTA, SUPREME COURT ADVOCATE FELICITATED 13 MEMBERS OF COUNCIL BORN IN THE MONTH OF NOVEMBER AT RECREATION CENTRE, COMMUNITY CENTRE, GREEN PARK EXTN ON 19-11-2024



During special function organized by Senior Citizens Council of Delhi at Recreation Centre, Community Centre, Green Park Extn. Chief Guest **Mahendra Kumar Gupta, Supreme Court Advocate** felicitated 13 members of Council in the presence of larger number of members including **Pt. Piyush Mishra (Bhadoo, UP).** Chief Guest says that he is thankful to **J. R. Gupta, President,** who given him an opportunity to felicitate members including him.

He prayed Almighty for their long life with sound health. Earlier, Sunderkand Path was organized by Dinesh Sharma, Usha Sharma, Ashok Kumar & Harikesh Shukla, Attendant. **J. R. Gupta, President,** extended birthday greetings to concerned members & also prayed to Almighty for their long life with sound health, followed by refreshment packets. **A report Ashok Kumar, Incharge.**

DR. AVTAR SINGH DELIVERED HEALTH TALK ON WORLD DIABETES DAY ON 12-11-2024



World Diabetes Day is celebrated on **November 14** every year and it is world largest diabetes awareness campaign globally. It is also the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922. This year's theme is "Breaking Barrier, Bridging Gaps" strengthening our commitment to reducing the risk of diabetes and ensuring that all diabetics have been equitable, comprehensive, affordable and quality treatment and care. Diabetes is a condition that happens when your blood sugar (glucose) is too high. It happens when

the pancreas doesn't produce enough insulin or when a person's body isn't responding to the insulin properly. It affects people of all ages. Most types of diabetes are lifelong (chronic) and all forms can be managed with medication and lifestyle changes. One can't prevent the autoimmune and genetic types of diabetes, but certain steps can lower the risk of developing diabetes. These includes :- * Avoid intake of sugar and refined carbohydrates. * Practice eating small portions of meals at one time. * Includes fibers and food which are low in glycemic index. Quit smoking which promotes insulin resistance. * Make a habit of regular physical activity or exercise for at least 30 minutes a day. *Dr Avoid intake of aerated drinks and other beverages with added sugars which increases the risk of type 2 diabetes. *** A report by Dr. Avtar Singh.**

“बुढ़ापा Vs. वरिष्ठता”

दोनों के अंतर को समझें और जीवन का आनंद लें इंसान को उम्र बढ़ने पर .. “बूढ़ा” नहीं बल्कि .. “वरिष्ठ” बनना चाहिए। 1. “बुढ़ापा” ... अन्य लोगों का आधार ढूँढता है, “वरिष्ठता” ... अन्य लोगों को आधार देती है। 2. “बुढ़ापा छुपाने का मन करता है, “वरिष्ठता” ... उजागर करने का मन करता है। 3. “बुढ़ापा” अहंकारी होता है, “वरिष्ठता” .. अनुभव संपन्न, विनम्र व संयमशील होती है। 4. “बुढ़ापा” ... नई पीढ़ी के विचारों से छेड़छाड़ करता है, “वरिष्ठता” ... युवा पीढ़ी को बदलते समय के अनुसार, जीने की छूट देती है। 5 “बुढ़ापा” ... “हमेशा हमारे जमाने में ऐसा था” की रट लगाता है, “वरिष्ठता” ... बदलते समय से अपना नाता जोड़ती है और उसे अपनाने की कोशिश करती है। 6. “बुढ़ापा” ... नई पीढ़ी पर अपनी राय थोपता है, “वरिष्ठता” ... तरुण पीढ़ी की राय समझने का प्रयास करती है। 7. “बुढ़ापा” ... जीवन की शाम में अपना अंत ढूँढ़ते हुए चिंतित रहता है, “वरिष्ठता” .. जीवन की शाम में भी एक नए सबरे का इंतजार करती है तथा युवाओं की स्फूर्ति से स्वतंत्र प्रेरित होती रहती है। इसलिए “वरिष्ठता” और “बुढ़ापा” के बीच के अंतर को.... गम्भीरता पूर्वक समझकर, जीवन के आनंद लीजिए। उम्र कोई भी हो, सदैव संतुष्ट व खिले रहिए जब तक पेंशन लाभ मिले उम्र की उमंग उत्साह में रहिए और दूसरे हम उम्र साथियों के जीवन के लिए प्रेरणा बनिऐ, और स्वस्थ जीवन, मस्त रहें। **Compiled by & Jagat Prakash Gupta.**

COUNCIL MEMBERS FELICITATED NARENDER CHITRA & R. L. NAGPAL AT DEER PARK SATSANG ON 26-11-2024



L to R = R. L. Nagpal, Pt. Piyush Mishra, Narender Chitra, J. R. Gupta, S. S. Dhawan & B. N. Singh

During daily Deer Park Satsang, J. R. Gupta, President, Senior Citizens Council of Delhi & others including **Pt. Piyush Mishra of Bhadoo, UP** felicitated **Narender Chitra & R. L. Nagpal** both from Laxmi Narayan Temple, Malviya Nagar on 26-11-2024, followed by prasad. **A report by Ashok Kumar, In-charge.**

J. R. GUPTA, PRESIDENT, COUNCIL ADMINISTERED AN OATH TO COUNCIL MEMBERS TO ABIDE BY PREAMBLE OF CONSTITUTION OF INDIA ON 26-11-2024



J. R. Gupta, President, Senior Citizens Council of Delhi administered an oath to Council members at Deer Park Satsang on the occasion of completion of 75 years of Constitution of India on 26-11-2024. In a separate official function, Hon'ble President Droupadi Murmu described the Constitution as a “**Living & Progressive Document**” that forms the bedrock of India's democratic Republic & emphasised that its true strength lies in the coordinated efforts of all constitutional bodies & NGO like Senior Citizens Council of Delhi to improve citizens lives. The function was held at Central Hall of Parliament in which **Prime Minister of India, Narendra Modi including Vice-Chairman, Jagdeep Dhankhar, Rajya Sabha & Om Birla, Speaker, Lok Sabha.** On this occasion, **Union Culture Secretary, Arunish Chawla** announced the launch of a special website for public participation, alongside mass readings of the Preamble in Schools, Govt. offices, Pvt. Institutions just like Senior Citizens Council of Delhi & others. The government also released a commemorative Coin and Stamp. Later on, PM Modi released Indian Judiciary's Annual Report (2023-24) in the presence of Eminent Judges of Supreme Court, High Court & District Courts. **– Editor.**

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 12-11-2024, Mrs. Priyanka Yadav, Legal Aid Counsel visited on 26-11-2024. All three rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than 7200 members at their doorsteps on 2 days. So far 14750 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 her continues support. During the current financial year 2024-25, 7500 Senior Citizens benefited up to 30-11-2024. A report by Ashok Kumar, Incharge.

J. R. GUTPA, CHAIRPERSON, CONFEDERATION GRACED AS CHIEF GUEST IN 15TH ANNUAL DAY OF SCWA, DWARKA ON 30-11-24



J. R. Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 Lakh Senior Citizens) duly associated with Ministry of Social Justice & Empowerment, Govt. of India, Social Security Cell of Delhi Police, ICCR & Delhi State Legal Service Authority, graced the 15th Annual Day of Senior Citizens Welfare Association, Dwarka on 30-11-2024 as Chief Guest. Balbir Singh Yadav, Secretary General, Confederation felicitated J. R. Gupta with flowers & shawl as a token of respect & regards in the presence of their members including Vimal Bhan & Y. K. Singhal. J. R. Gupta praised SCWA, Dwarka for organizing day to day activities for their members including various tours at historical / religious places in Delhi in India in order to keep them from loneliness. The function was concluded with delicious lunch. A report by Ashok Kumar, In-charge.

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LIFE MEMBERSHIP OF COUNCIL

2664		Smt. Nilu Sharma, A-14, Sector- 39, Noida Mob.: 9810129666	2668		Sh. Krishan Kumar, C-6/46/1, Safdarjung Development Area, N.D-16 Mob.: 9871816041
2665		Smt. Manjit Kaur, 12/11, Pant Nagar, Jangpura, N.D-14 Mob.: 9810731332	2669		Dr. Madan Narain, F-146, Main Bazar, Laxmi Nagar, Delhi-92 Mob.: 9891251162
2666		Smt. Aruna Aggarwal, D-2/157A, GF, Jeevan Park, Uttam Nagar, N.D-59 Mob.: 9717937379	2670		Sh. Rajesh Kumar Bhalla, A-66, FF, Lajpat Nagar-II, New Delhi-24 Mob.: 9560136969
2667		Sh. Mohan Singh, 279, SFS, Gulmohar Encl. Gulmohar Park, N.D.-49 Mob.: 8800449664			

3 MEMBERS OF COUNCIL MET MANISH SHARMA, DY. RESIDENT COMMISSIONER ON 02-12-24



3 members of Senior Citizens Council of Delhi met Manish Sharma, Dy. Resident Commissioner, Govt. of West Bengal in his office at Baba Kharak Singh Marg, New Delhi on 02-12-2024 including Dr. Ganesh Mishra, Retd. IAS, Former Resident Commissioner, Uttarakhand as a Courtesy call meeting. J. R. Gupta, President requested to arrange a meeting before lunch on 25-01-2025 with Sh. Rajeev Kumar, IPS, DGP, West Bengal in his office as 40 members between the ages of 75 to 85 years are visiting Ganga Sagar by Air from 25-01-2025 to 27-01-2025. A report by Ashok Kumar, In-charge.

SCWA, SANT NAGAR ORGANIZED MENTAL HEALTH TALK ON 28-11-2024



Senior Citizens Welfare Association organized Mental Health talk Awareness on 28-11-24 in association with Help Age India in which 70 members attended. A report by G. R. Sehgal, President.

G. R. SEHGAL, PRESIDENT SCWA, SANT NAGAR FELICITATED BY PRIMUS HOSPITAL ON 14-11-24



G. R. Sehgal, President, Senior Citizens Welfare Association, Sant Nagar was felicitated by Primus Hospital, Chankyapuri on the occasion of World Diabetes Day on 14-11-2024 including Virender Sachdeva, Delhi Pradesh BJP President. A report by G. R. Sehgal, President.

SPECIAL PROGRAMS AT RECREATION CENTRE

19-12-2024 : Joint Birthday Celebrations for the members up to Life Membership number 2585 & enrolled up to 30-11-2023 & upto membership number 2585 born in the month of October on or before 30-11-1963. The confirmation should reach by 11-12-2024 by 3 pm 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.

CONDOLENCES

The following Life Members of Council have left for heavenly abode during the last one month from 11-11-2024 to 10-12-2024.

LIFE MEMBERS	MEMBERSHIP NO.	ADDRESS
1. Sh. Devki Nandan Kalra	1277	C-122, FF, Moti Nagar, N.D.-15
2. Smt. Santosh Kawatra	17	B-6/42/1, SJE, New Delhi-29

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

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