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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., DSLSA & 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. : 011-26171092

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

VOL : 006

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MONTH : OCTOBER 2019

Rs. 5/-

THAAWAR CHAND GEHLOT, UNION MINISTER FLAGS OFF WALKATHON ON INTERNATIONAL DAY OF OLDER PERSONS ON 03-10-2019



L to R :- Virendra Mishra, Director, NISD, Upma Srivastava, Addl. Secy., Nilam Sawhney, Secy., Thaawar Chand Gehlot, Union Minister, J.R.Gupta, Chairperson, Confederation & Ms. Radhika Chakravathy, Jt. Secy.

Confederation of Senior Citizens Associations of Delhi (an umbrella body of 11 lakh Senior Citizens) organized Walkathon with the support of Ministry of Social Justice & Empowerment, Govt. of India, on 03/10/2019 at Football Stadium, Commonwealth Games Village Sports Complex, Near Akshardham, in which more than 3000 Senior Citizens participated. On this occasion, a cultural programme was performed by the four Senior Citizens namely Dr. Ganesh Dass, B.K.Mishra, B.N.Chandna & Anil Oberoi which was appreciated by all present including Yoga by Youth with the support of Delhi Police Band. Chief Guest **Shri Thaawar Chand Gehlot**, Union Minister told that his Ministry is committed to ensure them to live with dignity & respect and appreciated the efforts of Confederation in mobilising Senior Citizens in large numbers in early morning hours particularly its Chairperson J.R. Gupta. Mrs Neelam Sawhney, Secretary and Veerendra Mishra, Director, NISD also addressed the gathering. While welcoming, J.R. Gupta thanked the Ministry for enacted Maintenance of Parents and Welfare of Senior Citizens Act, 2007 particularly amendments on 19/12/2016 and 28/07/2017 with the approval of Lt. Governor of Delhi.

-Contd. on page 3 with more photos

INGIT PRATAP SINGH, ADDITIONAL DCP (S/W) SENSITIZES SENIOR CITIZENS FOR THEIR SAFETY & SECURITY



Senior Citizens Council of Delhi celebrated Elders Day on 01-10-2019 at Green Fields School, Safdarjung Enclave, in the presence of more than 800 senior citizens in which **Shri Ingit Pratap Singh**, Addl. DCP (South-West) was Chief Guest. Shri Ishwar Singh, ACP, Shivraj Singh Bisht, SHO & Shri Soamnath Bharti, MLA were the Guests of Honor. A Cultural programme was also performed by the artists of Piyusha Kailash Anuj. Dr. Sheetal of Sharp Sight Centers delivered talk on Eye Care, Dr. Neeraj Bhalla, Cardiologist & Dr. Shivam Tiwari, Orthopedist, of BLK Super Speciality Hospital delivered talk on Healthy Heart and Joint replacement respectively.

-Contd. on page 2

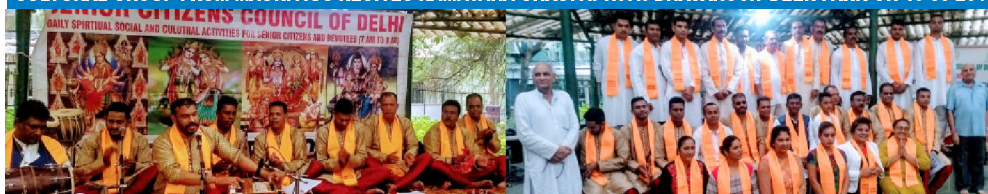
RAHUL GARG, ADDITIONAL COMMISSIONER, SDMC SAYS NO TO PLASTIC ON 12-09-2019



Senior Citizens Council of Delhi (ISU3A) celebrated its 3rd Annual Day of Recreation Center at Community Center, Green Park Extension on 12-09-2019 in the presence of more than 150 senior citizens. Chief Guest was **Sh. Rahul Garg**, Additional Commissioner, CSD, South Delhi Municipal Corporation along with Sh. Yoginder Singh, Dy. Director. First of all, Sh. Ganesh Dass, eminent singer recited Ganesh Vandana and sang melody songs which were appreciated by all present. While welcoming, J.R.Gupta, President of the Council briefed the Chief Guest about various free facilities provided by the Council to senior citizens daily and about efforts of the Council to get relief in many cases from the Tribunal Courts where son/daughter-in-law were found ill-treating senior citizens by evicting them from their houses. Chief Guest took a round of the Recreation Center and appreciated the efforts of the Council to provide various free facilities to senior citizens in large numbers on daily basis including protecting them from humiliations/abuses at the hands of their own children.

-Contd. on page 4 with more photos

CULTURAL GROUP FROM MAURITIUS RECITES RAMAYANA CHAUPAI WITH BHAJANS AT DEER PARK ON 19-09-2019



In a special function, Senior Citizens Council of Delhi (ISU3A), headed by its President, J.R.Gupta, **felicitated 30 delegation members from Mauritius** on 19-09-2019 at Deer Park, Hauz Khas in the presence of more than 200 senior citizens. On this occasion, 10 members Cultural group also recited bhajans/chaupai based on Ramayana, which were appreciated by all present. The Cultural Group was headed by its leader Guru Shailesh Gopi along with other members particularly Shanat Kumar Budhram & Kaviraj Darshan. Gyan Singh Tokas, Dinesh Kumar Sangal, Dinesh Sharma, R.K.Singhal & Pardeep Aggarwal played a key role for the success of function. Incidentally, it may be worthwhile to mention that MOU exists since 2006 between both Senior Citizens Council of Delhi and Senior Citizens Council, Mauritius in order to promote exchange of views of groups of elderly of both the Countries on reciprocal basis.

- A report by Gyan Singh Tokas

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ELDERLY NEWS WISHES ITS READERS HAPPY DUSSEHRA, DEEPAWALI, BHAIYA DOOJ, GURU NANAK JAYANTI

CONFEDERATION NEWS

INTERNATIONAL DAY OF OLDER PERSONS



The day is celebrated to create awareness about elderly issues & challenges of ageing and encouraging their contributions towards Nation/Society. Ministry of Social Justice & Empowerment, Govt. of India including State Govts. are responsible to make their life better to enable them **to live with dignity & respect at their fag end.** In India, Walkathon is being organised in the first week

of October every year particularly in Delhi & other State capitals to encourage the middle age citizens including younger generations to extend help to engage them in various activities in order to keep them free from loneliness and to keep them feel happy. The population of older people are increasing day by day and Govts including senior citizens associations should take a lead to improve their quality of life by keeping them busy throughout the year as is being ensured by Senior Citizens Council of Delhi and Confederation of Senior Citizens Associations of Delhi (an umbrella body of 11 Lakh senior citizens).

- **L.R. GARG, EDITOR**

TRIBUNAL RESCUES SENIOR CITIZEN BY EVICTING ILL-TREATING SON & DAUGHTER-IN-LAW



Sh. Tara Chand (69) R/o West Vinod Nagar, had been abused, tortured by his son Pramod Kumar, Advocate & her wife Smt. Karuna. He approached the Council & his case was taken up with Commissioner of Police on 15-10-2018 seeking his security. An application was filed before Tribunal Court of District Magistrate (East) for evicting both from his house. District Magistrate (East) ordered on 26-06-2019 & directed both to vacate the house within 30 days, **which was vacated on 29-09-2019. He expressed thanks to J.R. Gupta.** -EDITOR

FROM FRONT PAGE : - INGIT PRATAP SINGH, ADDITIONAL DCP (S/W) SENSITIZES ...

Chief Guest felicitated D.K.Sangal & Mrs. Manjula Aggarwal in recognition to their services in the Recreation Center with memento & shawl including Mrs. Padma Khanna, Director, Green Fields School, Safdarjung Enclave for her continuous support, Prem Sukh Daga (Jodhpur), Dr. Neeraj Bhalla, Dr. Shivam Tiwari, Dr. Sheetal, K.K.Luthra (Sheikh Sarai), S.M.Mathur (Vasant Kunj), M.C.Gaur (Noida), J.N. Khurana & Mrs. Chironji Devi Gupta. He told that Delhi Police is committed for the safety & security of senior citizens. While welcoming, Shri J.R.Gupta, extended thanks to all. He also told **we should say no to plastic** to full fill the aspirations of our Hon'ble Prime Minister in this regard followed by dinner and a gift to all present. A lucky draw was also drawn by Mrs. Pushpa Aggarwal.

- **EDITOR**

LIVE TELECAST BY RAJYA SABHA TV CHANNEL ON 06-10-2019 ON RIGHTS OF SENIOR CITIZENS



J.R.Gupta, President, Senior Citizens Council of Delhi participated in a panel discussion during live telecast by **Rajya Sabha TV** channel on 06-10-2019 on Rights of Senior Citizens under Maintenance of Parents & Welfare of Senior Citizens Act, 2007. Other panel members were **Kanwal Jeet Arora, Member Secretary, Delhi State Legal Services Authority, Aishwarya Bhati, Senior Advocate, Supreme Court. Ms. Abhilasha Pathak** was anchor.

-**EDITOR**

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA SAKET COURT DURING SEPTEMBER, 2019



With the support of Delhi State Legal Services Authority (South District), during the month of September, 2019, **Advocate Sandeep Saini** visited Recreation Center, Green Park Extension on every Tuesday and rendered free Legal advice sought by members of Senior Citizens Council of Delhi. J.R.Gupta, President of the Council says that more and more members are coming forward to avail this free unique facility at their door steps and waiting for their turn on coming Tuesdays. So far, more than 1100 senior citizens have benefited in sorting out their petty matters and also by creating awareness among other senior citizens in the adjoining colonies.

- **A report by Manjula Aggarwal**

GROUP BIRTHDAY CELEBRATION BY MOTI NAGAR SCCA ON 29.09.2019



Moti Nagar SCCA celebrated birthdays of its 76 members on 29.9.2019 at its Centre. -**Subha Sharma**

BIRTHDAY CELEBRATIONS BY SVN - SHALIMAR BAGH ON 30.09.2019



ACTIVITIES BY SC WELFARE SOCIETY, SHALIMAR BAGH ON 28.09.2019



SC FORUM, PLATINUM ENCLAVE, SEC-18, ROHINI, CELEBRATED ITS 6TH FOUNDATION DAY ON 28-7-19



GULMOHAR PARK SC FORUM CELEBRATES INT. ELDERS DAY & BIRTHDAY FUNCTION JOINTLY



GPJCSCF celebrated International Day of Elderly Persons On 29.09.2019, along with the monthly birthdays of its September born members. Mr. Somnath Bharti MLA was the chief guest and Mr. Yogendra Sahai, President welcomed the Chief Guest. Forum honoured its elder members who have enjoyed 85 years with their family. A cake was cut & all joined the chorus "Happy Birthday to You".

- **A report by Vimal Bhan**

JODHANA SENIOR CITIZENS SOCIETY VISIT TO BHUTAN & SIKKIM ON SEPTEMBER 2019



जोधणा सीनियर सिटीजन्स सोसायटी के सोलह सदस्यों के ग्रुप ने दिनांक 12 सितम्बर 2019 से 25 सितम्बर 2019 तक भूटान एवं सिक्किम का भ्रमण श्री प्रेमसुख जी डागा के नेतृत्व में किया। इस दौरान विभिन्न बौद्ध मठों के दर्शन के साथ संपूर्ण प्रकृति का आनन्द लिया।

— सत्यनारायण अग्रवाल

Editorial Board of Elderly News : B.S. Yadav (Dwarka), G.R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), Vimal Bhan, R.K. Singhal, Amar Chand Bansal & Mrs. Pushpa Mishra, Reporters : Pratap Singh, Mrs. Manjula Aggarwal, 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) Pt. Shyamal (Mirzapur) from 16.10.19 to 31.10.19, Pt. Balram (Jhansi) from 01.11.19 to 15.11.19 & Pt. Mahesh Mishra (Bhopal) from 16.11.19 to 30.11.19. Also at Shiv Mandir, Green Park from 5.15 pm to 6.15 pm daily, Shri Ram Mandir, B5 Block, Safdarjung Enclave from 7.30 pm to 8.30 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 3.30PM TO 4.30PM**

- **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 **137** 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 **39 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. **The Payment is also exempted under 80G of Income Tax Act. 1961.**

- **A.C. BANSAL**

JOINT BIRTHDAY CELEBRATIONS AT RECREATION CENTER, GREEN PARK EXTENSION ON 29-09-2019



Senior Citizens Council of Delhi organised Joint Birthday of its 33 members on 29-09-2019 at Recreation Center, Green Park Extension in the presence of more than 150 members. On this occasion, members recited melody songs, poems and jokes etc. particularly by Dr. Ganesh Dass, Anil Oberoi, Dinesh Sharma, Gyan Chand Gupta, Mrs. Alka Mittal, & Mrs. Sunita Sharma.

Sh. Ram Raj Bhandari founder President, Jodhana Senior Citizens Society was the Chief Guest. He extended birthday greetings to concerned members. Pt. Raghvender Dass Ramayani of Chitrakoot delivered spiritual discourses on Ramayana. Each member was felicitated by flowers, shawl & gift as a token of respect, followed by refreshments. **- Manjula Aggarwal**

MEETING OF WALKATHON 2019 AT RECREATION CENTER, GREEN PARK EXTENSION ON 15-09-2019



FROM FRONT PAGE : - THAAWAR CHAND GEHLOT, UNION MINISTER FLAGS OFF WALKATHON ON INTERNATIONAL DAY OF OLDER PERSONS ON 03-10-2019



Now, if children are ill-treating their parents, concerned senior citizens can approach Tribunal Court of concerned District Magistrate for evicting them from their own house through the concerned DCP within 90 days. The Tribunal is also empowered to take suo-moto cognizance of the plight of the affected senior citizens without any advocate and such children are bound to pay maximum maintenance allowance of Rs. 10,000/- per month. The stage was well managed by Dr. Ganesh Dass. The Chief Guest flagged off the Walkathon followed by refreshments.

- A report by Pratap Singh

FELICITATIONS OF SENIOR CITIZENS DURING ELDERS DAY CELEBRATIONS ON 01.10.2019 AT GREEN FIELDS SCHOOL, SAFDARJUNG ENCLAVE, NEW DELHI



J.R.GUPTA SENSITIZED STUDENTS OF LADY SHRI RAM COLLEGE FOR WOMEN ON ELDERLY CARE ON 03-10-2019

J.R.Gupta, President, Senior Citizens Council of Delhi sensitized students of Lady Shri Ram College for Women on Elderly Care on 03-10-2019 in the presence of more than 100 students. He specifically mentioned latest provisions in 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/her property, if he/she is ill-treated by them including maintenance allowance of Rs.10,000/- per month. 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. The talk was appreciated by all present and he was also felicitated **- EDITOR**

SATSANG / MEDITATION BY BRHAM KUMARI OFFICIALS AT DEER PARK SATSANG ON 29TH SEP, 2019

3 members of Brham Kumari delivered a spiritual lecture including meditation at Deer Park Satsang on 29-09-2019 in the presence of more than 200 devotees/senior citizens. **- A report by Gyan Singh Tokas**

QUARTERLY MEETING OF CONFEDERATION HELD ON 15-09-2019 AT ROHINI

Quarterly meeting of Governing Body of Confederation of Senior Citizens Associations of Delhi (an umbrella body of 11 lakh senior citizens) held on 15-09-2019 which was hosted by Silver Citizens Welfare Association, Sector-13, Rohini headed by its President, Sh.R.N.Datta and his team, which was chaired by J.R.Gupta, Chairperson. The Minutes of the Meeting has already been issued to the members. **- EDITOR**

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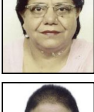
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FROM FRONT PAGE : - RAHUL GARG, ADDITIONAL COMMISSIONER, SDMC SAYS ...

He was so happy to see that senior citizens are using Community Center for various Recreation Activities and offered to allot such vacant Community Centers in case any SCA is recommended by the Council/Confederation. At the same time, he advised senior citizens to support the initiative of Hon'ble Prime Minister of India not to use Plastic. We should create awareness to replace plastic with environmental friendly materials. All of us need to join our hands to fight this menace and preserve our beautiful environment. We must stop using plastic altogether. We can make these campaigns by saying **'NO TO PLASTIC'**. He further insisted to create awareness about segregation of garbage in two different wet and dry dustbins. J.R.Gupta & other members felicitated the Chief Guest with shawl and memento followed by refreshments. **- A report by Manjula Aggarwal**

BIRTHDAY OF PRADEEP AGGARWAL CELEBRATED DURING SUNDERKAND ON 19-09-2019

Senior Citizens Council of Delhi celebrated birthday of Sh. Pradeep Aggarwal at Recreation Center on 19-09-2019 followed by refreshments. The members felicitated him & prayed to almighty God for his long life with sound health.

-A report by Mrs. Manjula Aggarwal

SPECIAL PROGRAMMES AT RECREATION CENTER, GREEN PARK EXTENSION

Free Consultation on Legal Matters by an Advocate :- Every Tuesday from 2pm to 4pm

Sunderkand Path:- Every Tuesday from 1:30pm to 3pm followed by prasad/refreshments

Free Homeopathy Dispensary:- Every Tuesday, Thursday and Saturday from 1.30pm to 3.30pm

20-10-2019 : Airtel Marathon for registered Council Members only from 6 am onwards

20-10-2019 : Joint Birthday Celebrations of Council Members (enrolled upto 30-09-2019) if confirmed on or before 16-10-2019 from 2:00 pm to 4:00 pm followed by refreshments. **-EDITOR**