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B-2/73-B, SAFDARJUNG ENCLAVE

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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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AFFILIATED WITH CONFEDERATION OF SENIOR CITIZENS ASSOCIATIONS OF DELHI (AN UMBRELLA BODY OF 18 LAKH SENIOR CITIZENS)

VOL : 007

Issue No. : 82

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Rs. 5/-

COUNCIL CELEBRATES INTERNATIONAL DAY OF OLDER PERSONS AT GREEN FIELDS SCHOOL, SAFDARJUNG ENCLAVE ON 01-10-2020



L- R :- D.P.Rupal, L.R.Garg, Ishwar Singh, J.R.Gupta, Shreya Arora Mehta, Umesh Barthwal | Namrita Aggarwal, ADJ & Addl. Secy., DSLSA, Shreya Arora Mehta, ADJ & Secy. DLSA (South) & Ms. Rashmi Singh, IAS, Director, Social Welfare Department addressing virtually

Senior Citizens Council of Delhi organized International Day of Older Persons on 01-10-2020 at Green Feilds School , Safdarjung

Enclave in the presence of 100 senior citizens by maintaining social distancing norms,

ContdPage.....2 with more photos

SENIOR CITIZENS MEETS R. SUBRAHMANYAM , SECRETARY MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT , GOVT. OF INDIA ON 10-09-2020



L to R :- R.Subrahmanyam, J.R.Gupta, L.R.Garg, Balbir Singh Yadav & I.C.Bhardwaj

A 4 members delegation of Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 Lakh senior citizens) led by its Chairperson ,J.R.Gupta , met R.Subrahmanyam , Secretary , Ministry of Social Justice & Empowerment , Govt. of India in his office 10-09-2020. The other members were L.R.Garg, Balbir Singh Yadav & I.C.Bhardwaj .The delegation members requested to hold Walkathon of 100 senior citizens in 50 colonies across Delhi by following social distancing norms as per unlock 4.0 guidelines issued by Ministry of Home Affairs on 29-08-2020. Secretary was pleased to accede to the request of delegation members subject to approval of Minister and asked for their proposal . The Confederation has already submitted their proposal on 11-09-2020, but Minister turned down the request. --EDITOR

J.R.GUPTA RE-ELECTED CHAIRPERSON OF CONFEDERATION ON 27-09-2020



Mathew Cherian , Election Officer handing over letter to J.R.Gupta along with other members

During AGM of Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 Lakh senior citizens) held on 27-09-2020, Mathew Cherian, former CEO, Help Age India.... Contd...4

COUNCIL EXTENDS MORAL SUPPORT & LEGAL GUIDANCE TO GANGA RAM JELIA (71)



Mr .Ganga Ram Jelia (71) resident of Karol Bagh , visited the Recreation Center, Green Park Extension on 22-09-2020 & complained that the case of his wife Smt. Satyawati (61) has not been taken up for hearing , although , she filed an eviction petition on 30-09-2019, vide Dy.no- dccen/2019/26857 with the District

Magistrate , Central District against her son Uttam Kumar & his wife Smt . Sapna . The matter was taken up with Sh . A.Gopi Krishnan , DM with a request to intervene in the matter at the earliest. -Editor

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FROM FRONT PAGE-----INTERNATIONAL DAY OF OLDER PERSONS -----



Felicitation of Ms. Namrita Aggarwal, ADJ & Addl Secy. DSLSA



Felicitation of Ms. Shreya Arora Mehta, ADJ & Secy., DLSA (South)



Felicitation of ACP Ishwar Singh & SHO Umesh Bhartwal by B.S.Yadav & others



Felicitation of G.R.Sehgal, President, SCA Sant Nagar & his team of Sant Nagar



L-R :- ACP Ishwar Singh, SHO Umesh Barthwal, J.R.Gupta, L.R.Garg, B.S.Yadav addressing and Bhajans by Dinesh Sharma, S.M.Sharma & L.R..Nagar

, in which Ms.Rashmi Singh, IAS, Director, Social Welfare Department of Delhi Govt addressed them virtually & spoke about facilities being granted such as old age pension & recreational grants through 106 recreation centers organized by SCAS across Delhi. While thanking her, J.R Gupta, President requested her to kindly restore recreation grants which were discontinued from 01-04-2020 & onwards. Ms. Namrita Aggarwal, ADJ & Addl. Secretary, DSLSA spoke about various activities being launched for the welfare of senior citizens. Ms. Shreya Arora Mehta, ADJ & Secretary, DLSA (South) also spoke about rights of senior citizens and extended greetings for the Day. ACP Ishwar Singh along with SHO, Safdarjung Enclave greeted senior citizens with flowers. JR Gupta felicitated all the guests. A gift was offered to each participant as a token of respect and regards followed by sweet packets. **-Manjula Aggarwal**

CONFEDERATION NEWS

HEALTH SECURITY FOR SENIOR CITIZENS



Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 Lakh senior citizens across Delhi and Indian Society of U3As demands Govt. of India & State Govts. on the occasion of International Day of Older Persons :-

a) To provide free geriatric care facilities with designated wards, specialist doctors, nurses and paramedical staff and free medicines at the village/panchayat level to every district and state level. b) Inclusion of home care for the bed bound/immobile elderly in the rural areas so that the aim of universal health coverage and affordable quality health care services for all can be a reality. c) Palliative care in the community must be taken up at the district levels. d) Geriatric training for caregivers in primary health care centers and district hospitals is recommended so as to make available a pool of trained resources for those with mobility and other issues.

- L.R.GARG, EDITOR

AGM OF COUNCIL AT GREEN FIELDS SCHOOL, SAFDARJUNG ENCLAVE



L-R :- L.R.Garg, D.P.Rupal, Gyan Singh Tokas, J.R.Gupta, Sardare Singh & Pratap Singh

Annual General Body Meeting of Senior Citizens Council of Delhi was held on 01-10-2020 at 6:30 pm under the Chairmanship of its President J.R.Gupta in the presence of 100 members maintaining social distancing norms as per guidelines dated 29-08-2020 issued by Ministry of Home Affairs at Green Fields School, Safdarjung Enclave. All members of Governing Council were present except **Contd.....onpage...4**

NORTHSEX SCF ROHINI RENNOVATES ITS RECREATION CENTER ON 13-09-2020



Shyam Jaiju along with Mrs. Reetu Goel, Dy. Mayor, NDMC inaugurated renovated Recreation Center of Northsex Senior Citizens Forum, Rohini headed by its President S.P. Dahiya & his entire team on 13-09-2020 in the presence of 50 senior citizens for

organizing its daily activities for their members. The Governing Body of forum is indebted to all the guests whose presence added to the flamboyance of inaugural function.

- A report by Dr. S.L.Sagar, General Secy. & Ashok Aggarwal, Treasurer

Editorial Board of Elderly News : B.S. Yadav (Dwarka), G.R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), Vimal Bhan, R.K. Singhal, & 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.senioreldersdelhi.org.

Daily Spiritual Discourses at Deer Park Satsang from 7 to 8 AM by Pt. Mahender Mishra of Chitrakoot and also at Recreation Center, Green Park Extension from 3 PM to 4 PM



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 141 Registered Senior Citizens Associations have affiliated with the Confederation of Senior Citizens Associations of Delhi (An umbrella Body of 18 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 the last 40 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 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 as life membership. **-H.D. RALHAN**

78th BIRTHDAY OF LR.GARG CELEBRATED AT RECREATION CENTER ON 10-09-2020



Senior Citizens Council of Delhi celebrated 79th Birthday of L.R. Garg, Secretary at Recreation Center, Green Park Extension on 10-09-2020 with Social Distancing norms. Ramesh Aggarwal, Vice-President, presented a bouquet to him along with J.R.Gupta & Pt. Mahender Mishra. Mrs. Usha Sharma also felicitated Mrs. Nirmal Garg along with L.R.Garg. While congratulating him, J.R.Gupta prayed all mighty for his long life with sound health. He also appreciated his sincere work since long in the capacity of Secretary of the Council and dedication for the cause and care of elderly.

- a report by Mrs. Manjula Aggarwal, Incharge

PHYSIOTHERAPY DAY ORGANISED AT RECREATION CENTER ON 08-09-2020



World Physiotherapy Day highlights the unity and solidarity of the global physiotherapy community. It also provides an opportunity for physiotherapists from across the world to spread awareness about the important contribution of the profession that makes in keeping people well, mobile and independent. Senior Citizens Council of Delhi invited Dr. Ashish & Kishan Pal who demonstrated practical physiotherapy to keep fit & healthy and also gave many tips how senior citizens could maintain their health even without taking any medicines. Social Distancing norms were also followed.

-a report by Mrs. Manjula Aggarwal, Incharge

TALK ON MENTAL HEALTH ----FROM PAGE 1----



Senior Citizens Council of Delhi organized Special talk on Mental Health Awareness and Suicide Prevention with social focus on elderly population by Dr. Pankaj Kumar, Sr. Consultant, Psychiatrist & Founder and Chairman, Healers Institute of De-addiction and psychiatry on 23-09-2020 at Recreation Centre, Green Park Extn in association with Delhi Legal Services Authority, South District. Contd. page....4... with more photos

FREE LEGAL CONSULTATION BY ADVOCATE DEPUTED BY DELHI LEGAL SERVICES AUTHORITY (SOUTH DISTRICT) DURING THE MONTH OF SEPTEMBER, 2020



With the support of Delhi Legal Services Authority (South District), during the month of September, 2020, Advocate Yogesh Sharma visited Recreation Center, Green Park Extension & 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 1730 senior citizens have benefited in sorting out their petty matters and also by creating awareness among other senior citizens in the adjoining colonies since, June, 2018. - a report by Mrs Manjula Aggarwal, Incharge

LIFE SUBSCRIBERS OF ELDERLY NEWS

- | | |
|--|---|
| 1103.  Sh. Naresh Suri, Org Secy. SCF, P-31, South Extension, Part- II, New Delhi- 110049 | 1106.  Mrs. Asha Bamotra D-103, Gali no- 3, East Vinod Nagar, Delhi- 91 |
| 1104.  Sh. Prakash Chandra Singh, D-65, (S.F.), Sector-8, Dwarka, New Delhi-110077 | 1107.  Mrs. Kela Devi 21, Pocket G, Gautam Nagar, New Delhi- 49 |
| 1105.  Sh. Ghanshyam Pahadia B-836, Tigri J.J. Colony, New Delhi-110062 | 1108.  Sh. Rajendra Prasad, GS, SCF, Block ABD & E, D-63, G-4, Dilshad Colony, Delhi- 110095 |

FELICITATION OF PRATAP SINGH AS VICE PRESIDENT, DEER PARK SATSANG CHARITABLE TRUST ON 22-09-2020



Sh. Pratap Singh (71), has also been appointed as Vice-President & Trustee of Deer Park Satsang Charitable Trust with effect from 22-09-2020 in a meeting of Trustees held on 21-09-2020 at Satsang Sthal under the Chairmanship of Sh. J.R.Gupta, Managing Trustee & President of Trust in addition to his own duties as Treasurer, Senior Citizens Council of Delhi, considering his selfless services, sincerity, hard work and punctuality since, 2016-17. Sh. J.R.Gupta also felicitated & congratulated him on 22-09-2020 at Deer Park Satsang in the presence of other members of Council namely L.R.Garg, Gyan Singh Tokas, Bhagwan Singh & S.S.Dhawan.

-EDITOR

SUNDERKAND PATH WITH THE SUPPORT OF SNEH LATA RUPRAMKA



Senior Citizens Council of Delhi organized Sunderkand Path with the support of Mrs. Sneha Lata Rupramka on 08-09-2020 at Recreation Center, Green Park Extension by observing Social Distancing norms. Mrs. Laxmi Aggarwal & Mrs. Usha Sharma felicitated Mrs. Sneha Lata Rupramka followed by Prasad. - a report by Manjula Aggarwal

ISU3A WEBINAR HELD ON 26-09-2020

ISU3A organised First Webinar of ISU3A on 26-09-2020. Dr RK Garg, Secretary General welcomed all the 36 participants. J R Gupta, Executive Chairperson welcomed all participants & speakers particularly G.K.Khare and Avinash Lakare. He suggested that creation and assessment of implementation of the Maintenance Act (MWPSA) should be taken in forthcoming events. Dr. P Vyasamoorthy was Moderator. Sri Avinash Lakare, National Coordinator, presented a talk on Digital literacy. G.K. Khare, Chairperson, suggested three points, a) A committee should be appointed to study issues relating to reservation b) A senior citizens talents data bank must be started to utilise our expertise c) representation to GOI to include National level SCA (like ISU3A) in National Council of Senior Citizens.

--- EDITOR

OBITUARY

 Shri Ram Murti Goel (92) & a resident of B-5/73, Safdarjung Enclave, expired on 18-09-2020. He was founder Trustee of Deer Park Satsang Charitable Trust had been working as Vice-President since 30-08-2007. He was also a Life member of Senior Citizens Council of Delhi since 2007. He was also Executive Member of Council upto 2013-14. His efforts are very much appreciated for the welfare of Satsang and Council irrespective of his age, although for the last 2-3 years he was not so active. The members of Satsang & Council paid Tributes to the departed soul in the condolence meeting held on 21-09-2020 at Deer Park Satsang Sthal. J.R.Gupta, President, prayed to Almighty God to rest his soul in peace and give strength to the bereaved family to bear the irreparable loss. He also lauded his selfless services for the cause & care of elderly for the last so many years, which would be remembered for the years to come. The Council / Satsang also pray Almighty for long life and sound health of all his family members.

--EDITOR

RECONSTITUTED DEER PARK SATSANG CHARITABLE TRUST ON 21-09-2020



L to R :- J.R.Gupta, RajeshKr. Nagpal, L.R.Garg, Gyan Singh Tokas, & Pratap Singh
President, Secretary, Treasurer, Vice-President, Trustee respectively

With the financial support from late Smt. Asha Rani Sehgal and other members of the Satsang, **Deer Park Satsang Charitable Trust** had purchased "SANT NIWAS" on 14-11-2006 at 1-B, Lower Ground Floor, (Right Side), Humayun Pur, near Safdarjung Enclave, New Delhi for the stay and comfort of **Saints/Vaktas** who are delivering spiritual discourses daily in Deer Park Satsang between 7 AM to 8 AM and Recreation Center, Green Park Extension between 3 & 4 pm. The Trust has been reconstituted during emergency meeting of Trust held on 21-09-2020 at Deer Park Satsang Sthal under the Chairmanship of J.R.Gupta, President & Managing Trustee. During this meeting, Sh. Pratap Singh, has also been nominated as Vice-President & Trustee in place of Sh. Ram Murit Goel (92) who expired on 18-09-2020 in addition to his own duties as Treasurer of Senior Citizens Council of Delhi considering his experience, sincerity, hard work & punctuality w.e.f 22-09-2020. --**Rajesh Kumar Nagpal, Secretary**

---- FROM PAGE-2 --- AGM OF COUNCIL -----

Ramesh Aggarwal, due to his ill-health for which intimation was received in advance. It was decided to celebrate Joint Birthdays of members from the month of October, 2020 & onwards including other programs as usual before lock down. The decision taken during AGM were also announced in daily Deer Park Satsang and Recreation Center, Green Park Extension. The members who are unable to attend daily Deer Park Satsang and Recreation Center are requested to send their email ids so that they could know at least special programmes through Elderly News regularly. The members present in the AGM were requested to donate funds for the smooth running of Daily Social, Cultural & Spiritual Activities by maintaining social distancing norms at Deer Park Satsang & Recreation Center, Green Park Extension, as Delhi Govt. has discontinued Recreation grant of Rs. 2,40,000/- per annum from 01-04-2020 & onwards. The donation amount is exempted under 80G of Income Tax Act, 1961. The meeting was ended with a vote of thanks to the Chair by the secretary.

-- A report by L.R. Garg, Secretary

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FROM FRONT PAGE ----J.R.GUPTA RE-ELECTED AS CHAIRPERSON--



L - R : J.R.Gupta & Mahtew Cherian addressing AGM of Confederation

and Election Officer declared unanimously re-elected J.R.Gupta as Chairperson and authorized him to nominate other members of Governing Body. A letter to this effect was also handed over to him during the AGM. 46 SCAs participated and 10 SCAs sent letters to Election Officer proposing re-election of J.R.Gupta. Election Officer was felicitated by Confederation members. On his re-election, J.R. Gupta thanked members for reposing their confidence on him and assured them to try his best to work hard for the cause & care of elderly of Delhi. Accordingly, J.R. Gupta nominated following members of Governing Body of Confederation :- R.K. Katyal, Vice Chairperson (West), Capt. Chander Sachdev, Vice-Chairperson (North), Sardari Lal, Vice Chairperson (East), G.R. Sehgal, Vice Chairperson (South), Balbir Singh Yadav, Secretary General, Joint Secretaries :- Y.N.Sharma, Yogendra Sahai, Ved Prakash Gupta, B.S.Thakur, & Hoshiar Singh, L.R. Garg, Treasurer, Executive Members :- Naresh Aggarwal, R.N. Datta, Subhas Sharma, Surendra Kumar, Naresh Suri R.S. Verma, Radha Krishna Pant, K.N. Chabara, Maya Rani Goel, Arun Sabharwal, K.L.Gupta & R.A.Nayyar. The post of Vice-Chairperson (Central) still stands vacant due to the sudden death of Amar Chand Bansal on 18-05-2020. At the same time J.R.Gupta has also congratulated all the members of new Governing Body. He has already sent a letter to Hon'ble Sh. Rajendra Pal Gautam, Social Welfare Minister on 02-10-2020 requesting restoration of grants from 01-04-2020 & onwards by allowing opening of Recreation Centers including release of pending grants for the year 2019-20. He has further sought the consent of new members for hosting the Quarterly Meeting of Governing Body in their Recreation Centers /premises. First such meeting would be held on any Sunday in the month of November, 2020. Further meetings would be held after every 3 months. --- B.S.Yadav, Secy General

FROM PAGE-3 ----- TALK ON MENTAL HEALTH -----



DAILY SATSANG AT DEER PARK WITH SOCIAL DISTANCING NORMS w.e.f 21-09-2020



SPECIAL PROGRAMMES AT RECREATION CENTER, GREEN PARK EXTENSION

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Free Homeopathy Dispensary:- Every Tuesday, Saturday and last Thursday from 2:00 pm to 3.30 pm

Free Physiotherapy from 2:00 pm to 4:00 pm on every Tuesday, Thursday and Saturday

Joint Birthday Celebrations of Council Members (enrolled up to 30-09-2019) if confirmed before 15-10-2020 from 2 pm to 4 pm followed by refreshments subject to confirmation of Chief Guest.

18-10-2020 : Shree Durga Saptasati Path 2 pm to 4 pm followed by refreshments.

Note :- Council Members who are unable to visit either daily Deer Park Satsang or Recreation Center may furnish their email id so that they can know special programmes through Elderly News.

- -EDITOR