



FREE CIRCULATION OF ELDERLY NEWS FOR THE MEMBERS OF SENIOR CITIZENS
COUNCIL OF DELHI & CONFEDERATION OF SENIOR CITIZENS
ASSOCIATIONS OF DELHI FROM 01-04-2024 & ONWARDS
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SENIOR CITIZENS COUNCIL OF DELHI
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

E-mail : guptajr2005@gmail.com
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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 : 011

Issue No. : 130

MONTH : OCTOBER, 2024

RETURNING OFFICER CHERIAN MATHEW DECLARED J. R. GUPTA, PRESIDENT & GYAN SINGH TOKAS, SECRETARY UN OPPOSED WITH THE CONSENT OF MEMBERS PRESENT FOR A FURTHER PERIOD UPTO 31-03-2028 DURING AGM HELD ON 01-10-2024 AT GREEN FIELDS SCHOOL, SAFDARJUNG ENCLAVE.



Senior Citizens Council of Delhi organized its Annual General Body Meeting on 01-10-2024 at Green Fields School, Safdarjung Enclave in which Cherian Mathew, Former CEO, Help Age India as Returning Officer to conduct Elections of Executive Body of Council at 5.30pm. He adjourned the meeting for want of Quorum for half an hour. He conducted election proceedings at 6pm & onward and sought nominations of President & Secretary from the members.

He received only one name of J. R. Gupta as President and one name of Gyan Singh Tokas as Secretary. He further authorized both to nominate other 5 Members of Governing Body of Council namely Vice-President, Treasurer & 3 Executive Body Members. In his presence, J. R. Gupta repeated same Governing Body consisting of Ramesh C Aggarwal, Vice-President, Y. K. Singhal, Treasurer & 3 Executive Body Members namely Contd at Page 3 with more Photos

RANJEET SINGH, SHO, SAFDARJUNG ENCLAVE, POLICE STATION ASSURED TO SENIOR CITIZENS THAT DELHI POLICE IS COMMITTED TO PROVIDE SECURITY 24 HOURS AS & WHEN NEEDED ON THE OCCASION OF ELDERS DAY AT GREEN FIELDS SCHOOL, SAFDARJUNG ENCLAVE ON 01-10-2024



Senior Citizens Council of Delhi organized Elders Day Celebrations at Air-Conditioned Assembly Hall, Green Fields School, Safdarjung Enclave in the presence of large number of its members on 01-10-2024. Chief Guest was Ranjeet Singh, SHO, Safdarjung Enclave as Chief Guest. He assured Senior Citizens that Delhi Police is committed to provide security to them 24 hours as & when needed. He also distributed prizes to students of Green Fields School,

who performed cultural programme which was appreciated by all present. He also prayed Almighty for their long life with sound health. J. R. Gupta, President & others felicitated SHO. Dr. Ishwar Bohra, Senior Doctor, BLK-MAX Super Specialist Hospital, Pusa Road Joint Replacement addressed Senior Citizens & gave tips how to maintain their health. Dr. Sheetal Kishanpuriya from Sharp Sight Centre Group of Hospitals gave ... Contd at Page 3 with more Photos

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



Smt. Jagjit Kaur (85 yrs) resident of Safdarjung Enclave along with her daughter Saranjit Kaur with complaint on 26-08-2024. She has alleged that Mr. Jubair, Property Dealer has encroached her property number - E-139, Jaitpur Extn. Part-II, New Delhi which was registered on 31-03-2017 at Faridabad Sub Registrar Office in the name of her daughter. The matter was taken up with Commissioner of Police on 04-09-2024 to take legal action against aforesaid Property Dealer. No further harassments reported. She has extended thanks to the Confederation / Council for their moral support & legal guidance from time to time. - Editor



Sh. Dilawar Singh Tomar, Retired Assistant Director (Horti Culture, CPWD) (66yrs) resident of Chhatarpur Extension New Delhi has complained against cancellation of memorandum dated 03-11-2023, 20-11-2023 & 12-12-2023 in view of latest judgment dated 06-10-2022 in OA Number - 559/2019 passed by Central Administrative Tribunal, Principal bench, New Delhi. The complainant visited Recreation Centre on 24-09-2024. Actually, his pension was with held by his employer, which was later on Central Administrative Tribunal stayed the above order. Now he is getting pension regularly & thanked the Confederation / Council for their moral support & legal guidance from time to time. - Editor



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ELDERLY NEWS WISHES ITS READERS HAPPY, INTERNATIONAL DAY OF OLDER PERSONS, GANDHI JAYANTI, NAVRATRAS & HAPPY DIWALI

CONFEDERATION

SENIOR CITIZENS HAVE A FUNDAMENTAL RIGHT TO LIVE WITH DIGNITY



Every Senior Citizen has a fundamental right to live with dignity. Violation of the same can be challenged under provision of 2 Acts in India. (1) The Hindu Adoptions & Maintenance Act 1956, (2) The Maintenance & Welfare of Parents & Senior Citizens Act, 2007. The population of Senior Citizens in Delhi-NCR is 18 Lakh. The Theme of

International Day of Older Persons is to fulfill the Promises of the Universal Declaration of Human Rights for Older Persons, Across Generations. Senior Citizens Council of Delhi would celebrate Elders Day on 01-10-2024 at Green Fields School, Safdarjung Enclave in which Chief Guest would be Ravindra Singh Yadav, IPS, Special Commissioner, Delhi Police, followed by Dinner, Gift of Towel, Lucky Draw as a token of respect & regards. – GYAN SINGH TOKAS, EDITOR

ACTIVITIES OF SHIV PARK SENIOR CITIZENS WELFARE FORUM, SHALIMAR BAGH ON 01-09-24



Shiv Park Senior Citizens Welfare Forum, Shalimar Bagh organized AGM & Joint Birthday at their Recreation Centre on 01-09-2024 born in the month of September. A report by Azad Tandon, General Secretary.

MVNS, SHALIMAR BAGH CELEBRATED 78TH INDEPENDENCE DAY ON 15-08-2024



Senior Citizens Welfare Society, Shalimar Bagh organized Teacher's Day on 07-09-2024 at their Recreation Centre, followed by felicitation with Scarf. A report by P. P. Tuteja, General Secretary.

CHITRANJAN PAL FELICITATED BY SCA SAKET ON HIS 100TH BIRTHDAY ON 28-09-2024



Senior Citizens Welfare Association, Saket felicitated Chitranjan Pal resident of J - 33, Saket on his 100th Birthday with shawl. Sh. Surendra Kumar, President prayed Almighty for his long life with sound health. A report by Surendra Kumar, President.

ACTIVITIES OF SCA MIXED HOUSING COMPLEX, MAYUR VIHAR -3 ON 04-10-2024



Senior Citizens Association, Mixed Housing Complex, Mayur Vihar Ph-3, celebrated "INTERNATIONAL DAY OF OLDER PERSONS". On this occasion, a health camp was organized including birthday of members born in the month of September. All present were given gift by Kuldeep Kumar, MLA, followed by sweets. A report by Tapan Chakraborty, President

DR. AVTAR SINGH DELIVERED A MENTAL HEALTH TALK AT CENTRE ON 10-10-2024



World Mental Health Day is observed on October 10th every year to raise awareness about mental health issues and mobilize efforts in support of mental health. The theme for this year's World Mental Health Day is "Mental Health at Work". World Health Organization is emphasizing the crucial link between the mental health and work place. A safe, supportive work environment plays a protective role in maintaining mental well being, whereas unhealthy conditions such as stigma, harassment, discrimination, and poor working conditions can pose serious threats to mental health. These challenges can negatively impact the overall quality of life, work participation and productivity. We can reduce stress level, if we can follow simple tips in our daily life style – 1) Mindfulness Meditation involves focusing on the present moment without judgment. Even ten minutes of mindfulness practice can calm the mind and improve the overall emotional well-being. -2) Physical activity is a natural stress reliever. Yoga, brisk walk, and regular exercise can help in boosting mental clarity. Deep breathing can activate the body's relaxation response, lowering the heart rate and reducing stress levels. -3) Sleeplessness can deteriorate mental health. Ensuring 7 to 9 hour sleep can significantly reduce stress and improve mood. -4) Restricting the intake of caffeine and sugar can reduce the physiological symptoms of stress and maintain stability of mood. -5) Social support is crucial when dealing with stress. Spending time with family, talking to a friend, connecting with others can provide emotional comfort and a sense of belonging. A report by Dr. Avtar Singh.

Ms. SHARMILA TAGORE, HONORARY BRAND AMBASSADOR, HELPAGE INDIA FELICITATED J. R. GUPTA, CHAIRPERSON, CONFEDERATION AT IIC, AUDITORIUM ON 01-10-2024



L. To R.- Rohit Prasad, Rumjhum Chatterjee, Sharmila Tagore, J. R. Gupta, Kiran Karnik, & Ms Radhika Bharatram.

HelpAge India in Association with Confederation of Senior Citizens Associations of Delhi (an umbrella body 18 Lakh Senior Citizens) organized Elders Day Celebrations on the occasion of World International Day of Older Persons on 01-10-2024 on the subject "GENERATION TOGETHER". Chief Guest was very famous film actress Ms. Sharmila Tagore, Honorary Brand Ambassador, Help Age India at IIC, Auditorium felicitated J. R. Gupta, 81 years old & gave her good wishes to long life with sound health. J. R. Gupta, Chairperson told audience that he is very lucky to have 4 Generations alive with the grace of GOD. Everybody clapped while standing in his honour. He thanked Chief Guest for her kind gesture, followed by delicious lunch. A report by Ashok Kumar, Incharge.

SANT VIJAY KAUSHAL JI MAHARAJ FELICITATED J. R. GUPTA WITH MEMENTO OF SHRI RAM LALLA AT SIRI FORT AUDITORIUM ON 14-09-2024



During Shri Ram Katha at Siri Fort Auditorium, Param Pujya Sant Vijay Kaushal Ji Maharaj, Vrindavan felicitated J. R. Gupta, President, Senior Citizens Council of Delhi with Memento of Shri Ram Lalla Ji on 14-09-2024. A report by Ashok Kumar, Incharge.

COUNCIL ORGANIZED SUNDERKAND PATH ON EVERY TUESDAY AT RECREATION CENTRE



Senior Citizens Council of Delhi has been organizing regularly Sunderkand Path at its Recreation Centre, Community Centre at Green Park Extension since 2016 on every Tuesdays. On 08-10-2024, Sunderkand Path was recited by Harikesh Kumar Shukla, Attendant, Dinesh Sharma, Usha Sharma, Neelam Malhi, & Pritam Singh played Dholak in the presence of larger number of Senior Citizens followed by heavy refreshments packets. A report by Ashok Kumar, Incharge.

COUNCIL ORGANIZED KANYA PUJAN AT DEER PARK SATSANG ON 12-10-2024



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, Gyan Singh Tokas, Y. K. Singhal, Ashok Kumar, Usha Sharma, Neelam Malhi & Pramila Rani, followed by halwa parsad with the support of Sh. Krishan Kumar Tokas. J. R. Gupta, President thanked him for his gesture & prayed to Almighty for his long life with sound health. A report by Ashok Kumar, Incharge.

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 :** guptajr2005@gmail.com, **Web :** www.seniorcitizensdelhi.org.

Daily Spiritual Discourses, at Deer Park Satsang (7am to 8am), Recreation Centre, Green Park Extn. (3pm to 4 pm) & Shiv Mandir, Green Park (4:30pm to 5:30pm) & Sadbhawna Satsang Mandal, Munirka every Sunday (9.30am to 10.30am) respectively, **from 16-09-2024 to 30-09-2024, Pt. Raghvender Das Ramayani, Chitrakoot, from 01-10-2024 to 15-10-2024 Pt. Om Prakash Tripathi, Jhansi UP & from 16-10-2024 to 31-10-2024 Pt. Sanjay Mishra, Mumbai - 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 ... RETURNING OFFICER CHERIAN MATHEW DECLARED J. R. GUPTA, PRESIDENT & GYAN SINGH TOKAS, SECRETARY UN OPPOSED WITH THE CONSENT OF MEMBERS PRESENT FOR A FURTHER PERIOD UPTO 31-03-2028 DURING AGM HELD ON 01-10-2024 AT GREEN FIELDS SCHOOL, SAFDARJUNG ENCLAVE.



Usha Sharma, Ashok Kumar & Neelam Malhi in the presence of Returning Officer who declared all members of Governing Body elected un-opposed for a further period of 2 years up to **31-03-2028**. J. R. Gupta, President thanked the members for their re-confidence on him & he assured to work hard for the Welfare of his members. He also thanked the Returning Officer for conducting the elections unanimously in spite of his busy schedule. Other agenda items were taken up by him thereafter, 1. Condolence for the members who expired since last AGM held on 01-10-2023. The members confirmed Minutes of meeting held on 01-10-2023 already printing in Souvenir 2024 also pasted on Recreation Centre & main gate of School.

2. Secretary read all activities conducted during the past one year. 3. The members also considered & adopted Annual Income & Expenditure Account including Balance Sheet as on 31-03-2023 duly audited by Chartered Accountants, M/s. K. B. Kalra & Co. 4. Report on Recreation Centre including constitution of Sub - Committee & Purchase Committee approved by the members. 5. The members also approved the suspension of R. K. Singhal, former Incharge & D. K. Sangal, Special Assignments w.e.f 12-09-2024 as both deleted conversation of 3 groups of Council bearing numbers SCCD 01, 02 & 03 on 21-07-2024 & since then both are absent without permission. **A report by Ashok Kumar, Incharge.**

FROM FRONT PAGE ... RANJEET SINGH, SHO, SAFDARJUNG ENCLAVE, POLICE STATION ASSURED TO SENIOR CITIZENS THAT DELHI POLICE IS COMMITTED TO PROVIDE SECURITY 24 HOURS AS & WHEN NEEDED ON THE OCCASION OF ELDERS DAY AT GREEN FIELDS SCHOOL, SAFDARJUNG ENCLAVE ON 01-10-2024



tips how to care their eyes, which was appreciated by all present. J. R. Gupta, President thanked all the Doctors, Speakers & members for gracing the function in spite of their

busy schedule. The function concluded with delicious dinner followed by a gift of Towel to all present, as a token of respect & regards. **A report by Ashok Kumar, Incharge.**

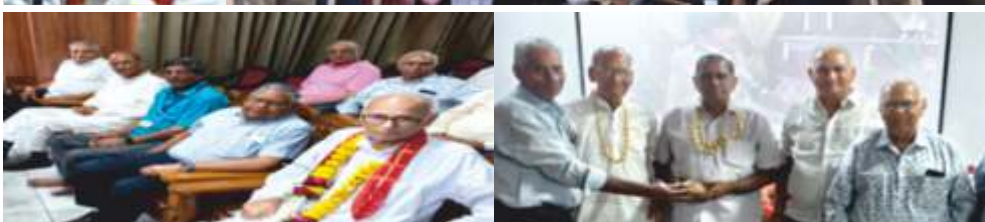
HELPEGE INDIA IN ASSOCIATION WITH CONFEDERATION OF SENIOR CITIZENS ASSOCIATIONS OF DELHI (AN UMBRELLA BODY OF 18 LAKH) ORGANIZED AWARATHON AT DEER PARK SATSANG COVERED SHED ON 21-09-24



Help Age India in Association with **Alkem Foundation** & Confederation of Senior Citizens Associations of Delhi (An umbrella body of 18 Lakh) organized Awarathon at Deer Park Satsang Covered Shed on 21-09-2024 in the presence of 100 members. Each participant given T-Shirt & Cap to create Awareness of Alzheimer Disease. **Rohit Prasad, CEO, Prateep Chakraborty, COO, J. R. Gupta, Chairperson, Anuj Kumar, Divisional Sales Head Alkem** flagged off. Esteemed guests included JR Gupta, Chairperson; Narendhar Ramasamy, Executive

Director, Alzheimer's & Related Disorders Society of India (ARDSI); Dr. Pankaj Kumar, Psychiatrist, President - Delhi Psychiatric Society; Dr. Dinesh Chaudhary, Neurologist, Apollo Hospital; Dr. Vishal Jain, Neurosurgeon, Jaypee Hospital, Noida; Dr. Vikas Jain, Senior Psychiatrist Delhi; and Dr. Ashutosh Gupta, Neurologist, Shree Aggarsain International Hospital, Rohini, Delhi who also addressed the audience, followed by High Tea & refreshment packets. **A report by Ashok Kumar, Incharge.**

GAURAV AGGARWAL, IAS, COLLECTOR, JODHPUR MET 35 MEMBERS OF SENIOR CITIZENS COUNCIL OF DELHI ON 30-09-2024. THE MEMBERS ALSO VISITED JODHPUR VARIOUS RELIGIOUS PLACES / HISTORICAL PLACES FROM 26 TO 30-09-2024.



35 members of **Senior Citizens Council of Delhi** visited **Jodhpur** from **26 to 30-09-2024** & also seen religious & historical places around Jodhpur. In the evening on 29-09-2024, Jodhana Senior Citizens Society organized special function to felicitate Delhi Senior Citizens in the presence of more than 100 members of Delhi & Jodhpur. The members also met **Gaurav Aggarwal, IAS, Collector, Jodhpur** who interacted with

members followed by high tea. **J. R. Gupta, President** was felicitated by Jodhpur Senior Citizens in terms of existing MOU since 2010. He thanked the Jodhpur Senior Citizens particularly its **President, Prem Sukh Daga**. J. R. Gupta also felicitated Gaurav Aggarwal & thanked him for sparring his valuable time to meet the members, followed by high tea & refreshment packets. **A report by Ashok Kumar, Incharge.**

COUNCIL ORGANIZED BIRTHDAY AT RECREATION CENTRE, GREEN PARK EXTENSION IN WHICH CHIEF GUEST DR. ARVIND, SHARP SIGHT CENTRE FELICITATED 12 MEMBERS BORN IN THE MONTH SEPTEMBER INCLUDING EYE CHECK-UP CAMP ON 17-09-2024



Senior Citizens Council of Delhi organized Joint Birthday for the members born in the month of September in which **Chief Guest Dr. Arvind, Sharp Sight Centre** felicitated 12 members with flowers & shawls as token of respect & regards, in the presence of more than 50 members on 17-09-24. An Eye Check-up Camp also organized in which all members present availed the facilities at their door steps.

J. R. Gupta, President felicitated Chief Guest with shawl. He also extended birthday greetings to concerned members & prayed Almighty for their long life with sound health. Earlier, Sunderkand Path also organized which was recited by Dinesh Sharma, Usha Sharma, Pritam Singh, Ashok Kumar & other members, followed by refreshment packets. **A report by Ashok Kumar, Incharge.**

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)



With the support of DLSA (South District), Ms. Naina Walia, Legal Aid Counsel visited Recreation Centre, Green Park Extn, on Tuesdays falling on 03 & 10-09-2024, Sh. Javed Hussain, Legal Aid Counsel visited on 17-09-2024 & Ms. Pinky Maheshwari visited on 24-09-2024. All three rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than 6600 members at their doorsteps on 4 days. So far 14150 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, 6900 Senior Citizens benefited up to 30-09-2024. A report by Ashok Kumar, Incharge.

COUNCIL ORGANIZED SHRI DURGA SAPTSHATI PATH AT CENTRE ON 10-10-2024



Senior Citizens Council of Delhi organized Shri Durga Sapatsati Path at its Recreation Centre, Community Centre, Green Park Extension on 10-10-2024 by D. K. Sharma, Pritam Singh, Harikesh Shukla, Attendant, Pramila Rani, Usha Sharma, Neelam Malhi & others. It is worthwhile to mention here that Durga Saptashati which is also known as Devi Mahatmya and Chandi Path is a Hindu religious text describing the victory of the Goddess Durga over the demon Mahishasura. It is part of the Markandeya Purana, written by Sage Markandeya. J. R. Gupta thanked the aforesaid members of Council, followed by refreshment packets. A report by Ashok Kumar, Incharge.

LIFE MEMBERSHIP OF COUNCIL

2650	 Sh. Anil Kumar Jain, H. No- 5B/A, Gali No-7, Arjun Nagar, New Delhi-29 Mob : 9899161688	2653	 Sh. Arun Kumar Soni, 6, Arjun Nagar, New Delhi-29 Mob : 9810705133
2651	 Sh. Vijay Khurana, BD 9C, DDA Flats, Munirka, New Delhi-67 Mob - 9350893518	2654	 Smt. Sushma Soni, 6, Arjun Nagar, New Delhi-29 Mob : 9810173414
2652	 Smt. Sunita Khurana, BD 9C, DDA Flats, Munirka, New Delhi-67 Mob : 9350893518	2655	 Sh. Satya Narayan, 108, DDA Flats, CSP Colony, Near- B-2 Market, SJE N.D.-29 Mob : 7011755807

COUNCIL MEMBERS MET MS. DRASHTI SHUKLA, ADMINISTRATIVE OFFICERS ON 09-10-2024



L to R == Ashok Kumar, S. R. Sahu, Y. K. Singhal, J. R. Gupta, Dr. Ganesh Mishra & Ms. Drashti Shukla

3 members of Senior Citizens Council of Delhi led by its President, J. R. Gupta along with Dr. Ganesh Mishra, Former, IAS, Resident Commissioner, Uttarakhand met Ms. Drashti Shukla, Administrative Officer, Gujarat Administrative Services at Gujarat Bhawan in her office. The other members were Ashok Kumar, Shiv Ram Sahu & Y. K. Singhal, Tour Coordinator. Incidentally, it is pointed out that 25 members are going Vadodara, Statue of Unity in Narbada District & Bhuj District by Air from 16-10-2024 to 18-10-2024 to visit religious & historical places. Yesterday, letter dated 08-10-2024 was sent by Email to Bijal Shah, Collector, Vadodara requesting Courtesy Call Meeting before lunch on 16-10-2024. The issue was discussed with Ms. Drashti Shukla, Administrative Officer & requested her to intervene in the matter, at the time is very short. She immediately sent message to Collector in our presence & due to his personal initiative, the meeting was fixed at 1pm on 16-10-2024 at Vadodara. J. R. Gupta, President thanked her. A report by Ashok Kumar, Incharge.

FARIDABAD SENIOR CITIZENS RWA INSTALLED SHRI DURGA POOJA PANDAL ON 09.10.2024.



Faridabad Senior Citizens RWA will celebrate Shri Durga Pooja at Green Valley Colony from 09.10.2024 to 12.10.24 in the presence of large number of devotees. All residents are cordially invited.

RSVP :- M.K. Gupta, Council Member, 8336087939

SPECIAL PROGRAMS AT RECREATION CENTRE

17-09-2024 : Joint Birthday Celebrations for the members up to Life Membership number 2569 & enrolled up to 31-08-2023 & upto membership number 2569 born in the month of September on or before 30-09-1963. The confirmation should reach by 11-09-2024 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.

CONDOLENCES

The following Life Members of Council have left for heavenly abode during the last one month from 11-09-2024 to 10-10-2024.

LIFE MEMBERS	MEMBERSHIP NO.	ADDRESS
1. Smt. Bimla Khurana	2123	22, SFS, Gautam Apt, Gulmohar Park, New Delhi-49
2. Sh. Mohan Gupta	1386	B-4/167, SF, SJE, N. Delhi -29
3. Sh. Rama Shankar Singh	316	B-54, Arjun Nagar, ND-29

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

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