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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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DAILY FREE VARIOUS FACILITIES FOR SENIOR CITIZENS IN RECREATION CENTRE, 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 18 LAKH SENIOR CITIZENS)

VOL : 009

Issue No. : 105

MONTH : SEPTEMBER, 2022

Rs. 5/-

ANIMESH KUMAR, NEW SECRETARY, DLSA, SOUTH & ABHILESH KUMAR, METROPOLITAN MAGISTRATE, N.I. ACT (SAKET COURT)
VISITED RECREATION CENTRE, GREEN PARK EXTN. ON 24/08/2022 & APPRECIATES VARIOUS FREE FACILITIES TO SENIOR CITIZENS ON DAILY BASIS



Senior Citizens Council of Delhi organized special function on 24/08/2022 at its Recreation Centre, Green Park Extn. in the presence of more than 110 members in which Animesh Kumar, New Secretary, DLSA, South District & Abhilesh Kumar, Metropolitan Magistrate, N.I. Act, (Saket Court) were Chief Guests. Both took a round of Recreation Centre & appreciated that various free facilities

are being provided on daily basis to senior citizens such as Homoeopathy Dispensary, Physiotherapy, Blood sugar test, Computer Training, Yoga Classes, Library, News Papers, Television, Carom Board, Chess, Ludo, health checkup camps, consultations from eminent doctors & Spiritual Discourses including free Aid Legal Counsel on every Tuesdays Contd at Page 3 with more Photos

INDEPENDENCE DAY CELEBRATIONS AT RECREATION CENTRE, GREEN PARK EXTN. ON 15/08/2022



Senior Citizens Council of Delhi organized Independence Day at its Recreation Centre, Green Park Extn. in the presence of more than 125 senior citizens. National Flag was hoisted by Somnath Bharti, Area MLA, J.R. Gupta, Ramesh Aggarwal & other members, followed by National Anthem. On this occasion, cultural programme was performed by 6 girls including Kathak Dancer Satya Prakash & Mrs. Malabika Mukharjee. and also by male & female members of Council followed by refreshments. The programme was appreciated by all present. More Photos at page no. 3 A report by R.K. Singhal, Incharge.

SUNDER KAND PATH AT RECREATION CENTRE, GREEN PARK EXTN. ON 23/08/2022 IN THE MEMORY OF LATE SH. BHAGWAN DASS KALRA, FORMER VICE-PRESIDENT, DEER PARK SATSANG & COUNCIL ON HIS 10TH ANNIVERSARY



Senior Citizens Council of Delhi organized Sunder Kand Path on 23/08/2022 by Dinesh Kumar Sharma, Harikesh Shukla, Attendant, Pritam Singh, R.K. Singhal, Incharge & other members in the presence of 74 members at its Recreation Centre, Green Park Extn. in the memory of Late Sh. Bhagwan Das Kalra, former Vice-President, Deer Park Satsang & Council on his 10th Anniversary, in which his son-in-law Rajesh Kundra & his daughter from Rohini including Adv. Ved Chawla & his wife participated. J.R. Gupta, President lauded the self-less services of Bhagwan Das Kalra ... Contd at Page 3 with more Photos

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



Bidu Ram Tomar (63) resident of Defence Enclave Part-2, New Delhi-59, has been abused, harassed, misbehaved & threatened to lodge false cases by his son & daughter-in-law in connivance with the mother, sister & her husband of daughter-in-law with a motive to grab his self-acquired property, although, he disowned both. A letter dated 04/07/2022 was sent to the Commissioner of Police for taking legal action against both & also providing security to the complainant. He further alleged that no effective hearing was held since 30/05/2022 in the office of DM, South West. His case was also taken up on 05/07/2022 by the Confederation to decide his case on priority basis as per orders passed by Delhi High Court on 23/05/2022 in suo moto PIL. The complainant informed on 22/08/2022 that his house has been vacated by both on 24/07/2022. He is now living peacefully in his own house along with her wife. He also extended thanks to the Council / Confederation for their regular moral support & legal guidance from time to time.

Editor



Mrs. Savitri Garg, widow, 70, resident of Gautam Nagar, New Delhi has been harassed mentally, tortured by her daughter-in-law & her grand-son with a sole motive to grab her property. She reported the matter to the Council on 13/07/2022. The matter was taken up with the Commissioner of Police on 17/07/2022 to take legal action against both & also to provide security to the widow. No further harassment reported so far. She is now living in her own house peacefully & extended thanks to the Council for their regular moral support & legal guidance from time to time.

Editor

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ELDERLY NEWS WISHES ITS READERS TEACHERS' DAY, INTERNATIONAL DAY OF OLDER PERSONS, GANDHI JAYANTI & DUSSEHRA

CONFEDERATION NEWS

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 provisions of two Acts in India :1.The Hindu Adoptions and Maintenance Act(1956) and 2. The Maintenance and Welfare of Parents and Senior Citizens Act, 2007. The COVID -19 pandemic has exposed the need for Digital Society which has become prime need of the hour especially for the vulnerable elderly population those who have never used or needed a smartphone or computer during their working life .Now every things they need to do relies on smartphone /computer .But most of such high literate elder are digitally illiterate .So Digital empowerment for seniors is truly the fundamental need without our older generation faces the risks of digital isolation and may well be deprived of a life with dignity . We are celebrating on 1st October as " International Day of Older Persons", every year.

-L.R. Garg, - Editor

66th BIRTHDAY OF B.K. SOIN ON 30/08/2022 AT RECREATION CENTRE



Senior Citizens Council of Delhi felicitated B.K. Soin on his 66th birthday during Sunder Kand Path at Recreation Centre on 30/08/2022 in the presence of 48 senior citizens. A report by R.K. Singhal, Incharge.

3 MEMBERS DELEGATION FROM NOIDA SCA, SECTOR-15, MEETS J.R. GUPTA AT CENTRE ON 19/08/2022



4 Members delegation of SCA of Noida, Sector-15 met J.R. Gupta in Recreation Centre, Green Park Extn. on 19/08/2022. The members were Suresh Aggarwal, Virendra Malik & Kailash Chand Gupta. J.R. Gupta welcomed them & also felicitated, followed by prasad. A report by R.K. Singhal, Incharge.

INDEPENDENCE DAY CELEBRATIONS BY SCWS, AB BLOCK, SHALIMAR BAGH ON 15/08/2022



Senior Citizens' Welfare Society, AB Block, Shalimar Bagh celebrated Independence Day with great enthusiasm. Cultural programme on the Theme Patriotism. 45 meritorious grandchildren of members who secured 90 percent and above marks in their board exams were also felicitated with a Shield of excellence, merit certificate and a pen set. A report by Capt Chander Sachdev, President.

ACTIVITIES OF SILVER CWA, ROHINI, SECTOR-13 ON 27/08/2022



Silver Citizen's Welfare Association, Rohini, Sector-13 Celebrated Birthday on 27/08/2022 of its members born in August. A report by D. K. Mehra, Treasurer.

GULMOHAR SENIOR FORUM HELD ITS AGM & BIRTHDAY CELEBRATIONS ON 28/08/2022



Gulmohar Park Journalists Colony Senior Citizens Forum held its Annual General Meeting at Gulmohar Club on 28/08/2022. The meeting started with an address by the President who welcomed the members. He informed the house that during the last year India, like the rest of the world was under the onslaught of Covid19, though our regular activities were affected, the Forum contributed its little part by purchasing masks, and other medical equipments for donation to Gulmohar Park residents. On this occasion, soft launch of the e-mag of the Forum "Young@Heart" was held, which would provide a platform to its talented members to showcase their writing skills. The birthday celebrations of all August born members, followed by cutting a cake & presentation of mementoes. A report by Vimal Bhan.

BIRTHDAY CELEBRATIONS BY SAHYOG VARISHT NAGRIK MANCH, SHALIMAR BAGH



Sahyog Varisht Nagrik Manch, CC Block, Shalimar Bagh celebrated birthday of its members, with great pleasure and enthusiasm. A report by R.K. Nanda, President.

SUNDER KAND PATH ORGANIZED BY SILVER CWA, ROHINI, SECTOR-13



Silver Citizens Welfare Association, Rohini, Sector-13 organized Sunder Kand Path on 13/08/2022 in the presence of large number of their members followed by prasad supported by H.R. Kalra. A report by D.K. Mehra, Treasurer.

GULMOHAR SENIOR FORUM ORGANISED TALK ON NUMEROLOGY ON 31/07/2022



Gulmohar Senior Forum celebrated the birthdays of all July born members on 31/07/2022 in Gulmohar Club. Under the "Passion Talk" series the Forum has started, the speaker of the day was Ms. Madhu Bhandari, who shared her study in the fields of numerology & astrology, followed by Q & A session. A report by Vimal Bhan.

INDEPENDENCE DAY CELEBRATIONS ON 15/08/2022 SCFF, JANAK PURI, A1 BLOCK



Senior Citizens Friendship Forum, A1 Block, Janak Puri, celebrated 75th Independence day on 15/08/2022. A report by Arun Sabharwal, Administrator, Cultural & Finance.

JODHANA SENIOR CITIZENS SOCIETY, JODHPUR CELEBRATED INDEPENDENCE DAY ON 15/08/2022



Jodhana Senior Citizens Society, Jodhpur celebrated Azadi Ka Amrit Mahotsav on the eve of 75 years of Independence on 15/08/2022 at "ASTHA" an oldage home, in which Jagdish Harsh & Neha Harsh and party presented patriotic songs & many other songs. All the members enjoyed the programme, which was sponsored by Shri Sataya Narain Agarwal who was honored by Shri Hanuvant Raj Sa Mehta senior member of the society, followed by dinner. A report by Prem Sukh Daga.

MOTI NAGAR SCCA CELEBRATED INDEPENDENCE DAY ON 15/08/2022



Moti Nagar SCCA celebrated 75th Independence Day of India on 15/08/2022 at its Recreation Centre, with patriotic songs & poems. Members was served tea & lunch. A report by Subhash Sharma, President.

ACTIVITIES OF SCW CLUB, B-BLOCK, SHALIMAR BAGH ON 27/08/2022



Senior Citizen Welfare Club, B block, Shalimar Bagh organized Birthday celebrations on 27/08/22 of its members. A report by Ramgopal Gupta, General Secretary.

Editorial Board of Elderly News : B.S. Yadav (Dwarka), G.R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), K.K.Mehta (Tagore Garden), Dinesh Kumar Sangal (Arjun Nagar) Reporters : Pratap Singh, R.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: guntajr2005@gmail.com, Web: www.seniortizensdelhi.org.

Daily Spiritual Discourses, at Deer Park, Satsang (7 & 8 AM), Recreation Centre, Green Park Extn. (3 to 4 PM) & Shiv Mandir, Green Park from 5:15 PM to 6:15 PM by Pt. Mahesh Mishra, Bhopal from 16/09/2022 to 30/09/2022, Mrs. Vijay Laxmi Shukla, Gorakhpur, U.P. from 01/10/2022 to 15/10/2022 & Acharya Brahm Dev, Ambika Pur, from 16/10/2022 to 31/10/2022.

-Editor

APPEAL TO ENROLL LIFE SUBSCRIBERS OF ELDERLY NEWS

Elderly News requests to all its readers to enroll themselves by making one time payment of Rs. 500/- along with one 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, IFSC code :BKID 0006036. The amount is exempted under 80G of Income Tax Act 1961. -L. R. Garg, Secretary

APPEAL TO ENROLL LIFE SUBSCRIBERS ELDERLY NEWS BY CONFEDERATION MEMBERS

Elderly News requests to all its readers to enroll themselves by making one time payment of Rs. 500/- along with one 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, IFSC code :BKID 0006036. The amount is exempted under 80G of Income Tax Act 1961. -B.S. Yadav, Secretary General

APPEAL FOR LIFE MEMBERS OF COUNCIL

Senior Citizens Council of Delhi has been organizing daily spiritual, social & cultural activities for the last 42 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 . 1200 /- 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.Raihan, Founding Member

FROM FRONT PAGE ---- ANIMESH KUMAR, NEW SECRETARY, DLSA, SOUTH & ABHILESH KUMAR, METROPOLITAN MAGISTRATE.

with the support of Secretary, DLSA, South. Both also felicitated senior citizens during joint birthday celebrations of the members born in the month of August with shawls as a token of respect & regards. Animesh Kumar is the full time Secretary of District Legal Services Authority, South District, recently joined. Before this position, he has served as Metropolitan Magistrate of South and South East District. The Council has always received patronage and full legal support for its members from District Legal Services Authority, South District. In fact, DLSA (South) deputed free Legal Aid Counsel to visit the Center on every Tuesday between 2pm and 4pm since 2018 to provide free consultancy to our members on legal matters. The visiting advocate addresses various issues which affect senior citizens including Maintenance Act, Drafting a Will etc. The Council has been organizing various tours to historic & religious places within Delhi, India & abroad to keep them free from loneliness. The Council also distributing blankets to poor elderly on Makarsankranti every year and also distributing free stationary and exercise books to poor students of MCD schools every year including felicitation of class X & XII Students who had scored more than 90% marks in CBSE examination 2022. For the first time, the program started with the screening of the film "Munnabhai M.B.B.S."

in association with DLSA, South. The film is a popular and entertaining, which was directed by Rajkumar Hirani, particularly main role of Hero: Sanjay Dutt, Father: Sunil Dutt, Mother: Rohini Hattangadi, Heroine: Gracy Singh & Friend: Arshad Warsi. The film offers laughter in abundance, has moments that melt your heart and bring a tear in your eyes. The film was enjoyed by all members present. This was followed by a lively "Antakshari program". All members present were divided into 2 groups. Both the groups dished out old and current popular songs in an atmosphere of competition, enjoyment and fun. Both addressed the members and spoke about Maintenance and Welfare of Parents and Senior Citizens Act, 2007 and how Senior Citizens can take benefit of the same. Animesh Kumar also spoke about helpline number 1516 in details. J.R. Gupta, President told that main aim of the Confederation / Council is to protect lonely senior citizens from abuses / humiliations at the hands of their own children & others amicably & under Maintenance Act, 2007. He also felicitated both the guests with shawls and extended birthday greetings to concerned members and prayed to Almighty for their long life with sound health followed by refreshment packets. **A report by Vimal Bhan, Life Member.**

FROM FRONT PAGE ---- SUNDER KAND PATH AT RECREATION CENTRE, GREEN PARK EXTN. ON 23/08/2022 IN THE MEMORY OF LATE SH. BHAGWAN DASS KALRA

& felicitated them. The Council is very grateful to all the staff members of M/s K. B. Kalra & Co., Chartered Accountants particularly Sh. Kulbhushan Kalra & Dev B. Kalra & M/s Brij K. Singal & Co. Chartered Accountants for their continuous co-operation & support for the last 12 years by



maintaining Annual Accounts & Cash Book etc. in respect of Council, Confederation & Deer Park Satsang on honorary basis. The Council prays to Almighty God for their long life with sound health. **A report by R.K. Singhal, Incharge.**

INDEPENDENCE DAY CELEBRATIONS AT DEER PARK SATSANG ON 15/08/2022

Senior Citizens Council of Delhi organized Independence Day at Deer Park Satsang on 15/08/2022 in the presence of more than 70 senior citizens. National Flag was hoisted by J.R. Gupta & other members, followed by National Anthem. Earlier, eminent Poet, Suneharilal Turant recited many patriotic poems which was appreciated by all present. He was also felicitated followed by prasad. **A report by R.K. Singhal, Incharge.**

FROM FRONT PAGE ---- INDEPENDENCE DAY ---- AT CENTRE ---- ON 15/08/2022 ----**JANMASHTMI CELEBRATIONS AT RECREATION CENTRE, GREEN PARK EXTN. ON 19/08/2022**

Senior Citizens Council of Delhi organized Janmashtmi Celebrations at its Recreation Centre, Green Park Extn. on 19/08/2022 in the presence of 73 members. On this occasion, female members performed cultural programme followed by prasad. **A report by R.K. Singhal, Incharge.**

HAR GHAR TIRANGA SAMMAN SAMORAH ON 14/08/2022 AT RECREATION CENTRE, GREEN PARK EXTN.

Senior Citizens Council of Delhi organized Har Ghar Tiranga Samman Samorah at its Recreation Centre, Green Park Extn. in the presence of 69 members followed by refreshments. **A report by R.K. Singhal, Incharge.**

COUNCIL MEMBERS MEETS ANIMESH KUMAR, NEW SECRETARY, DLSA (SOUTH) ON 20/08/2022



L to R:- Pradeep Aggarwal, R.K. Singhal, Amit Tanwar, Animesh Kumar, Y.K. Singhal & J.R. Gupta

4 Members delegation of Senior Citizens Council of Delhi led by its President J.R. Gupta Met Animesh Kumar, New Secretary, Delhi Legal Services Authority, South on 20/08/2022 at his office. The other members were Pradeep Aggarwal, R.K. Singhal & Y.K. Singhal. J.R. Gupta welcomes him & requested to visit its Recreation Centre, Green Park Extn. as per convenience. He agreed to visit & convey shortly. J.R. Gupta thanked him for sparing his valuable time to meet members. A report by R.K. Singhal, Incharge.

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DELHI LEGAL SERVICES AUTHORITY, SOUTH DISTRICT



With the support of DLSA (South District), Advocate Mani Mishra visited Recreation Centre, Green Park Extn. on every Tuesdays falling on 2, 9, 16, 23 & 30/08/2022. He rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than 250 members at their doorsteps on five days. So far 4750 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 Animesh Kumar, New Secretary, DLSA (South) for his continues support. During the current financial year 2022-23, 2570 senior citizens benefited up to 31/08/2022. A report by R.K. Singhal, Incharge.

APPEAL

Please donate by Cheque favouring Senior Citizens Council of Delhi, which is exempted under section 80G of Income Tax Act 1961, as no Recreation Grant has been released by SW Department of GNCTD for the last one & half year. J. R. Gupta, President.

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FELICITATION ON TEACHERS' DAY AT CENTRE ON 06.09.2022.



The Senior Citizens Council of Delhi celebrated Teachers Day on 06-09-2022 at its Recreation Center, Green Park Extension in the presence of more than 154 senior citizens. On this occasion, 7 retired Professor / Teachers / Principal (members of Council) were felicitated namely Raj Pal Gupta, Meera Saxena, Sushma Dhawan, Saroj Juneja & Shashi Kalra. Each of them also shared their experiences, while working in different schools. While welcoming, J.R. Gupta, President of the Council congratulated them and recognised their best services for the Society / Nation. He also lauded their services in building the career of so many students during their service period. The function concluded with refreshments packets. A report by R.K. Singhal, Incharge.

COOKING COMPETITION AT RECREATION CENTRE ON 06/09/2022



Senior Citizens Council of Delhi organized a cooking competition at its Recreation Centre on 06/09/2022 in the presence of more than 154 ladies & gents. Chief Guests were Ms. Vanthi Srinivasan, Ms. Yogita Singh & Ms. Barkha Singh with the support of Mrs. Renu Singh Monti. J.R. Gupta, President felicitated guests followed by refreshment packets. A report by R.K. Singhal, Incharge.

SPECIAL PROGRAMS AT RECREATION CENTRE

Joint Birthday Celebrations of Council Members, enrolled up to 31/08/2021 up to membership no. 2333 and born in the month of September on or before 30/09/1961 to be confirmed on or before 11/09/2022. The date would be known after availability of Chief Guest.

- 05/09/2022 : Teachers' Day
- 08/09/2022 : World Physical Therapy Day
- 12/09/2022 : Grandparents & Grandchildren Day
- 21/09/2022 : World Alzheimer's Day
- 26/09/2022 : Beginning of Navratras
- 29/09/2022 : World Heart Day
- 01/10/2022 : International Day of Older Persons
- 02/10/2022 : Gandhi Jayanti
- 05/10/2022 : Dussehra

NOTE : Council Members who are unable to visit either daily Deer Park Satsang & Recreation Centre may furnish their email IDs so that they could know special programmes through Elderly News. - Editor