



RNI No. : DELENG/2014/54294

Post Office Registration No. : DL-SW-17/4178/2023-25
Posting Date at Lodhi Road H.P.O. on 13 & 15 of same month

Website : www.seniorcitizensdelhi.org
Website : www.confederationscdelhi.com



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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 : 010

Issue No. : 117

MONTH : SEPTEMBER, 2023

Rs. 5/-

INDIA IS NOW THE FIRST COUNTRY IN THE WORLD HAVING LANDED CHANDERYAN-3 AT SOUTH POLE OF THE MOON ON 23.08.2023.

J. R. GUPTA ATTENDED MEETING OF STATE LEVEL ADVISORY BODY ON 06-07-2023



L. TO R.:- SURAJ PRAKASH, JOGINDER SINGH, SUNIL KR GAUTAM, J. R. GUPTA, R. K. SINGHAL & SONIA

J. R. Gupta, Chairperson, Confederation of Senior Citizens Associations of Delhi (an Umbrella Body of 18 Lakh) attended State Level Advisory Body Meeting chaired by **Sunil Kumar Gautam, IPS, Special Commissioner, SPUWAC** in his office at New PHQ on 06-07-2023. The other members were Suraj Prakash, Joginder Singh, R. K. Singhal & Sonia of Senior Citizens Cell, New PHQ. Issues concerning Senior Citizens were discussed & Chair assured to take remedial measures in due course. **A report by R. K. Singhal, Incharge.**

Mrs. MEENAKSHI LEKHI, LOK SABHA MP & MOS INAUGURATED LIFT AT RECREATION CENTRE, GREEN PARK EXTENSION FOR THE USE OF SENIOR CITIZENS ON 19-08-2023



Mrs. Meenakshi Lekhi, Lok Sabha MP & MOS inaugurated lift on 19-08-2023 at Recreation Centre, Green Park Extension for the use of Senior Citizens from her MP-lad-fund in the presence of more than 150 Senior Citizens & Electrical Executive Engineer, Atul Bhardwaj & A.E., Sidartha Rai. On this occasion, she also issued Merit Certificate to 5 students of class 10th & 12th who scored more than 93% marks in CBSE Examination 2023. She also felicitated 3 winners of Mehendi Competition namely **Contd at Page 3 with more Photos**

DURING INDEPENDENCE CELEBRATIONS, CHIEF GUEST, JUDGE ABHINAV PANDEY, BRIEFED ABOUT DSLSA FREE FACILITIES AFTER HOISTING OF NATIONAL FLAG AT CENTRE ON 15-08-2023



Senior Citizens Council of Delhi organized Independence Day at its Recreation Centre, Green Park Extension on 15-08-2023 in the presence of large number of Senior Citizens. The National Flag was hoisted by Chief Guest, **Judge, Abhinav Pandey & J. R. Gupta, President.** Eminent Poet **Kalam Bharti** recited many patriotic poems including Jana-Gana-Mana. A cultural programme was performed by Vimal Bhan,

Dinesh Sharma including children & female ladies headed by Mrs. Poonam Bhagotra, Cultural Coordinator. Earlier, Sunderkand Path was also recited. J. R. Gupta felicitated Chief Guest & thanked him for his benign presence. Chief Guest briefed about various free facilities to Senior Citizens by DSLSA, followed by refreshment packets. More photos at page 3 bottom. **A report by R. K. Singhal, Incharge.**

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



Mrs. Susheel Ahuja, widow (79 yrs) resident of Lok Vihar, Pritampura visited Recreation Centre on 26-08-2023 along with ICMS Complaint no - 00081720472301278 dated 23.06.2023 against her son & daughter-in-law already evicted from her aforesaid property. The matter has been taken up with Commissioner of Police to take legal action against both including to provide security to the complainant in the interest of justice to a widow of 79 yrs, already lodged in Police Station Netaji Subhash Palace. No further harassments reported so far. She has extended thanks to the Confederation for their regular Legal guidance & Moral Support since then. - **Editor**



Smt. Omwati Devi, widow (70 yrs) resident of Sadh Nagar - II, Palam Colony, New Delhi visited Recreation Centre on 22-08-2023 along with Complaint dated 25-07-2023, has been abused, beaten, harassed & threatened to kill by her younger son & his wife, already lodged in Police Station Sagarpur in order to grab herself acquired property in connivance with daughter-in-law's, father-in-law, Mother-in-law, her Mama, her a relative as DM in UP & her Mauasi, who are very influential & interfering at every stage. The complainant has already disowned both younger son & his wife on 19-05-2021. The matter was immediately taken up with Commissioner of Police on 22-08-2023. No further harassments reported so far. She has extended thanks to the Confederation for their regular moral support & legal guidance. - **Editor**

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ELDERLY NEWS WISHES ITS READERS HARIYALI TEEJ, RAKSHA BANDHAN, TEACHERS DAY, JANMASHTAMI, FIRST AID DAY & WORLD ALZHEIMER'S DAY

CONFEDERATION

WORLD ALZHEIMER'S DAY ON 21-09-2023



World Alzheimer's Day, observed every year on September 21st, is an international campaign to raise awareness and challenge the stigma surrounding Alzheimer's disease and other forms of dementia. With over 50 million people worldwide living with dementia and millions more being diagnosed every year, it is crucial to improve public understanding and provide support for those affected. It is an opportunity to raise awareness, address misconceptions, and promote understanding of the disease. By encouraging conversations and sharing information, we can break down the stigma that often isolates those living with dementia and their families. This global event also serves as a platform for governments, organizations, and individuals to collaborate on research, prevention, and care initiatives. **-L.R. GARG, EDITOR.**

ACTIVITIES OF SAHYOG VARISHT NAGRIK MANCH, SHALIMAR BAGH ON 31-07-2023



Sahyog Varisht Nagrik Manch, CC Block, Shalimar Bagh organized Birthday Celebrations at its Recreation Centre on 31-07-2023. **A report by R. K. Nanda, President.**

SCA PASCHIM VIHAR ORGANIZED INDEPENDENCE DAY ON 13-08-2023



SCA Paschim Vihar organized Independence Day celebrations during its AGM on 13-08-2023 in the presence of larger number of its members. A cultural programme was also performed, followed by high tea & lunch. **A report by Pramod Sharma, General Secretary.**

SENIOR CITIZENS FORUM-INDERPURI CELEBRATED INDEPENDENCE DAY ON 15-08-2023



Senior Citizens Forum-Inderpuri celebrated Independence Day on 15-08-2023 in the presence of Area MLA and Councilor. **A report by B. M. Bhatia, President.**

INDEPENDENCE CELEBRATION BY SCW CLUB, SHALIMAR BAGH ON 13-08-2023



Senior citizen welfare club Shalimar Bagh organized Independence celebrations on 13-08-2023. **A report by Ram Gopal Gupta, General Secretary.**

INDEPENDENCE DAY CELEBRATIONS BY SCA PUNJABI BAGH ON 15-08-2023



SCA, Punjabi Bagh organized Independence Day celebrations on 15-08-2023 followed by sweets. **A report by S. P. Garg, General Secretary.**

SCA, JANAKPURI CELEBRATED INDEPENDENCE DAY ON 15-08-2023



Senior Citizens Friendship Forum in Association with area RWA organized Independence Day celebrations on 15-08-2023. **A report by Arun Sabarwal, Treasurer.**

INDEPENDENCE DAY CELEBRATIONS BY SCA, CHHATARPUR ON 15-08-2023



Varisht Nagrik Kalyan Samiti, Chhatarpur organized Independence Day celebrations at their Recreation Centre in the presence of its members on 15-08-2023. **A report by S. R. Katariya, General Secretary.**

SCWS, SHALIMAR BAGH PARTICIPATED IN WALKATHON ON 01-08-2023



Members of SCWS, Shalimar Bagh participated in Walkathon organized on 01-08-2023 by Fortis Hospital in Association with Lion's Club to observe Indian Organ Donation Day. **A report by P.P. Tuteja, General Secretary.**

BIRTHDAY CELEBRATION BY SILVER CITIZENS WELFARE ASSOCIATION, ROHINI ON 26-08-2023



Silver Citizens Welfare Association, Rohini, Sector 13, organized Birthday Celebration of Members born during August On 26-08-2023. **A report by D. K. Mehra, Treasurer.**

SCWA SAKET NEW MANAGING COMMITTEE ON 13-08-2023

Surindra Kumar, President, Ms. Aruna Mathur, Vice-President, Suresh Kaul, General Secretary, Ms. Manju Bala Gupta, Secretary, Ashok Kaul, Treasurer, Akhileshwar Sahay, Jt. Treasurer, Executive Members:- Dr. I.S. Kothari, Mahesh Kr. Jain, Pramod Kr. Pathak, Rajinder Kr. Gupta, Ms. Raka Prashad & Rakesh Kr. Gupta. **A report by Devinder Sood, Election Officer.**

76TH INDEPENDENCE DAY CELEBRATED AT DURGA VIHAR, LAKKARPUR, FARIDABAD ON 15-08-2023



Pravasi Jan Seva Samiti celebrated 76th Independence Day at C- Block, SIB, Durga Vihar, Lakkarpur Faridabad on 15-08-2023. **A report by Mahendra Kumar Gupta, Council Life Member.**

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

Daily Spiritual Discourses, at Deer Park Satsang (7AM to 8 AM), Recreation Centre, Green Park Extn. (3pm to 4 pm) & Shiv Mandir, Green Park (5:15 PM to 6:15 PM) & Sadbhawna Satsang Mandal, Munirka every Sunday (9:30AM to 10:30AM) respectively from 16-08-2023 to 31-08-2023 Pt. Om Prakash Tripathi, Jhanshi, UP, from 01-09-2023 to 15-09-2023 Pt. Ram Gyan Pandey, Varanasi, UP & from- 16-09-2023 to 30-09-2023 Pt. Raghvender Das Ramayani, Chitrakoot – **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. Ralhan, Life Member**

FROM FRONT PAGE ---- Mrs. MEENAKSHI LEKHI, LOK SABHA MP & MOS INAUGURATED LIFT AT RECREATION CENTRE, GREEN PARK EXTENSION FOR THE USE OF SENIOR CITIZENS ON 19-08-2023



Chanderkanta & Naresh Rani, including felicitation of 18 male female born in the month of August, 2023. J. R. Gupta, President praised the role of Civil & Electrical Engineers who worked hard day & night for installation of lift under

the supervision of Atul Bhardwaj. J. R. Gupta felicitated Chief Guest with the request to install 5 Air Conditions in the hall, followed by heavy refreshment packets. **A report by R. K. Singhal, Incharge.**

MORE PHOTOS – FROM PAGE 1 – INDEPENDENCE DAY -- CULTURAL PROGRAME & AUDIENCE



SPECIAL PRAVACHAN BY SWAMI NITYANAND SARASWATI, HARIDWAR AT CENTRE ON 13-08-2023



Senior Citizens Council of Delhi organized **Special Pravachan by Swati Nityanand Saraswati, Haridwar** at its Recreation Centre, Green Park Extension on 13-08-2023 at a very short notice. He spoke about many issues concerning Senior Citizens particularly engaging them throughout the day on daily basis. He was pleased to note that lift would be installed at Centre on

19-08-2023 by **Lok Sabha MP & MOS Mrs. Meenakshi Lekhi** enabling Senior Citizens at the age of 80 & above. **Mrs. Minni Khanna, Principal**, Green Fields School, Safdarjung Enclave was feliciated by **J. R. Gupta, President** & other members including Mr. Khanna & Vinay Kumar Sharma, followed by refreshment packets. **A report by R. K. Singhal, Incharge.**

MORE PHOTOS - FROM PAGE 1 - LIFT INAUGURATION - MEHANDI COMPITION - MERIT CERTIFICATES TO 5 STUDENTS WHO SCORED MORE THAN 93 % MARKS IN CBSE EXAMINATION 2023.



Dr. AVTAR SINGH DELIVERED TALK ON FIRST AID ON 01-09-2023 AT CENTRE.



Dr. Avtar Singh delivered a talk on First Aid at Recreation Centre, Green Park Extension. He informed that the **World First Aid Day** is being organized on 01-09-2023. This year's theme is "**First Aid in the Digital World**" in our increasingly connected world. It's important to consider how technology can be used to save lives in emergency situations. First Aid can save lives by providing quick and proper administration of first aid. Heart attack and choking like life threatening situations can be averted by providing prompt care needed in such situations. Accidents can happen anytime anywhere and basic first aid skills like CPR, disinfecting wounds and learning to stop bleeding can save many lives. Besides saving life, It reduces the victim's recovery time, relieving pain and discomfort, reduces medical expenses and also enthuses confidence and security and prevents permanent damage. A prompt first aid response can mean life and death for those who need it. -- **Editor**

ACP, VKP SINGH YADAV INTERACTED WITH SENIOR CITIZENS ON CYBER CRIME ETC. ON 12-08-2023



Senior Citizens Council of Delhi organized Interaction Session at its Recreation Centre, Green Park Extension by **ACP, VKP Singh Yadav** on safety & security of Senior Citizens including cyber crime. He advised them to be more careful by installing magic eye in their houses before opening doors to unknown persons. Moreover he advised do not share your OTP to anybody otherwise you would loose your money in your bank account. **A report by R. K. Singhal Incharge.**

COUNCIL ORGANIZED INDEPENDENCE DAY AT DEER PARK SATSANG ON 15-08-2023



Senior Citizens Council of Delhi organized Independence Day at Deer Park Satsang on 15-08-2023. The National Flag was hoisted by **J. R. Gupta, President & Ramesh Chopra** in the presence of larger number of Senior Citizens. Eminent Poet **Sunehari Lal Turant** recited many patriotic poems including Jana-Gana-Mana, followed by refreshment packets. **A report by R. K. Singhal, Incharge.**

FREE LEGAL CONSULTATIONS BY ADVOCATE DEPUTED BY DLSA (SOUTH)



With the support of **DLSA (South District)**, **Advocate Jatin Diwedi, Legal Aid Counsel** visited Recreation Centre, Green Park Extn, on every Tuesdays falling on 08, 22 & 29-08-2023. He rendered free Legal advice sought by members of the Senior Citizens Council of Delhi in the presence of more than **1600** members at their doorsteps on 3 days. So far **9150** 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 **Sukhjeet Singh, Secretary, DLSA (South)** for his continues support. During the current financial year 2023-24, **1900** Senior Citizens benefited up to **31-08-2023**. **A report by R.K. Singhal, Incharge**

LIFE SUBSCRIBERS OF ELDERLY NEWS

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CORRIGENDUM OF LIFE SUBSCRIBERS OF ELDERLY NEWS OF MARCH, 2023

Due to Printing Press mistake, Photo of Life Subscriber number 1363 was wrongly taken from **Elderly News of March, 2023**. Correct photos now published in September, 2023 issue of Elderly News as detailed below. Inconvenience caused to him is regretted. – Editor

1363		Sh. Rajiv Jain , X-38, Green Park (Main) New Delhi - 110016 Mob : 9818447484
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SUNDERKAND PATH AT RECREATION CENTRE ON 22-08-2023 IN THE MEMORY OF LATE. BHAGWAN DASS KALRA JI, FORMER VICE-PRESIDENT, DEER PARK SATSANG & COUNCIL ON HIS 11TH ANNIVERSARY.



Senior Citizens Council of Delhi organized Sunderkand Path on 22-08-2023 which was recited by Dinesh Kr Sharma, Harikesh Shukla, Attendant Pritam Singh & Poonam Bhagotra & other devotees at its Recreation Centre, Green Park Extension in the memory of **Late Bhagwan Dass Kalraji, Former Vice-President, Deer Park Satsang & Council on his 11th Anniversary**, in which his son-in-law Rajesh Kundra, his daughter, his daughter-in-law, his grandson Dev B. Kalra including Ved Chawla & his wife & other relatives participated. J. R. Gupta, President lauded selfless services of 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 Kulbhushan Kalra Ji, Dev B. Kalra & M/s. Brij K. Singhal & Co., Chartered

Accountants for their continuous co-operation & support for the last 13 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.**

TULSI JAYANTI CELEBRATIONS AT DEER PARK SATSANG ON 23-08-2023



Senior Citizens Council of Delhi organized **Goswami Tulsi Das Jayanti** at Deer Park Satsang on 23-08-23 in the presence of larger number of devotees. Pt. Om Prakash Tripathi, Jhansi, UP briefed that he was born in year of 1554 at Village-Rajapur, District- Banda, UP. His Nirvan was in the year of 1680 at the age of 126 years. Lord Hanuman helped him for the Darshan of Lord Rama at Chitrakoot. He got reputation as Hindu Saint throughout India & Abroad after completion of Ram Charit Manas in Hindi. J. R. Gupta, President garlanded his image along with other devotees. The tributes were paid to him by all members for his recognition as eminent Poet. **A report by R. K. Singhal, Incharge.**

SPECIAL PROGRAMS AT RECREATION CENTRE

- 12-09-2023** : **Joint Birthday Celebrations** for the members up to Life Membership number 2458 & enrolled up to **31-08-2022** born in the month of **September on or before 30-09-1962**, subject to **availability of Chief Guest**. Confirmation should reach latest by **11-09-2023** positively.
- 01-10-2023** : **AGM of Council & Elections of Governing Council**, followed by dinner at Green Fields School, Safdarjung Enclave between 5.30 pm & 8 pm, subject to availability of Chief Guest.
- 21-10-2023** : **Shri Durga Sapatshati Paath** at Centre 2.30 pm – 3.30 pm.
- 28,29 & 30-10-2023** : **ISU3A Conference on Ageing at Chennai** hosted by **Mr. Sathyamoorthy** at Hotel Karpagam International, Mylapore, Chennai.

Souvenir 2023 : Please collect the same if not already collected. Either from Deer Park Satsang from 7 am to 8 am, Recreation Centre from 3 pm to 4 pm on any day including Sundays / Holidays.

CONDOLENCES

The following Life Members of Council has left for heavenly abode during the last one month from 11-08-2023 to 10-09-2023.

LIFE MEMBER	MEMBERSHIP NO.	ADDRESS
1. Sh. R. P. Gupta	200	B-7, Extn/8, SJE, ND-29
2. Sh. K.K. Mehta	1597	1049/C-10, Govindpuri, ND-19

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

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Printer, Publisher & Editor **Shri Lakhi Ram Garg**, BA-13/E, DDA Flats, Munirka, New Delhi - 110 067 on behalf of Senior Citizens Council of Delhi
Published at : B-2/73-B, Safdarjung Enclave, New Delhi - 110029, Mobile : 9313203760, 9810488059, E-mail : guptajr2005@gmail.com
Printed at : Drishti Graphics & Printing Solutions, C-114, Countrywide Apartment, Mohammadpur, R.K. Puram, New Delhi - 110 066