



AISC CON NEWS

आइस्कॉन समाचार

ALL INDIA SENIOR CITIZENS' CONFEDERATION

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An appeal to Central Council Members

We shall remain concerned on various legislative matters pertaining to senior citizens at the state level. Shri Annasaheb Tekale ji is working on a few matters pertaining to us in three areas 1) Pension for seniors, 2) Health benefits, 3) Policy about senior citizen visits to places of Pilgrimage. On these topics, different states have different rules/ regulations. So, obtaining the latest GR s around these topics at every state level is valuable for us. We can compare the same and decide to use the information appropriately with other state governments. So, I am requesting everyone to share copies of relevant GR s with us to create a central repository, and also, it will be helpful for Shri Tekaleji for his immediated task.

--- Shrihari Shidhaye, SG AISC CON

Executive Committee Meeting of AISC CON

It is held on 28th Dec. 22 at AISC CON HQ. Nerul. Navi Mumbai, chaired by President, AISC CON, Shri Vishwasrao Bhadane. Following members were present: Shri.Shrihari Shidhaye, Shri.Annasaheb Tekale, Shri MK Raina, Shri V.Narayana Murty, Dr.Sulbha Kuvar, Shri Sreedhar S, Shri Ramchandriah P, Shri Rao Ramchandra K, Shri T Bhomanna, Shri Namdev rao Dafal, Shri Ankhush Jambhale. Special invitees: Shri TPR Unny, Past Secretary General.

Item No 1- Minutes of the EC meeting held at Mysuru on 15th Nov. 2022 were treated as read and confirmed unanimously.

Item No 2- President Shri Bhadaneji, informed that several members and individuals have shown interest to be part of various sub committees. He provided details of all sub committees and suggested chair persons and members of sub-committees. After discussions and further suggestions around sub committees, President in formed that the final agreed list will be presented to Central Council suitably. He pointed that membership is not only about position on the sub committees but more importantly around the responsibility. The specific steps about how sub committees will function and how they will work objectively will be discussed in a special meeting at a later date.

Item No 4- EC members are to bring updated data for their states about number of affiliates institutions who have been members of AISCCON as well as their membership details. Going forward, responsibility of every state will be given to one EC member to develop more affiliates and members for the allocated state. Only a few state affiliates have submitted the data as requested. It was decided that once again follow up shall be undertaken with various state organizations so as to obtain the details. In the next EC meeting, state-wise responsibility could be allocated for ensuring growth of the organization.

Item No 5- The accounts about financial statements for the period of Apr-Nov 2022 were provided. It was decided that detailed discussion, if any, shall be held at quarterly level as per existing practice. So accounts shall be presented for Oct-Dec 2022 quarter in the next Executive Committee meeting.

Item No 6- It was decided that the remuneration of Shri Lahu Aware who works at AISCCON Nerul office shall be increased to Rs 10,000 per month from current levels of Rs 8000, effective from January 2023.

--Shri. Shrihari Shidhaye, Secretary General

Why an Association for Senior Citizens ?

II. Elders for Society:

Elders, especially the urban elders are often highly qualified, experienced and very influential with friends in high places. They have already solved all financial problems as they have a stable situation with no uncertainty and anxiety about the quantum of income. Above all, they dispose of free time and it is in their own interest to be active and feel still useful to society. Their continued meddling in family matters is, normally not very much welcomed by grown-up family members.

They actively participate in the formation of a senior citizens association or a Day Care Centre or any other civil society platform to get together with other seniors and to get engaged in the governance of so many social institutions which are around. We should not expect the government officers, politicians and the political parties to handle the problems that arise invariably in the fast transforming society.

a). One such social institution is the Resident Welfare Association, whether it is an apartments-building association or a colony welfare association or a Gated Community, in which, most probably the seniors have been at the origin of its formation. Some Resident Welfare Associations are including in their bye-laws, a provision to form an exclusive senior citizen club or a committee. The seniors, being a part of it, can see that many good things happen for the welfare of the families. They can transform all residents into a large joint family. They can further contribute to the development of the local area by being a part of the Ward Committee. Their activism in that area is very important as they have an assured place in the Ward Committees which, at present are still not functioning well. They should involve themselves, not anymore as leaders but as advisors in order to facilitate better relations with the municipal authorities and the local political personalities. They can form groups of residents for various cultural activities and encourage local talent. Since their own children and grandchildren are away, out of the station, they can express their love, affection, attention and help the children of the neighbouring families. When they give on rent a portion of their house to a young family and treat them as adopted members of their own family. In return, they would be anxious to render so many small supporting services that would make the life of the aged persons calm and comfortable. More than rendering services, they can, in return, shower their

love, affection and attention which are very much needed for the emotional balance of seniors who do not have their own family members around.

b). Most states have formed District Senior Citizens Committees, headed by the District Collector in order to observe the condition of the seniors in the district and to advise him or her on the implementation of the policies and government programmes related to the senior citizens. As these Committees are composed of eminent seniors who have wide executive and administrative experience, they can as well observe all the welfare programmes implemented for all in the towns and villages of the district and give valuable and realistic feedback to the District Collector, without fear or favour.

III. Elders for Elders:

A. How to behave like an Elder?

It is no more possible to divide life into four ashrams as in the past. Modern life, being long and intense is to be divided into childhood, adolescence, youth, adult, senior and super-senior status; each phase having its complications. Though the current seniors have not had the experience of such intensity in their own lives, now, they have to recognize and take into account these specific phases while dealing with the other family members, who are living around.

a). Born as we are in traditional societies, we still expect to be treated respectfully, since we are seniors by age. But, today, in human relations in an emerging fraternal society, we should not expect others to recognise hierarchy and give respect due to our age. We have to get respect for what we are as an individual based on our demeanours or our appearance and behaviour. In short, Respect, you cannot command, you have to earn it. Relations within the family as well as outside the family are not any more hierarchical. In a democratic society, all are equal in dignity and cooperate in a friendly and cordial manner. The composition of blood is the same; it is neither thicker nor blue in colour. You are the other and the other is you. The English word 'you' conveys this spirit.

b). The moment a person retires or stops treating the job as the most stressing effort of the day, only then, one should start considering himself as an elder. There is a genetically-installed biological clock which tells that one is getting old and there are certain handicaps or limitations in our physical and mental faculties that begin to appear and that they would go on aggravating rather than disappear in course of life. Thus, it is a phase, when we have to keep struggling to keep our physical and mental faculties intact, as most of the faculties are likely to diminish, but not necessarily and not immediately. However, one should remain aware of one's limitations in moving, hearing, seeing, etc. If one is not aware of one's shortcomings, one is likely to put those around into difficulties. They will be tired of our company and would try to avoid us, if possible. The gap between the generations becomes wider and wider.

Though our ability to foresee future situations is faster and we can synthesise the issues that come up things more harmoniously, yet, anything new would provoke anxiety and fear. More so with the super-seniors. New situations appear to be a source of anxiety, worry and fear, instead of inciting our curiosity and readiness to explore. Many traits of a senior would resemble apparently, the early symptoms of an Alzheimer's patient, whether we realise them or not.

c). One has to learn to be independent, that is, autonomous as much as possible, as a matter of self-respect. A person who needs constantly others' attention and help inspires more pity in a practical sense than respect. Respect, no doubt, is there, but it would become notional. Nowadays, we can buy many necessary devices and tools to make ourselves less dependent. We can spread our dependence over several persons, in different places and at different timings.

d). When one is retired from a regular and routine job, one should consider oneself Reborn with new opportunities to grow. We can take up anything that we were passionate about since our childhood. There are surely many things that one wanted to do in the past, but could not do since

s/he had no time or money to spare. Our hidden artistic tastes and talents, literary interests, games and sports, travel and other leisure activities or other desires for explorations that are pending for a long time should come out for expression since now we have time. We can excel in them now, better than when we were young. While pursuing our curiosity and explorations, we become more sociable, pleasant, friendly and dynamic. We live longer and happier. (to be continued) -Dr.Rao Chelikani

Formation of Aasara Committees and Day Care Centers in GHMC

In Greater Hyderabad Municipal Corporation, it was some knowledgeable senior citizens that have first sensitized the Corporation as well as the state government about their condition, role and place in the society, ever since the UN announcement of the World Elders Day in 1999. Initially, it was the senior citizens organizations that organized the events and the government officers were invited to participate. Later, the events are held jointly. Finally, impressed by the active role being played by the seniors in matters of governance, top officers like Sri. J. Harinarayana, the then Chief Secretary, Dr. C.V.S.K. Sarma, Special office and Commissioner GHMC, Dr. Vani Mohan, Addl Commissioner and Sri. Pudi Srinivasulu, Director have become instrumental in 2008 to register with the Registrar of Societies, a unique organization called 'Aasara' with the municipal officers and senior citizen associations as members in parity. GHMC has provided office space and staff too in the head office. In it, the Commissioner is the ex-officio chairperson and the Executive Vice-President is elected by the ward-level senior citizen committees.

Gradually, around 200 senior citizens associations are formed in and around Hyderabad and about 80 Day Care Centres are formed and supported by GHMC. Each association can boast of about 200 members on an average. In one of the meetings with the senior citizens, the then Commissioner GHMC, Shri Krishna Babu suggested to the Senior Citizen Associations, to nominate one of their Association members as a caretaker. Later, again, the Addl. Commissioner, GHMC, vide his letter No.233 /DCC/Aasara/GHMC/ 2008 dated 11.01.2013 advised the DMCs to set up Daycare Centres in each Senior Citizen Association of their Divisions and communicated to contribute Rs.3,000/- per month for the caretaker nominated by the Association. Accordingly, in many Divisions, Day Care Centres were established and have been active in enlisting seniors who are eager to show their talents in games and sports.

Since an outsider may claim permanent benefits at a later stage from GHMC, the Senior Citizen Associations have nominated their own member as Caretaker. Some office-bearers who acted as caretakers have been donating the amount back to the association for creating additional facilities. The job of a care-taker consists of rendering many services like daily sweeping, looking after the games and equipment items in the office, power and water management and opening and closing of the office every day, according to the timings. GHMC provided the initial material like a tread-mill, Carrom-board, Chess and other materials, as well as regular delivery of newspapers,

Vide Lr.No.233/DCC/Aasara/GHMC/2018 dt.18.01.2013, the Additional Commissioner GHMC advised DMCs to form Aasara Circle Committees and also Circle Purchase Committees, in each Circle with the DMC, EE and with five members from Aasara Committee. An amount of Rs. 40, 000/- is allotted for strengthening the existing centres and Rs.50,000/- is allotted for new Day Care Centres. Accordingly, many Purchase Committees of the Circles received proposals from the senior citizen associations for daycare materials. Later, the amount is increased to Rs. 6,000 for the caretakers. The Circle Committees of seniors manage them. The Organising Secretary-I visits the Daycare Centres along with the Secretary. The Vice President presides over the meetings.

--- Sri. D. Parthasarathi Rtd. IRS., Member of the Telangana State Council for Senior Citizens. Tel: 9491117461

STATES SCAN

AP

Senir Citizen's Association for the Poor

The Kurnool District SCA on 21st Dec. 22, on the occasion of the Christmas function, has distributed 130 sarees in two areas where there are many poor Christian women. Those who participated in this programme are: S. Sri. B. Sahadeva Reddy, President, Dr. M. Nagaraju, General Secretary, N.D. Christopher, Treasurer, Ratna Reddy and H. Chandranna Vice-Presidents, Papa Rao, Legal Advosor, Prasad, Lakshmanna, Jesu Das, Eeswara Reddy, Satyam and others.

The Association has gathered on 10th Jan. 23 in the office of the Lok Adalat under the presidentship of Sri. Sreenivasa Rao, Secretary who talked about the role of voluntary donations by the individuals in aid of the elders and the old age homes in Kurnool district. At the end, some walking sticks and identity cards are handed over to the elders gathered there by Sri Sreenivasa Rao, Smt. Vijaya the AD, Advocate Murali Manohar and by Sri. B. Sahadeva Reddy.



-- Sri. Khuddus Shaik, Butta Foundation Ph:8332918999 : buttafoundation77@gmail.com

Goa



Velim Constituency MLA Mr. Cruz Silva visited **All Goa Senior Citizen Federation** on 1st Feb. along with a senior citizen who is being harassed by her family member at Sarsora chinchinim.

--D.M.Da Costa,President

Karnataka



--- Mrs. Padma Kini

Maharashtra



On 23rd Jan. Aisccon Health Programme Sub-Committee Chair person Dr Milind Saradar organized with the help of Dhule Madhavbag Clinic Centre. Aisccon President Principal V K Bhadane, Jt. Secretary Mr Nandalal Agrawal, Jt. Secretary Mr S N Patil and others were present.



श्री.भैरवनाथ जेष्ठ नागरिक संघ सेवा मंडळ अंबपवाडी ता.हातकणंगले यानदीन संघाचे संलग्न या प्रमाण पत्र संघाचे अध्यक्ष श्री.जयवंत खाडे याना श्री अण्णासाहेब दानोळे, अतिरिक्त कोषाध्यक्ष फेस्काम यांचे हस्ते प्रदान करताना ... श्री.सी.के.नलावडे.श्री.बाबासाहेब व्हनाळे.सचिव, कोल्हापूर प्रा.वि.कोल्हापूर. यांचे उपस्थितीत कार्यक्रम पार पडला त्या क्षणाचे फोटो.

-- बाबासाहेब व्हनाळे.सचिव.को.प्रा.वि.को. फेस्काम. Shri. Anna Saheb Danole.



लासलगाव येथे शालेय कार्यक्रमात सहभाग अहिल्यादेवी ज्येष्ठ महिला नागरिक संघ, अध्यक्षा सौ.उषाताई पवार..

-- Sri. Suresh Pawar, 30th Jan.23



This Foundation is inaugurated by daughter of late Dr S.P. Kinjawadekar at Pune Vidyarthi Grugha's multi-speciality school at Nerul on 18th Jan. 23.

Odisha

1. Berhampur District Biju Pattnaik Sr. Citizens Forum



On 30th Dec. 22, the 18th Triennial Conference of the Forum was presided over by its President and former Chancellor of Berhampur University Prof. J K Mohapatra. Working President Shri. Suryakanta Patra introduced the guests and General Secretary Shri. Simachal Bisoyi reported the activities and achievements of the Forum. Berhampur MP Sj. Chandra Sekhar Sahu released the Souvenir published on this occasion. Sri Gopabandhu Das, Special Secretary to Chief Minister of Odisha graced the occasion as Chief Speaker. He had assured to continue all sorts of help to senior citizens. Among others MLA Sj. Bikram Kumar Panda, BeMC Mayor Smt. Sanghamitra Dalai, General Secretary of FOSCAO Dr. P K Das and Forum Committee Chairperson & leading Surgeon Prof. Dr. P C Sahu addressed the audience.

On this occasion, the Forum felicitated renowned surgeon Padmashree Prof. Dr. K M Pathi, Professor Dr. Prafulla Chandra Sahu and ophthalmologist Dr B Nageswar Rao Subudhi for their commendable achievements in different fields. Forum also felicitated the Jt. Secretaries of FOSCAO Raj Kishore Samantroy & Indramani Nahak along with some prominent members above 80 years, namely Rabi Kumar Satapathy, wife of late Rasha Bihari Dash, Lalit Mohan Rajguru and Simanchal Maharana. To mark the occasion, a health screening camp was also organised for senior citizens.

2. FOSCAO: On 19th Jan. the program of Digital Safety Training for Elders by “HelpAge India” is organised through Sahayog Senior Citizen Forum, an affiliated unit of FOSCAO. We are thankful



to all the senior citizen brothers and sisters of Kanan Vihar, Phase-1, Gayatri Vihar, Pragati Vihar and Coop. Housing Project Colony and their leaders, Dr Surya Narayan Mishra, Sri Hemant Kr Das, Sri Gobinda Chandra Jena and others for extending their help and support. We thank HelpAge India, State Head Smt. Bharati Chakra, Project Coordinator Smt. Debashree Brahma, their team and

the support of Co. Google.org for providing such facilities to elderly citizens.

3.FOSVAO: On 5th Jan.23 HelpAge India, Odisha State has arranged a program on “Digital Safety Training for Elders” with cooperation of FOSCAO’s affiliated units. Senior Citizen Welfare Society, Beherasahi, Bhubaneswar has invited many seniors to learn many things on various uses of mobile phone.



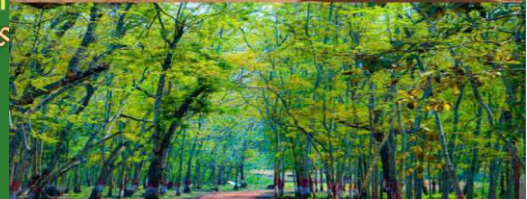
-- Dr P K Das, Gen. Secretary:
odishaseniorsfederation@gmail.com



Release of
Barisha
Bani for
publication

Damadamani Pitha

07.01.2023



Dalijoda dense forest-7.1.23



ERA Paribar Get-together,7.1.23

The Barisha Bani, a newsletter of the **Elder Recreation Activities** in Bhubaneswar is being published quarterly without brake since January 2020. Recent issue was released at Maa Damadamani Pitha along with a picnic at Dalijoda dense forest for members of ERA Paribar on 7th Jan. Copy will be despatched to the members of ERA free of cost and other interested person may get it on payment of Rs.25/-.

- Er.K.C.Sahoo, President ERA, 9437075625 www.eraindia.org.in



-- Senior citizens from Angul, Odisha.



Republic Day at **Zilla Baristha Nagarik Sangha, Bargarh**. Participated in the parade and obtained 1st prize for its exhibition on 1st war of Independence. -- **Shri. Prahallad Mahapatra**

Panjab

A Mini Story About Books

We, me and Berube (an American friend) daily go for morning walk early in the morning. We reside in Hollis N H in the U S A. He is like a guide for me telling me about the surroundings. One day I insisted to go up to the end of the road and on the way I saw a small wooden hut about 3'x2'x1.5' fixed on a wooden platform . On getting close to it I found it packed with books. Some books were also staked outside. I was surprised to see books lying on roadside unattended. Berube told me that people who no more require these books leave them there. Whosoever wants to read these can take away and may or may not return it. I opened the door and felt as if books are looking at with wide open eyes and very eager to be picked up first. I took out one of them and it looked thankful for taking it out. Otherbooks too have felt relaxed as they could find more space for them now. The book remained with me for about 15 days and then I took it with me while on morning walk and reached the wooden hut to place it back. It fell from my hand as if praying not to put it back. I felt bad while placing it in and squeezing it a bit with other books. I closed the door with heavy heart and turned around fast.

---**Shri. Inderjit Singh Sidhu, Sec. General, Fed.of SCA, Punjab.**



SCC, Rupnagar: A senior advocate of Punjab and Haryana High Court **Shri. S Bhupinder Singh** has released the Year Calender-2023.



Lohri festival with special-needy students of Badir Vidialia village Shampura in Rupnagar.

-- **Er.Karnail Singh President.**



Chapter-3 of Mohali SCA: Republic Day in Rose Garden along with students preparing for competitive exams. Mr Chaudhary, chapter head and S. Harkirat Singh Secy. Sports organised the function.



LAF Centre, Sector-68 Mohali



Lohri by members of Mohali SCA

Our Forum arranged a talk by Dr Sonal Pulmonary Specialists of IVY Hospital Sector 71 Mohali. Besides explaining regarding Pulmonary diseases she also explained regarding the Geriatric problems. Some 50 Members participated in it. Gurdip Singh Bhogal



New year celebrations by SCA & Shri. Bhaghat Singh ji 's anniversary at **Faridkot.**



New year calendar from SCA, Nabha



Lohri by SCA, Nabha



74th Republic Day. Shri. Daljit Singh Sekhon felicitated the seniors who are born during Jan.



SCC, Bathinda: A monthly meeting in M.S.D School hall, presided by Sh Rajan Garg, Pres. of Dist. Bathinda (Urban) Congress. As the Smagam was dedicated to Shahidi week, so the meeting is started by reciting a Shabad paying homage by Naresh, Gurminder, Amarjit, and Jaspinder. The Pres. Satwant Kaur spoke about Shahidi of four Sahibjade and the VP Harpal Singh Khurmi narrated all the happenings of th week.

VP K.S Mann paid homage to “Kula Mashki.” Jaswinder Kaur paid Shardanjali to Moti Mehra in a poem. Sh Rajan Garg paid homage to Shahidi Parivar of Guru Gobind Singh and also offered help to the Council when needed.



Maghi at Bhaika House Ajit road – 8. First from left Shri Amritpal Aggarwal Chairman Dist. Plg. Board along with President Satwant Kaur and Council members at the Maghi Langar.



Lohri in the park of **Model Town Phase 2** with Shri Rajan Garg Chairman DCC Bti. VP Harpal Singh Khurmi sang 'Sundar Mundria Ho'. Gen. Secy Jagtar Bhangu, Naresh, Jaspinder, Jaswinder, Anju, Paramjit, Amarjit, Jaffy, Ripu Verma entertained the group with their songs and dancing.



State level Lohri in Rajendra College. Dr. Baljit Kaur Cabinet Minister for Social Security and Women and Children Welfare presided over the function. Lohri of 51 new born girls, less than one year of age along with their mothers were celebrated by giving them gifts and certificates. Some social worker ladies were also honoured. Dr. Baljit Kaur Cabinet Minister presented trophy to Satwant Kaur Pres. for being the best Senior Citizen, Female (Urban) as declared by Aiscon. Mrs Satwant Kaur, pres. was awarded for Social & Welfare work on Republic Day.



SCW Forum, Jagron:

Lohri with Sh Sat Pal Singh Grewal Sahib.



Republic Day at Sen City Welfare Bhawan



SCC, Bhaku Majra (Rural): In memory of Mata, 26 super senior citizens were honoured by president S Surjan Singh.

--- Shri. Inderjit Singh Sidhu Regional Co-ord.



SCC, Bassi Pathana: In collaboration with Helpage India, a Digital Frauds camp on 8th Jan.



Lohri by SCA, Sirhind.



Lohri by SCA, Mansa

Senior Citizen Society Barnala:



1. सीनियर सिटीजन सोसाइटी बरनाला की ओर से प्रधान अमृतपाल गोयल सीनियर मीत प्रधान राजेंद्र प्रसाद सिंगला, महासचिव सुखविंदर सिंह बडिंग जी के नेतृत्व में महीना बार मीटिंग दौरान जनवरी महीने के जन्मदिन वाले मेंबरों को गिफ्ट देकर जन्मदिन मनाया गया। इससे अलावा मीटिंग दौरान उज्जीवन स्मॉल फाइनेंस बैंक के मैनेजर श्री राजीव गोयल जी गगन कुमार सुमित कुमार ने विशेष तौर पर पहुंच कर बैंक की ओर से सीनियर सिटीजन को दी जा रही सुविधाओं के बारे में जानकारी दी। प्रधान अमृतपाल गोयल ने मेंबरों को नए साल की ओर जन्मदिन की मुबारकबाद दी।

2. शुगर और बीपी चेकअप कैंप लगाया गया जिसमें सोसाइटी के सीनियर मेंबर श्री राजेंद्र मित्तल चीफ फा मेंसी ऑफिसर रिटायर्ड की ओर से मेंबरों का चेकअप किया गया कैंप दौरान 30 मेंबरों का इस समय प्रदान अमृतपाल गोयल, सीनियर मीत प्रधान राजेंद्र प्रसाद सिंगला, कैसियर वासुदेव सिंगला, पीडी शर्मा, अमरी क सिंह, समेत बड़ी संख्या में सोसाइटी मेंबर हाजिर हुए।



Lohri by SCWA, Patiala



Republic Day and Basant Panchami by adopted school students in campus of SCWA, Patiala.



IDOP in **Moga** on 1st October 22 in DC Conference Hall was chaired by Shri. Kulwant Singh IAS Dy. Commissioner who honoured 15 persons aged more than 95 years with a Memento and a Lohri.



A deputation of the SCC and Retd. Government Employees Moga led by S L Kamra visited the newly appointed T O Sh. Ashwani Kumar, Treasury Officer on 18th Nov.22. Mr. Ashwani told that there was no pending medical bill or any other bill.



The monthly meeting of the SCC & Retd. Employees Moga on 26th Nov. 22 in the Red Cross Senior Citizens Day Care Centre chaired by Shri. Gulneet Singh Khurana. The S S P was received warmly and he assured the Council to accord due regards, work on priority basis, opening of separate counters and a waiting room for the senior citizens in the Police Dept.



Republic Day by SCWC, Khanna.



Republic Day by SCC, Rajpura

Rajasthan



तत्पश्चात विशिष्ट सम्माननीय समाजसेवी की श्रेणी में मंचासिन होने के बाद आयोजक राखी गौतम द्वारा शाल, बुके व विशेष रंग बिरंगी पगड़ी पहनाकर 2 हजार से ज्यादा बुजुर्गों की उपस्थिति में सम्मानित होने का अवसर प्रदान किया।

--Shri. Shankar Askandani-7977921037



1. वरिष्ठ नागरिक मंच भीलवाड़ा के दिनांक 08/01/2023 को आयोजित शरदोत्सव कार्यक्रम में श्रीमती वीणा जी खटोड़, श्रीमती गुणमाला जी अग्रवाल और श्रीमती मंजुलता जी भट्ट द्वारा प्रस्तुत शानदार प्रेरणास्पद नाटिका।

<https://drive.google.com/file/d/14BvEdS5Lnv0RnEaAZfW3bDwgRp7IHZLp/view?usp=drivesdk>



2. वरिष्ठ नागरिक मंच भीलवाड़ा द्वारा ध्वजारोहण एवम बसंत पंचमी



3. गवर्नमेंट प्राइमरी स्कूल धूमडास जिला भीलवाड़ा में 23/01/2023 को 156 स्वेटर एवम 10 दरियां भेंट की गई एवम नेताजी सुभाष चंद्र बोस को जयंती मनाई गई। वरिष्ठ नागरिक मंच अध्यक्ष मदन खटोड़ ने दी। यह मंच का इस वर्ष का छठा स्कूल में स्वेटर वितरण का कार्यक्रम था। अब तक लगभग 550 स्वेटर वितरित किए जा चुके हैं।

--Shri. Madanlal

Khatod

Kota



ओम कोठारी इंस्टीट्यूट ऑफ मैनेजमेंट एंड रिसर्च कॉलेज में स्वर्गीय ओम कोठारी की 50 वी जयंती.

Hope Society Kota:



संस्था की वार्षिक आम सभा अग्रवाल न्यूरो साइकियाट्री सेंटर पर आज दिनक 18 जनवरी को। संस्था पिछले 10 वर्षों से अपने उपलब्ध संसाधनों के भलभूते सदस्यों के आर्थिक सहयोग एवम 3 काउंसलर्स की सहायता से 24 घंटे अपनी सेवाएं निशुल्क दे रही है।

सभा में अध्यक्ष डॉ एम एल अग्रवाल, सचिव डॉ अविनाश बंसल, कोषाध्यक्ष अनिल अग्रवाल, शंकर आस्कन्दानी, यज्ञदत्त हाड़ा, ओमप्रकाश साहनी, रामगोपाल अग्रवाल और शैलेश लोड़ा आदि उपस्थित थे।

-- Help Line: 0744 2333666.



Republic Day:

वरिष्ठ जन कल्याण समिति एवम इंस्टीट्यूट ऑफ इंजीनियर्स कोटा ने सम्मिलित रूप से उनके भवन के परिसर में मुख्य अतिथि इंजी ओ पी सक्सेना के सानिध्य में। संस्थापक सूत्रधार पूर्व लायंस गवर्नर बी.वी.माहेश्वरी एवम अपनी संस्था के सचिव के एस परमार, न्यायाधीश गजेंद्र गौड़, राजेंद्र गौड़, सुखविंदर सिंह, मदन मोहन गुप्ता एवम बड़ी संख्या में उपस्थित इंजीनियर्स सदस्य व पदाधिकारियों की मौजूदगी में।



वरिष्ठजन कल्याण समिति की पिकनिक एवम मासिक आमसभा कोटामनसा फॉर्म पर। संस्थापक सूत्रधार के नाते सचिव के एस परमार, कोषाध्यक्ष सुखविंदर सिंह के साथ न्यायाधीश गजेंद्र गौड़ की अध्यक्षता।

--Shri.Shankar Askandani





जिला प्रशासन एवं जिला बाल संरक्षण इकाई और बाल अधिकारिता विभाग द्वारा राष्ट्रीय बालिका दिवस पर मधु स्मृति संस्थान पर आयोजित सांस्कृतिक कार्यक्रम के मुख्य अतिथि अतिरिक्त जिला न्यायाधीश श्री प्रवीण वर्मा एवम विशिष्ट अतिथि डॉ आर पी मीना अधीक्षक मेडिकल कॉलेज व अध्यक्ष आई एम ए का अभिनंदन कर सम्मानित किया गया । प्र सिद्ध लाफ्टर अनु कपूर ने हंसा हंसा कर ओत प्रोत कर दिया ।

Tamil Nadu



About 80 from **Probud Club of Chennai** have participated in their annual cultural event at Anna university Alumnus hall on 24th Dec.1. Dances by inmates of Vishranthi old age home. Ms Lalitha, 93 years old performed a solo Bhartha Natyam. Four other members danced to the cinema music. 2. Anandam Old Age home inmates danced and rendered music 3. A tribal dance was performed by Mrs. Rajshree Kishore. 4. Two group dances were performed by ten members of the Club.5. Mimicry rendered by Gnanaprakasam and Mallya. 6. The Yoga session was done by Capt. Dinga Raja, Past Pres. of the Club. 7. Ring and arrow throwing games, musical chairs, Chess and Carrom games were held.

Udhavi, an informal NGO (udhavi.net) have conducted a fun evening on December, 5th, displaying comfortable dresses for senior citizens. All the models have climbed the ramp for the first time. Savera Hotel sponsored the event. Ms Sabita Radhakrishna, the Chair Person designed the dresses and conducted the fashion show.



-- Sri. R.T.Namasivayam, Vice President, Federation of Senior Citizens' Associations of Tamil Nadu (FOSCATAN), EC Member of Senior Citizens Bureau, Past Pres. Of Probud Club of Chennai). A3, 1st floor Rosymaaitilda Apartments, Gopalapuram First Street, South Gopalapuram Chennai-600086. +91 44 42352329, www.probusclubchennai.com

Madhya Pradesh



संस्था कार्यालय मे 74 वा गणतंत्र –

दिवस समारोह। संस्था को नेहरू स्टेडियम में श्री तुलसी सिलावट, केबिनेट मंत्री म.प्र. शासन द्वारा सम्मानित किया गया।

--Shri. K.K. Birla

Telangana



Flag hoisting at JSN Community hall by **Habsiguda Senior Citizens** and felicitation to Sri .Dr. Kantha Rao Garu , Sri T.Krishna Reddy Garu and Bharath Singh Ji.



Flag hoisting at TSGRE Association State office Badi Chowdi Sultan Bazar Hyderabad and felicitation to Sri Thakur Inder Singh, president of Greater Hyderabad District Branch.



AP Senior Citizens Welfare Association meeting in GRT High School in Madanapalle with President Sri. Muni Gopala Krishna, Secretary Sri. Nagaraja, Treasurer Usman Saheb and honorary President Sri. Muni Rathnamayya.

Sarala Mital Award

1. On passing away of an eminent and founding member of our Association on 10th June, 2021, her Son Mr. Deepak Mital and daughter-in-law Mrs. Archana Mital had instituted an All Telangana Annual Award for the best lady worker in the field of elder care to commemorate her memory. It will be awarded every year. Last year this Award was given to Mrs. Brahmamma, owner of Anurag Old Age Home in Narayanguda, Hyderabad. The Award consists of a running trophy and its replica, a citation and Rs.25,000 cash by 1st February, 2023. The Award shall be given on the Annual day celebrations of the Association in the 3rd week of February. If the nominee has to come from outside Hyderabad she will be paid second class AC fare and one night stay in a 3 star hotel on actual basis. It is open request to nominate the most deserving lady senior citizen working for the care of elders and who deserves to be encouraged and recognised.

-- Dr. G. Sobha Perindevi, President Association of Senior Citizens Hyderabad, gurajadasobha@gmail.com



2. On 29th Jan. 23, AOSC_H Senior Citizens Welfare Trust (chairman Sri R.N.Mital) organised health check of all the 20 inmates of Trinity OAH, Nagole Hyderabad, and handed over prescribed medicines donated by Sri P.Ramchandriah of Jeevandhara, TESSCON unit on 31st Jan. --Shri. B.Omprakash, omboddu@yahoo.co.in



Telangana All Senior Citizens Association

Flag hoisting by Sri. P. Pratapa Reddy I/c. TASCA State President and State & RR. Dist. TASCA Committee members. Organised by RR. Dt. TASCA President Sri. K. Madhusudhana Rao garu.



Republic Day in Jannaram by TASCA.
- Sri. Lekkala Mallaiah



Flag hoisting in Day Care Center in Mancheriala



The Senior Citizens Forum, Kamareddy Dist. organized games & sports on 74th Republic Day. Sri. P.Ramachandraiah, the State President, TESCCON gave the prizes to winners. Sri.T.Bhumanna, Associate President & Jt. Secretary, Sri. P. Vishwanatham, President & AISCCON Joint Secretary and Sri. Sathyanarayana Mudiraj Secretary wer felicitated by Sri. Punna Rajeshwar President, Sr. Citizens Forum, Kamareddy and Sri. Rajanna Genl. Secretary.

TESCCON On 4th Dec.22, Smt. Sarojini, Founder President of "Manava Seva Vruddhasramam, Bhadrachalam" has received one 'freezer box' with accessories, worth nearly Rs. 50,000/- for



preserving dead bodies until disposal and it was sent to Bhadrachalam along with Mr. M. Nageswara Rao, TESCCON Vice-President and AISCCON C.C. member, Bhadradri-Kothagudem Dt. Senior Citizen members Sri Kollu Nageswara Rao, Sri Suresh Kumar, Sri Rajendra Prasad and Sri Sondhu Babu.

Mr. M.Nageswara Rao, who is also the Vice-President of Telangana Eye, Organ & Body Donors Association has advised Smt. Sarojini for arranging to donate Eyes to any

Nethra Nidhi and Dead bodies to any Medical College for academic purposes, whenever deaths occur in Asramam. Sri Hussain (Asramam Organiser), Sri Shameeullah, Bhadrachalam, Smt.V.Kalavathi, Palavantha and Sri M.Ashok, Madhira are also preent. Incidentally, after a few days, an inmate of the Home Karri Gangaraju has passed away and the freezer is put to use.

- Sri. Nageswara Rao Madhavarapu, Madhira.

Karimnagar



1.Karimnagar Mayor Sri. Y. Sunil Rao speaking at Marri Rajender's Yoga Centre.

2. Sri. Vuchidi Mohan Reddy, President State Federation of SCAs and Sri. Samudrala Janardhana Rao, President District SCA explaining the issues of seniors to the District Collector Sri. R.V. Kannan on 17th Jan.



A calendar is released in a Day Care by the Senior Citizens Association President Sri. Aadi Reddy, in presence of local MLA Sri. Bethi Subhash Reddy, Corporator Sri. Jettipothula Prabhu Das, former corporator Sri. Gundarapu Srinivasa Reddy, GHMC Aasara Central Committee Vice President Dr. G. Nageswara Rao, Colony Welfare Association President Sri. Sukhender Reddy and others.



Nalgonda

New Year Calendar by Sri. Samudrala Mallikarjun.



Google Digital Safety Training for Elders has been organized with partnership of **Sneha Senior Citizens Welfare Association in Old Bowenpalli, Hyderabad.** -- Sri. Shyam Helpage-9963716618

Permanent Help Centre

If any aged person or couple find themselves harassed, abused or abandoned, please contact Sri. D. Parthasaradhi on 9491117461 for help and advice at Srinivasa Samaja Seva Trust in Hyderabad from 10 to 13 hours.

Gulmohar Seniors Forum



In chilled winter, there was a mood in every senior to have little heat in the heart. The music was giving heat to the ears while the Lohri traditional bonfire was enjoyed in the cold wave in the open garden in the Gulmohar Club on 13th Jan. in Hyderabad. Children were dancing and enjoyed a family traditional event.

Uttarakhand

The Executive Body of **Senior Citizen Forum Haridwar** elected unanimously on 10th Dec. for 2023-25 its management committee with:

Sh Sarvesh Gupta President, Sh P P Dhasmana Secretary, Sh S C Goel Treasurer and Sh S N Mishra & Sh A K Sanadhya Vice President, Sh N K Mishra & Sh Ashok Maniktala Joint secretary, Sh V K Garg Internal auditor.



Shehjaar (Sheetal Chhaya): "Kuchh Bhi Boliye" program was held on 18th Jan. which was attended by 16 members. Main speaker was Karmyogi Mr HN Gupta who addressed on the issue of how we can organise and implement the knowledge and wisdom we have gained over the years. Sh M K Raina spoke about 5 ever green parables discussed in Vedanta regarding how to look within and achieve freedom from attachments. Mr Chaitanya Gurujii discussed about the book published by PGI Chandigarh regarding the care giving training for patients on bed. Mrs Poonam Grover and Mr Sohan Lal Sharma presented Bhajans.



Participants Group

Rudraksh tree plantation

Shehjaar (Sheetal Chhaya) and Senior Citizen Forum Haridwar together have organised a learning and interactive session of 90 minutes each on 7/1/23 & 13/1/23 by National Institute of Electronics & Information Technology (NIELIT), Haridwar under the Ministry Electronics & IT for about 30 members. The concluding session was addressed by Sh Anurag Gupta Director NIELIT which was followed by a light snacks/tea and a Rudraksh tree plantation in the campus of NIELIT.

---Shri. Suresh Palgay

All India Senior Citizens' Confederation

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