



AISC CON NEWS

आइस्कॉन समाचार

ALL INDIA SENIOR CITIZENS' CONFEDERATION

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Invitation from AISC CON

The Presidents and Secretaries of State Federations/ Associations/ Affiliates, AISC CON Executive Committee members, and Chairpersons of AISC CON Committees are invited to a Zoom online meeting on 10th June at 11 am.

--Shri Shrihari Shidhaye, Secretary General, AISC CON

Invitation from AISC CON

The Central Council members are invited for AISC CON Central Council meeting scheduled on 13th June at Nerul, Navi Mumbai.

--Shri Shrihari Shidhaye, Secretary General, AISC CON

EXECUTIVE COMMITTEE MEETING OF AISC CON:

ON 28TH APRIL 2023 AT MARGAO, GOA

SOME EXTRACTS

Resolution No 1: Resolved that the Minutes of the Executive Committee Meeting Held On 22nd February 2023 be and is hereby confirmed unanimously.

Item No 2: The Report Regarding Delhi Visit And Meetings Completed In Delhi Were Briefly Discussed. ... Various States Have Written Letters To Their Respective Mps : Andhra Pradesh, Madhya Pradesh, Uttar Pradesh, Goa, Odisha, Rajasthan, Uttarakhand, Aisccon (For Maharashtra Mps) And Tamil Nadu Mps. These Efforts Need To Be Followed Up Further.

Resolution No. 3: Aisccon Delhi Office Proposal: A Three Person Committee Was Formed With Shri Shri Bhanwar Seth Ji, Shri Annasaheb Tekale Ji And Shri M.K. Raina Ji.

Item No.4: – Shri Shrihari Shidhaye, Secretary General Has Informed About Formation Of Eighteen Aisccon Committees And Of Them Eleven Committees Have Submitted Work Plan Reports And Csr, Media Pr, Urban Mobilization And Health Committees Have Submitted Budgetary Requirements And The Decision For Their Provision Will Be Reached In Consultation With Respective Committees.

Item No.5 – Shri Annasaheb Tekale Ji Would Try To Hold Aisccon National Conference In Maharashtra.

Resolution No.6: Income & Expenditure For The Q.E. Mar-23 Has Been Presented And Unanimously Approved.

Item No.7: All Ec Members Have Appreciated The Work Done During The Last Six Months And Congratulated President And Team Members For Their Efforts.

Resolution No.8: Resolved That, Appropriate Reason Of Absence For Three Consecutive Ec Meetings Will Be Sought From The Concerned Ec Member (S) From The Next Ec Meeting.

Item No.9: Only Five Affiliates Have Sent Updated Data And It Has Been Decided To Send Reminders To Remaining Affiliates.

Resolution No. 10: The Ec Applauded The New Members And Welcomed New Affiliations And Admission To Aisccon. The President Once Again Reiterated That Every Ec And Cc Member Shall Work Towards Entry Of At Least 5 Patrons / Grand Patrons During This Year At Aisccon.

Item No.11 – Any Other Subject: 1. Shri Bhanwar Seth Ji suggested that letters shall be sent to all the affiliates and institutions for their subscription fees for fy 2023- 2024 to be sent in the first week of May. 2. It was decided That No Individual Member Data Shall Be Shared With Any Member (Whatever Type). But In Case A Member / An Institution Wants To Offer Any Services, Any Special Concessions Or Discounts Then Members Can Be Informed Through Aisccon Mailer List Rather Than Giving Access To Member Data To Any Individual / Institutional Member. Stronger Aisccon Mailing List Shall Be Created For Such Communications.

Present: Prin. V.K. Bhadane, Shri M.K. Raina, Shri Annasaheb Tekale, Shri Bhanwar Seth, Shri Madanlal Khator, Shri S. Sreedhar, Shri M.S. Mudakavi, Shri Diago M. D'costa, Dr. Sulbha Kuvar, Smt. Yamla Sahu, Shri P. Ramachandriah, Shri K. Ramachandra Rao, Shri Shrihari Shidhaye, Shri Namdevrao Dafal, Dr. GP Shaikh and Shri L.B. Aware.

-- Shri Shrihari Shidhaye, Secretary General, AISCCON

Successful Projects

Appreciation provides encouragement, and we want to ensure the same in the upcoming Central Council meeting on 13th June 2023. We are inviting project writeups about projects already implemented successfully in the last one year. Please share 2 photographs of the project activity, describe the project outcome in not more than 200 words and share names of team members who implemented the project. Needless to mention that the project must be related to the advancement and well-being of seniors. These details need to be sent before 3rd June 2023. We plan to recognize and appreciate a few shortlisted projects from the submissions. Kindly note that the last date of submission would be 3 PM on 3rd June 2023. The submissions can be sent on aisccon2001@gmail.com

Best regards, Shri. Shrihari Shidhaye, Secretary General, AISCCON

Readers' Comments: “Dr Rao Chelikani in the AISCCON News of May 2023 has put a very interesting question. “What is old age?”. Further, there is no general agreement on what is old age. While fully agreeing with him, I wish to point out that in Government services and in many of the establishments, generally 60 years is the age of retirement. The concept behind this seems to be that at this age, the person becomes incapable of giving his full output efficiently, his thinking becomes slow and as such he is considered to be inefficient to perform his duties. Therefore, he is supposed to retire from work. Interestingly, researches have brought out that the age group between 60-70 years is most efficient, 70-80 years is next and the group between 50—60 is the least efficient. Therefore, in many countries, like in USA, a Professor is allowed to work/teach as long as he can, a Doctor can practice as long as he can, and so on. As such, in my considered opinion, unless the person becomes physically or mentally deficient in his faculties, he is capable of giving a very vital output because of his long experience and knowing the pulse of the field in which he is working. Therefore, efforts need to be made by our various Senior Citizen Associations to prevail upon the Government to create opportunities for such people to be

gainfully re-employed and not become a burden on the society. The problem still exists for those unfortunate large majority of our friends from the lower privileged categories who are not physically fit, dependent financially on the family members, affected with some illnesses, particularly almost incurable diseases like cancer, aids, dementia, Parkinson etc who need to supported by either the family members or some other institutions which need to be provided by the Government. This is where they suffer the most. Acts and policies are made and revised but implementation is only on paper. Good Old Age homes are beyond reach of such financially weak persons and the condition of charity or homes provided by States/Government is pathetic. This is where the old persons need maximum help and for which, although huge efforts are being made by the AISCCON as well as other senior citizen associations, but still much more needs to be done. Unfortunately, as has been pointed out, that unless senior citizens unite and become powerful to force the Government to look into their needs, the improvements appear to be going at a slow pace only.”

by Shri. N.K.Agarwal, Nerul, Navimumbai-400706. (022) 27718823: andkishore_a@yahoo.com

World Elder Abuse Awareness Day: Some Issues for Reflection

As a result of the United Nations Resolution, June 15th became an annual Day for international observance. This Day is devoted not only to carrying on the activities that are done in favour of the elderly population on 1st October but also to specifically reflecting on various kinds of abuses that the elders are subjected to in society due to their vulnerability and to explore remedies to provide relief.

1. How to Reduce one's Vulnerability to Abuse?

a. Pre-Retirement Counselling on issues of housing, healthcare, Financial matters and Leisure Activities for rest of long life to live.

b. Self-Help. How to increase a senior's autonomy and reduce his or her dependence on family members with Assistive Devices like wheelchairs, walking sticks, cellphones, hearing aids, telemedicine, etc.

c. Good Neighbourliness for care and attention by living in Resident Welfare Association. Peer Support in the Day care centre, Senior citizen Association, or by joining any other service-oriented and humanitarian organization in the neighbourhood.

2. Forms of Abuse by Several Social Actors:

a. Abuse comes in many forms including physical, emotional, sexual and financial abuse and also neglect, abandonment and cruelty. Consequently, the elders' health is affected by physical pain and suffering; it also leads to mental agony and depression. One has to take legal action in case of abandonment by family members or claims on property. Some are isolated from family and friends, and some are abused precisely by them. The institutions that are to take care of them such as old age homes and hospitals and clinics, do not respect their human rights and dignity. What is due to them from the Administrative authorities involves filling out many forms and writing letters without direct response and having to visit the offices several times, as in the case of pension matters. Any recourse to legal services is laborious and expensive.

b. Support and Assistance Mechanisms: District Senior Citizens Committee; Tribunals, Assistant Director of the State Dept. For the Welfare of the Citizens; District Legal Services Authority; State Council for the Welfare of the Senior Citizens; Union Government Direct Programmes, etc.

c. Old Age Homes: Instead of the Administration running a few, should support more Homes run by fellow citizens with vocation.

3. What Role the following can play to prevent abuse?

Professional Gerontology Counselling for non-conflictual relations with family members for emotional comfort;

Nearby Police station; President/Secretary of the Residents Welfare Association for Safety and Security;

Private Sector: Memorandum of Agreement by the Senior Citizens Associations with neighbouring suppliers of goods and services: Hospitals, Medicines, health care, transport, eateries, learning institutions, etc.

Administrative Authorities: Responsive Banks and Insurance companies & also PFO, CGHS and ESIC. Pension fund management, health cards, Voting facilities.

Judicial Authorities:

Civil Society Organisations, Associations and NGOs for Health camps, Leisure activities, games, awareness programmes, emergency situations and participation in good governance issues.

--Dr.Rao VBJ Chelikani

Promoting Health and Dignity of Elderly: Solutions for Toileting-Challenge

“Sustainable Development Goals-6 calls for ensuring clean water sanitation for all and ensuring a toilet for all, it is one of the basic targets set under this goal. Defecating in the open has been an age-old practice in India, and when people have no option but to defecate in the open, it is not only inconvenient but poses high risk to public health as those defecating in open run the risk of catching or spreading infectious disease like diarrhoea to cholera and others.

... it is unfortunate that this progress has neglected the special needs of some of the most vulnerable sections of the population including the elderly and disabled. Particularly in Rural India, although every household is now provided with a toilet, it is not accessible or usable by the elderly. The new generation toilets financed under the SBM program of GOI in Rural areas are fitted with ground-level squatting pans and they do not seem to have taken into consideration the special needs of the elderly persons. No aiding facilities have been provided by the Government or families to ensure toilet accessibility for the elderly. Due to the discomfort caused by squatting, elderly persons fail to maintain personal hygiene and toilet cleanliness while defecating in their household toilet, and they are blamed as ‘bad toilet users’ by other family members. To avoid this embarrassment, many of the elderly persons are compelled to continue defecating in open surroundings in a standing position balancing precariously or hanging on to a rope which is tied to the roof of the toilet.

Therefore, it was decided to develop practical solutions to ensure accessible, safe and comfortable toilets for elderly persons and contribute to their independent living with dignity and self-respect. To address the above problem, Dr. Saraswati Turlapati of Solon India Pvt Ltd, Hyderabad has decided to fund the provision of toileting chairs under its CSR initiative. To do so, it was decided to team up with Modern Architects for Rural India (MARI) a highly credible NGO working with a good track record, to provide toileting aids to most needy seniors.”

Forwarded by Dr. Padmanabha Vyasamoorthy <vyasamoorthy@gmail.com>9490804278 from The CSR Journal May 3, 2023. info@thecsrjournal.in <https://thecsrjournal.in/promoting-health-and-dignity-of-elderly-csr-solutions>

Comment by AOSC Trust, headed by Sri. R.N. Mital, Hyderabad:

We are already working on this subject. Only difference is that we call them portable commodes. We are supplying these portable commodes to the old age homes adopted by us. Moreover we have found that western types of commodes are particularly more convenient than the Indian type. They can be used by all elderly patients suffering with knee pain and arthritis. Only the grab bars and grab handles have to be properly provided. We are encouraging this concept in the old age homes being serviced by us.

Sri. R.N. Mital , email:rnmital@gmail.com

United Nations Nations Unies



NON-GOVERNMENTAL ORGANIZATIONS BRANCH
OFFICE OF INTERGOVERNMENTAL SUPPORT AND COORDINATION FOR SUSTAINABLE DEVELOPMENT
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Website: www.un.org/ecosoc/ngo Contact: www.un.org/ecosoc/ngo/contact

17 August 2020

Dear NGO Representative,

Subject: Follow-up to the decision of the Economic and Social Council

I am pleased to inform you that on 24 June 2020, the Economic and Social Council (ECOSOC) adopted the recommendation of the Committee on Non-Governmental Organizations (NGOs) to grant special consultative status to your organization, **All India Senior Citizen's Confederation (AISCCON)**. Please accept our heartfelt congratulations.

Yours sincerely,

Marc-André Dorel
Acting Chief,
NGO Branch
Office of Intergovernmental Support
and Coordination for Sustainable Development
Department of Economic and Social Affairs

--- Shri. Avinash Lakare, AISCCON - Chairman - Research & International Relations,
@ 9860643439, FESCOM Maharashtra.

STATES SCAN

AP



World Honey Bee Day: Awareness programme by the Village Khadi & Cottage Industries Develop. Corpo. in SSY Bhawanam, Vijayawada with Sri. Mothukuri Venkaeswara Rao, Secretary Sarvodaya Trust and also Krishna District Senior Citizens Federation.

A new unit of **Senior Citizens Welfare Association at Palakollu**, West Godavari district on 25th May in the presence of Sri V.N. Murty, A.P president and AISCCON vice president. 320 members



have already joined, out of which there are many with service experience (Lions, Rotarians, etc). The secretary general A.P Senior Citizens Welfare Association, the district president, secretary and the chairman of AISCCON Media and Public Relations Committee have participated in the oath taking ceremony. -- Sri. A.Rangarao, 9000584844



HelpAge India State Head Mr. Yetendra Yadav, Mr. Mrunal Srikanth and Mr. Syam Kumar have met Sri. Ravi Prakash, Director AP State Senior Citizens Welfare Dept. and expressed their satisfaction for having formed the AP State Council for Senior Citizens. While getting him release the Telugu version of the Maintenance Act of 2007, they requested him, the local A.D. and the RDO to arrange for awareness programmes on the same Act.

--- Sri. Shyam Kumar, Helpage India, Hyderabad

Gujarat



Annual Day with dinner and Musical Night by Katodara Vibhag Senior Citizen Jan Seva Trust, UMBHEL, Surat.

Kerala



The 11th Annual Conference of **Senior Citizens Service Council**, Kerala was held at Alapuzha on 25-to28 of May, inaugurated by former Minister Mr. E.Chandrasekharan, MLA. Around 600 delegates elected from 14 Districts attended and heard Medini, the great singer of revolutionary songs aged 92. Cultural program was inaugurated by poet and ex-minister G.Sudhakaran in which 10 poets presented their creations. Mr. KNK Namboodiri, chaired on the occasion. N.Ananthakrishnan, President headed the precidium and S.Haneefa Rawther presented the annual report. The newly elected office bearers are: President: N.Ananthakrishnan, General Secretary: Haneefa Rawther, Working President: KNKNamboodiri and Treasurer: G.Surendran Pillai.

-- Mr. KRK Namboodiri. Forwarded by Mr. TPR Unny

M.P.



लायंस क्लब इंदौर डायनामिक द्वारा रीजनल चैरपर्सन एवं जोन चैरपर्सन की मौजूदगी में वरिष्ठ नागरिक उत्कृष्ट जन सेवा के लिये दिनांक 13/12/2022 को सम्मानित किया गया।

-- Shri. NS Jadon

Maharastra



कोल्हापूर ८ मे २०२३: गडहिंग्लज येथे, ज्येष्ठ नागरिकांचे मायपिता स्मृतीदिना निमित्ताने, अनेक ज्येष्ठ बंधुभगिनी गडहिंग्लजकोल्हापूर येथील अनेक ज्येष्ठ नागरिक संघाचे प्रतिनिधींच्या समवेत, प्रमुख पाहुणे, आयस्कॉन चे प्रेसिडेंट प्राचार्य V.K. भदाणे, तसेच, श्री. नामदेवरावजी डफळ, श्री. अंकुश जांभळे, श्री. सुरेश पवार, हे उपस्थित होते... श्री. सावंत गुरुजी, यांनी आयोजित केलेल्या कार्यक्रमास मा. श्री. बाबासाहेब वाघमोडे, उपविभागीय अधिकारी, हे अध्यक्षस्थानी होते...*

--- Shri. सुरेश पवार, 8-5-2023.



रास्तेमे सातारा के पास "वाई" के बहुतेक वरीष्ठ नागरिक मिलने आये थे, उन्होने सबका सत्कार किया...



Eye checkup camp in Sonagir Dist Dhule, organised by Guru Govind Sangh, Raje Shivaji Sangh, and Tara Rani Dhule,

---- Prinicipal Shri. VK Badane, President Aiscon



Shri. Arun Rode, President Fescom acted as examiner in Naradiya Kirtan Competition at Alandi in collaboration with "Shri Hari Kartan Prabodhini" on 13th and 14th, May.



समस्त फेस्कॉम परिवार व रोडे परिवार यांचे कडुन हार्दिक शुभेच्छा

--Shri. Prabhakar Gumasthe

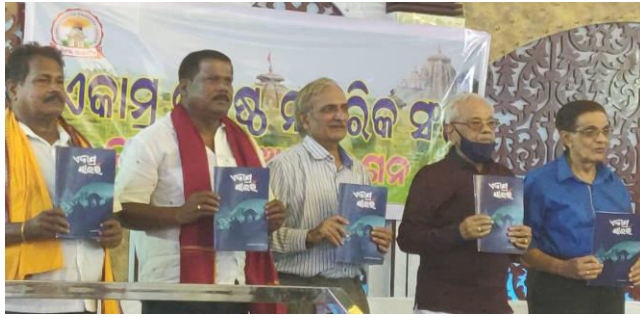
New Delhi



The Recreation Centre of Senior Citizens Council of Delhi at Community Centre, Green Park Extension.

Odisha

On 26th April **Ekamra Baristha Nagarik Sangha** has celebrated its AGM at Kedar Gouri Resort, Bhubaneswar. The meeting was chaired by President Sri Hrushikesh Tripathy and witnessed the



presence of Sri Krupa Sindhu Sahoo, the Founder President and Advisor of FOSCAO, Dr. Ashok Mohapatra, the Ex-Vice Chancellor of SOA, and noted journalist Sri Pradosh Kumar Pattanaik. After a mesmerizing Odissi dance performance by Ms. Dipika Priyadarsini, Sangha Secretary Sri Dhire Pattanaik presented the Annual Report. After felicitation of many renowned personalities, the Vice President, Dr. Niti Ranjan Chand, concluded the meeting. ---

Ekamra Baristha Nagarik Sangh, Old Town, BBSR.

A water Kiosk by Senior Citizen Associations: **Baristha Nagarik Manch in Kandarpur** and **Anchalika Baristha Nagarik Mancha in Kantapada** for the entire Summer Season.

--- Dr. P. K. Das, General Secretary, FOSCAO



Helpage India and FOSCAO has conducted Digital Safety Training on 17th April at Jayadev Vihar Baristha Nagarik Manch, Bhubaneswar; on 27th at Senior Citizens Club, Srikhetra Colony, Puri and on 20th at Janakalyan Baristha Nagarik Manch, Banki, Cuttack.

Health Talk and Tie-Up with Kalinga Hospital



Kalinga Hospital, in partnership with FOSCAO organized on 29th May an informative health talk at Suryansh Resorts in Bhubaneswar. Esteemed doctors, including Sr. Cardiologist Dr. Susant Shaila, Sr. Critical Care Dr. Kantimaya Mohanty, Sr. Ortho & Sports Surgery Dr. Ranjit Panigrahi, Sr. Medicine & Diabetologist Dr. P N Sahoo, and Sr. Dietician Ms. Anjana Tripathy, shared valuable insights during the event. MD Ms. Nilanjana Mukherjee addressed the gathering.

In addition, FOSCAO has entered into a Health Service Tie-Up with Kalinga Hospital to provide Privileged Health Cards, affordable packaged tests, and attractive discounts for both inpatients and outpatients.

-- Odisha Senior Citizens Federation, Bhubaneswar odishaseniorsfederation@gmail.com



The 3rd Annual Conference of Dist Sr Citizens Association of **Subarnnapur** on 26th May at Conference hall of Shree Gopaljee Yogalaya under the Chairmanship of Dr Jyoti Ranjan Bohidar, President. S. Amaresh Chandra Panda, (IPS), Suptd of Police had attended the function as Chief Guest along with Prof Narayan Rayguru and S. Gorekh Nath Sahu, Advisers on the dias. Members of Block level Sr Ctns Associations has attended the Conference. Many participants alleged that the District Administration is neglecting the senior citizens and is not interested in utilizing their skills and long experience for the development of the District. If such a tendency continued, then the senior citizens of Subarnnapur district may take agitational activities in the greater interest of the society. S. Amaresh Chandra Panda and chief guest felicitated some seniors above the age of 85years. --- **Shri. Prahallad Mahapatra, Secretary General, Paschim Odisha Baristha Nagarik Mahasangha**

Panjab



MSCA Croquet Club Mohali, celebrated “International Day of Croquet” in Silvi Park on 6th May. Prizes were given to winners by S. Jarnail Singh, Vice President.

--- Shri. Inderjit Singh Sidhu, Regional Coordinator.

Mohali Senior Citizens Association held a Ru-b-Ru with Dr H K Lall an eminent Urdu teacher and scholar on 6th May. Dr. Lall is the first Ph D. in Urdu language from Panjab University was greeted by about 35 of his students. Brig J S Jagdev President of MSCA has facilitated him and Mr Jarnail Singh presented him with a copy of Zafarnama by Guru Gobind Singh Ji. --- Shri Jarnail Singh



Senior Citizens Welfare Association Ludhiana (SCWAL) organized a Talk on 'Yoga and Health Awareness' and demonstrated yoga asanas on 13th May. Mrs. Savita Aggarwal, Secretary North District, Bharatiya Yog Sansthan spoke to about sixty members about yoga. In the end, Er. Balbir Singh, Chairman thanked the guest speaker and her associates. --- Sri. S P Karkara, SCWAL

ਸੀਨੀਅਰ ਸਿਟੀਜਨ ਵੈਲਫੇਅਰ ਐਸੋਸੀਏਸ਼ਨ ਨੇ ਆਯੁਰਵੈਦ ਰਾਹੀਂ ਸੇਰਤ ਸੰਭਾਲ ਸਬੰਧੀ ਜਾਗਰੂਕਤਾ ਸੈਮੀਨਾਰ ਕਰਵਾਇਆ

ਜੜੀ ਬੂਟੀਆਂ ਨਾਲ ਤਿਆਰ ਦਵਾਈਆਂ ਨਾਲ ਰੋਗ ਜਲਦੀ ਠੀਕ ਹੁੰਦਾ - ਡਾ ਪਰਦੀਪ ਕੁਮਾਰ

ਫਰੀਦਕੋਟ 7 ਮਈ (ਪ੍ਰਦੇਸ਼ ਟਾਈਮਜ਼) - ਸੀਨੀਅਰ ਸਿਟੀਜਨ ਵੈਲਫੇਅਰ ਐਸੋਸੀਏਸ਼ਨ ਫਰੀਦਕੋਟ ਨੇ 'ਰੋਗੀਨਿਕ' ਹੋਲਡ ਵਿਚ ਆਯੁਰਵੈਦਾ ਤੋਂ ਸੀਨੀਅਰ ਮਹਾਤਮਾ ਰਾਹੀਂ ਸੀਨੀਅਰ ਸਿਟੀਜਨ ਸ਼ੁਰੂ ਵਿਚ ਚੇਅਰਮੈਨ ਐਡਵੋਕੇਟ ਸ਼ਰਮਤ ਕੁਮਾਰ ਸਿੰਘ ਨਿਯੁਕਤ ਕੀਤਾ। ਆਯੁਰਵੈਦਾ ਅਤੇ ਪ੍ਰੋਸੈਸਰ ਚੇਅਰਮੈਨ ਦਾਸਤਨ ਨਾਮ ਬੁੱਢ ਦੀ ਪ੍ਰਧਾਨਗੀ ਹੇਠ ਕਰਵਾਇਆ ਐਸੋਸੀਏਸ਼ਨ ਦੇ ਪ੍ਰਧਾਨ ਪ੍ਰਿਥੀਪਾਲ ਸਿੰਘ ਚਾਵਲਾ ਜੀ ਨੇ ਸਭ ਨੂੰ ਜੀ ਆਇਆ ਕਹਿੰਦਿਆਂ ਹੋਇਆ ਮਹਿਨਾ ਅਪ੍ਰੇਸ਼ਾਨ ਕੀਤੇ ਪ੍ਰੋਸੈਸਰ ਸ਼ਰਮਤ ਕੁਮਾਰ ਦੀ ਸ਼ਾਨਦਾਰੀ ਦਿਤੀ। ਐਡਵੋਕੇਟ ਐਡਵੋਕੇਟ ਡੇਸ਼ ਚੰਦਰ ਨੇ ਆਪਣੇ ਵਿਚਾਰ ਬੋਲਨ ਆਯੁਰਵੈਦ ਨੂੰ ਅਪਣਾਉਣ ਦੀ ਪ੍ਰੇਰਨਾ ਦਿਤੀ, ਅਤੇ ਬਲਸੀਰ ਸਿੰਘ ਬਿਥੜਾ ਨੇ ਡਾਕਟਰ ਪ੍ਰਥੀਪ ਕੁਮਾਰ ਦੇ ਵਿਚੋਲੀ ਦੇ ਅਤੇ ਤਸਕੀਨ ਸ਼ਰੀ ਦੀ ਧਾਰਣਾ ਪਾਇਆ। ਡਾਕਟਰ ਪ੍ਰਦੀਪ ਕੁਮਾਰ ਮੈਂ. ਡੀ. ਆਯੁਰਵੈਦਾ ਨੇ ਖੁਰਦ ਦੀ ਵਿਚਾਰ ਨਾਲ ਸੇਰਤ ਲਈ ਆਯੁਰਵੈਦਾ ਦਾ ਮਹੱਤਵ ਵੱਖਰੇ ਹੋਰੇ ਗਿਆ ਕਿ ਸ਼ਰੀਰਾ ਪ੍ਰਤੀਕਾ ਨਾਲ ਤਿਆਰ ਕੀਤੀਆਂ ਦਵਾਈਆਂ ਨਾਲ ਸ਼ਰੀਰਾ ਦੀ ਤਿਆਰਕ ਬਿਮਾਰੀਆਂ ਸਿਵਾਂ ਸ਼ਕਿਨ ਸ਼ਰੀਰ, ਬਲਾਤ ਪ੍ਰੇਸ਼ ਸ਼ਰੀਰ, ਤੜੀਆਂ ਦੇ ਜੜੀ ਦੇ ਦਰਦ, ਕੋਲਰ ਆਦਿ ਤੋਂ ਫੁਟਕਾਰਾ ਪਾਇਆ ਜਾ ਸਕਦਾ ਹੈ। ਉਨ੍ਹਾਂ ਨੇ ਹੁਣ ਤੱਕ ਕੀਤੇ ਕਈ ਸਫਲ ਇਲਾਜਾਂ ਬਾਰੇ ਵੀ ਦੱਸਿਆ। ਸੇਰਤ ਸ਼ਰਤਰ ਦੀ ਸ਼ੁਰੂਆਤ ਪ੍ਰਿਥੀਪਾਲ ਮੈਂ. ਡੀ. ਚਾਵਲਾ ਦੀ ਵੱਡੀ ਨਿਰਦੇਸ਼ੀਆਂ ਹੋਇਆ, ਐਸੋਸੀਏਸ਼ਨ ਵੱਲੋਂ ਮਹਿਨਾ ਮਈ ਅਤੇ ਜੂਨ ਵਿਚ ਕੀਤੇ ਜਾਣ ਵਾਲੇ ਪ੍ਰਾਜੈਕਟ ਸ਼ਰੀਰ ਦੀ ਚਾਨਣਾ ਪਾਇਆ। ਇਸ ਮਹਿਨਾ ਨੂੰ ਸਫਲ ਕਰਨ ਲਈ ਇਸੇ ਜੀਤ ਸਿੰਘ ਸਿੰਘਨ ਡਾਕਟਰ ਅੰਗਣ, ਚੰਦਰ ਸਿੰਘਨ ਸ਼ਰਮਤ ਅਤੇ ਇਲਾਜੀ ਸਿੰਘ ਚੰਦਰ ਨੇ ਵਿਸ਼ੇਸ਼ ਹਿੱਸਾ ਪਾਇਆ। ਡਾਕਟਰ ਸ਼ਰਮਤ ਵੱਲੋਂ ਮਹਿਨਾ ਵਾਲੇ ਸਿਮਰੀਆਂ ਸ਼ਰੀਰ ਪ੍ਰੋਸੈਸਰ ਦੇ ਸਫਲ ਇਲਾਜ ਪਾਇਆ। ਸਿਮਰੀ ਦੇ ਇਲਾਜ ਸ਼ਰੀਰ ਦੀ ਦੱਸਿਆ। ਮੈਂਡ ਪ੍ਰਮੁੱਖਤਾ ਸਿੰਘ ਵੇਰਵੇ ਜੀ ਵੱਲੋਂ, ਪ੍ਰਧਾਨ ਕੁਮਾਰ ਸਿਮਰੀ ਸ਼ਰਮਤ ਸ਼ਰਮਤ ਸ਼ਰਮਤ ਸਿੰਘ ਜੀ ਨੇ ਸੇਰਤ ਦੇ ਅਧਾਰ ਸਿਮਰੀ ਸ਼ਰਮਤ ਨੂੰ ਵੀ ਜਨਤਕ ਕੀਤਾ ਗਿਆ। ਡਾਕਟਰ ਆਰ. ਬੀ. ਆਨੰਦ ਸ਼ਰਮਤ ਜੀ ਵੱਲੋਂ ਸ਼ਰਮਤ ਦਾ ਮਹੱਤਵ ਦੱਸਿਆ। ਆਯੁਰਵੈਦ ਨੂੰ ਸੇਰਤ ਵਿਚ ਅਨਾਉਣਾ ਨਾਹਿਤ ਦੱਸਿਆ।



ਸੀਨੀਅਰ ਦਾ ਨਾਵ ਉਨਾਉਣ ਲਈ ਪ੍ਰਿਥੀਪਾਲ ਮੈਂ ਪ੍ਰਧਾਨ ਡਾਕਟਰ, ਪ੍ਰਿਥੀਪਾਲ ਕੁਮਾਰ, ਪਰੋਸੈਸਰ ਕੇ. ਐਲ. ਬਲਿਸ਼ ਪ੍ਰੋਸੈਸਰ ਡੀ. ਆਰ. ਬੰਡਾਰੀ, ਸੁਮੇਦਰ ਸਿੰਘ ਚਾਵਲਾ, ਐਮਿਟਾਧ ਸਿੰਘ, ਪ੍ਰਿਥੀਪਾਲ ਕੁਮਾਰ ਸਿੰਘ ਜੀ, ਸੇਰਤ ਅਵਾਰਡੀ ਕੁਸ਼ਲੀਤ ਸਿੰਘ ਵਾਲੀਆ, ਕੀਤਰ ਕਰੀਸ਼ ਸੁਖੀਆ, ਖੁਰਦ ਸ਼ਰਮਤ ਮੈਂਡਾ ਨੇ ਹਾਜ਼ਰੀ ਲਵਾਈ।

ਸਰਵਹਿੱਤਕਾਰੀ ਸਕੂਲ ਵਿਖੇ ਹਿੰਦੀ ਸੁਲੇਖ ਪ੍ਰਤੀਯੋਗਿਤਾ ਦਾ ਆਯੋਜਨ



ਜਗਵਾਉਂ, 3 ਮਈ (ਭਗਵਾਨ ਭੰਗੂ) - ਸੀਨੀਅਰ ਸਿਟੀਜਨ ਵੈਲਫੇਅਰ ਫੋਰਮ ਵੱਲੋਂ ਹਿੰਦੀ ਸੁਲੇਖ ਪ੍ਰਤੀਯੋਗਿਤਾ ਦਾ ਆਯੋਜਨ ਸ਼੍ਰੀਮਤੀ ਸਤੀਸ਼ ਗੁਪਤਾ ਸਰਵਹਿੱਤਕਾਰੀ ਵਿਦਿਆ ਮੰਦਿਰ ਸਕੂਲ ਵਿਖੇ ਪ੍ਰਿਥੀਪਾਲ ਨੀਲੂ ਨਰੂਲਾ ਦੀ ਅਗਵਾਈ ਅਧੀਨ ਕਰਵਾਇਆ ਗਿਆ। ਵੈਲਫੇਅਰ ਫੋਰਮ ਦੇ ਜਰਨਲ ਸੈਕਟਰੀ ਸ਼੍ਰੀਮਤੀ ਬੁਝਨ ਜੈਨ ਦੀ ਅਗਵਾਈ ਹੇਠ ਹਿੰਦੀ ਸੁਲੇਖ ਪ੍ਰਤੀਯੋਗਿਤਾ ਕਰਵਾਈ ਗਈ। ਪ੍ਰਤੀਯੋਗਿਤਾ ਦੀ ਸ਼ੁਰੂਆਤ ਫੋਰਮ ਦੇ ਆਏ ਹੋਏ ਮੈਂਬਰਾਂ ਵੱਲੋਂ ਕੀਤੀ।

ਪ੍ਰਤੀਯੋਗਿਤਾ ਪ੍ਰਮਾਣ-ਪੱਤਰ ਦੇ ਕੇ ਸਨਮਾਨਿਤ ਕੀਤਾ ਗਿਆ। ਸੰਸਥਾ ਦੇ ਮੈਂਬਰ ਐਸ ਕੇ ਵਰਮਾ ਨੇ ਪੌਣੇ ਲਗਾਉਣਾ ਅਤੇ ਪਾਣੀ ਬਚਾਉਣ ਦੇ ਮਹੱਤਵਪੂਰਨ ਵਿਸ਼ਿਆਂ ਤੇ ਚਰਚਾ ਕਰਦਿਆਂ ਪੌਣੇ ਲਗਾਉਣ ਅਤੇ ਪਾਣੀ ਬਚਾਉਣ ਲਈ ਆਏ ਹੋਏ ਅਧਿਆਪਕ ਗਣ ਤੇ ਬੱਚਿਆਂ ਨੂੰ ਅਪੀਲ ਕੀਤੀ। ਇਸ ਮੌਕੇ ਤੇ ਪ੍ਰਿਥੀਪਾਲ ਨੀਲੂ ਨਰੂਲਾ ਨੇ ਆਪਣੇ ਵਿਚਾਰ ਸਾਂਝੇ ਕਰਦਿਆਂ ਕਿਹਾ ਕਿ ਸਾਨੂੰ ਆਪਣੇ ਨਕਾਰਾਤਮਕ ਵਿਚਾਰਾਂ ਨੂੰ ਛੱਡ ਕੇ ਸਕਾਰਾਤਮਕ ਵਿਚਾਰਾਂ ਨੂੰ ਹੀ ਅਪਣਾਉਣਾ ਚਾਹੀਦਾ ਹੈ।

Hindi competition organised by
Senior Citizens Association Jagraon

Senior Citizens Welfare Association Faridkot



S C C Rupnagar's quarterly News letter 'Sunehre Pal' was released on 1st May by the chief guest Sh R N Moudgil advocate and social worker. He donated Rs.5,100/-

Interaction with young orthopaedic physicians Dr Miet Kamal S Wadi. Commemoration of Guru Arjun Dev ji's sacrifices and shardhanjali shabad by Naresh and Paramjit. Vice pres Harpal Khurmi and Gen Sec Jagtar Bhangoon highlighted Guru's contributions. KS Maan introduced Novel idea of reindulcating dwindling moral values in today's generation. The NGO of which he is a member, ran a successful experiment of running Honesty Shop. Four items pencil, eraser, sharpener and notebook were put on sale for rupee one each. The revenue was to be put honestly in a unsupervised piggy bank. As usual birthday of May born members was celebrated.



Earth Day in Bathinda: 52 plants procured with help of Mr Mavi were distributed. Birth anniversary of B R Ambedkar was celebrated and Bhagat Hanuman ji hymns were sung by Jaspinder, Jaswinder, Paramjit and Usha. K S Maan spoke on importance of enhancing green belt on Mother Earth. Mr Khurmi freshened B R Ambedkar's contribution and Mrs Khurmi made two charts on the importance of Earth. Pres. Satwant Kaur apprised the house of S Gopal Singh Chopra Award bestowed on Bathinda Branch. 9 new members were incorporated.



Inderjit Sidhu <sidhu1946@gmail.com>



SCC Barnala



सीनियर सिटीजन सोसाइटी मेंबर मेघराज मित्र ने सोसाइटी में मनाई विवाह की गोल्डन एनिवर्सरी। यशवंत में दौरान मेघराज मित्र उनकी धर्मपत्नी को सोसायटी प्रधान अमृतपाल गोयल सीनियर उपाध्यक्ष राजेंद्र प्रसाद सिंगला, महासचिव जीसी गोयल कोषाध्यक्ष वासुदेव सिंगला ने विशेष तौर पर सम्मानित किया।
टिजन सोसायटी के चेयरमैन:

मुकंद सिंह सेवक जी सोसाइटी को प्रभु दान देते हैं इसलिए उनको पैटर्न का दर्जा दिया गया है

सोसाइटी के चेयर पर्सन प्रतीक्षा मंगला जी के देहात पर 2 मिनट का मौन रखकर उन को श्रद्धांजलि दी गई। इस उपरांत प्रधान अमृतपाल गोयल जी की तरफ से पेश किए गए मते अनुसार कार्यकारिणी के समूह मेंबरों की ओर से पैटर्न मुकंद सिंह सेवक जी को मौजूदा टर्म 31 दिसंबर तक चेयरमैन नियुक्त किया गया। समूह मेंबरन द्वारा मुकंद सिंह सेवक जी को चेयरमैन बनने पर मुबारकबाद दी गई। मुकंद सिंह सेवक जी सोसाइटी के प्रधान वेद प्रकाश मंगला जी के देहात उपरांत सिटी के कार्यकारी प्रधान रह चुके हैं।



--R P Singla **Rajinder Parshad Singla** <rpsingla42@gmail.com, 9501342000

Rajasthan



महाराणा प्रताप वरिष्ठ नागरिक संस्थान **उदयपुर** 28 मई, एवम पारस हेल्थ हॉस्पिटल्स के संयुक्त तत्वावधान में आयोजित स्वास्थ्य चर्चा में कैंसर रोग विशेषज्ञ डॉ. मनोज महाजन, डॉ. धींगरा। दोनों चिकित्सको ने बताया कि सामान्यतया महिलाएं उपचार मर्ज बहुत बढ़ने के बाद ही अग्रसर होती हैं अतः इसमें बदलाव आवश्यक है। -- Shri. भंवर सेठ, महा सचिव



---Shri. Shankar Askandani, Kota

Telangana

Status of Old Age Homes in Telangana

A Statement by Telangana State Director Mrs. B. Sailaja: The state is running OAH in Rangareddy, Karimnagar, Sircilla and in Narayanpeta districts with a capacity to host 50 seniors in each. With Central Government help 11 more OAH are under construction in other districts. In addition, the Central government is giving financial help to 9 more Homes. Already in the state, there are 265 Homes with 7,200 inmates which are registered with the State government. These Homes are visited once in 3 months by CDPO of the district to make a report. In addition, the Government promises under “Co-Partnership” programme to offer to bear 75% of the maintenance cost of any Home proposed.

--As reported in “Eenadu” on 17th May, Hyderabad.

Medchal District Judicial Authority has conducted a legal awareness programme for senior citizens in Pirzadiguda Senior Citizens’s office in Boduppall with Advocate Aditya Mohan.



--- Sri. D. Parthasaradhi



Senior citizens Welfare Association, Kothagudem has donated books and chairs worth Rs. 10,000 for the District Library, which will be useful for youth who prepare themselves for competitive exams.



The **Senior Citizens Welfare Association - Narsampet** hosted a meeting on digital safety for 20 seniors.



Smt. Rajini Kishan, Municipal Chairperson of Narsampet Municipality complimenting HelpAge India.



Digital Safety meeting at **Vidharanyapuri Senior Citizens Welfare Association – Hanumakonda** for 35 elders.



AWARENESS MEETING ON PROTECTION OF LIFE AND PROPERTY



P. Sudhakar Reddy, Ex. Chief Whip Speaking in awareness meeting at Uppal



P. Narsimha Rao, TASCA President Speaking in awareness meeting at Uppal



P. Narsimha Rao, Speaking in Indian Sc. Citizens meeting in Melbourne, Australia



P. Narsimha Rao, attended Sc. Citizens Meeting in Feather Brook, Melbourne



Dr. G. Nageswarao facilitated by corporater Sri M. Srenivas Rao in 3rd face KPHB, Kukatpally, Hyderabad.



AOSC_H Senior Citizens Welfare Trust



Under the minimum maintenance programme drafted by Sri R.N.Mital for OAHs in Twin cities, a primary medical check up was organised in Anurag old age home with 23 inmates chikkadpally & in Lahari old age home Narlapally with 37 inmates. Dr Maharishi Bhatia Sri S.Murthy of Janahita trust accompanied by Sri S.Ramnath and Sri M.Seshagiri. B.P.Sugar test machines were supplied to all the five adopted OAH. The Janahita Seva Trust also distributed free medicines.

-- by B. Omprakash



The May meeting of **Habsiguda Senior Citizens Association** at JSN Community hall, GHMC, which ended with a Rose, Shawl, Memento, cake-cutting, snacks with tea, on 28th May.

--Sri. Thakur Inder Singh, President, TSGREA

U.P



Monthly meeting to help solve the problems of the senior citizens. -9415214503, -Dr.Sinha

Uttarakhand

Shehjaar Homes for Senior Citizens Haridwar: In order to mentally engage elderlies having passion for music, “Learn Music” program has been started with Mr Rahul Arora taking weekly classes.



On 18th May: “Kuchh bhi boliye” program: Sh Sarvesh Gupta introduced Sh Sanjiv Gupta business partner of Hotel Gardenia and Sh Pradeep Sharma, a trustee of Mansa Devi and Ganga Sabha trust. Both have expressed their commitment for welfare of senior citizens. Sh Sohan Lal Sharma recited a Bhajan and Sh Ashok Maniktala recited Bhajan on □□power.



On 14th May: Life Support Training Workshop was held by Dr Ranjan, physician in ITC Haridwar made

a presentation to 25 seniors. Dr Ranjan clearly distinguished between Heart Attack and Cardiac Arrest and demonstrated the Cardiopulmonary resuscitation (CPR) method with the help of a model as well on a person Sh Varun for heart pumping and air blowing techniques to supply oxygen in lungs for revival.



Help Age India (Dehradun)’s Digital Safety Training with support from Google at Flora

Hotel Shivalik Nagar on 11th May 23 ----*Compiled by Suresh Palgay 9837889942*



All India Senior Citizens' Confederation

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