



# AISCCON NEWS

## आइस्कॉन समाचार

ALL INDIA SENIOR CITIZENS' CONFEDERATION

Monthly Newsletter – Reg.no. Maha / 302 / 03 / Thane under Society Regn. Act 1860

e-copy of AISCCON NEWS

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### 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. At least 80% of urban senior citizens cannot claim to have poverty problems and may have problems with financial management. In any case, in general, they would be having a stable situation with no uncertainty about the quantum of income to be received, by way of pension, interests on bank deposits or rents from the assets. It is more social, family and health challenges that would preoccupy their mind. Social security and protection become more important. Retirement itself is a challenge, as one has to live differently than one has lived for the past forty years. The most important positive thing about retirement is all of a sudden one has a lot of free time and it is in the interests of their physical and mental health that one should feel still active and useful. They should necessarily seek outside activities, since their continued meddling in family matters is, normally not very much welcomed by other grown-up family members. That is why the elders who are still young and feel so should actively participate in the formation of a Senior Citizens Welfare Association (SCiWA) or a Day Care Centre or any common platform for the elders to get together and get engaged in the governance of so many social institutions around. An association can be formed, wherever there are about 10 seniors who are willing to spend their time together.

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 forming an exclusive senior citizen club or a committee in their bye-laws. The seniors, being a part of it, can see many things happen for the welfare of the families. They can transform all residents living there 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 to facilitate better relations with the municipal authorities and the local political personalities. They can form groups for various cultural activities and encourage local talent. Since their children and grandchildren are away, out of the station, they can express their love, affection, attention and help to the children of the neighbouring families. When a senior couple gives on rent a portion of their house to a young family, they should consider and treat them as adopted members of their own

family. In return, the young family and their children would be eager to render so many small supporting services, which would make the life of the aged persons timely and comfortable. More than rendering services, they can, in return, shower their love, affection and attention which are very important for the emotional equilibrium 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 or Commissioner to observe the condition of the seniors in the district and to advise them on the implementation of the policies and programmes concerning the senior citizens. i). They should visit all the old age homes operating in the district and advise and guide them so that they render better services to the seniors. They should ensure that these homes receive all support and attention from various concerned departments and private enterprises for their better functioning. If there is any abuse of seniors by these homes, the same should be reported to the district-level officer of the department attending to the welfare of the senior citizens. ii) Visit all the Police Stations and see that they treat the seniors as it is due. Further, regular contact should be arranged between the area senior citizens association and their PS. iii). Ensure that the District level Tribunals are constituted and that they involve other seniors for reconciliation purposes. iv). Arrange regular sessions of the Legal Services Authority in the district with the local Senior Citizens Welfare Associations (SCiWA). v). Watch over whether the grants and other kind of expenditure by the state and Central governments is reaching the right persons.

C). As these Committees are composed of eminent seniors who have wide executive and administrative experiences in the district, they can as well observe and supervise all the welfare programmes implemented in the towns and villages of the district by the officers, and give their valuable and realistic feedback to the District Collector and other district level officers of any department. One has to do this as a matter of social responsibility, without being asked to do so, particularly by any government officer.

D). Relations with other Civil Society Organisations: At the state level and sometimes, at the district level, there are many NGOs which are working voluntarily to attend to many social, environmental, economic, and cultural issues without having any power and without any selfish interest, solely for the general welfare of the society, such as HelpAge India, Election Watch, Anti-Corruption Forum, etc. They all should be supported since many of them are run by senior citizens and they benefit the seniors also directly or indirectly.

E). Old Age Homes: Another social institution that the elder community, especially the senior citizens should set up, promote and support are homes for elders, which are, at present, called old age homes with a social stigma attached to them. The elder homes are going to be the mainstay for many seniors because of many social transformations that are taking place in India. The experience proved that the governments, whether Central, state or municipal are unable to rise up to their intentions if we observe how the homes already under their management are run. Promises of the State Authorities to set up official homes and to run them by officers are never fulfilled. Hence, it is the seniors' associations that should establish and run them, and supervise those that are run by others. The District Senior Citizens Committees, headed by the District Collector are very well placed to do so.

The seniors' associations can participate in the life of these homes in their respective areas. Many associations have been celebrating their birthdays and taking part in the events of the home. Mr. R.N. Mital, former President of AISCCON has set up a Trust in Hyderabad to collect funds to

support the recurring expenditure of a few adopted Elders Homes and to provide capital to buy assets for some other Homes. Any seniors' association that intends to support a Home in their area might seek the Trust's matching grant. Many seniors are coming forward to contribute regularly a small percentage of their pensions or contribute an amount on the occasion of their birthdays. It is also easy to collect CSR funds for such a noble cause. Such homes set up by the associations or supported by them can be within the urban areas and the inmates of the homes would not feel thrown out of the town to isolated outskirts.

F). The 80+: What do we do when a regular member of the Association stops coming to the Day Care Centre or the association meetings? How do we know what has happened to him or her? If they are bedridden? Similarly, there would be other seniors in the area who are 80+ super-seniors in the sense that they are very dependent upon family members and outsiders for their survival. Each seniors association should have a committee to list out the seniors in the area who are confined to their houses, whether they were previously members or not. Some members should visit them and greet them now and then; celebrate their birthdays. This visit would allow them to indicate if there is any abuse by any family member or any other person. Worn out due to familiarity, or due to their own preoccupations, the family members might neglect the bed-ridden persons. When outsiders come to visit and enquire about them, they become more alert and attentive. Other members of the association can help them to solve some of their pending problems by discussing them with the family members. They can deal with matters pending with a private firm or a government office. There are Tribunals to be approached. He or she needs to be assured mentally and emotionally that on the day he breathes no more, his friends would be there to attend to the last rites.

G). Relations with the political authorities: We have to work together in a cooperative manner, without reservations with all the people's representatives in the district, such as the Sarpanches, municipal chairpersons, mayors, councillors, corporators, ministers and legislators. We have to be in contact with them without promoting any political leader or their political parties. As much as possible, keep the politicians and the political parties at a distance and do not allow them to interfere and politicize all socio-economic institutions around, hoping to get funds.

H). Since the Collector and the municipal commissioners are also the District Electoral Officers, the District Senior Citizens Associations' federation or the members of the District Committee should be in touch with the Chief Electoral Officer appointed by the Election Commission of India as well as with the State Election Commissioner who conducts local body elections. Many of the seniors because of their administrative experience can be able to act as Booth Level Officers and also involve themselves in Election Watch activities. We can this way, fulfil our national responsibility to preserve our democracy by ensuring fair, free and transparent elections and by preventing malpractices by the candidates and their political parties.

I). Many states have formed State Councils for senior citizens to review the progress made on the National Policy on Older Persons and the Act passed by the national Parliament in 2007, and the state of implementation in the state. Senior citizens with state-wide experience should find themselves nominated to it, along with members of senior citizens federations and NGOs.

--Dr. Rao V.B.J. Chelikani

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## Enjoy the Beauty of Cosmic Creations...

It is heartening to attain the grey hair in our biological life cycle that offers avenues to lead an enlightened lifestyle. Throughout our productive professional timeline of four to five decades, we have been making efforts to win the bread for living. Interestingly entire transactions for acquiring the daily needs of our life like assets/wealth mobilised us under an illusion of ownership of the economic power. We continue to maintain zeal for more and more economic power as that gives us more freedom to make the life choices for having comforts and probably well being. But, now is the time to retrospect despite the fact that the past events have no bearing for co-relating it with an unforeseen future. The process is just to get enlightened for leading a good present life in the state of "Sat-Chit-Anand".

I take the pleasure of sharing one of my life's experience as food for thoughts.

The era of economic transactions through currency began 700 hundred years ago commencing with the metallic coins having its value equivalent to the market price of the metal. Slowly world moved to make currency coins cheaper to include the cost of production and rely on the trust the currencies enjoyed. Then comes the era of currency notes, plastic money and now the cryptocurrencies/digital currencies. In the year 1975, while preparing for entrance examination of Indian Administrative Services, I noticed that around 1971 our ongoing currency notes were withdrawn in exchange of the new currency notes. The ongoing currency notes had a statement printed and signed by the Governor of Reserve Bank of India, stating "I promise to pay the bearer on demand the sum of one hundred Rupees". In the new currency notes this statement was changed to "I promise to pay the bearer the sum of one hundred Rupees". The process of removal of two words "On Demand" from the Indian currency notes has been the most impactful step in economy transforming the currency notes to just the promissory notes!!!. It is amazing that we all continued our living on such promissory notes for over five decades by now and are continuing to live under the illusion of ownership of economic power...!!!

One of the important facets of life is to perceive it as a journey through a given biological life-cycle of 100 years. We undertake a lot of journeys - by foot, ricksha, bus, car, ship, train and airways on various occasions until our life transition. In addition to these journeys there is one journey that is the fastest and still without any charge and that is: splendid voyage around the Sun throughout the year. Let us treat ourselves as fortunate to have taken birth on the earth that provides a liveable environment. The earth keeps rotating at a speed of just over 30 kms. per second round the Sun, so we all also keep moving round the sun !!!...Such rotation round the Sun and Earth moving on its own axis as well, exposes us to all the seasons throughout the year...Please relish the fragrances of all seasons that gradually make us all weather-proof during our life-time. There is no illusion of promises in the rotation of the Earth...!!! It would be quite an amazing to have the feel of this journey round the Sun and enjoy the a gestures of cosmic creations in the world around each one of us.

Comments / critics from the mentors / vibrant minds are welcome..

--- Manohar Lal Baharani: manoharlal.baharani@gmail.com : 8319723072

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### An Appeal

Being Members/ State Federations/ Affiliates of AISCCON, the largest Organisation for Elders, most of us after seeing the hardship faced by our parents, we have come a long way and could achieve through hard work, dedication and achieved what we are today. But, there are large number, in Millions, our brothers & sisters, not so lucky & are left behind, living in very poor

conditions. Many of us are Physically, Mentally & Economically strong & have the will to do something for them. We can make SHG,s ( Self Help Groups ), involving Poor Sr. Citizens/ Poor Youth, and Work for them as Guide, Mentor to help improve their economical position to live a dignified life & earn for themselves for a better life. This model is very much successful in many countries. We can take advantage of Govt Schemes for Skill Development, Generating Jobs through Entrepreneurship and taking up small businesses as per experience & interest of each.

Hope you can share your views & come forward for making a change in our society ( needy people ) by using your long experience, wisdom, management skills & help in Productive engagement for yourself & others. I am willing to coordinate with Govt Agencies, Business houses, NGOs etc for implementation of various programmes as per suggestions received.

For full text: July/ Aug.2022 Bulletin of Active Aging Consortium Asia Pacific ( ACAP ) in p.16.

<https://mail.google.com/mail/u/0/?ogbl#inbox/FMfcgzGqPpXLxsWkRIQIQWXHPtpsBgCP?project=1&messagePartId=0.1>

-- D.R.Narula, Faridabad 9717903456

## STATES SCAN AP



A training session at the Govt. Retd. Employees Association in **Kakinada**. The session was conducted by the Association President Sri K. Padmanabham, Secretary Sri Sastry, Treasurer Sri Subrahmanyam, Sri Raambabu, Nookaraju, Prasada Rao and Swathi.



Awareness program on MWPC Act 2007 by HelpAge India in Kakinada in East Godavari dist with collector and district officials on 14<sup>th</sup> Feb.



A medical camp on 13<sup>th</sup> Feb. in Swatantra SY Bhawan in Vijayawada by Dr. Ravi Kumar of Manikantha Health Care Services, Dr. P. Narasimha Rao of Lakshmi Eye Care Centre, Dr. Anitha Jyothi, Psychologist and Sri. Mothukuri Venkateswara Rao of Seniors Citizens Association.



**Senior Citizens Welfare Association, Tanuku, W.G. Dt.** has organized on 9<sup>th</sup> Feb. an awareness programme on Senior Citizens in the local 'Pragathi Degree College', in which Smt. M. Puspanjali, Field Officer, HelpAge India spoke. Further, there was an elocution contest on the same subject and the top four performers are suitably rewarded. Conducted by Sri. K.V. Satyanarayana, Secretary, Sri. Aarni Bhaskara Rao, Treasurer and members G. Mageswara Rao, Parvathi and Swathi.

--- Sri. Koduri V. Satyanarayana, Secretary, Tel 9441698263



The Sub-Divisional Tribunal at Narasapuram's judgment under the MWPSA ACT 2007 against persons who ill-treated their elderly and ordered imprisonment for two months and to vacate the house in two weeks.

--- Sri. V. Narayana Murthy, W.G. dt.

February - 2023 ఫిబ్రవరి 2023

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ఫిబ్రవరి - 2023

**Senior Citizen Vani**, a monthly in Telugu from Sri. P. Satanarayana 17/52, Eedepalli, Maslipatnam-521 001 W.G. Dt. AP.

## Chattisgarh



**वरिष्ठ नागरिक महासंघ एवं राज्य स्तरीय महिला सम्मेलन आयोजित**

हरिगूमि न्यूज २४ दुर्ग

अखिल भारतीय वरिष्ठ नागरिक महासंघ एवं छत्तीसगढ़ राज्य स्तरीय महिला सम्मेलन का आयोजन कला मंदिर सिविक सेंटर भिलाई में हुआ। अतिथि प्राचार्य वीके भदानी अध्यक्ष एवं उनकी टीम अखिल भारतीय वरिष्ठ नागरिक महासंघ नवी मुंबई सम्मेलन में उपस्थित थे। साथ ही स्थानीय अतिथि श्रीमती रमशीला साहू पूर्व केबिनेट मंत्री छग, रजनी बघेल, चित्रलेखा साहू, नरेन्द्र बंडोरा, चेयरमैन स्टील एक्जीक्यूटिव फेडरेशन ऑफ इंडिया आदि वक्ता उपस्थित थे। वक्ताओं ने महिला सशक्तिकरण एवं महिलाओं के मुलभूत अधिकारों की जानकारी, उनकी रक्षा संगठन महत्व को सामाजिक, आर्थिक भागीदारी में प्रदर्शन किया। स्वागत गीत ललिता पिल्लई और स्वागत भाषण यमला साहू दिया। अतिथि सचिव अखिल भारतीय वरिष्ठ नागरिक महासंघ एवं कार्यक्रम की आयोजक ने महिलाओं को अपने अधिकारों के प्रति जागरूक करने का आवाहन किया। छत्तीसगढ़ की संस्कृति विषय पर एक झलक मंच पर श्रीमती सरोज बाला श्रुप द्वारा प्रस्तुत किया गया और वरिष्ठ नागरिकों के विषय पर ड्रामा, नाटक श्रीमती सीमा अहमी के द्वारा प्रस्तुत किया गया। महिला सशक्तिकरण पर उदबोधन यामिनी साहू, स्यामला चौधरी, मंगला ने दिया। निबंध प्रतियोगिता में प्रथम स्थान शंकुतला साहू, द्वितीय प्रभारानी, तृतीय विद्या गोवर्धन विलासपुर रहे। कार्यक्रम के समापन भाषण एवं आभार प्रदर्शन श्रीमती गिथिला खिचरिया ने किया। इस अवसर पर आईएल साहू, एसएम पाटिल, श्रवण पराते, रामराव ढोक, प्रो एलके साव, आरएन साहू, दामोदर मुद्दकरे आदि उपस्थित थे। यह जानकारी महासंघ के रामराव ढोक ने दी।

--- Mrs. Yamala Sahu

# वरिष्ठजनों को दी डिजिटल साक्षरता की जानकारी

पेंड्रा (नईदुनिया न्यूज)। वरिष्ठ नागरिक कल्याण समिति पेंड्रा के द्वारा वरिष्ठ नागरिकों के लिए डिजिटल साक्षरता का आयोजन हेल्प एज इंडिया के माध्यम से किया गया।

कार्यक्रम में छग के विभिन्न क्षेत्रों से लोगों ने भाग लिया कार्यक्रम के मुख्य अतिथि पेंड्रा के नगर पंचायत अध्यक्ष राकेश जालान, अध्यक्षता एएसपी श्रीमती अर्चना झा व विशिष्ट अतिथि पवन सुल्तानिया, शुभंकर विरवास प्रमुख हेल्प एज इंडिया रायपुर, सीडब्ल्यू देवस अध्यक्ष छग वरिष्ठ नागरिक कान्फेडरेशन विलासपुर, पीएल सोनी सचिव छग वरिष्ठ नागरिक कान्फेडरेशन, जितेन्द्र श्रीवास्तव समाज कल्याण विभाग, राजू पट्टेरिया अध्यक्ष तैराकी संघ कोरवा केएन सेठ सेवी के साथ साथ जिले के वरिष्ठजनों ने भाग लिया। कार्यक्रम में



कार्यक्रम को संबोधित करते हुए नगर पंचायत अध्यक्ष राकेश जालान ● नईदुनिया

सभी वरिष्ठ नागरिकों को शाल प्रदान कर सम्मानित किया गया। साथ ही बाहर से आए अतिथियों को भी शाल मोमेंटो द्वारा सम्मानित किया गया। कार्यक्रम का उद्देश्य वरिष्ठ नागरिकों को डिजिटल जानकारी देना व वरिष्ठ जनों को उनके एकाकी पन से निजात दिलाने के लिए संगठन तैयार

करना था। कार्यक्रम में एएसपी श्रीमती अर्चना झा द्वारा सभी वरिष्ठ नागरिकों को डिजिटल की वृहव जानकारी दी गई।

डिजिटल क्राइम के मद्दव हेतु साइबर क्राइम के इंस्पेक्टर द्वारा मद्दव हेतु मोबाइल नंबर प्रदान करते हुए जानकारी दी गई। श्री जालान द्वारा वरिष्ठ नागरिकों हेतु भवन

निर्माण के आरवासन से सभी नागरिकों में खुशी जताई। समाज कल्याण विभाग द्वारा जरूरतमंदों को वाकर, छड़ी व श्रवण यंत्र वितरित किए गए। कार्यक्रम का संचालन पार्षद राकेश चतुर्वेदी ने व आभार प्रदर्शन इकबाल सिंह अध्यक्ष वरिष्ठ नागरिक कल्याण समिति के द्वारा किया गया।



वरिष्ठ जनों के सहायक उपकरण वितरण कार्यक्रम -

<https://dakshinapath.com/>

<https://chat.whatsapp.com/GAPe5mg29QbEng6jVMfxHK>

-- Shri. C. P. Deoras

## New Delhi



The International Digital Safety Day: On 7<sup>th</sup> Feb Helpage India has organized a training program at Senior Citizens Welfare Association, Malviya Nagar, New Delhi.

## Maharashtra



Maha Nagerpalika Mayor Mrs Pratibha Chaudhary sanctioned two Virangula Kendras at Raje Shivaji Sangh and at Professor colony. National President (AISCCON) Principal V K Bhadane felicitated Pratibhatai, Mr B T Devare, Mr Yuvaraj Mandale, Principal Mohan Bhadane, Mr Lahu Patil, Mr Chandrashekhar Vispute, Mr Yatin Chaudhary, Mr Santosh Mandale and Mr Vinayak Shula.

-- National President(AISCCON) Principal V K Bhadane, Dhule



Senior Citizens attending Savitribai Phule Pune University program on 15<sup>th</sup> Feb.

### District Senior Citizen Coordination and Controlled Committee of Pune



On 23<sup>rd</sup> Feb. at Pune, the meeting of "District Senior Citizen Coordination and Controlled Committee" took place in the office of the District Magistrate with the District Magistrate, Officers of Social Welfare Department Mrs. Sangeeta Davkhar, Chief Executive Officers of all local bodies of Pune district and FESCOM Mr. Arun Rode and Pune Regional Division President Chandrakant Mahamuni.

Several issues raised by Fescam: 1) The Collector immediately instructed the concerned tehsildars on the phone and ordered them to sign all the identity cards for all buses of ST Corporation. 2) The local self-government bodies should establish village-to-village Wirangula Centers for senior citizens within its space and income. 3) A survey of senior citizens should be done at the village level by all Regional Depts. 4) Officials of Fescam will provide training for all Govt. employees at "District Administrative Training Centre" 5) According to the financial benefit

scheme, all the 60+ should get minimum amount of Rs.3,000/ per month in their bank account, without referring to the condition of Below Poverty Line.6) The implementation of the Parents and Senior Citizens Maintenance and Welfare Act 2007 should be speedy through the Social Welfare Dept.

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**Nagpur Fescom East Vidarbha Regional Division Women's Convention's 400 women have**



addressed a statement to the Hon. MLA, Mohan Mate regarding the senior citizens, on 26<sup>th</sup> Feb. President Mr. Vasant Rao Kalambe, his office bearer, Mrs. Sunandatai Harne, president of Mahila Samiti, convened this.

--- Shri. Arun Rode, President Fescom

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**Odisha**

**Baristha Nagarika Mancha, Kandarpur's 6<sup>th</sup> annual function on 29<sup>th</sup> Jan. 2023 in their**



premises. A popular social worker and renowned physician Dr. Jagabandhu Sahoo was the chief guest. Sj. Bipin Bihari Hota, IIC, Kandarpur PS was the guest of honor and the President of Sankhapur Panchayat Baristha Nagarika Mancha, Sj. Hrudananda Jena, Jagatpur dist. was the chief speaker. Besides, two eminent personalities like Byanga Kabi S. Pratap Ch. Behera and S. Chittaranjan Bhoi, an artist and designer

of various home designing articles and useful and beautifully decorated utensils out of waste materials, especially out of coconut shells. One memorable event is that at Barabati Stadium in an ODI match between India and West Indies, the coffee cup made by him out of coconut shell and beautifully decorated was selected by the organizers of the match to serve coffee to both the team players. The meeting was presided over by the Mancha President, S. Santosh K. Tripathy; the annual report was presented by the Gen Secy S. Rabindranath Bhoi and vote of thanks was given by the Auditor of the Mancha S. Dr. Trilichan Behera.

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**TIGIRIA S C COUNCIL, Cuttack's Annual Meeting at Jagannath Temple premises on 7<sup>th</sup> Feb. with the presence of Sri Jagabandhu Tunga Samant in the chair. Dr P K Das, General Secretary and RK Samantroy, Jt. Secretary of FOSCAO have attended as chief guests and the Speaker with Sri Bishnu Mohan Das Samant from S C Cuttack Mahasabha as guest of honour.**

Council Secretary Sri Sushil Kumar Nanda presented the Report of their activities, followed by fruitful discussions by members and guests. Finally, the VP Sri Subodh Kr Pattanaik has proposed the vote of thanks.



On 13<sup>th</sup> Feb. **Mahavir Baristha Nagarik Sangh, Rajsunakhala**, Nayagarh celebrated its 4<sup>th</sup> Annual Function, which was attended by the Collector of Nayagarh Sri Rabindra Nath Sahu, as chief guest. Other dignitaries are Dr P K Das, the General Secretary, RK Samantroy, Jt Secretary and Sri Basant Kumar Barik, Zonal Secretary on behalf of FOSCAO , Sri Umakant Mallik, Addl. SP, Nayagarh, Zilla Baristha



Nagarik Sangh President Sri Pramod Kumar Pattanaik and General Secretary Sri Duryodhan Sahoo with other Govt officials and the local representatives of the people. The programme included felicitating very senior citizen members, distribution of identity cards issued by Police Department, best performer in the field of social service, journalism and other fields. The President Sri Basant Kumar Mohaptra, Secretary Sri Arakhita Muduli and the organiser Sri Madan Moha Sahoo have provided all support.

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



Activities of FISCAO on 16<sup>th</sup> Feb., Odisha

The State Government of Odisha has resumed senior citizens ‘Tirthayatra’ programme. One train with about 800 senior citizens has started it's journey from 27<sup>th</sup> Jan.

--- Sri. Kripa Sindhu Sahoo, CC member AISCCON.

**AISCCON Executive Committee meeting** at Tapaswini Hall, Sambalpur, hosted by Paschim Odisha Baristha Nagarik Mahasangha.



Sj Suresh Pujari, Hon'ble MP (Lok Sabha) and Prof B.B. Mishra, Vice Chancellor, Sambalpur University as chief guest and guest of honour; and the students of Rotary Public school, Bargarh & members of the Federation from various districts.



The office bearers of AISCCON at Panthaniwas, Sambalpur

-- Shri. Prahallad Mahapatra

## Panjab

### Senior Citizen Society Barnala:



सीनियर सिटीजन सोसाइटी **बरनाला** में मनाया मेंबरों का जन्मदिन मीटिंग में प्रेस सचिव योगराज योगी वित्त सचिव वासुदेव सिंगला, मनजीत सिंह जगदीश राय जगजीत सिंह कानूनगो सुरजीत सिंह चौहान सुरेंद्र गर्ग सुरेश कुमार शास्त्री, अमरजीत सिंह पुल्लर अशोक कुमार गुप्ता ।

सिटीजन सोसाइटी **बरनाला** की ओर से प्रधान अमृतपाल गोयल जी के नेत्रव में महीना बार मीटिंग । मीटिंग दौरान फरवरी महीने के जन्मदिन वाले मेंबरों का जन्मदिन गिफ्ट देकर धूमधाम से मनाया गया। मीटिंग का नेत्रव अमृतपाल गोयल सीनियर मीत प्रधान राजेंद्र प्रसाद सिंगला, महासचिव सुखविंदर सिंह बर्डिंग और मीत प्रधान डॉ मुकंद लाल बंसल ने किया।

-- Shri. Rajinder Parshad Singla 9501342000 [rpsingla42@gmail.com](mailto:rpsingla42@gmail.com)



**SCC, Bathinda** held its monthly meeting in M.S.D School with Shabad Gayan by Amarjit Khurmi & the song “ Ae Mere Watan Ke Shahido” sung by Parmjit Bhangu & Devmani. The Samagam was dedicated to Sir Chhotu Ram “ Kisana Da Masiha”.



On 26<sup>th</sup> Feb. meeting of SCC Bathinda in Dashmesh Public School. Dist. Bathinda Planning Commission Chairman Sh. Amritpal Aggarwal as Chief guest with President and governing body members. A clock on the map of Punjab with “35 Akhri” can be seen the dice.

## Senior Citizens' Welfare Association Ludhiana



A group of about 50 from **Senior Citizens' Welfare Association Ludhiana** led by Shri. S P Karkara, President, Mrs. Neelam Khosla and Vice President Er. R S Behal visited Maharaja Dalip Singh Memorial in village Bassian on 25<sup>th</sup> Feb. --- **Shri. S.P. Karkara**

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Shri. Nikhil Thakur of Helpage India talked about safeguards against the Cyber crimes and also distributed booklets. Shri. Simran Singh also from Helpage India gave awareness about Elderline No.14567 for about 40 members.

--- **Shri.Gurdip Singh Bhogal Zirakpur**

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**SCC Rupnagar: Birthday and marriage anniversaries in the month in H M T Resort.**

--**Shri. Karnail Singh**

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## सीनियर सिटीजन वैल्फेयर एसोसिएशन ने 51वां सिलाई मशीन वितरण समारोह करवाया अब तक अनेक परिवारों को संस्था द्वारा दी जा चुकी है सिलाई मशीनें : मास्टर जसबीर सिंह



आयोजन दौरान संबोधित करते हुए संस्था प्रधान मास्टर जसबीर सिंह व उपस्थिति।

समाना, 1 फरवरी (अनेजा) : सीनियर सिटीजन वैल्फेयर एसोसिएशन द्वारा संस्था प्रधान मास्टर जसबीर सिंह की अध्यक्षता में 51वां सिलाई मशीन वितरण समारोह का आयोजन श्री अग्रवाल धर्मशाला में आयोजित किया गया। इस दौरान अहमदाबाद बासी नोखिल जैन द्वारा संस्था को एक सिलाई मशीन भेंट की गई। इस सिलाई मशीन को

आयोजन दौरान एक जरूरतमंद परिवार को दे दिया गया। इस मौके सुरिन्द्र बांसल द्वारा भी अपने पिता को याद में एक सिलाई मशीन संस्था को भेंट की गई। इस मौके गुरु रविदास जी के प्रकाश पर्व की बधाई देते हुए संस्था प्रधान मास्टर जसबीर सिंह ने कहा कि हमें सभी धर्मों का बराबर सम्मान करना चाहिए, हमें सभी पर्व

मिलजुल कर मनाने चाहिए। संस्था द्वारा जरूरतमंद परिवारों को कामकाज करने में सहायता करने के लिए करीब 4 वर्ष पूर्व सिलाई मशीन वितरण का आयोजन शुरू किया गया था। हमें खुशी है कि यह कार्य संस्था सदस्यों व दानी सज्जनों के सहयोग से बहुत ही बढ़िया ढंग से चल रहा है, क्योंकि लोगों के सहयोग से अब तक अनेक परिवारों



एक जरूरतमंद परिवार को सिलाई मशीन देते हुए संस्था के सदस्य। (अनेजा)

को सिलाई मशीनें दी जा चुकी हैं। इससे उन्हें अपने परिवार को चलाने के लिए काफी मदद मिली है। इस मौके हरि चंद वर्मा, कृष्ण चंद मंत्री, कृष्ण कुमार सिंगला, रघुबीर ज़िंदल, प्यारा लाल बांसल, सुरिन्द्र बांसल, प्रेम चंद नंबरदार, हरखेंस सिंह नागी, ओम प्रकाश जै सिंह, राज कुमार सिंगला, कृष्ण लाल सिंगला, सुरल सिंह, नरिन्द्र सिंह हंजरा, हरजीत सिंह, जगदेव सिंह,

जगदीप चंद अरोड़ा, कृष्ण कुमार धनेटा, राम लाल सिंगला, बलराम शर्मा, रजिन्द्र कुमार गुप्ता, डा. सुरिन्द्र सिंगला, विजय गर्ग, नरिन्द्र गोयल, रणधीर सिंह चोहरा, राज कुमार अनेजा, सतपाल अनेजा, अश्विनी वर्मा, मदन लाल मान, जगरूप सिंह, प्रकाश चंद पाटक, रजिन्द्र कुमार, बलबीर सिंह, कांता बांसल, वर्षा रानी, यौन रानी, रीता रानी, शशि बाला, निर्मला व अन्य मौजूद थे।

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

### Rajasthan



सीनियर सिटीजन सोसाइटी धोला भाटा व मन्ना हवेली के संयुक्त तत्वावधान में 20 निःशक्त व कम सुनने वाली 38 महिलाओं को ऑडिओमेट्रिक जांच के बाद उच्च स्तर की कानों की सुनने की मशीन महावीर विकलांग सहायता समिति द्वारा निःशुल्क वितरित की गई। महावीर सेवा समिति के प्रभारी श्री सुरेश मेहरा ने दीप प्रज्वलित कर शिविर प्रारंभ करवाया और बताया कि निकट भविष्य में दूसरा शिविर भी आयोजित किया जायेगा। बहरेपन की ओर अग्रसर महिलायें सीनियर सिटीजन सोसाइटी अथवा मन्ना हवेली में अपना नाम व पता लिखवा सकती हैं।

-- Shri. KK Gaur

### वरिष्ठ नागरिक संस्थान जोधपुर

#### जोधपुर में वरिष्ठ नागरिक संस्थान राजस्थान का प्रांतीय सम्मेलन 9 अप्रैल को

नवज्योति/जोधपुर। एक कल्याणकारी सरकार चाहे वह केंद्र सरकार हो अथवा राज्य सरकार उसे अपनी जनता के सभी वर्गों को संतुष्ट रखना चाहिए। इसमें वरिष्ठ नागरिक भी बहुत बड़ा हिस्सा है। यह विचार वरिष्ठ नागरिक संस्थान राजस्थान के प्रदेश अध्यक्ष भंवर सेठ ने महर्षि दयानंद सरस्वती आर्य समाज भवन रातानाडा पर आयोजित बैठक में व्यक्त किए। प्रदेश महामंत्री मदन खटोड़ ने बताया कि आगामी 9 अप्रैल को वरिष्ठ नागरिक संस्थान राजस्थान का प्रांतीय सम्मेलन जोधपुर में आयोजित किया जाएगा। जिसमें प्रदेश के लगभग 1000 सदस्यों के भाग लेने की संभावना है। इस अवसर पर प्रदेश के मुख्यमंत्री अशोक गहलोत को विशेष रूप से आमंत्रित किया गया है। सम्मेलन में विभिन्न ज्वलंत मुद्दों पर चर्चा

#### वरिष्ठ नागरिकों का भी ध्यान रखे सरकार



भीलवाड़ा@पत्रिका.

वरिष्ठ नागरिक संस्थान के प्रदेश अध्यक्ष भंवर सेठ ने रविवार को कहा कि कल्याणकारी सरकार चाहे केंद्र

महामंत्री मदन खटोड़ ने बताया कि 9 अप्रैल को संस्थान का प्रांतीय सम्मेलन जोधपुर में होगा। मुख्यमंत्री अशोक गहलोत को आमंत्रित किया

## दुबई जाने वाले 50 वरिष्ठजनों की हुई बैठक



भीलवाड़ा | वरिष्ठ नागरिक भवन पर गुरुवार को आगामी 16 मार्च को दुबई जाने वाले ग्रुप के 50 सदस्यों की बैठक मदन खटोड़ की अध्यक्षता में आयोजित की गई। कार्यक्रम प्रभारी रामपाल शर्मा ने बताया कि इस टूर की जिम्मेदारी सत्यनारायण देराश्री, कमलेश जाजू एवं रामकिशोर काबरा को दी गई है। महासचिव कृष्णगोपाल सोमानी ने स्वागत किया। इस अवसर पर कैलाशचंद्र सोमानी, मूलचंद बापना, पुखराज अग्रवाल, शिवदयाल अरोड़ा, बीएल सोमानी आदि मौजूद थे।



दरान आयन गग,  
कुणाल चंदेला,  
कुणाल शेखावत,  
राजू धोबी,  
मनजीत सिंह  
आदि उपस्थित थे।

## वरिष्ठ नागरिक मंच

वरिष्ठ नागरिक मंच के अध्यक्ष मदन खटोड़ की अध्यक्षता में गोष्ठी वरिष्ठ नागरिक भवन में हुई। इसमें शहीदों को श्रद्धांजलि दी। इस दौरान वरिष्ठ प्रांतीय उपाध्यक्ष श्याम कुमार डाड, महासचिव कृष्णगोपाल सोमानी, सह सचिव कैलाश चंद्र सोमानी आदि उपस्थित थे।

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उदयपुर, सोमवार 27 फरवरी 2023

## सार समाचार

### वरिष्ठ नागरिक संस्थान कार्यकारिणी ने ली शपथ



उदयपुर (वि)। वरिष्ठ नागरिक संस्थान राजस्थान के लगातार तीसरी बार निर्विरोध नवनिर्वाचित प्रदेश अध्यक्ष भंवर सेठ को चुनाव अधिकारी श्याम कुमार डाड ने सेठ के निर्वाचन की घोषणा की एवं उन्हें सत्र 2023 - 26 के कार्यकाल हेतु शपथ दिलाई। सेठ नवीन कार्यकारिणी की अति शीघ्र घोषणा करेंगे। आज के शपथ ग्रहण कार्यक्रम में चौसर लाल कछरा, कृष्णचंद्र श्रीमाली, नवल पगारिया, वरदान मेहता, भंवर सिंह राठोड़ मुरलीधर गट्टानी, श्रीमती दिलखुश सेठ, श्रीमती पुष्पा मेहता, श्रीमती तारा पगारिया सुशीला कछरा सभी उदयपुर, कृष्ण गोपाल सोमानी, मूलचंद बापना, बीणा खटोड़ सभी भीलवाड़ा, रामलाल मोबारशा पाली, सुरेश चंद्र सोमानी सबाई माधोपुर, प्रकाश व्यास झालावाड़, दिनेश चंद्र श्रीमाल डूंगरपुर, के के गौड़, सुरेश अग्रवाल, जे पी शर्मा सभी अजमेर ने भी अपने विचार रखे। संचालन प्रदेश

## बैठक में सुनाए साउथ अफ्रीका की यात्रा के संस्मरण



ब्यूरो नवज्योति/ उदयपुर। महाराणा प्रताप वरिष्ठ नागरिक संस्थान के तत्वावधान में विज्ञान समिति में आयोजित बैठक में सदस्यों ने हाल ही में आयोजित साउथ अफ्रीका यात्रा के संस्मरण सुनाकर सब को रोमांचित कर दिया। शुभारंभ श्रीमती रजनी जोशी ने ईश वंदना से किया। तत्पश्चात संस्थान गीत श्रीमती दिलखुश सेठ एवं पुष्पा मेहता ने गुलजार का निखार है हम वरिष्ठ जन, अब तक सदाबहार है हम वरिष्ठ जन प्रस्तुत किया। भंवर सेठ ने साउथ अफ्रीका यात्रा के सुनाए। इस मौके पर नरेंद्र जोशी, सुंदर मांडावत, प्रदीप व्यास, नवल पगारिया, कैसर रोग विशेषज्ञ डॉ. रेणु मिश्रा गीतांजलि मेडिकल कॉलेज एवं हॉस्पिटल आदि उपस्थित थे।

--Shri. Bhanwarseth & Shri. Madanlal Khatod



वरिष्ठ नागरिक संस्थान राजस्थान जिला डूंगरपुर \*जिला कार्यकारिणी का गठन\* डूंगरपुर, 12 फरवरी।

स्थानीय राजकीय महारावल उच्च माध्यमिक विद्यालय में संस्थान की जिला इकाई का गठन किया गया।

--Shri. Dinesh Shrimal, Dist, President --dinesh8997shrimal@gmail.com

## Kota



वरिष्ठजन कल्याण समिति कोटा की मासिक आमसभा आज दि 25<sup>th</sup> Feb. को इंजीनियर्स भवन में । इस मौके पर श्री जी डी पटेल, एल सी बाहेती, डॉ वेदप्रकाश गुप्ता, सेवानिर्वृत न्यायाधीश गजेंद्र गौड़, चीफ इंजी धीरेंद्र माथुर एवम इंजी राजेंद्र गौड़ ने अपने विचार प्रकट किए । नए सदस्य चीफ इंजी पी के जैन, डॉ सी पी गुप्ता, यज्ञदत्त हाड़ा, इंजि श्यामलाल गुप्ता, गेरा साहिब(FCI) का माला पहनाकर स्वागत किया गया ।



अंतराष्ट्रीय U3A(यूनिवर्सिटी ऑफ थर्ड एज ) के राष्ट्रीय उपाध्यक्ष एवम जनता की आवाज समिति ,महिला शक्ति व युवाशक्ति के राष्ट्रीय समन्वयक श्री शंकर आस्कन्दानी द्वारा कोटा शहर की की स्थानीय संस्थाओं की सम्मिलित आमसभा व पिकनिक सदस्य इंजि एच पी जैन के बारां रोड ,ताथेर स्थितफॉर्म हाउस पर 26<sup>th</sup> Feb.को आयोजित की गई जिसमें समाजसेवी जी.डी.पटेल,प्रदीप कुमार कुलश्रेष्ठ ,वीरेंद्रसिंह ताथेर, डॉ एम.एल.परिहार और महिलाशक्ति की सुजाता ताथेर एवम युवाशक्ति के बृजेश विजयवर्गीय । शंकर आस्कन्दानी और डॉ एम एल परिहार को उनकी उत्कृष्ट सेवाओं के लिए विशेष स्मृति चिन्ह देकर सम्मानित किया गया ।

--Shri. Shankar Askandani-7977921037



आसाम के राज्यपाल पद पर आसीन होने पर उदयपुर से विदाई समारोह में सम्मानित करते हुए महाराणा प्रताप वरिष्ठ नागरिक संस्थान उदयपुर के पदाधिकारी।

---- Shri.Bhanwarseth

### Karnataka

Retired But Not Tired

Email: [mangaloreseniors@gmail.com](mailto:mangaloreseniors@gmail.com)  
Website: <https://mangaloreseniors.com>

## ವರಿಷ್ಠ ವಾಣಿ

# VARISHTA VAANI

NEWSLETTER OF MANGALORE SENIOR CITIZENS' ASSOCIATION (R)

Ground Floor, City Corporation Building, Lalbhag, Mangaluru - 575 003

Let Noble Thoughts come to Us from all sides - Rigveda

February

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### Tamil Nadu

#### UN World Food Program for Turkey & Syria

“Lives matter. We care. We’re there.” David Beasley, WFP Executive Director. Within 24 hours from the time the earthquakes hit on 6 February, the United Nations World Food Programme (WFP) was on the ground providing hot meals and ready-to-eat rations to the victims, thanks to the kindness of people like you. Thanks to our global family of supporters, 142,000 people received emergency food assistance in the days following the quakes. Since then – with your support – WFP’s operation on the ground has accelerated.

Donate now: I speak for everyone at WFP when I say how moved we are to see people around the world giving so generously to help children and families who have lost everything overnight.

--- Mr. Halcyon Garrett, Supporter Care, United Nations World Food Programme  
[supportercare@wfp.org](mailto:supportercare@wfp.org) Via C. G. Viola 68 Parco dei Medici - 00148 Rome, Italy.

From: Dr. M.Singa Raja, Chennai

Vol.23 / Issue 2 - February 2023

1

Published on the 15<sup>th</sup>

# ELDERS

Monthly Journal of the  
**TAMILNADU SENIOR CITIZENS' ASSOCIATION**

Regd. No.255/87  
Old V-95, New 78, 5<sup>th</sup> Main Road, Anna Nagar, Chennai - 600 040.  
Ph : 2621 3908 / 2621 3850  
Service Centre : Flat AG1, 15A, Jai Nagar 1st Street, Arumbakkam, Chennai - 600 106.  
Website : <http://tanseca.com> E-mail : [gensec@tanseca.com](mailto:gensec@tanseca.com)

Edited and Published by D. Rajasekaran

## Telangana

### Amma Eye, Organ and Body donation Promoters Organization

Cadaveric dissection is an important element of the teaching in medical Colleges. It aids the



medical students to understand human anatomy and consequently utilize the knowledge for their clinical subjects. The surgeons also require to update their knowledge. We wish to create awareness among people about voluntary body donation for teaching and research purposes.

On 26<sup>th</sup> Feb. Eye, Organ and Body Donation awareness at Senior Citizen Association, Bhavya Anandam Nizampet

Hyderabad, with Nizampet Counselor Rajitha Garu.

Sri. Ganji Eswara Lingam. Founder & President in Telangana, Andhera pradesh and Maharashtra. 94910 74940 & 9550 89 4940. [email.ammaeyeorganbody@gmail.com](mailto:email.ammaeyeorganbody@gmail.com)



1. Health checkup camp at AIRRF office Chilkalguda sec-bad on 4<sup>th</sup> Feb. thanks to all the staff of Yashoda Hospital in Hitech-Tech city.

2. AIRRF President and Vice President AISCCON Sri. S. Sreedhar had a meeting with Sri. Anil Kumar Lakoti, Chairman & CEO, Railway Board at New Delhi to discuss important issues pertain to pensioners/ senior citizens. - Sri. S. Sreedhar, President, AIRRF & Vice President, AISCCON



Digital Safety Trg. on 12<sup>th</sup> Feb with 37 participants with Senior Citizens Association HUDA Complex, Hyderabad.



**Help Age India's Digital Safety trg. to the Sr. Citizens Assn. of KPHB, phase 3, and Mayurmarg, Begumpet Hyderabad for 76 participants, on the occasion of World Safer Internet Day, on 8th Feb.**

--- Sri. Shyam Helpage India.

### **Meeting with Aasara officials in GHMC**

All the Circle Committees' presidents and secretaries and Aasara Central Committee members Dr. G. Nageaswara Rao, Vice President, Sri. Kandibanda Narasimha Rao, Gen. Secretary, Sri Govinda Rajulu, Treasurer and Smt. M.Vijayalaxmi, Joint secretary have met GHMC Director Aasara Mrs Soujanya and Sri Aleem, Aasara in-charge P.O. on 6<sup>th</sup> Feb.



\*A meeting of the Aasara Circle Committee seniors with

the DGP Sri. Mahdusudhana Swamy on 2<sup>nd</sup> March.

\*Aasara Central Committee met Sri. S.Venugopala chary, Chairman, Irrigation Development Corporation on 7<sup>th</sup> Feb.

On 4<sup>th</sup> Feb. Sri KL Narayana Garu of Sainikpuri colony from Kapra circle has participated in the 5<sup>th</sup> National Masters Swimming Competition conducted by Masters Aquatic Federation of India at Gachibowli Swimming pool and secured first position in all three events i.e. 50, 100 and 200 meters freestyle in the age group 75-79.



--Dr. G. Nageeswara Rao, Vice President & Sri. Kandibanda Narasimha Rao, General Secretary



**Senior Citizens Association, Kothagudem** distributed food items to the inmates of Muthabai Memorial Old Age Home on Friday, 3<sup>rd</sup> Feb. --Sri. Hanumanthrao



On 25<sup>th</sup> Feb. the **TSGREA** State office bearers, Sri Damodar Reddy president, Sri. C. Chandra Shekhar, Secretary General and others met the Hon. Minister Sri Harish Rao garu and gave a representation. He promised to take one from the Association as the member in EHS Trust. Sri Gangareddy, treasurer, Sri V.Vishwanath associate president, Sri Seetharamaiah V.P., Sri G Mohanreddy VP, Smt. Bhagyalakshmi V.P., Sri Venkatreddy president, Nalgonda dist., Sri Sudarshanreddy president Suryapet dist., Sri Thakur Inder Singh, Hyd District, president and Sri Prabhakar garu Adilabad district were in the team. -- Sri. Inder Singh Thakur, Hyderabad

The Rotary Club of Jubilee Hills in Hyderabad has organized a function on 11<sup>th</sup> and 12<sup>th</sup> Feb. to distribute highly developed Prosthetic hands. These hands are highly developed and operate with a battery. --- Sri. R.N. Mital, former President of AISCCON, [rnmital@gmail.com](mailto:rnmital@gmail.com)



Haryana Governor Sri Bhandari Dattatreya garu releasing a book by Dr. Shobha Perindevi of AOSC on 21<sup>st</sup> Feb. in Hyderabad.

**Eviction Orders in favour of Senior Citizens:  
GO Ms No.40/2023 dated 30.12.2022 by the Gov. of TS**

The Ministry of Home Affairs, GoI has asked the State Governments to give better protection to the senior citizens as per Section 22 read with Section 32 (2) (f) of the Act, as this matter is under the Concurrent List of the Constitution. The Model Rules gave to the State Police the responsibility to plan protection of life and property of senior citizens. The same was adopted by many states. But as the "property matters" are of Civil in nature and the Police cannot settle these matters without filing an FIR in the Civil Court. But as per section 27 of the Act, the Civil Courts have no jurisdiction in the cases falling under the Maintenance and Welfare of Parents and Senior Citizens Act of 2007 and the Advocates are not permitted to represent the parties before the Tribunals, as per Section 17 of the Act. Thus the subject matter became nobody's baby.

First, Panjab and Haryana State and then, the Government of NCT of Delhi have amended their Rules giving this powers to the District Magistrate through the Action Plan. This is supported by Chandigarh and also by Delhi High Courts. Sri Rattan Lal Kataria, Minister of State for Social justice and Empowerment also declared this Amendment in Parliament, in 2019. But, still the Rules of some States are not amended accordingly. With the initiative of some senior Citizens of Hyderabad, this matter is taken up by the State Government and issued a GO MS No. 40/2022 dated 30.12.2022, amending Rule 21(3), giving these powers to the District Magistrate through an Action Plan. As per this, now the parents and senior citizens, on complaint, can get their children and relatives evicted from their principal residence, if they do not maintain or ill-treat them.



Senior Citizens issues at  
Dr. Marri Chenna Reddy Human  
Resources Development Institute,  
Jubilee Hills, Hyderabad on 15<sup>th</sup> Feb.

**Permanent Help Centre:** *If any aged person or couple find themselves harassed, abused or abandoned, please contact for help and advice at Srinivasa Samaja Seva Trust in Hyderabad from 10 to 13 hours.*

----- Sri. D. Parthasaradhi on 9491117461. sarathidummala@gmail.com

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**Senior Citizens Association, Karimnagar, Telangana** meeting on 13<sup>th</sup> Feb. at the Pensioners'



Bhavan: President Sri. S. Janardhana Rao urged the members not to transfer the property to their children as they would sell the property and neglect their parents. Ex-Secretary Sri Thota Lakshmana Rao wanted the closed library to reopen and would like to donate Rs.10,000 for obtaining some books and furniture. There was an awareness programme on 2007 Act with Sri Anjaiah, Mahendra Reddy and several other members.

--- KJ Swamy [kjswamy48@gmail.com](mailto:kjswamy48@gmail.com)

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## Nalgonda



The RDO, Nalgonda is asked to allot a place for the construction of an old age home by the Senior Citizen Association president Sri. Samudrala Mallikarjun, Sri. Sudarshan Reddy, Srinivasa Reddy, Sri. Devender Reddy, Sri. Bhikshapathi, Sri. Indra Reddy and others.

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Asaya Varadhi  
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మనసులోని మర్రి  
మనసులో ఒక ఆలోచన పురుడు పోసుకుంటుంది. తర్వాత దాని నిర్మాణం రూపుదిద్దుకుంటుంది. పవిత్రం తయారవుతుంది. ఆరుంధ్రం ఎక్కడా.. ఏమిటి.. అని చూస్తే అది మెదిలిన ఒక ఊహ అని అర్థమవుతుంది. ఆలోచన ఎప్పుడు పుట్టినా అది ఎంతో శక్తివంతమైనది. దాన్ని ఇతరులు అమోదిస్తారా, సమ్మతారా లేదా అనేది వేరే సంగతి. ఆ ఆలోచన ఫలితంగానే కావాల్సిన

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## Uttarakhand



Monthly Birth Day & Wedding Anniversaries at the Day Center of **Senior Citizen Forum Haridwar** on 30<sup>th</sup> Jan.



**Shehjaar Homes Haridwar's** weekly program “Kuchh Bhi Boliye” at its center in C 107 Antariksh City, On 8<sup>th</sup> Feb. where Sh M K Mittal ex director BHEL narrated some of his life events.



‘Kuchh bhi boliye’ at Shehjaar center on 22<sup>nd</sup> Feb. where Shri. A K Jain ex G M BHEL and author of many books spoke on **Happiness**. Mrs Usha Jain an eminent poet and writer sang melodiously. Sh Deepak Nehra from

Adarsh Shiksha Sanskar Manch explained how the Manch is taking our culture to the young children through online program with the help of 5000 teachers in 12 states.

---Shri. Suresh Palgay

\*\*\*\*\*

## **All India Senior Citizens' Confederation**

**Jyestha Nagarik Bhavan,**

**Plot No 7C, Sector 12, Near Gaondevi Mandir, Nerul (West), Navi Mumbai – 400 706.**

**Phone: 022-27701228**

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