



# AISCCON NEWS

## आइस्कॉन समाचार

MONTHLY NEWSLETTER OF ALL INDIA SENIOR CITIZENS' CONFEDERATION  
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SEPTEMBER, 2008

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## International Conference on Ageing in India

"MULTIDISCIPLINARY APPROACH TO HEALTHY & PARTICIPATORY AGEING"  
Jan 22<sup>nd</sup> to Jan 24<sup>th</sup> 2009- Mumbai , India

A silent revolution has been occurring in the last 100 years - unseen, unheard, and yet so close as people 65 years of age and older have been the fastest growing segment of the different countries around the world.

In a rejoinder to this dramatic demographic trend, it is important to focus on the challenges of ageing in the 21st century. To facilitate their active integration in the life of the society, it requires collaborative efforts, which involves not only the family, but also the community and the Government - Consequently it points to the important fact that different groups of people need to network. Keeping with this, S.V.T. College of Home Science has planned for this International conference on "MULTIDISCIPLINARY APPROACH TO HEALTHY & PARTICIPATORY AGEING" which is also coinciding with the Golden Jubilee Celebration of S.V.T. College of Home Science.

This conference is aimed at engaging the various sectors of the rural and urban community in a process of reinvesting the concept of ageing and rethinking policy, through an intergenerational, cross-cultural and multi-disciplinary approach. The conference hopes to address the many key questions central to the ageing population by

bringing together different professionals engaged in working for the elderly to share their ideas and research findings.

**The specific objectives of this conference are manifold:**

- To review and address the realities and issues related to ageing in the contemporary society.
- To create awareness about the needs of the elderly and also appreciate the contribution that older persons make to own societies,
- To highlight the resources/facilities necessary to deal with the increasing population of the elderly
- To identify the innovations enhancing the lives of older people to ensure independence, participation, fulfillment and dignity.
- To deliberate on the sustainable policies of care for the elderly to ensure that the well-being of elders in need is effectively safeguarded by our society
- To strengthen the networking of different governmental and nongovernmental professionals working in this field so that the beneficiary i.e. the elderly in a country can benefit.

Another highlight of this International conference would be an "**Exhibition on**  
*Cont. on Pg.11*

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2008

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# Rush Help for Bihar Flood Victims

The catastrophic flooding in north-east Bihar is the worst in modern India's history. On 18th August 2008 the concrete bund on Kosi embankment burst at Kusaha village near Nepal border and from August 19th Kosi has created havoc in the districts of Supaul, Madhepura, Araria, Biratnagar, Purnea and Katihar in Bihar. Kosi is known as the 'river of sorrow' and Kosi floods are common but not like the present one which is devastating. The Govt. and the Military have evacuated over 9 lakh people from the affected area still unplanned migration to safe areas continue daily. The changed course of notorious & unpredictable Kosi river has uprooted millions of people, thousands remain trapped in homes, thousands have taken shelter on house-tops and 'pipal' trees for 8-10 days and they don't know what will happen next. Thousands are packed in poorly resourced relief camps or just sleep hungry on railway stations or on roads. The people are living a miserable life without food, potable water & clothes.

30 columns of the Indian Army and 4 of Navy are continuously busy in the relief operations. Central Water Resource & Development Minister Shri Brijendra Prasad Yadav says 'the situation is still grim and several parts are yet to be reached'. Faces of poor villagers are the faces of tragedy. A smile is hard to come across while tears flow freely. Many villages and towns are still 8 to 10 feet under water. On August 26, floods worsened due to heavy rains in the area. Helicopters started airdropping relief material. The Prime Minister had an aerial survey on 28th August, described the tragedy as a National Calamity and sanctioned Rs.1000 Crore and 1.25 lakh metric tons of food grains for the flood-

victims. The relief material is coming slowly and as is usual in such natural calamities the Senior Citizens are the worst sufferers. They hardly get any food clothes or space in relief boats. Many people including children and senior citizens are missing. The death toll has shot up to 76.

Railways have started flood special trains to transport people to safe destinations. The Railway Minister has announced Rs.90 crore as financial assistance to the affected (from 1 day salary of 14 lakh Railway employees and generous contributions from Railways PSUs.)

The calamity is so big and the rehabilitation work is so enormous that thousands of crores will be required to help the flood victims. It is the duty of every Indian to contribute maximum in this hour of crisis of our fellow - brothers & sisters. AISCCON had collected funds in Kutchh (Gujarat) earthquake and during Tsunami havoc. It is our earnest appeal to every Senior Citizen to contribute for AISCCON Bihar Flood Relief Fund. In the Annual Central Council Meeting of AISCCON at Akola on 31st Aug. 08, when the appeal was made by the President, Rs.25,000/- were collected on the spot. Every Association / Federation should collect the donations from members and well-wishers and send it to the Treasurer of AISCCON (Shri P.S. Kshetramade, 164, Mangesh Shantadurga Society, Sector 17, Nerul, Navi Mumbai 400 706). All donations will get income tax exemption under Section 80 G.

Let every Senior Citizen do his duty to wipe the tears of our flood affected brethren. Let us rush help to Bihar Flood Victims.

**-Dr S P Kinjawadekar**

**Editorial...**

# Senior Citizens of Twenty First Century

M.V. Ruparelia • Mira Road (E)

Happiness is the state of mind and this feeling being abstract can not be assessed for entire group of Senior Citizens of the present decade and before some decades, unless some standards/measurements are laid down. Let us lay down specific standards as below and then compare us with our fathers & forefathers of 3-4 decades before.

**1) Financial Position:** The dawn of 21<sup>st</sup> Century brought prosperity for our country due to adoption of Economic Reforms earlier. Lot of investments by NRIs & Foreign Companies increased the production as well as liquid cash. Overall prosperity & increased GDP gave advantage to Senior Citizens also. Government employees got revised pensions on par with their erstwhile designations with 100% benefit of Dearness Allowance, which was meagre earlier. Public Sector paid their employees well, resulting in better retirement benefits and also through substantial handshakes for voluntary retirements. Those in private sector also got considerable advantage of increased GDP. Those dependent on children also got relief due to increase in income of their children. Along with more money, availability of commodities not only in respect of food but in all respect became very easy as compared to earlier period, when one had to go to Vasai on Western Railway or Sahad on Central Railway for 1-2 kilos of rice and eat red imported wheat! Standard of living and quality of life of Senior Citizens are increased in general due to more money and more facilities like easy transport, quick communication through phones, mobiles, computers, more

entertainment through TV, Cinema, Music, Drama etc. Life earlier for Senior Citizens in last 4-5 decades of 20<sup>th</sup> Century was difficult with limited income and limited availability of commodities. Basic requirements of Roti, Kapda, Makan are now easily met. Earlier Home Loans were not easily available without obtaining title of land. In this century, all loans, including Reverse Mortgage Loan for various purposes are easily available even for Senior Citizens. Help to needy from Charitable Trusts etc is easily available. For those Below Poverty Line, Indira Gandhi Pension, though a mockery of a living human being, is available from Government with free insurance of Rs 30 thousand, subsidised grains etc. Even second careers are easily available, as compared to earlier period.

**2) Cultural:** The present generation of Senior Citizens is much more organized and have more time to devote to cultural & religious activities. More Associations of Senior Citizens, many big temples, masjids, churches, cultural & social associations have come up now and atmosphere is also more favourable for such activities as compared to earlier times. There are better avenues for passing time usefully and being helpful to others. Laughing Clubs, Gyms, Yoga-Meditation Centres, Spa, Health Clubs etc are available in plenty. Learning facilities in various fields of interest at late age are also available. More literature, more information, more Newspapers, Magazines etc and what not more is easily available! Senior Citizens lead in all fields like Politics, Society, Science, Trade, Marathons and Games etc.

**3) Medical facilities:** Advanced

medical facilities are available as per one's financial position. There are free Hospitals belonging to the State, Municipality, Trusts etc and very costly Hospitals also. Incurable diseases of the past have been eliminated and the results of better medical facilities are apparent by way of longer life span & healthy Senior Citizens moving amongst us.

**4) Family:** Due to children going away for service etc, there are many Senior Citizens staying alone and enjoying independent life! Though, there is a general nostalgia of disadvantages of Nuclear family and depriving Senior Citizens of love & respect, the fact remains that present generation of Senior Citizens prefer separate independent life till last. They prefer to stay in Oldmen's House rather than play second role in their children's family. In view of this, there shall be need for more Palliative Care & Hospice Centres shortly. Senior Citizens of the earlier times were happy in joint family because they were continuing to be Head Of the Family.

**5) Security:** The present day Senior Citizens staying alone are not more secured than earlier in Joint Family but sufficient security exists by way of Police Protection, if they get registered with Police and follow their instructions. NGOs also look after them in case of keeping contacts with them. Help Line exist for 24/7. Show of prosperity to unregistered servants leads them to trouble.

Government has not done enough inspite of clear directives in NPOP,99. It will be sufficient, if NPOP is implemented quickly

by laying down a time bound plan for implementation, as ordered by Chief Information Commissioner on 27-6-08.

#### **GENERAL IMPRESSION:**

This subject was discussed informally in a group of about 15 Senior Citizens. The general consensus was that earlier Senior Citizens were happy than present generation. They gave the following reasons/their thinking/feelings:

- i) Old is Gold.
- ii) There was less population and less wants.
- iii) Due to joint family system, financial & social support was available.
- iv) People were god fearing and as such less problems.
- v) Knowledge of diseases did not exist and as such, no rushing to the doctors.
- vi) Money had value and things were cheap.
- vii) Nature & Environments were good.
- viii) Respect for seniors existed in families. Even guests were looked after well.
- ix) Pure eatables like ghee, vegetables, grain etc were available, as compared to present day adulterated things.
- x) Body was remaining fit due to hard work in fields.
- xi) People believed in theory of KARMA. If bad things are done, they will be punished.
- xii) There was a unity in villages, mohallas etc and people used to come to the help/rescue, as compared to present trend of running away from the site.
- xiii) People were less selfish.

#### **OBITUARY**

\* **Shri S.V. Subramanian** (80 yrs) **AISCCON News** member from Mulund (E) passed away on 21/8/08.  
May his soul rest in peace. *Mg. Editor*

#### **DONATION**

\* **Shri Natwarlal Chaudari** from Akola, donated Rs.200/- in memory of **Smt. Ellaben Chaudary**. *- Mg. Editor*

# ***RIGHT TO INFORMATION***

To

**Prof. M.M. Ansariji,**

Date: 1-9-08 .

The Central Information Commission (Right To Information Act, 2005),  
Government of India, 11nd Floor, August Kranti Bhawan, Bhikaji Cama Place,  
New Delhi-110066.

Dear Sir,

Sub: Non-implementation of Your Orders dt 27-6-08 by Ministry of Social Justice & Empowerment.

**Ref: Your Decision no. 2701/C(A)/2008 vide letter no. CIC/MA/A/2008/00645  
dt 27-6-08 .**

## **1. The Decision reads as under:**

"The Respondent has adopted a National Policy on Older Persons which has not been implemented. The Senior Citizens are, therefore, deprived of the benefits assured to them. The Respondent is, therefore, directed to clearly outline the plan of action and indicate its outcome for the larger benefits of the Society."

2. 9 crore Senior Citizens are thankful to you for this decision, as this shall make the Nodal Ministry plan out some action.

3. This is to bring to your notice that inspite of this clear directive, the Respondent has declined to prepare a plan of action vide his letter no. 15-37(6)/07-08/AG dt 11-7-08 to me & copy to your office on the plea that National Policy on Older Persons, 99 is only a guiding factor and its objectives are to be realized in gradual process by encouraging/involving all stake holders like various central agencies, State Governments, NGOs & general public to actively participate in the process etc. Even for making these stake holders to participate, some instructions are to be issued, which also have not been done in 9 years for almost all the cases, as seen from reply given for action taken on some of the paras of NPOP. All paras of the Policy lay down that "this or that will be done" and no para says this may be done, which clearly indicate that Policy is not a guiding factor, as contended by Respondent.

4. Para 93 & 94 of the Policy read as under:-

Para 93: Five Year and Annual Action Plans will be prepared by each Ministry to implement aspects which concern them. These will indicate steps to be taken to ensure flow of benefits to older persons from general progress and from schemes specifically formulated for their wellbeing. Targets will be set within the frame work of a time schedule. Responsibility for implementation of action points will be specified. The Planning Commission and Finance Ministry will facilitate budgetary provisions required for implementation. The Annual Report of each Ministry will indicate progress achieved during the year.

Para 94: Every three years, a detailed review will be prepared by the Nodal Ministry on the



implementation of the National Policy. There will be non-official participation in the preparation of the document. The review will be a Public Document. It will be discussed in a National Convention. State Governments and Union Territory Administrations will be urged to take similar action.

5. Even after such clear directive, the Respondent is not inclined to take any action on your Decision. When we approach the concerned Ministry or Department to advise what action is taken by them on particular para pertaining to them, their stock reply is 'ask the Nodal Ministry for anything pertaining to NPOP'. It is observed through replies/no replies to various Applications under Right To Information Act, 2005 from other Ministries/Departments that they appear to have an attitude that they are not concerned at all with the Policy and no action is required to be taken by them and every action is to be taken by Respondent. Unless Respondent advises them as to with which paras, they are concerned and what action is to be taken and by what time i.e. by outlining the plan of action, as directed by you, Senior Citizens would remain deprived of benefits, as rightly observed by you.

6. Reply given by Nodal Ministry for various paras in their letter dt 11-7-08 indicate that no instructions are issued by Respondent to any body. Even for these 2 paras, reply given in their letter under reference reads as under:-

Para 93: Copies of last Five Year Plan and Annual Action Plans for 2005-06 and 2007-08 are enclosed. No Action Plan for 2006-07 was prepared for 2006-07 because of the enactment of the legislation.

(Copy of Five Year Plan stated to have been enclosed is not actually enclosed and not yet sent though requested under my letter dt 24-7-08. Perusal of Action Plan for 2005-06 and 2007-08 will indicate that these are not prepared as laid down in these paras by each Ministry and do not indicate steps to be taken to ensure flow of benefits to older persons from general progress and from schemes specifically formulated for their wellbeing. Targets have not been set within the frame work of a time schedule. Responsibility for implementation of action points is not specified. This Annual Report does not indicate progress achieved during the year.)

Para 94: No such Report is prepared.

7. It will be clear from the entire reply of Respondent that he is not inclined to give proper information or to take any action on your Decision on flimsy grounds. This position was brought to the notice of Respondent vide my letter dt 24-7-08 with copy to you to which no reply is received till date, though more than 30 days have passed. I request you to kindly advise the Respondent to carry out your directive at an early date.

**(M.V.Ruparelia)**

Copy forwarded to

**Shri V.B.Panchnanda,**

The Director, Ministry of Social Justice & Empowerment,  
Government of India,  
A Wing, Shashtri Bhawan,  
R.No. 635, New Delhi-110 011.

# Donate Generously for **AISCCON Bihar Flood Relief Fund**

Unprecedented Flood in Kosi river have made the Life of millions of people in north-east Bihar miserable. Lakhs of people have lost their Shelter and all belongings. It is our duty to help the flood victims, as early as possible.

AISCCON has decided to raise Bihar Flood Relief Fund, in the Annual Central Council Meeting held in Akola on 31st Aug. 2008. The following donations were received on the spot.

1.	Shri R. N. Mital (Hyderabad) .....	Rs.1000/-
2.	Dr. S. P. Kinjawadekar (Nerul) .....	Rs.1000/-
3.	Shri Ramanbhai Shah (Pune) .....	Rs.1000/-
4.	Shri D. N. Chapke (Belapur) .....	Rs.1000/-
5.	Shri P. S. Kshetramade (Navi Mumbai) .....	Rs.1000/-
6.	Shri B. Ranganathan (Mulund) .....	Rs.1000/-
7.	Shri I. D. Desai (Daman) .....	Rs.1000/-
8.	Shri V. M. Date (Mulund) .....	Rs.1000/-
9.	Shri Sanmukhbhai Shah (Songarh) .....	Rs.1000/-
10.	Shri J.P. Venkateswarlu (Guntur) .....	Rs.1000/-
11.	Shri M.D. Bhusari (Mulund) .....	Rs.1000/-
12.	Shri A.K. Kulkarni (Akola) .....	Rs.1000/-
13.	Chaitanya J.N. Sangh Buldana .....	Rs.1000/-
14.	Shri V.J. Padhye (Nasik) .....	Rs.1000/-
15.	Shri N.N. Ingle (Akola) .....	Rs.500/-
16.	Shri Natwarbhai Chaudhari (Akola) .....	Rs.500/-
17.	Shri Vinayak Pande (Akola) .....	Rs.500/-
18.	Dr. C.N. Joshi (Latur) .....	Rs.500/-
19.	Shri N.V. Kodolikor (Pune) .....	Rs.500/-
20.	Shri S.B. Mulani (Nasik) .....	Rs.500/-
21.	Shri C.P. Reddy (Guntur) .....	Rs.500/-

**Total Rs.17,500**

The following donations were announced

22.	FESCOM .....	Rs.5000/-
23.	Dr. M.V. Bhale (Dewas) .....	Rs.2000/-
24.	Shri M.B. Kulkarni (Mulund) .....	Rs.1000/-
25.	Shri A.P. Kaskhedikar (Mulund) .....	Rs.1000/-
26.	Shri Vishwajna Shetty (Udupi) .....	Rs.1000/-
27.	Shri Jagubhai Belani (Bharuch) .....	Rs.1000/-

We appeal to every Senior Citizen and his Association to contribute generously for this 'AISCCON Bihar Flood Relief Fund'.

The collected donations should be sent by a Demand Draft in favour of AISCCON or in favour of Bihar Chief Minister Relief Fund (in a Bank in Patna) and sent to The Treasurer Shri P.S. Kshetramade, 164, Nerul, Navi Mumbai 400 706. All donations will be eligible for exemption under Section 80G of IT Act.

Let us send maximum help as early as possible for this noble, humanitarian cause.

**Dr. S.P. Kinjawadekar**  
President  
1st Sept. 2008

**D.N. Chapke**  
Secretary General

# ALL INDIA SENIOR CITIZENS CONFEDERATION

## List of Chief Patrons, Grand Patrons and Patrons enrolled during 2007-08

### CHIEF PATRONS-

1. Shri N.V. Kodollikar, Kothrud, Pune
2. Shri D.R.K. Paramhansa, Dulipudi, Hyderabad
3. Dr. S.P. Kinjawadekar, Nerul, Navi Mumbai
4. Shri D.T. Chaudhari, Jalgaon
5. Shri D.N. Chapke, CBD Belapur, Navi Mumbai
6. Shri Paramesan Jayaram, Nerul Navi Mumbai
7. Shri Kaushal Kishor Jain, Jaipur
8. Shri R.N. Mittal, Hyderabad
9. Shri Devidas Pandurang Ikhar, Nerul, Navi Mumbai

### GRAND PATRONS-

1. Shri Indravadan Manilal Desai, Daman
2. Shri N.N. Ingle, Akola
3. Shri M.D. Bhusari, Mulund (East), Mumbai.
4. Shri V.G. Gore, Thane
5. Shri M.V. Ramanana, Vishakhapatnam
6. Shri Laxman M. Mahajan, Chembur, Mumbai
7. Shri Ganesh Parshuram Mokashi, Talegaon, Dist. Pune
8. Shri Vinayak M. Date, Mulund (East), Mumbai
9. Shri Ganapati Mantri, Nerul, Navi Mumbai
10. Shri T.P.R. Unny, Airoli, Navi Mumbai

### PATRONS -

1. Shri Ghanashyam Patel, Vapi
2. Shri Namdeo Bhivaji Dhule, Nerul, Navi Mumbai
3. Shri Dipesh Kumar Sarkar, Nerul, Navi Mumbai

4. Shri C.D. Khare, Mulund (East), Mumbai
5. Smt. Varalaxmi, Hyderabad
6. Shri Behram Ratansha Antroliwala, Nerul, Navi Mumbai
7. Dr. A.M. Raut, Prabhadevi, Mumbai
8. Dr. S.I. Nagral, Prabhadevi, Mumbai
9. Shri T.R. Nagrajan, Nerul, Navi Mumbai
10. Dr. D.P. Shrivastava, Dewas
11. Shri G.L. Kedia, Goregaon (East), Mumbai
12. Shri Bhaskar Janardan, Dhengale, Airoli, Navi Mumbai
13. Dr. Ramesh J. Mehta, Ghatkopar (East), Mumbai
14. Shri Ramchandra V. Chapalgaonkar, Nerul, Navi Mumbai
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16. Smt. Mangal Prabhakar Sude, Nerul, Navi Mumbai
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26. Mrs. Sushma Bajaj, Nerul, Navi Mumbai
27. Shri Hasrajani Nevand, Nerul, Navi Mumbai
28. Smt. Mandakini Desai, Belgaum.

Cont. from pg. 1

## International Conference on Ageing in India

*different facets of the elderly* for the public to enhance their awareness of the challenges or concerns related to ageing.

**Last date for registration: 30<sup>th</sup> December, 2008**

**Venue: ISKCON Auditorium** Hare Krishna Land, Juhu, Mumbai- 400049

**Contact: Secretariat, MAHPA 2009,**

S.V.T. College of Home Science, S.N.D.T. Women's University,  
Sir Vithaldas Vidyavihar, Juhu Road, Santacruz (West), Mumbai-400049, Maharashtra, India

**Shailesh Mishra: 9819819145**

## CONGRATULATIONS

**Shri T.P.R. Unny**, Executive President Airoli Senior Citizens' Welfare Association, Airoli, Navi Mumbai is appointed as a **"Special Executive Officer"** by the Government of Maharashtra for a period of five years from August 2008. Shri T.P.R. Unny is a Grand Patron of AISCCON and Life Member of **AISCCON NEWS**.

**-Mg. Editor**

# Healthy Nutrition For Healthy Ageing

## THE SIMPLE WAY TO BEAT DISEASE

There are thousands of substances in foods that help protect against heart disease, cancer and other diseases and slow the aging process. Many of these, of course, are found in fruits and vegetables. You know it's important to eat them, but you may have a hard time consuming the recommended four to five cups a day (even if you count French fries and potato chips as vegetable!).

But guess what? Fruit and vegetable juices are a convenient and tasty way to help get to that number. In a recent study, the risk for Alzheimer's disease, for example, was substantially reduced among people who drank juice three or more times a week versus those who did so less than once a week. Try these:

**Pomegranate** Drinking 230ml of pomegranate juice a day could begin to reverse the progression of coronary heart disease in only three months. Another study showed that a glass every day may slow the course of prostate cancer.

**Cranberry** Studies have shown that cranberry juice may significantly reduce the risk of developing urinary tract infections in sexually active women. Regular consumption may also infection, which can lead to ulcers and gastric cancer.

**Grape** You've probably heard that red wine may be good for the heart. You can receive similar benefits from grape juice. Both are loaded with healthy antioxidants.

**Veggie** Juices made from vegetables usually have less sugar and fewer calories than those from fruit. Tomato juice is high in lycopene, a powerful antioxidant that may reduce the risk of heart disease and prostate and breast cancers. You can mix vegetables together, such as spinach (helps prevent birth defects and heart disease), broccoli (may detoxify cancer - causing substances before they have a chance to cause harm), and carrots (can help protect against heart disease and

cancer and promote good vision).

### Where's the Fibre?

Juice is often dismissed because it's low in fibre. Fibre fills you up before you get too many calories. It also slows the rate of absorption of juice into your bloodstream, helping prevent wide swings in your blood sugar. But if you drink grapefruit juice with these drugs, more of the medication enters your bloodstream, the equivalent of taking a higher dose. So check with your doctor.

### Grapefruit Warning

While high in vitamin C, grapefruit juice may interfere with the absorption and metabolism of some statins such as Lipitor, anxiety medications such as Valium, and some antihypertensive drugs. When you drink grapefruit juice with these drugs, more of the medication enters your bloodstream, the equivalent of taking a higher dose. So check with your doctor.

### Make Your Own

The most healthful and delicious way to get juices is to make them yourself. Start with fresh produce; organic produce often tastes better. If you don't have a juicer, put cut-up fruit, ice and water (or juice) in a blender, push the start button and voila!

### Doesn't Juice make you fat?

Not necessarily. Some people have raised the concern that fruit juices may promote weight gain because they may be high in sugar and low in fibre. However, most studies have found that drinking fruit juice, regardless of the type, does not influence weight when consumed in moderation. Both adults and children would be better off drinking 100% juice than drinks that may have only 10% juice or less and significantly greater amounts of sugar or high-fructose corn syrup. A 230 ml glass of most juice has at least 100 calories, so don't drink more than one a day if you're concerned about your weight.

## VIth Pay Commission- Orders about payments.

(Ministry of Personnel, P.G. & Pension's Memorandum F.No. 38/37/08-P & PW (A)  
dt 1-9-08.

3.1 In these orders :

- a. Existing pensioner or Existing Family pensioner means a pensioner who was drawing/entitled to pension/family pension on 31.12.2005.
- b. Existing pension means the basic pension inclusive of commuted portion, if any, due on 31.12.2005. It covers all classes of pension under the CCS (Pension) Rules, 1972 as also Disability Pension under the CCS (Extraordinary Pension) Rules and the corresponding rules applicable to Railway employees and Members of All India Services.
- c. Existing family pension means the basic family pension drawn on 31.12.2005 under the CCS (Pension) Rules and the corresponding rules applicable to Railway employees and Members of All India Services.

4.1 The pension/family pension of existing pre-2006 pensioners/family pensioners will be consolidated with effect from 1.1.2006 by adding together:-

- i. The existing pension/family pension.
- ii. Dearness Pension, where applicable
- iii. Dearness Relief upto AICPI (IW) average index 536 (Base year 1982=100) i.e. @ 24% of Basic Pension/Basic family pension plus dearness pension as admissible vide this Department's O.M. No. 42/2/2006-P&PW(G) dated 5.4.2006
- iv. Fitment weightage @ 40% of the existing pension/family pension.

Where the existing pension in (i) above includes the effect of merger of 50% of dearness relief w.e.f. 1.4.2004, the existing pension for the purpose of fitment weightage will be re-calculated after excluding the merged dearness relief of 50% from the pension.

The amount so arrived at will be regarded as consolidated pension/family pension with effect from 1.1.2006.

4.5 The quantum of pension/family pension available to the old pensioners/ family pensioners shall be increased as follows:-

<b>Age of pensioner/family pensioner</b>	<b>Additional quantum of pension</b>
From 80 years to less than 85 years	20% of revised basic pension/ family pension
From 85 years to less than 90 years	30% of revised basic pension / family pension
From 90 years to less than 95 years	40% of revised basic pension / family pension
From 95 years to less than 100 years	50% of revised basic pension / family pension
100 years or more	100% of revised basic pension / family pension

4.7 Since the consolidated pension/family pension arrived at as per paragraph 4.1. includes dearness relief upto average index level 536(Base year 1982=100), dearness relief will be admissible thereon only beyond index average 536 (Base year 1982=100) in accordance with the revised scheme of dearness relief for which orders are being issued separately. The four instalments of dearness relief sanctioned earlier from 1.7.2006, 1.1.2007, 1.7.2007 and 1.1.2008 in this Department's Office Memorandum No. 42/2/2006-P&PW(G) dated the 15.9.2006, Office Memorandum No. 42/2/2006-P&PW(G) dated the 23.3.2007, Office Memorandum No. 42/2/2006-P&PW(G) dated the 18.9.2007 and Office Memorandum No. 42/2/2006-P&PW(G) dated the 19.3.2008 respectively shall be adjusted against revised Dearness Relief becoming due on the consolidated pension/family pension.

8. All Pension Disbursing Authorities including Public Sector Banks handling disbursement of pension to the Central Government pensioners are hereby authorised to pay pension/family pension to existing pensioners/family pensioners at the consolidated rates in terms of para 4.1 above without any further authorisation from the concerned Accounts Officers/Head of Office etc. A table indicating the existing basic pension/family pension without Dearness Pension, the basic pension/family pension with dearness pension and the revised consolidated pension/family pension is enclosed for ready reference. **(Annexure I)**. This table may be used where the pensioner is in receipt of a single pension only. Where a pensioner is in receipt of more than one pension, consolidation may be done separately in terms of paragraph 4.1 and as indicated in paragraph 5 floor ceiling of Rs. 3500/- may be applied to total pension from all sources taken together. Wherever the age of pensioner/ family pensioner is available on the pension payment order, the additional pension/ family pension in terms of para 4.5. above may also be paid by the pension disbursing authorities immediately without any further authorisation from the concerned Account Officer/ Head of Office, etc. A suitable entry regarding the revised consolidated pension shall be recorded by the pension Disbursing Authorities in both halves of the Pension Payment Order. An intimation regarding

disbursement of revised pension may be sent by the pension disbursing authorities to the Office of CPAO and Accounts Officer which had issued the PPO in the form given at **Annexure-II** so that the latter can update the Pension payment Order Register maintained by him. An acknowledgement shall be obtained by the Pension Disbursing Authorities from Office of CPAO and the respective Accounts Officers in this behalf.

9 The consolidated pension/family pension as worked out in accordance with provisions of Para 4.1. above shall be treated as final 'Basic Pension' with effect from 1.1.2006 and shall qualify for grant of Dearness Relief sanctioned thereafter.

10 40% of the arrears of pension will be paid in the year 2008-09 and the remaining 60% in the year 2009-10.

12. It is considered desirable that the benefit of these orders should reach the pensioners as expeditiously as possible. To achieve this objective it is desired that all Pension Disbursing Authorities should ensure that the revised pension and the first instalment of arrears due to the pensioners in terms of para 4.1. and para 4.5 above is paid to the pensioners or credited to their account by 30th September, 2008 or before positively. Instructions regarding release of second instalment of arrears will be issued later. Concerted efforts should be made by all the authorities concerned to ensure that the revised PPO's are issued, wherever necessary, with the utmost expedition in terms of para 4.1, 4.2. and 4.5 above and arrears are paid in terms of para 10 above within two months from the date of issue of this O.M.

DA Rates are as under:

1-1-2006:	No DA.
1-7-2006:	2% of Basic Pay + NPA, where applicable.
1-1-2007:	6%
1-7-2007:	9%
1-1-2008:	12%
1-7-2008:	16%

DA already paid shall be adjusted.

Source: Website: [www.rrewa.org](http://www.rrewa.org)

## **EXAMPLE OF STRENGTH EXERCISES** (Continued)

# How To Improve Your Flexibility

### **ABOUT FLOOR EXERCISES**

Most of the remaining exercises are done on the floor and stretch some very important muscle groups. If you are afraid to lie on the floor to exercise because you think you won't be able to get back up, consider using the buddy system to do these. Find a buddy who will be able to help you.

Knowing the right way to get into a lying position on the floor and to get back up also may be helpful. If you have had a hip replacement, check with your surgeon before using the following method. If you have osteoporosis, check with your doctor first.

### **TO GET INTO A LYING POSITION:**

\* Stand next to a very sturdy chair that won't tip over (put chair against wall for support if you need to.)

- \* Put your hands on the seat of the chair.
- \* Lower yourself down on one knee.
- \* Bring the other knee down.
- \* Put your left hand on the floor and lean on it as you bring your left hip to the floor.
- \* Your weight is now on your left hip.
- \* Straighten your legs out.
- \* Lie on your left side.
- \* Roll onto your back.
- \* Note: You don't have to use your left side. You can use your right side, if you prefer.

### **TO GET UP FROM A LYING POSITION:**

- \* Roll onto your left side.
- \* Use your right hand, placed on the floor at about the level of your ribs.
- \* Your weight is on your left hip.
- \* Roll forward, onto knees, leaning on your hands for support.
- \* Lean your hands on the seat of the chair you used to lie down.
- \* Lift one of your knees so that one leg is bent, foot flat on the floor.
- \* Leaning your hands on the seat of the chair for support, rise from this position.
- \* Note: You don't have to use your left side; you can reverse positions, if you prefer.

### **STRETCHING EXERCISE**

#### **QUADRICEPS**

##### **Stretches muscles in front of thighs**

1. Lie on side on the floor. Your hips should be lined up so that one is directly above the other one.
2. Rest head on pillow or hand.
3. Bend knee that is on top.
4. Reach back and grab heel or that leg. If you can't reach your heel with your hand, loop a belt over your foot and hold belt ends.
5. Gently pull that leg until front of thigh stretches.
6. Hold position for 10 to 30 seconds.
7. Reverse position and repeat.
8. Repeat 3 to 5 times on each side. If the back to your thigh cramps during this exercise, stretch your leg and try again, more slowly.

#### **DOUBLE HIP ROTATION**

Stretches outer muscles of hips and thighs.

**Don't do this exercise if you have had a hip replacement, unless your surgeon approves.**

1. Lie on floor on your back, knees bent and feet flat on the floor.
2. Keep shoulders on floor at all times.
3. Keeping knees bent and together, gently lower legs to one side as far as possible without forcing them.
4. Hold position for 10 to 30 seconds.
5. Return legs to upright position.
6. Repeat toward other side.
7. Repeat 3 to 5 times on each side.

#### **SINGLE HIP ROTATION**

Stretches muscles of pelvis and inner thigh.

**Don't do this exercise if you have had a hip replacement, unless your surgeon approves.**

1. Lie on your back on floor, knees bent and feet flat on the floor.
2. Keep shoulders on floor throughout exercise.
3. Lower one knee slowly to side, keeping the other leg and your pelvis for 10 to 30 seconds.
4. Hold position for 10 to 30 seconds.

5. Bring knee back up slowly.
6. Repeat with other knee.
7. Repeat 3 to 5 times on each side.

### **SHOULDER ROTATION**

Stretches shoulder muscles.

1. Lie flat on floor, pillow under head, legs straight. If your back bothers you, place a rolled towel under your knees.

2. Stretch arms straight out to side. Your shoulders and upper arms will remain flat on the floor throughout this exercise.

3. Bend elbows so that your hands are pointing toward the ceiling. Let your arms slowly roll backwards from the elbow. Stop when you feel a stretch or slight discomfort, and stop immediately if you feel a pinching sensation or a sharp pain.

4. Hold position for 10 to 30 seconds.

5. Slowly raise your arms, still bent at the elbow, to point toward the ceiling again. Then let your arms slowly roll forward, remaining bent at the elbow, to point toward your hips. Stop when you feel a stretch or slight discomfort.

6. Hold position for 10 to 30 seconds.

7. Alternate pointing above head, then toward ceiling, then toward hips. Begin and end with pointing- above-head position.

8. Repeat 3 to 5 times.

### **NECK ROTATION**

Stretches neck muscles

1. Lie on the floor with a phone book or other thick book under your head.

2. Slowly turn head from side to side, holding position each time for 10 to 30 seconds on each side. Your head should not be tipped forward or backward, but should be in a comfortable position. You can keep your knees bent to keep your back comfortable during this exercise.

3. Repeat 3 to 5 times.

### **CHAPTER SUMMARY**

\* Build up to all exercises and activities gradually, especially if you have been inactive for a long time.

\* Once you have built up to a regular schedule, include endurance, strength, balance, and stretching exercises.

\* If you have to stop exercising for more than a few weeks, start at half the effort when you resume, then build back up to where you were.

\* When bending forward, always keep back and shoulders straight to ensure that you are bending from the hips, not the waist.

\* If you have half a hip replacement, check

with your surgeon before doing lower body exercises.

### **ENDURANCE**

\* To build stamina, you can do specific exercises, like walking or jogging, or any activity that raises your heart rate and breathing for extended periods of time.

\* Do at least 30 minutes of endurance activities on most or all days of the week.

\* If you prefer, divide your 30 minutes into shorter sessions of no less than 10 minutes each.

\* The more vigorous the exercise, the greater the benefits.

\* Warm up and cool down with a light activity, such as easy walking.

\* Activities shouldn't make you breathe so hard you can't talk. They shouldn't cause dizziness or chest pain.

\* When you are ready to progress, first increase the amount of time, then the difficulty, of your activity.

\* Stretch after endurance exercises.

### **STRENGTH**

\* Do strength exercises for all your major muscle groups at least twice a week, but not for the same muscle group on any 2 days in a row.

\* Gradually increasing the amount of weight you use is the most important part of strength exercise.

\* Start with a low amount of weight (or no weight) and increase in gradually.

\* When you are ready to progress, first increase the number of times you do the exercise, then increase the weight at a later session.

\* Do an exercise 8 to 15 times; rest a minute and repeat it 8 to 15 more times.

\* Take 3 seconds to lift and 3 seconds to lower weights. Never jerk weights into position.

\* If you can't lift a weight more than 8 times, it's too heavy; if you can lift it more than 15 times, it's too light.

\* Don't hold your breath while straining.

\* These exercises may make you sore at first, but they should never cause pain.

\* Stretch after strength exercises.

### **BALANCE**

\* Add the following modifications to your regularly scheduled lower-body strength exercises; As you progress, hold onto the table or chair with one hand, then one finger, then no hands. If you are steady on your feet, progress to no hands and eyes closed. Ask someone to watch you the first few times, in case you lose



your balance.

\* Don't do extra strength exercises to add these balance modifications to your regularly scheduled strength exercises.

\* Another way to improve your balance is through "anytime, anywhere" balance exercises. One example: Balance on one foot, then the other, while waiting for the bus. Do as often as desired.

### STRETCHING

\* Stretching exercises may help keep you limber.

\* Stretching exercises alone will not improve endurance or strength.

\* Do stretching exercises after endurance and strength exercise, when your muscles are warm.

\* If stretching exercises are the only kind of exercise you are able to do, do them at least 3 times a week, up to every day. Always warm up your muscles first.

\* Do each exercise 3 to 5 times at each session.

\* Hold the stretched position for 10 to 30 seconds.

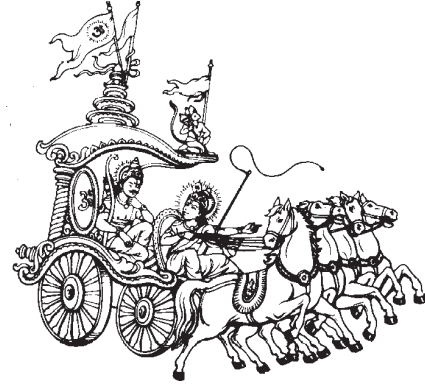
\* Total session should last 15 to 30 minutes.

\* Move slowly into position; never jerk into position.

\* Stretching may cause mild discomfort, but should not cause pain. **(Concluded)**

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## Guidance from Geeta



**ब्रह्मण्याथाय कर्माणि सङ्गं त्यक्त्वा करोति यः ।  
लिप्यते न स पापेन पद्मपत्रभिवाम्भसा । ।**

*One who dedicates his acts to the Eternal Supreme, and remains detached from them, remains unaffected by sin like the lotus leaf from water.*

Arjun was trying to avoid war out of fear of sin of killing his teachers and kins. For making him aware of his duty and to prepare him for war, Lord tells him how beneficial is the performance of one's duty. How to do it is also made clear. By repeating and reaffirming the theme, the Lord confirms that he has driven the message home, and tells him about the fruits of selfless action once again.

"One who dedicates all his deeds to the Supreme and remains detached from them is not touched by sin." To impress this on Arjun's mind. Lord gives the example of lotus leaf. It stays in water, but the water cannot stay on it. It doesn't get wet. Similarly, our mind should remain unaffected when doing any work. For that the work that has been done should be mentally dedicated to God. One should not worry about what will happen next, whether the expected result will follow or not. Let your mind not linger in the thought. 'Take care, but do not worry.' Do the work, attentively, with full concentration and due consideration, and be free from it. After doing your work in this manner, and dedicating it to God, you can liberate yourself from the bond of duty. There the question of sin and pious act gets finally resolved.

This is the assured means to get liberated from the burden of duty.

**15th Meeting of the Central Council-** 15th (Annual) meeting of the Central Council of AISCCON was held on Sunday, the 31st Aug. 2008 at Khandelwal Bhavan, Akola (Maharashtra State) with previous notice dt. 24th July 2008, when 27 member & 7 special invitees were present. After universal prayer, Shri N.N. Ingle Chairman of FESCOM Vidarbha (Pashchim) Region and Shri M.B. Kulkarni, President FESCOM welcomed all and described in brief the activities of their organisations.

Shri D.N. Chapke, Secretary Genral, read the notice of the meeting and the following Agenda was considered.

The President Dr. S.P. Kinjawadekar moved a condolence resolution on the sad demise of Sarvashri Baba Amte, Prakash Paranjpe, MP, Capt. P.V. Gore, Justice BN Deshmukh, Journalist Jayant Khandke, M.H. Gursahani, Renukdas, D.P. Shrivastava, Dr. Saraben Kakajiwale, A. Subbarao, Baba saheb Utangale, Y.B. Patil, etc. All members stood in silence for 2 minutes to pray for the departed souls.

1.) Minutes for the 14th (Pre-conference) meeting of the Central Council held at Jaipur on 26th Oct 07 were confirmed. 2.) The Annual Report of AISCCON for the year 2007-08 read by the Secretary Genral Shri D.N. Chapke and was adopted with appreciation from the house. A seperate Report of the AISCCON Health care committee was presented by Shri R.N. Mital, Convenor, which was adopted. Shri V.M. Date, Chairman, Public Relations and Publicity Committee as well as Finance Committee, presented an Interim Report which was circulated to all and adopted.

3) Audited statements of Accounts for the year 2007-08 were presented by the Treasurer Shri P.S. Kshetramade. He read the Auditors Report, the Balance sheet, the Income Expenditure Accounts and the statement and Notes forming part of accounts as on 31-03-2008. After discussion on various points and reply to the querie, by the Treasurer, the Accounts were unanimously adopted.

Shri R.N. Mital proposed to raise AISCCON Bihar Flood Relief Fund in view of the great

calamity that has fallen on millions of people in eastern Bihar due to unprecedented floods in Kosi, Ganga and nearby rivers since 18th Aug 08. Shri M.B. Kulkarni supported the suggestion and the House readily agreed. On the appeal by the President to donate generously for the Flood Relief Fund Rs.17000/-were collected on the spot with assurances for Rs.13000/- more. It was decided to send an appeal to all affiliated Federation and Associations to collect donations from members and well-wishers and send them to the Treasurer, AISCCON by Demand Draft. The fund will be sent to Bihar Chief Minister Relief Fund or to a reliable NGO actually working in the affected area.

4) The Report of AISCCON NEWS presented by the Mg. Editor Shri B. Ranganathan was adopted. The House congratulated Shri V.M. Date for getting yearly advertisements from 3 Banks to give the Journal some financial stability.

5) The Budgets of AISCCON and AISCCON News were presented by Shri P.S. Kshetramade and Shri M.D. Bhusari and were adopted after some discussion.

6) Shri Dhananjay Divekar Associates Chartered Accountants, were reappointed to audit the AISCCON Accounts for the year 2008-09 on aremuneration of Rs.3500/- plus taxes.

7) The President informed that inspite of our efforts, organisers of 8th National Conference in Delhi have not been able to make the necessary arrangements till this date, and hence the dates of the conference are postponed. Shri N.V. Kodolikar, Chairman, FESCOM Pune Region, offered to hold the 8th National Conference in Pune in the last week of November 2008, but due to insistence of the FESCOM President that the National Conference should not be held before the State Conference scheduled to be held on 31st Jan- 1st Feb. 2009, the dates could not be decided.

8) The Secretary General gave information about the progress of the Varishtha Nagarik Bhawan being constructed in Nerul. The first slab was laid 2 weeks ago. The President appealed for donations for the Bhawan from Senior Citizens members - minimum Rs.1000/- each - with which we can complete the Bhawan. Mrs. Shuddhamati Ingle (Akola), handed over an interest free loan



of Rs.11000/- to AISCCON in cash, which was accepted with thanks.

Shri Jagubhai Belani assured to get substantial donations from Tata House, Reliance, L&T, Shri Bhimjibhai Patel etc., which was welcomed by the House.

9) (a) The Secretary General Shri D.N. Chapke suggested that proper implementation of Acts like Maintenance & Welfare of Parents & Senior Citizens Act and schemes like Old Age Pension for BPL Seniors should be undertaken by our Association. Only 7 states have issued Notifications for implementations of M & W PSC Act and it is our duty to get them issued in every state. Similarly many states are not paying Rs.400/- pm to BPL Seniors yet for which our State Federations and Associations have to be more active. Senior Vice President Shri R N Mital said there are 1.65 crore Senior Citizens (BPL 65+) in the country but only 25% are getting NOAP. In Andhra Pradesh there are 9.85 lakh BPL Seniors 65+ but only 25% of them get pension and that too Rs.200/- pm only. Shri A K Kulkarni (Akola) that Old Age Home in Akola established by Govt. is in very bad condition. The inmates dont get NOAP. It was agreed to undertake these issues in all states, in this year.

(b) Shri Jagubhai Belani proposed that we should observe 1st Oct. 2008 as Demands Day by arranging Morchas to collectorate, Tehsil office etc., giving interviews to media on our issues, holding meetings with MLAs, MPs, Ministers & Govt. officers with Charter of demands of All India, State and local levels. Shri M.B. Kulkarni suggested to organise Silent Morchas to Collectorate, Tehsil office, Panchayat office. Shri R.N. Mital suggested to organise Human Chains wherever possible to attract public and media attention. All suggested were accepted.

(c) Organisational:- Dr. M.V. Bhale proposed that the Rules & Bye-laws of the Federation which are not in conformity with those of AISCCON need to be changed. He cited the Bye-laws of Pranity Varishtha Nagrik Mahashangh Bhopal which are different from the Central Constitution, which is affecting formation of a strong organisation in MP.

Shri R N Mittal supported the proposal and added that we should recognise the State Organisation (i) which represents larger number of Senior Citizens, (ii) works democratically and

transparently. (iii) To determine the real strength of the organisation the membership lists should be properly scrutinised. (iv) No office bearer should hold the same office for more than two terms.

These suggestions were accepted. (d) The Treasurer & Secretary General presented the applications of 14 Associations for affilications to AISCCON. All were given affiliation.

10) (a) The Treasurer proposed a Resolution to amend the constitution to include the donations to building fund in corpus fund. Shri M.B. Kulkarni suggested that it should be considered after getting detailed information on the subject. Shri V. Shetty said due notice must be given for such resolutions. The resolution was with drawn by the proposer. (b) Local members from Akola and Buldana had sent a request to help the Senior Citizens whose deposits were not being refunded by many Nagari Sahakari Pat Sanstha (Urban Co.op. Credit Societies).

The Secretary General supported the request and assured that AISCCON and FESCOM will jointly tackle this problem in Maharashtra. A resolution was passed as under:-

### **RESOLUTION**

*There are large number of Credit Co.op. Societies in all the States of India. It is observed that huge investment by the Senior Citizens have made in these Credit Co.op. Societies.*

*Many Credit Co.op. Societies are neither paying interest nor refunding the principal amount of the deposit and investment made by Senior Citizens thereby putting them in financial crisis. It was there fore resolved in the 14th Central Council Meeting of All India Senior Citizens Confederation held at Akola on 31st August, 2008 that the Union Minister of Finance and Co.operation and respective State Govt. Minister for Co-operation should take suitable and prompt action to pay the interest and principal amount of investments of the Senior Citizens on proirity basis.*

**Proposed by: Shri N.N. Ingle, Akola**  
**Secoded by: Shri D.N. Chapke, Belapur.**

**11) AISCCON Office Bearers for newly created Posts:** Following members were declared as elected as additional office bearers of AISCCON for 2007-10:

**Vice Presidents:**

1) **Shri Kaushal Kishor Jain**, Jaipur (President,

Varishtha Nagrik Sansthan, Rajasthan). (2) Shri Amrutbhai G. Modh, Gandhinagar (General Secretary, Federation of Senior Citizens, (Gujarat) **Joint Organising Secretary:** 1) **Shri J.P. Venkateswarulu**, Guntur (AP) (President Senior Citizens Welfare Association, AP)

All names were Proposed by **Shri I.M. Desai** - Daman and Seconded by **Shri M.D. Bhusari**, Mulund (E).

**Elected Unanimously.**

(a) Committees - Shri Shripad Suklikar (Nagpur) was included as a member of AISCCON Publicity & Public Relations Committee, and Smt. Suhas Telang was included in the Senior Womens welfare committee.

(b) National Co-ordination Committee:- Shri Vishwajna Shetty & Shri R.N. Mital asked about the attitude of AISCCON to the National Co-ordination Committee. Shri Mital felt that AISCCON was diluting itself by just being a member of the NC Committee. Shri D.N. Chapke supported Shri Mital, Shri Ramanbhai Shah and Shri M.B. Kulkarni were in favour of Co-operation with NCC. Shri Kodollikar & Shri A.P. Kaskhedikar said we should participate only if AISCCON gets proportionate representation.

It was decided that we should participate & co-operate with NCC if we get proportionate representation and, if only All India Organisations are included in the Committee.

The meeting ended with a vote of thanks to the Host Association and the Chairman.

-D.N. Chapke

### **अध्यक्ष का भोपाल दौरा-**

(अ) प्रान्तीय वरिष्ठ नागरिक महासंघ, मध्यप्रदेश, भोपाल सुहृदता तथा प्रदेश व्यापी संगठन का स्वरूप देने हेतु एक बैठक सोमवार दि. २८ जुलाई २००८ को मा. श्री सुरेशचंद्र शर्मा, संगठन मंत्री आइस्कॉन के निवास पर आयोजित की गई जिसमें राष्ट्रीय अध्यक्ष डॉ. शं.पां. किंजवडेकर मुख्य अतिथि के रूप में उपस्थित थे। उनके अलावा राष्ट्रीय उपाध्यक्ष डॉ. एम्.व्ही. भाले, संगठन मंत्री मा. सुरेशचंद्र शर्मा, श्री एल्.पी. पटेल (रीवा), श्री आर.एस्. भारद्वाज (मुरैना), श्री श.ना. कुलकर्णी, राधेश्यामजी दुबे, शिवप्रसाद शर्मा (उज्जैन), श्री त्रिपाठी (ग्वालियर), श्री आर.सी. श्रीवास्तव (गुया), श्री पी.के. ठक्कर (मुरैना), श्री जी.के. व्यास (देवास) उपस्थित

थे। विशेष अतिथि के रूप में श्री केशव प्रसाद पाण्डेय, प्रदेशाध्यक्ष, भाजपा वरिष्ठ नागरिक प्रकोष्ठ उपस्थित थे। अध्यक्ष श्री एस्. के. सारस्वतजी अस्वास्थ्य के कारण उपस्थित नहीं रह सके।

बैतुल, सागर, मंदसौर, इन्दौर और रीवा के प्रतिनिधि विशेष कारणों से उपस्थित नहीं रह सके लेकिन उन्होने सूचित किया था कि सभा के जो निर्णय होंगे, उन्हें मान्य होंगे।

सभा का मुख्य विषय था (१) म.प्र. महासंघ को मजबूत करने और संगठन सभी जिलों में पहुंचाने पर विचार। (२) म.प्र. महासंघ के उपनियमों में संशोधन पर विचार ताकि प्रदेश महासंघ के उपनियम राष्ट्रीय महासंघ के उपनियमों से सुसंगत हो एवं जिला संघों का समुचित प्रतिनिधित्व दिया जाय। (३) मा. मुख्य मंत्री से आग्रह कि वरिष्ठ नागरिकों की महापंचायत शीघ्र आमंत्रित करे तथा (४) वरिष्ठों की अन्य समस्याओं पर विचार।

बैठक का प्रारम्भ राष्ट्रीय अध्यक्ष जी के स्वागत से हुआ। बैठक में उपस्थित सदस्यों ने माननीय राष्ट्रीय अध्यक्ष को अवगत कराया कि प्रदेश महासंघ के उपनियमों में वांछित संशोधन हेतु सभी संगठनों ने अपने अपने प्रस्ताव प्रदेश अध्यक्ष जी को भेज दिये हैं। दो बैठकें भी हो चुकी हैं। प्रदेश अध्यक्ष जी ने बैठक में सूचित भी किया है कि प्राप्त संशोधन उन्हे मान्य है। फिर भी लिखित में सूचना न मिलने से गतिरोध बना हुआ है। इस कारण प्रदेश महासंघ का विस्तार करा है। गतिरोध कायम होने से हमें संभागीय संगठन के रूप में अपना कार्य आगे बढ़ाने हेतु विवश होना पड़ रहा है। प्रदेश संबद्धता भी रुकी हुई है। संलग्न जिलों की जानकारी उपलब्ध नहीं है। माननीय प्रदेश अध्यक्ष जी का आग्रह है कि कुछ भी रकम चाहे एक रुपया हो जमा कराये। जिले के संगठन संबद्धता प्राप्त कर ले। जिलों को हिचक है कि प्रदेश संगठन महासंघ का स्वरूप देने में शिथिलता बरत रहा है। उपनियम संशोधन नहीं हो रहे हैं ऐसे गतिरोध की विवशता में हम संबद्धता कैसे ले? सभी ने राष्ट्रीय अध्यक्ष जी के गतिरोध दूर करने का आग्रह किया।

राष्ट्रीय अध्यक्ष जी ने म. प्र. के उपनियमों एवं सुझाये गये संशोधनों का स्वयं अवलोकन किया एवं प्रथम दृष्टया पाया कि उपनियम राष्ट्रीय उपनियमों से मेल नहीं खाते हैं जो

आवश्यक है। कई नियम महासंघ पाया के स्वरूप विपरीत है तथा परिलक्षित होता है कि इनमें कुछ प्रावधान प्रदेश महासंघ को अपनी ईकाई को अलग एवं सुरक्षित रखने हेतु रखे गये हैं जिससे महासंघ का स्वरूप न प्राप्त हो न अन्य संगठनों का प्रतिनिधित्व हो, जो संबद्धता चाहे न उनका नियंत्रण हो। ऐसी अलग ईकाई का स्वरूप महासंघ की प्रकृति के विपरीत है।

सुझाव आया कि जब तक उपनियम संशोधित नहीं हो जाते प्रस्तावित प्रबंध कार्यकारिणी को तदर्थ माना जावे तथा संबद्धता प्रदान कर उपनिधि संशोधित हो जाने पर विधिवत कार्यकारिणी गठित हो तभी प्रदेश महासंघ को कानूनी स्वरूप प्राप्त होगा। इन प्रश्नों पर पर्याप्त विचार मंथन हुआ। यह भी आग्रह किया कि आप आज ही अपना अभिमत प्रदान करे अन्यथा अन्य संगठनों को अपने अपने मार्ग पर चलने की छूट दे। लेकिन इससे वरिष्ठ नागरिक आंदोलन प्रदेश में बिखर जायेगा- यह भय है।

अंत में तय हुआ कि राष्ट्रीय अध्यक्ष जी आज ही प्रदेश अध्यक्ष जी के निवास पर जाकर प्रदेश, अध्यक्ष जी का हाल चाल पूछेंगे एवं अनुकूल होने पर कुछ चर्चा भी करेंगे। निर्णय अनुसार राष्ट्रीय अध्यक्ष जी प्रदेश अध्यक्ष जी के निवास पर गये एवं अनुकूल अवसर पाकर संक्षिप्त चर्चा की प्रदेश अध्यक्ष जी ने कहा कि पेरारवर सभी प्राप्त संशोधनों को एक रजिस्टर में अंकित कर दिया है। कानूनी विशेषज्ञों की राय भी ले ली है। प्रदेश के सभी संगठनों के प्रतिनिधियों को आमंत्रित कर इन संशोधनों को स्वीकृत करवाकर पंजीयक श्री एल. पी. पटेल के साथ प्रस्तावित प्रबंध कार्यकारिणी सूची भी प्रदेश अध्यक्ष जी को सौंप दी तथा अपेक्षा की है कि यह कार्य शीघ्र पूर्ण हो जायेगा।

राष्ट्रीय अध्यक्ष ने वरिष्ठ जनो के भीमे के लिये शासकीय समिति से अनुशासकों को मान्य करने हेतु भारत के माननीय प्रधानमंत्री जी को पत्र लिखने हेतु परामर्श दिया। पत्र कानमुना भी दिया गया। राष्ट्रीय अध्यक्ष जी दिनांक २८.०७.०८ को माननीया मंत्री सुश्री कुसुमजी महंदले से भेंट कर जो ज्ञापन वरिष्ठोंकी समस्याओं पर देने वाले है उसके संबंध में भी जानकारी दी गई। अंत में धन्यवाद ज्ञापन दिया गया। माननीय पांडेजी ने फोन कर पंचायत शीघ्र जाने की जानकारी दी। माननीय कुसुमजी महंदले से मुलाकात में यह तथ्य सामने

आया कि वरिष्ठ नागरिकों की महापंचायत शीघ्र अपेक्षित है।

**-डॉ. एम्. व्ही. भाले उपाध्यक्ष, (देवास)**

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(आ) दिनांक २९ जुलाई ०८ को अध्यक्ष डॉ. शं. पां. किंजवडेकर, श्री सुरेशजी शर्मा तथा श्री मांगीलालजी पोरवाल के प्रतिनिधि मंडल ने मा. सुश्री कुसुम मेहंदले, सामाजिक न्याय मंत्री, मध्य प्रदेश से मिलकर वरिष्ठों की समस्याओं पर एक ज्ञापन दिया।

(१) **राज्य वरिष्ठ नागरिक आयोग** बनाने के संबंध में मंत्रीजीने कहा - इस पर निर्णय मा. मुख्य मंत्रीजी को लेना है। हमने कहा- पहला वरिष्ठ नागरिक आयोग बनाने का श्रेय आप लीजिये, दूसरे राज्य अनुकरण करेंगे। आप मुख्य मंत्री से आग्रह कीजिये।

(२) **पहचान पत्र** देने के संबंध में उन्होंने कहा- वित्तविभाग ने मना किया है खर्चा बहुत होने के कारण। हमने कहा- महाराष्ट्र जैसे कुछ पैसा लेकर, प्रांतीय वरिष्ठ नागरिक महासंघ के माध्यम से पहचान पत्र देने की व्यवस्था कीजिये। बी.पी.एल वरिष्ठों को मुफ्त दीजिये मंत्रीजीने कहा, मै प्रस्ताव दुबारा भेजूंगी।

(३) **बस भाडे में रियायत**- मंत्री जी ने कहा हमारी राज्य परिवहन बसें बंद हो गयी है। हमने आग्रह किया- प्राईवेट बस चलानेवालों को ५० प्रतिशत छूट देने के लिये कहिये। यदि शासन हमारे पक्ष में दृढ़ रहेगी तो उन्हें मानना पडेगा। शासन को यदि लगता है कि बसवालों का नुकसान होगा तो, एक कल्याणकारी, शासन के नाते, हमें दी हुई रियायत बसवालों को करें।

(४) **राज्य वरिष्ठ नागरिक मण्डल की स्थापना** आपने राज्य वृद्धजन नीति बनायी, उसमें संशोधन करने के लिये समिति बनायी। संशोधन प्राप्त हुए लेकिन अबतक राज्य वरिष्ठ नागरिक मण्डल की स्थापना नहीं हुई है। यह मण्डल आपकी अध्यक्षता में होगा। विभाग के सचिव उसके सदस्य सचिव रहेंगे। वित्त, स्वास्थ्य, परिवहन, कानून, शिक्षा, गृह ईन विभागों के शासकिय प्रतिनिधि सदस्य होंगे। हमारे प्रांतीय वरिष्ठ नागरिक महासंघ के पांच प्रतिनिधि सदस्य होंगे। जराविशेषज्ञ सामाजिक विज्ञान संस्था का प्रतिनिधि मण्डल का प्रतिनिधि हागा। यह समिति राज्य वृद्धजन नीति के क्रियान्वयन पर देखरेख करेगी। ४ वर्ष पूर्व आपने नीति घोषित

की लेकिन राज्य वरिष्ठ नागरिक मण्डल की स्थापना न होने से नीति का क्रियान्वयन सुजाऊ रूप से नहीं हो रहा है।

मंत्री जी ने विभाग के कमिश्नर को, दूरध्वनि कर इस विषय पर तुरंत प्रस्ताव भेजने का कहा।

(५) **मुफ्त चिकित्सा सुविधा-** मंत्रीजीने कहा महाराष्ट्र जैसा शासकीय आदेश निकालने पर विचार किया जाएगा।

(६) **अश्विक डे केयर सेंटर्स की स्थापना-** मंत्री जी ने कहा- मैं वृद्धाश्रमों की संख्या बढ़ाने के विरोध में हूँ। हमने कहा - हम वृद्धाश्रम की बात नहीं कर रहे हैं, दिवा रंजन केंद्रों की - डे केयर सेंटर्स की मांग कर रहे हैं। यहाँ वृद्ध निवास नहीं करते। कुछ घंटे समयस्को के साथ आनंद में बिताते हैं। हरेक तेहसिल में कमसे कम एक डे केयर सेंटर की स्थापना कर वह चलाने के लिये स्थानीय वरिष्ठ नागरिक संघ को सोंप दिजिये। मंत्रीजीने कहा- अब तो चुनाव नजदिक है अतः इस विषय पर तुरंत निर्णय असंभव है।

(७) **मैटेनन्स ऐक्ट - (भरणपोषण कानून २००७)-** हमने प्रार्थना की कि कमसे कम एक नोटिफिकेशन निकालकर राज्य में यह कानून लागू होने कि घोषणा कीजिये। मंत्रीजीने कहा- नोटिफिकेशन जारी करने के लिये मैंने सीचना दे दी है।

(८) **महापंचायत-** मंत्रीजीने कहा- मुख्य मंत्री कबसे महापंचायत बुलाना चाहते हैं लेकिन किसी न किसी कारण से वह आगे चली जाती है। फिर भी चुनाव के बंधन शुरू होने से पहले, महापंचायत बुलाने की कोशिश करेंगे।

प्रतिनिधिमंडलने मंत्रीजी को ध्यवाद दिया।

(९) उसी दिन दुपहर १२।। बजे अध्यक्ष डॉ. किंजवडेकर और संगठन सचिव श्री सुरेशचंद्र शर्मा मा. वित्तमंत्री श्री राघवजी से मिले।

(१०) वरिष्ठ नागरिक आयोग गठन के संबंध में हमने कहा, २००६ अक्टूबर में हमारी छठी राष्ट्रीय परिषद में पूर्व मुख्य मंत्री श्री बाबूलाल जी गौड ने वरिष्ठ नागरिक आयोग शीघ्र गठित करने की घोषणा की थी। उसी परिषद में आपने आयोग गठन के लिये आवश्यक वित्त का प्रावधान बजट में करने का आश्वासन दिया था। लेकिन दो वर्षों के बाद भी इस में कोई प्रगति नहीं हुई है।

आयोग की प्रस्तुत आवश्यकता के संबंध में मा. मुख्य मंत्री जी को भेजे पत्र की प्रति हमने मंत्री जी को प्रस्तुत की।

वृद्धोंका आर्थिक सुरक्षा, स्वास्थ्य सुरक्षा, आवास व्यवस्था, वरिष्ठ नागरिकों के संबंध में कानून-जैसे भरणपोषण कानून-का क्रियान्वयन, वृद्धाश्रम, डे केयर सेंटर्स का निर्माण, अन्य कल्याणकारी योजनाएँ आदि के लिये आज कोई भी मशीनरी उपलब्ध नहीं है। सामाजिक न्यायविभाग कहता है कि उनपर अपने कामों का इतना बोझ है। कि वे यह भार भी नहीं उठा सकते। राज्य में प्रतिदिन वृद्धोंकी संख्या बढ़ रही है। आयुवृद्धिके वरिष्ठ नागरिक आयोग शीघ्र निर्माण करने की आवश्यकता है।

(२) **पहचान पत्र-** मंत्री जी ने कहा यदि महाराष्ट्र के समान वरिष्ठ पहचान पत्र के लिये पैसे दे देंगे तो वैसी योजना यहाँपर शीघ्र शुरू की जा सकती है।

(३) **डे केयर सेंटर्स की संख्या** बढ़ाने के लिये प्रानश्चान करिये। इस पर मंत्रीजीने कहा अब हमारा कार्यकाल पूरा हो रहा है। अब विधान सभा का अधिवेशन नहीं होगा। अतः अगले सरकार को यह योजना बतानी पड़ेगी।

(४) **बस किराये में रियायत-** हमने आग्रह किया कि, कल्याणकारी राज्य को इस प्रकार वरिष्ठोंका रियायत देने का दायित्व होने से बजट में रिईबर्समेंट की याचना करके किराये में छूट की व्यवस्था की जाय। मंत्रीजीने सलाहे दी कि- यह प्रस्ताव नई सरकार के सामने रखिये।

## 2. Andhra Pradesh:

(a) **8th G.B. Meeting of FAPSCO-** was held on 5th July 08 at Press Club Hall, Hyderabad. 170 representatives from Districts of Hyderabad, Ranga Reddy, Guntur, Nalgonda, Kurnool, Karimnagar, Warangal, Medak, Krishna etc. attended the meeting. Gen. Secretary Shri Bhagwanulu welcomed all. Dr. Chelikani Rao, President, in his introductory remarks thanked various partners of FAPSCO, including Red Cross, HelpAge, GHMC, Heritage Hospital etc. He pleaded that activities like those started by Greater Hyderabad Municipal Corporation (GHMC) should be taken up by all 123 Municipalities and 15 corporations in the State.

Dr. Mallupudi Harischandra (87) said, the secret of his health lies in his 30 minutes walk, which he maintains even to-day. Smt. Padma Sundari, from the Commissionerate, Govt. of AP talked about the ID Cards issued by the Govt. and grants for Old Age Homes etc. She said Rules

under the Maintenance & Welfare Act 2007 are being framed and will be released fast.

Shri Yatindra Yadav of HelpAge gave a detailed account of the projects undertaken by HelpAge for rural elderly. They support 23 Old Age Homes / DCCs in addition to running 5 mobile medicare units in the State. Shri K.R. Gangadharan of Heritage Hospital spoke about the training programme for bedside assistants which has resulted in value addition to a large number of poor women folk. They are able to get after some field experience, as much as Rs.8000 to 10,000/- pm as against Rs.1500/- they were getting as domestic servants. He said an Institute of Geriatrics & Gerontology offering a full-fledged course will be started soon near Patancheru,

Smt. Vani Mohan, Addl. Commr. GHMC spoke about the **Helpline** started with the co-operation of HelpAge in GHMC. Activities like issue of ID Cards, setting up of DCCs, medical camps, database of service providers and of volunteers (doctors, lawyers etc.) were highlighted. She announced that after a series of negotiations doctors attached to APNA & IMA will shortly be offering a 20% discount to Senior Citizens in consultation and other fees in private clinics.

The afternoon session was devoted to General Body Meeting work. The Report was read Shri Bhagwanulu, the Secretary, The Treasurer Shri PSN Kumar Yadav presented the statement of A/c.

As a part of re-organisation activity, District level committees (DISCO) were formed. Dr. Chelikani Rao read a list of 160 people who could be on the D L Committees. After discussion the list was finalised. The State Govt. has accepted FAPSCO proposal to set up District level Committees for looking in to the welfare of older persons parallel to the State Council. The names of DISCO members will be passed on to the State Govt. for forming District Committees in each Collectorate. They will attend the distribution of ID Cards in Co-operation with the ADs in the districts. They will also support the functioning of Old Age Homes.

The following Executive Committee was elected in the meeting.

President - **Dr Rao Chelikani**

Vice President - 11 from different Districts

Organising Secretary - **Shri V. Gopal Rao**

Gen. Secretary - **Shri P.S. Bhagawanulu**

Treasurer - **Shri PSN Kumar Yadav**

-P.S. Vyasa Moorthy

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## Senior Citizens Welfare Association A.P.

The West Godavari District Association has conducted an experimental Camp of issuing I.D. Cards to the Senior Citizens in a rural area with co-operation of Asst. Director, Welfare of Disable and Senior Citizens Deptt. Elurlu W G Dt. and Govt. Docts. of Cherbole in TALLAPURAM Village on 25-6-08. 239 I.D. Cards have to been distributed to the Senior Citizens of that Village on the spot. They felt very happy. Second camp was conducted at China Ninda Kolaru Village on 26-7-08 and issued 327 Cards.

Ln. VVR Pardhasaradhe Ex. MLC and Ln. Epuri Satyanarayana Dist. Governor District 324 CT inaugurated the camps. Our Association member Sri VSL Narasimhan, Jagananda Raju, Dr. M.A. Padmanabham Dr. Giri, N. RamaKrishna, Ramachandra Reddy. V. Veera Rao Ch. S.N. Murty, Munswara Rao. Veerabhadra Rao Radharaman Gupta and Village Surpanch Piydrumkula Ramakrishna and Sagiraju Janaki Rama Raju participated in the function.

-V. Narayana Murty

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### ३. गुजरात-

#### (अ) सीनियर सिटिजन्स फेडरेशन (गुजरात प्रदेश)

##### अमदावाद -

(i) दि. २७ मई २००८ को फेडरेशन के महामंत्री श्री अमृतभाई मोढ के नेतृत्व में एक प्रतिनिधि मंडल ने जिसमे सर्वश्री प्रेमशंकरभाई भट्ट, मधुसूदन गांधी और भरतसिंह वाघेला शामिल थे- मंत्री मा. श्री फकीरभाई वाघेला से भेंट की और उन्हे राज्य में एन्.पी.ओ.पी. जैसी राज्य नीति बनाकर राज्य में सक्रिय अंमल करने की प्रार्थना की। मा. मंत्रीजी का प्रतिसाद अच्छा रहा और उन्होने आश्वासन दिया कि यह विषय मा. मुख्य मंत्री जी के सामने रखकर आवश्यक कार्यवाही की जाएगी।

(ii) फेडरेशन ने सीनियर सिटिजन्स कौन्सिल, गांधीनगर के सहकार्य से वयस्कों की जानकारी के लिये राष्ट्रीय वृद्धजन नीति तथा मेंटेनेन्स ऑण्ड वेलफेयर ऑफ पेरेंट्स अँड सीनियर

सिटिजन्स अॅक्ट २००७ के महत्त्वपूर्ण मुद्दों को छापकर, सराहनीय सेवा प्रदान की है।

(iii) फेडरेशन द्वारा प्रकाशित अनियतकालिक मुखपत्र 'वयस्क सेतु' का चतुर्थ अंक भरपूर जानकारी से भरा है। फेडरेशन के नियमों की संक्षिप्त जानकारी, कार्यकारिणी के दोसभा का वृत्तान्त, पदाधिकारियों की सूचि, दूरध्वनि क्रमांक सहित, सम्माननीय महानुभावों का परिचय संलग्न संस्था समाचार, मुख्य मंत्री श्री नरेन्द्र मोदी तथा सामाजिक न्यायमंत्री श्री फकीरभाई वाघेला और मुख्य सचिव डॉ. मंजुला सुब्रमण्यम् को वरिष्ठों की समस्याओं के संबंध में लिखे पत्र आदि कार्यकर्ताओं की दृष्टि से बहुत उपयुक्त जानकारी इस अंक में है। मुख्य संपादक श्री शंकर ठक्कर (राजकोट) और सहसंपादक श्री नगीनभाई शाह (नडियाद) हैं। अभिनन्दन।

#### (आ) सीनियर सिटिजन ग्रुप, अंकलेश्वर -

अंकलेश्वर - पानोली औद्योगिक विस्तार में प्रदूषण बहुत बढ़ रहा है, अपघात बढ़ रहे हैं रासायनिक विषात्मता बढ़ रही है जो प्राणीजीवन के लिये खतरा है। इससे प्रतिवर्ष अनेक मृत्यु हो रहे हैं। इस बढ़ते प्रदूषण को नियंत्रण में लाने के दृष्टि से सीनियर सिटिजन्स ग्रुप, अंकलेश्वर ने - अंकलेश्वर के प्रान्त अफसर को एक स्वयंस्फुट पत्र, ५ जून के विश्व पर्यावरण दिन के उपलक्ष्य में भेजकर मौलिक सूचनाएं की हैं। पत्र की प्रति मा. मुख्यमंत्री, गुजरात राज्य को भेजी गयी है।

#### (इ) सीनियर सिटिजन ग्रुप, भरुच-

सुश्री पुष्पाबेन पटेल की अध्यक्षता और श्री सूर्यकान्त परीख के नेतृत्व में गत ८ वर्षों से यह संस्था भरुच में अच्छा कार्य कर रही है। 'जीवन दर्शन' नामक नियतकालिक प्रकाशित किया जाता है। ग्रुप की सभाएं हर महिने के दूसरे मंगलवार को रूंगटा विद्याभवन में शाम को ठीक ६ बजे शुरू होती है। ग्रुप की तरफ से प्रति वर्ष मेडिकल कैम्प, तेज चलने की स्पर्धा, ७५ वर्ष पूर्ण करनेवाले और दम्पतिजीवन के ५० वर्ष पूर्ण करनेवालों का सम्मान, भजन संध्या, ग्राहक हित रक्षक मण्डल, बोन डेन्सिटी कैम्प आदि चलाये जाते हैं। एक हास्य क्लब भी चलाया जाता है जिसमें रोज सुबह ६।। से ७। तक अनेक सदस्य नियमित उपस्थित रहते हैं। स्वास्थ्य और आनंद प्राप्त करते हैं।

-सूर्यकान्त परीख

#### (ई) सीनियर सिटिजन्स कौन्सिल, गांधीनगर -

(१) शहर के सिविल अस्पताल में दाखल ७५ गरीब रुग्णों को जून ०८ महिने में रु. १०२७ का आर्थिक सहाय्य दिया गया। कु. रीटा लुल्ला के हृदय वाल्व शस्त्रक्रिया के लिये रु. ५००० का सहाय्य दिया गया। (२) घूमते दवाखाने में १०१३ रुग्णों को सेवाएं दी गयीं जिसमें १४० पुरुष ४४६ महिलाएं और ४२७ बालक थे। औषधियों के साथ महिला और बालकों को पौष्टिक नाश्ता भी दिया गया। (३) रुग्णवाहिका सेवा - अमदावाद शहर से ११ और गांधीनगर से आये १२ कॉल निभाए गये। (४) जून में २ रक्तदान शिबिरों का आयोजन किया गया। प्रथम - १ जून ०८ को अडालज प्राथमिक स्वास्थ्य केन्द्र में जहाँ ५२ रक्तदाताओं ने रक्तदान किया। द्वितीय - दि. ८ जून ०८ को सहयोग मण्डल और गायत्री परिवार के सहकार्य से गायत्री शक्तिपीठ में हुआ, जिसमें २४ लोगों ने रक्तदान किया। श्री देवेन्द्रभाई गांधी ने १०८ वी बार रक्तदान कर एक उच्चांक स्थापन किया। (५) बाल मुकुन्द सेवा - दि. १३ और १४ जून को गांधीनगर और पेशापुर गाव की ७ आंगनवाडियों में गायका घी, गुड और सोयाबीन युक्त सुखडी बच्चों को बाँटी गयी। फिर दि. २४ जून को भी पौष्टिक सुखडी का वितरण किया गया। (६) महिला विभाग की ओर से प्रति गुरुवार को सिविल अस्पताल में प्रसूत बहनों को शीरा दिया गया। १३ जुलाई को गौरीव्रत के उपलक्ष्य में सेक्टर ६ और सेक्टर २९ की स्कूल बालिकाओं को ड्रायफ्रुट, महेंदी के कोन बाँटे गये। सुश्री जसुबेन ठक्कर द्वारा हर बुधवार को योगासन वर्ग चलाये गये।

#### 4. Haryana:

##### RREWA - Gurgaon:-

The Retired Rly. Employees Welfare Assn. which is affiliated to AISCCON and has been doing Yeomen's service to pensioners in various fields and whose website www.rrewa.org is very popular among pensioners and Senior Citizens, had been identified by the Govt. of India for being associated with the implementation of Web-based Pensioners' Portal, a mission - mode project under National e-governance plan, vide their letter No. 41/88/07 P & PW (E) dt. 20 June 2008.

We wish all success to RREWA in its new role.



## 5. Kerala-

**Senior Citizens Association Thiruvananthapuram** The monthly meeting was held on 19th June 2008 at the Hassan Marikar Hall, with the President, Shri Thomas Poulouse in the Chair. After invocation and obituary reference, the Secretary welcomed the Guest - Speaker Dr. Marthanda Pillai, Chairman & Mg. Dir. Ananthapuri Hospital, and the Assistant General Manager IDBI, who sponsored the meeting. He reminded the members about the picnic planned on 24th July and the entertainment & dinner proposed after the quarterly GB meeting on 17th July 08.

Dr. Marthanda Pillai spoke on various health problems of old age with particular reference to neurological problems. His talk was well received by the audience as indicated by the question and answer session that followed.

Speakers from IDBI Bank spoke on various products and services offered by the bank, with power point presentation.

The President invited Comdt. GV Mathew for a review of the monthly news letter - 'Senior Citizens - Trivandrum', Comdt. Mathew said, his comparison of our news letter with those of some similar Associations has shown the superiority of ours. He complimented Shri Radhakrishna Menon for establishing a tradition of high standard for the newsletter and his successors for maintaining it. He suggested some additions to make it more attractive.

The President in his concluding remarks thanked the guest speaker. He said July was an ideal month for planting trees and urged every Senior Citizens to plant at least one tree to improve the environment. -K. Premkumar

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## ६. मध्यप्रदेश

### वरिष्ठ नागरिक विचार मंच, इन्दौर-

संस्था का १८ वा स्थापना दिवस जाल ऑडिटोरियम, इन्दौर में शुक्रवार, दि. २५ जुलाई ०८ को मनाया गया। प्रथम सत्र में स्वास्थ्य चेतना के अन्तर्गत डॉ. नारी मसन्द - पूर्वाध्यक्ष मेडिकल एसोसिएशन तथा अस्थिशल्य विशेषज्ञ और डॉ. श्रीमती अपर्णा उमडेकर, जरा विज्ञान विशेषज्ञ के उपयुक्त, ज्ञानवर्धक भाषण एवं प्रश्नोत्तर हुए।

द्वितीय सत्र में श्री चन्द्रशेखर कानूनगो की अध्यक्षता में

सचिव श्री इन्द्रजित अवल ने वार्षिक प्रतिवेदन एवं लेखा २००७-०८ प्रस्तुत किये गये जो सभा द्वारा पारित किये गये। इस वर्ष ५९ सदस्यों ने आजीवन सदस्यता प्राप्त की। ३१ मार्च ०८ को सदस्य संख्या ८५९ थी। वर्ष २००८ में वृद्धजनों के सैपल सर्वेक्षण संख्या १५०० करने का निर्णय किया गया और १५ मार्च २००८ से सर्वेक्षण प्रारंभ हुआ। विश्व वरिष्ठ नागरिक दिवस दि. १-१०-०७ की जाल ऑडिटोरियम में मनाया गया। मुख्य अतिथि जस्टिस (से.नि.) श्री पी.डी. मुल्ये और समारोह सभापति प्रा. बी.के. निलोसे रहे। २६ सदस्यों का अमृताभिनन्दन किया गया। दि. १७ दिसंबर ०७ को कुन्द कुन्द ज्ञानपीठ वाचनालय सभागार में पेंशनर दिवस मनाया गया। श्री. आर.सी. दुबे - सेवा निवृत्त संयुक्त संचालक लेखा एवं कोष, मुख्य अतिथि थे। सदस्यों की सूची पुस्तिका शीघ्र प्रकाशित की जाएगी। -इन्द्रजित अवल, सचिव

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## 7. Maharashtra:

### Health Service Plan 2008.

Senior Citizen's Organization Akola inaugurated its 'Health Service Plan:2008 on 8<sup>th</sup> May 08 at 5pm in the premises of BR High School Akola. Dr. Deepak Kelkar eminent physichiyatric and President Indian Medical Association Akola presided over the function as Chief guest. and Dr. Bhushan Mapari, Dr. Parag Maheshwari Dr. Deepak Rathi Dr. Badgugar as Honorable guest were present on the Dias. Function commenced with Saraswati Pujan by Dr. Kelkar followed by welcome of Chief Guest and other Honorable personalities present on the dias by Shri Ashok Kulkarni, President of the Organisation. Shri Chothmal Sarada, working committee member presented inaugural speech incorporating details of hard work taken by the team members and the hearty response given by the Honorable Doctors by giving their consent in writing for concessions in Health Services provided by them to be given to the Senior Citizens who opted this plan. Dr. Bhushan Mapari eminent Heart specialist and Ex president of IMA Akola explained the views and approach of Medical Association towards needs and requirement

of the Senior Citizens and promised to extend all possible cooperation as per agreed terms and conditions. Shri Ashok Kulkarni President of the organization explained the structure of the Health Service Plan 2008. Systematic efforts were made to obtain the consent of the IMA authorities and Doctors who heartily cooperated and shown deep interest to join this plan as social obligation towards senior citizens. 50% concession in examination fees, 10 to 30% in Room rent for indoor patients 10 to 20% in operation charges reduction are special feature of this plan. A book let covering name of the Doctor Telephone No. details of concessional treatment available in the concerned Hospital has been published along with identity card for members who opted this plan. Few identity cards were distributed to members through Chief Guest Dr. Deepak Kelkar. Ashok Sakalkale Secretary of the organization, who also conducted the programme, introduced Dr. Deepak Kelkar with tremendous applause from the audience. Every body was eager to listen the lecture of the Guest on the subject "loss of the Memory". Dr. Kelkar took charge of the mike and literally conquered the congress with his first sentence. Entire lecture was delivered in the form of question answer action and reaction of the members on the point discussed. He noted that if one listens to the points discussed, and resolve to act, then he will be a very different person when he will go to his home. Important tips were "give up your right even if you are right, keep away all tensions and stresses and you will never face problem of loss of the memory. He further gave tips such as "accept the things as they come, create creative problems and struggle to solve them till your last breath, acknowledge and appreciate the work of your family friends and relatives, nobody else is responsible for your worries but you alone, always be alert, always be giver and never ask for any favour or thing, live for future, be accommodative in all situation and circumstances." If you follow and lead simple life you will never face any problem in life." Dr. Kelkar left indelible

impression of his lecture in the heart of every body present in the function. Smt. Savita Gautam expressed vote of thanks. Programme was concluded with prayer pasayadana.

-Ashok Sakalkale

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**Government of Maharashtra vide their GR 07 (Rasayo-2007/Pra.Ka.451/Visayo)**

dt 5-3-08 have notified that Indira Gandhi National Old Age Pension (IGNOAPS) shall be effective from 1-11-07 and all (not destitute only, as at present) Senior Citizens of 65 years & above belonging to a household below the poverty line (Family income less than Rs 18000 p.a.) shall be eligible to receive monthly pension. The pension shall be credited, where feasible, in to a Post Office or Public Sector Bank Account of the beneficiary.

The same Application form, as for earlier scheme is to be used and office of Tehsildar should be contacted. The existing conditions, as under shall apply:-

i) Certificate of living below poverty line should be obtained from Tehsildar/Dy Tehsildar, Divisional Inspector, Gram Sevak/ Nagar Sevak or his name should appear in such list of BPL Citizens.

ii) The Applicant should be staying in Maharashtra for 15 years or more. May not be staying in Old Men Houses or any free Houses run by Charitable institutes, government etc. Certificates to this effect for both from Tehsildar etc to be attached.

iii) Birth Certificate.

iv) 2 copies of Family Photograph.

v) Pension for 3 months shall be credited to their accounts in Post Office or Bank in the first week of the quarter. Pensioner can withdraw one month's pension by 7<sup>th</sup> of the month.

vi) Death of the pensioner should be notified immediately by Gram Pachayet/Sevak, Tehsildar.

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Mumbai Mahanagar Regional Transport Superintendent, Government of Maharashtra, Bandra vide his letter dt 9-7-08 has informed that MMRDA having been formed as per

Ministry of Home, Government of Maharashtra's orders no MVR0807/136/2 dt 25-2-08, all Regional Transport Offices of Mumbai & Thane are merged and as such all rickshaws & taxis of entire MMRDA Area can ply anywhere in MMRDA Area (decision taken on 4-3-08).  
- M.V.Ruparelia

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### अ) फेस्कॉम कोल्हापुर प्रादेशिक विभाग -

विभाग के अध्यक्ष श्री माधवदास शेडजी और सचिव श्री नरहरी बगरे हैं। कोल्हापुर, सांगली, रत्नागिरी और सिंधुदुर्ग इन चार जिलों से यह प्रादेशिक विभाग बनता है। गत वर्ष में कार्यकारिणी की ४ सभाएं हुईं- दि. ३ अप्रैल ०७ को सांगली में, २९ नवंबर ०७ को सांगली में, १४ जून ०७ को मालवण में और १० जनवरी को घुणकी में। कोल्हापुर जिले में ८५ ज्येष्ठ संघ हैं। सांगली में ४४, रत्नागिरी में ५ और सिंधुदुर्ग में ६ संघ हैं- कुल संख्या १४०। गत वर्ष में २१ नये संघ स्थापन हुए। कुल सदस्यसंख्या करीब १०,५०० है। - नरहरी बगरे

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### Senior Citizen Group, Pimpode, Budruk

Senior Citizen Group, Pimpode, Budruk Dist. Satara (Maharashtra) celebrated its 6th Anniversary on 2nd August 2008. Shri Shivajirao Lembhe presided over the meeting.

Present President, Shri Daulatrao Lembhe on his 68th Birth Day distributed 15 Canes to the Older Senior Citizens. On last birth day, he had distributed 51 Canes to the Senior Citizens of the village.

- Daulatrao Lembhe (President)

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### 'स्नेहबंध' महिला ज्येष्ठ नागरिक संघ (सोलापूर) की घुडदौड

(१२ जून से १२ अक्टो. ०८ तक द्वैमासिक अहवाल)

१२ अक्टो. ०८ को कुर्दुवाडी में (जि. सोलापूर) द्वैमासिक सभा में सादर किया हुआ अहवाल-

गर्मी के छुट्टी के बाद जून ०८ से संघ की बडी आनंद के साथ शुरुवात हुई। संघ की सभा सब सदस्यों के सुचनानुसार हर गुरुवार को लेने का निश्चित हुआ।

वटपौर्णिमा 'कल की आज की' उसका धार्मिक वैज्ञानिक

दृष्टिकोन पर चर्चा हुई। 'हराळी और यमगरवाडी' (जि. उस्मानाबाद) भूकंप पीडितों के लिए ज्ञानप्रबोधिनी द्वारा साकार हुआ प्रकल्प और यमगरवाडी में 'पारधी' बच्चों के लिए सब सुविधा से परिपूर्ण शालेय प्रकल्प देखने के लिए गये थे। इसको साक्षेप ज्येष्ठ नागरिक संघ का सहकार्य मिला। प्रकल्प देखकर हम अचंबित हुए।

श्रावण मास स्वागत उत्साह के साथ किया।

'चैतन्य केंद्र' पुणे द्वारा आयोजित निबंध स्पर्धा में सदस्यों ने भाग लिया था। उनका अभिनंदन किया।

झाँसी की रानी लक्ष्मीबाई १७०वा जन्म दिन चेतना दिन के रूप में मनाया गया। हर सभा में मनोहारी - मनोयुवा फेस्कॉम मुख पत्रिका का वाचन, चर्चा करते हैं। जुलै- ऑगस्ट के अंक में हमारे संघ कार्य का उल्लेख है। इस पर सभी ने संतोष व्यक्त किया।

भारतीय संस्कृति में गुरु का स्थान सर्वोच्च है। संघ में गुरुपौर्णिमा उत्सव मनाया गया। गुरु प्रति अपनी भावना महिलाओं ने गीत-सादर करके - कथा के द्वारा प्रस्तुत की।

इस साल हमने एक नया उपक्रम चालु किया है। हर गुरुवार को संत ज्ञानेश्वर - हरिपाठ अभंग गायन क्रमशः करते हैं।

श्रावण मास - त्योहार - नागपंचमी, आनंद के साथ मनाई गई। उस दिन नागदेवता - पूजन किया। पारंपारिक खेल महिलाओं ने दिखाए। सब महिलाओं को बचपन के दिन याद आये।

स्वातंत्र्य संग्राम को १५० बरस पूरे हुए। इसको ध्यान में रखते हुए कार्यक्रम आयोजित किया था। १८५७ से १९४७ कालखंड में महिलाओं का योगदान - इस विषय पर चर्चात्मक कार्यक्रम किया। आयोजित चर्चा में सब महिलाओं ने हिस्सा लिया। अभ्यासपूर्ण योगदान दिया।

इस प्रकार अनेकविध समयोचित कार्यक्रम आयोजन होता रहता है। हर गुरुवार शाम ५.३० ते ६.३० का समय कब आता है, इसकी राह हर सदस्या देखती है। इस उमर में भी जीवन में आनंद लेना, दूसरों को देने के लिए सज्ज रहती है।

-सौ. जयश्री अ. दळवी

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### गौरवशाली महिलाओं का पुण्य स्मरण

(१८५७ से १९४७ तक कालखंड)

१८५७ स्वातंत्र्य संग्राम का सुवर्ण महोत्सव और १९४७ स्वतंत्र भारत का हीरक महोत्सव के उपलक्ष्य में स्नेहबंध महिला ज्येष्ठ नागरिक संघ ने एक कार्यक्रम दि. १४ ऑगस्ट २००८ स्वातंत्र्य दिन पूर्व संध्या को सायं ५.३० से ६.३० तक चैतन्यनगर स्थित संघ कार्यालय में आयोजित किया था।

समारंभ की शुरुवात श्री शारदा स्तवन से हुई। श्री ज्ञानेश्वर रचित हरिपाठ का सामुदायिक पाठ श्रीमती अरळीकर के मार्गदर्शन पर हुआ। सभी सदस्यों ने स्त्री जन्म के स्वागत की शपथ ली।

१८५७ से १९४७- कालखंड में जिन महिलाओं ने बड़ी बहादुरी से स्वातंत्र्य समाज सेवा शिक्षण आदि क्षेत्रों में अपना योगदान दिया उस आदरणीय माता-भगिनीयों का स्मरण किया। उनको आदरांजलि अर्पित की।

इसमें सौ. दुभालदार, श्री पिराले, नाईक, सौ. रत्नपारखी ने हिस्सा लिया। श्रीमती कुमठेकर ने स्वातंत्र्य संग्राम में पारसी महिलाओं का योगदान इस विषय पर वर्तमान पत्रक के कुछ अंश पढ़ कर सुनाए।

दुनिया में भारत देशमें ही अपने देश को भारत माता कहते हैं। माता सब बच्चों का पालन एक ही भावना से करती है। वैसे ही हमारी भारतभूमि है। इसलिए गर्व से हम भारत माता की जय बोलते हैं।

इस कार्यक्रम का समारोप शांती पाठ से हुआ। उपस्थित महिलाओं को अध्यक्ष सौ. शुभांगीताई ने मिठाई देकर आनंद बढ़ाया।

- सौ. जयश्री अ. दळवी

**फेस्कॉम मराठवाडा प्रादेशिक विभाग की छठी वार्षिक सर्व साधारण सभा नांदेड** में २७-७-२००८ को संपन्न हुई. नियमित कामकाज के अलावा लातुर अधिवेशन (३१-१/१-२-२००९) की तैयारी पर चर्चा की गई और निर्णय लिए गए.

फेस्कॉम अहमदनगर नासिक प्रादेशिक विभाग की वार्षिक सर्व साधारण सभा नासिक में १०-७-०८ को संपन्न हुई जिसमें करीब १५० प्रतिनिधि उपस्थित थे।

फेस्कॉम की २९वीं वार्षिक साधारण सभा नासिक में ३०-७-२००८ को बडे उत्साह और सक्रियता से आयोजित की गई।

नासिक शहर वरिष्ठ नागरिक आन्दोलन का एक मुख्य केन्द्र बन रहा है।

## मधुर चिन्तन

हवा के झोकों ने,  
फूलों की खुशबू ने,  
पौधों की हरियाली ने,  
और वनों के निरालेपन ने  
हम मानवों को  
क्या-क्या न दिया  
बढ़ना सिखाया  
विहँसना सिखाया  
मचलना सिखाया  
दमकना सिखाया  
किन्तु मानव इस कदर इतराया  
कि उन्हीं वनों का ढेर लगाया  
फूलों की पंखुड़ियों को  
पैरों तले दबाया  
पौधों की हरियाली को  
कालिमा में बदल डाला  
हवा के झोकों को जहरीला बनाया  
मात्र चन्द अपने स्वार्थों के लिए  
आलीशान भवन  
व्यवसाय की धुन  
और पैसा कमाने के लिए  
वह भूल गया

## - गजेन्द्रकुमार सिंह

कि इससे अधिक  
कहीं उनकी जरूरत है  
उसके स्वयं के जीवन के लिए  
हरियाली ही जीवनदायिनी है  
फूलों की सुगंध प्रेरणादायिनी है  
शुद्ध-स्वच्छ हवा के झोके ही  
उसके प्राण हैं  
पुनः जब इनकी उसे जरूरत होती है  
तो वह कृत्रिम उपचारों की  
ओर दौड़ता है  
ऑक्सीजन के लिए तरसता है  
जिसके लिए ये वन-उपवन जरूरी है  
होश तो संभालो  
खुद कुछ नहीं कर सको  
तो कम से कम प्रकृति प्रदत्त  
हरियाली को विनष्ट तो न करो  
प्रकृति स्वयं में परिपूर्ण है  
उसे उजाड़ों तो नहीं  
तुम्हारा इतना भी करना  
काफी होगा कल के लिए  
अगर इनकी वृद्धि में हाथ बँटाया  
तो कुछ कहना ही नहीं।

## विपक्ष में ही बैठ लूँगी

नई नवेली दुलहिन से, बोली - उसकी सास,  
बहू! मैं इस घर की गृहमंत्री हूँ,  
वित्त मंत्रालय भी, है मेरे पास.  
तेरे ससुर, इस घर के विदेश मंत्री है.  
तेरी ननद के पास, योजना मंत्रालय का भार है  
और तेरे पति के पास, खाद्य एवं आपूर्ति मंत्रालय का  
स्वतंत्र प्रभार है  
अब तू बता - तू कौन - सा मंत्रालय चाहती है खास,  
इतना सुन बहू बोली - पूजनीय सास  
ऐसी स्थिति में - मैं  
कोई भी मंत्रालय ले के क्या करूँगी?  
“विपक्ष” में ही बैठ लूँगी।  
-डा. माणिक मृगेश, नई दिल्ली

# संगठन गढ़े चलो

सूक्ति है - संघशक्ति: कलौ युगे। अर्थात् कलियुग में संघ या संगठन शक्ति ही सर्वोपरि है। वानप्रस्थ और संन्यासी जीवन के काल में जीने वालों को भी, इस सत्य को स्वीकार करना उनके हित में ही है।

भारत वर्ष में लोकतंत्रहय शासन व्यवस्था में संगठनों की अत्यधिक महत्ता है। जहाँ चुनी हुई सरकार सत्तासीन होती है और सत्तासीन होने के लिये संगठनों का सहारा लेकर ही कोई सरकार सत्ता तक पहुंच पाती है। ऐसे में जो वर्ग या समूह संगठित होकर नहीं जीता है, उसकी लोकतंत्रीय व्यवस्था में अनदेखी होना स्वाभाविक है। इसलिये यदि कोई वर्ग, अपने हितों की सुरक्षा चाहता है, तो उसे दबाव समूह (Pressure Group) बनाकर जीने की पूरी मानसिकता से आगे आने की जरूरत है। डेविस ट्रमेन का मानना है, कि ऐसे दबाव समूह व्यक्तियों के वे समूह होते हैं, जिनके समान हित हो, और वे अपने हितों के इर्द-गिर्द खड़े रहकर उद्देश्यों की प्राप्ति के लिये एक निश्चित प्रक्रिया के अन्तर्गत संगठित होकर प्रयासरत हो। सूत्र है - **“एकोऽहं बहुस्याम”** **“मैं एक से अनेक कैसे बनूँ”** इससे संगठन के भाव का प्रकटीकरण होता है, जब एक व्यक्ति समूह का भाग बनकर, अपने व्यक्तित्व को समाप्त याने समाज में समहित कर देता है।

हम अपने दैनिक जीवन और आसपास की प्रकृति को देखकर यही अनुभव करते हैं कि बूंद-बूंद से घट भरता है, कण-कण जोड़े धन और मन जुड़ता है। अक्षर से शब्द, शब्द से वाक्य और वाक्यों से रामायण, गीता जैसे ग्रन्थों का निर्माण हुआ है। पहाड़ों से निकली छोटी-छोटी अनेक धाराएँ जुड़कर गंगा, यमुना, सिन्धु, ब्रह्मपुत्र जैसी विशाल जल राशी का रूप लेकर जल नद में प्रवर्तित होती है। ऐसे ही व्यक्ति-व्यक्ति से जुड़कर संगठन का समूह जुटता है और वह महासंघ बन जाता है।

आज देश में वरिष्ठ नागरिकों की संख्या कुल जनसंख्या के ९ प्रतिशत के लगभग है। वही भारत सरकार द्वारा स्वीकृत राष्ट्रीय वृद्धजन नीति की पृष्ठभूमि में दर्शाई गई जार्निकीकय दर प्रवृत्ति के अनुसार यह संख्या २०२० तक कुल संख्या की १५ और २०५० तक २१ प्रतिशत के लगभग संभावित है। इससे स्पष्ट होता है कि, देश में वरिष्ठ नागरिकों का, हमारी लोकतंत्रीय व्यवस्था में क्या और कितना प्रभावकारी महत्व तब होगा। क्योंकि एक तो यह कि सभी वरिष्ठ नागरिक मतदाता होते हैं। वे अपने परिवार के अन्य सदस्यों के साथ ही अपने प्रभाव - क्षेत्र के कारण अड़ोस-पड़ोस ही नहीं बल्कि गांव गली मोहल्लों को भी प्रभावित कर सकते हैं। जबकि वर्तमान चुनावी गणित अनुसार कोई भी दल अथवा व्यक्ति ५ से १० प्रतिशत के मतों के आधार पर आज के युग में जीत या हार रहा होता है। ऐसे में वरिष्ठ नागरिकों का चुनावी महत्व महत्वपूर्ण है। अतः वे संगठित हो और अपनी शक्ति को जाने।

स्पष्ट है, कि भारतीय लोकतंत्रीय व्यवस्था में युवाओं के साथ ही वरिष्ठ नागरिक भी चुनावी गणित को प्रभावित करने की पर्याप्त क्षमता रखते हैं। अतः भारतीय संविधान अनुच्छेद ४१ या अन्य प्रावधानों के

अन्तर्गत, आम वरिष्ठ नागरिकों के लिये पेन्शन की व्यवस्था हो, महिला बाल एवं युवानीति के समान वृद्धजन नीति के माध्यम से सरकार उनकी भी ठीक से देखभाल करे। और वृद्धावस्था को देखते “उनकी चिन्ता राष्ट्र की चिन्ता” के सही रूप में प्रकट हो। क्योंकि वर्तमान बदलते परिवेश जो औद्योगिकरण, शहरीकरण, शिक्षा तथा विकसित देशों की जीवन शैली के प्रभाव के कारण भारत में भी जीवन मूल्यों एवं जीवन-शैली में जो परिवर्तन ला रहा है। इसके कारण वृद्धावस्था की आर्थिक, सामाजिक, पारिवारिक (अकेले रहने) स्वास्थ्य एवं पोषक आहार, ज्ञान (शिक्षा) तथा जीवन एवं सम्पत्ति की सुरक्षा के साथ ही, अन्य कल्याणकारी कार्यक्रमों को भी सरकारें तरजीह देकर, इन मामलों में कार्यवाहियाँ सुनिश्चित करे। जरूरत भी है कि वरिष्ठ नागरिक, जिनमें पेन्शनर्स भी शामिल हैं, के संगठन न केवल अखबारों में छपने के लिये बने, न ही केवल लेटरपेड़ों पर उनका अस्तित्व दिखे, संगठनों के पदाधिकारी पदों पर आसीन होने के लिये पदाधिकारी बने और न ही आम वरिष्ठ नागरिक भी यह धारणा बनाकर घर में बैठा रहे कि, सबका होगा तो हमारा भी होगा ही, तो जानों कि प्रभावी संगठन इनके बनना कतई संभव नहीं है। इसलिये अपेक्षा है आम वरिष्ठ नागरिक इन संगठनों से जुड़कर अपनी संगठित शक्ति का अहसास आम समाज और देश के राजनेताओं, राजनीतिक दलों के साथ ही देश की विभिन्न स्तरों की गाँव से लेकर राष्ट्रीय स्तर तक की। सरकारों को कारावेंगे। तभी उनकी उपरोक्त अभिलाषाओं की पूर्ति होगी और कोई उन्हें बेकार व अनुपयोगी मानकर उनकी अनदेखी करने की हिम्मत नहीं कर पायेगा।

इसीलिये ऐसे संगठनों के कलश भर ही दिखाई न दे, अर्थात् अखिल भारतीय और प्रादेशिक संगठन ही न बने बल्कि जिला एवं ग्राम पंचायतों तथा नगरीय संस्थाओं में मोहल्ला स्तरों तक क संगठन शक्ति गठित हो, जिनकी आज महती आवश्यकता है। जिला स्तर के संगठन पंजीकृत होकर ग्राम व नगरीय स्तरों पर अपनी इकाईयाँ गठित कर, अपना प्रभाव एवं दबाव स्थापित करने में सफल हो। तभी वरिष्ठ नागरिकों के हितों की रक्षा होगी और अखिल भारतीय अथवा प्रादेशिक संगठनों की नीव मजबूत होगी तथा लोकतंत्रीय शासन व्यवस्था में वे वरिष्ठ नागरिक के नाते (एल्डरमेन) अपना उचित स्थान पाने में सफल होंगे।

ऐसे में वरिष्ठ नागरिक अंगीकार करे कि “संगठन गढ़े चलो सुपंथ पर बढ़े चलो। भला हो देश का वह काम किये चलो” इससे वरिष्ठ नागरिकों के ग्राम स्तर से अखिल भारतीय स्तर के संगठन का स्वरूप ही खड़ा नहीं होगा। बल्कि वरिष्ठ नागरिकों द्वारा अपने जीवन के अंतिम पड़ाव में भी देश की भलाई के काम करते रहने से देश के भविष्य के साथ-साथ इनका भविष्य भी सुरक्षित होगा और भारत को पूर्व युग के समान विश्व गुरु बनाने का हमारा सपना हमारी लोकतंत्रीय व्यवस्था के माध्यम से पूरा हो पायेगा।

—**दौलतराम पटेल** (अध्यक्ष, म.प्र. सेन्ट्रल कमेटी ऑफ पेंशनर एसोसिएशन), पटेल चौक, मन्दसौर (म.प्र.)

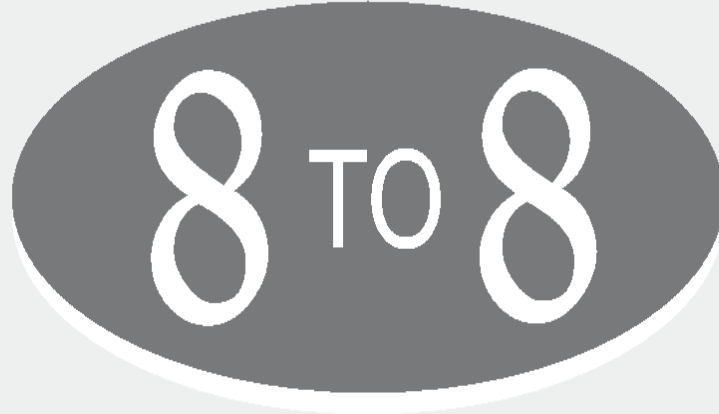
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