



Golden Years

NEWSLETTER OF

CHANDIGARH SENIOR CITIZENS' ASSOCIATION (REGD.)

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There is an increasing feeling among aged population that their welfare is not attracting desired attention of governments of the day. The National Policy announced in 1999 or a landmark Act like Maintenance and Welfare of Parents and Senior Citizens enacted 5 years back are awaiting implementation in a serious manner for years corroborate their feelings of neglect. The Central Govt has not shown much concern for creating a separate Ministry at the centre nor have States taken any initiative for establishing independent Deptt / Directorate exclusively for senior citizens. For showing solidarity with their fraternity all over India, the Silent March by over 1200 persons on 17th Aug- a most dignified and disciplined way of expressing our concern - was unique in more than one way. It represented the aspirations of nearly 30 NGOs espousing this cause. Young children, joining for the first time in this endeavor, shows how much even the younger generation is feeling the apathy shown by Govts where around 50% of members are senior citizens themselves.

Our All India co-ordinators tell us that ours was among the largest and best organized Marches anywhere in the country. I must compliment all participating NGOs, our members and children for their comradeship.

Some amazing facts have come to light. A staggering amount of Rs 30,000 crores, belonging to senior citizens of the country, is lying un-claimed: Rs.26000 crores with Employees P.F. Organization, Rs.3000 crores with Insurance Companies and Rs 425 crores as unclaimed fixed deposit with Banks or accounts not operated for 10 years or more. Benefits, thought not theirs, are being enjoyed by holder organizations. Our efforts should be that Central Govt should start a Welfare Fund for senior citizens with this unclaimed money. This calls for serious efforts on the part of each one of us to prevail upon the law makers to think on these lines.

Celebration of Seniors' Day on 1st October is not a mere ritual. Every year the preceding month of Sept. is packed with events (Details inside). While I compliment colleagues in Governing Body for meticulous planning and the talented artistes for preparing variety entertainment I simultaneously re-iterate my appeal to Members not only for maximum presence in all functions but also for their help in raising funds for the Association through advertisements in the Souvenir and Directory, and sponsorship of various functions. Our children and grand children, both in India and abroad should come forward in sending their own donations to make our projects sustainable. Some of our members have already taken a lead in this regard. Let others emulate this route of helping the elders.

It is a matter of elation that Sh. Shivraj V. Patil, Hon'ble Governor Punjab & Administrator U.T has accepted our invitation to be Chief Guest for Seniors' Day function on 1st Oct this year. Let us reciprocate by filling the Tagore Theatre, the tentative venue for the function.

Three more NGOs have affiliated with us raising our affiliated membership by another 800. That's very encouraging indeed. Body donations have gone a bit slow. Do not delay your noble decisions and let posterity make use of our mortals once we depart for new abodes.

Please spare sometime in identifying needy senior citizens and assist LM/80 Sh. V.S. Sodhi (M-9814116285) in finalizing the list of persons who need our special care. Also lend a helping hand to LM/1092 Dr. G.K. Nanda (M-9872972211) in operationalising Mutual Relations Committee. To start with we propose to build a confidential data base of potential beneficiaries.

By the time this message is in your hands, you will still be cherishing the good time spent at Barog picnic and must be looking forward to a tantalizing performance on 3rd Sept (Monday) by Smt. Rinku Kalia at the function to felicitate Chandigarh Police and families. Wishing you a memorable Seniors' Month

**Yours sincerely,
Daljit Singh Grewal**

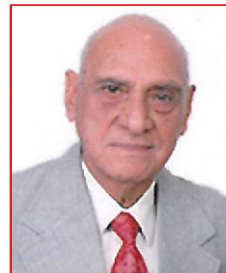
25th August, 2012

FROM PRESIDENT'S DESK

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SENIOR CITIZENS' DAY



The run-up to International Day of Older Persons on 1st October, as mandated by the United Nations, is a hectic period. A crowded schedule of events is planned to cater to the welfare needs of senior citizens, whether members or not. Apart from the Association's half dozen physiotherapy centres, special socio-medical camps are being organized in the city and rural areas. Interaction with younger generation studying in schools and colleges has also been arranged. A major change in this year's format is the involvement of youth. We saw it first in the cycle rally. Then came the Awareness Rally on 17th August. And now children will, for the first time, be joining their grandparents when they “walk-for-fun” on 22nd September. This will, hopefully, lead to attitudinal changes and better understanding of each other's responses.

Observance of Senior Citizens' National Awareness Day on the 17th August by organizing an impressive and disciplined silent March through the hub of the business centre of Sector 17 was a landmark event for which the organizers deserve to be complimented.

I am eagerly looking forward to two programmes in the coming month: the cultural programme to felicitate Chandigarh Police Force and their families on 3rd September and Mushaira in memory of Late Sh H.S. Nama on 27th September.

A team of international health experts has, after detailed research, given 19 tips to energise one's life. These include drinking coffee (to avoid cancer); eating protein in the morning; early to bed and early to eat; worshipping the morning sun; hitting the yoga mat to relieve pain and a brisk 45 minute walk three times a week to keep the brain fit. Laughter, indeed, would be the best medicine besides prayer. In our Association, activities like yoga, walking, cycling, mel-jol at old age homes etc are intended to keep the elders usefully occupied in outdoor activities to remain healthy and to age gracefully avoiding loneliness and depression – the bane of old age. No wonder, with its multifarious welfare activities, CSCA enjoys an enviable reputation of being a role model in society.

❖ *Na gul apna, na khaar apna, na zalim baghban apna,
Banaya kis gulistan mein hai hum ne aashian apna*

* - * - *

❖ *Mujh ko mil jaye chehkaney ke liye shakh meri
Kaun kehta hai ke gulshan me na sayyad rahe*

* - * - *

➤ Shopkeeper: Madam, your dog is eating my fruits.

Lady: Shoma! Didn't I tell you not to eat fruits without washing them?

➤ Employee: Please sir, shout at me half as loudly as you do. I am only your part-time employee.

* - * - *

Q1. What is the difference in the roles of World Bank and International Monetary Fund?

Q2. Looking at the moon how would one know whether it is waxing or waning?

Answers to the last quiz:

a) Consorts: Saraswati, Laxmi and Parvati

b) Dhaams: Badrinath (Uttarakhand); Puri (Odisha); Rameshwaram (Tamilnadu); and Dwarka (Gujrat)

(Credit for all correct answers goes to LM 266, Shri K.K. Gupta 20/4A, Chandigarh)

A.K. Datta





AWARENESS RALLY – 17TH AUGUST 2012

LM/04 Brig. Keshav Chandra



Background

According to a recent survey 66% senior citizens cannot afford two square meals a day, 90% have no social or health security, 73% are illiterate and forced to earn their living through physical labour, and 37% are lonesome because of their age. Most of them have landed in such a situation because their children and/ or the Governments did

not care to look after them.

The Union Government had published a land mark document called “National Policy on Older Persons” [NPOP] way back in 1999 and also passed, in 2007, “The Maintenance and Welfare of Parents and Senior Citizens' Act” both of them pragmatic, exhaustive and well intended. Unfortunately, these have remained largely only on paper for want of will and determination to implement them on ground.

It is in this context that All India Senior Citizens' Confederation (AISCCON), which has presence in 28 States and UTs, gave a call to observe a National Protest Day on 16th August – similar to the one held in August 2010.

Awareness vs Protest

Senior citizens of Chandigarh made a slight departure from the AISCCON plan. We decided to drop the word “Protest” as it has negative connotation and sounds disruptive. Our dignified “march” in 2010 had won us much sympathy and respect from the Administration, community and the media. We decided to have an encore and we called it “Awareness Rally”.

We also found that the day immediately following a national holiday is not the most suitable and decided to hold our rally a day later when the Government functionaries would be more accessible and the media would have recovered from the 15th August fatigue. In the event, we were fortunate to get special permission to hold our rally in the heart of Sector 17 and the Administrator agreed to receive our delegation.

Plan & Execution

The outline plan (including a draft memorandum) was sent to us by the Joint Action Committee set up by AISCCON. We made some changes to suit local conditions. The most important of these was an invitation to sister NGOs to

participate for the sake of unity, solidarity and, most important in a democracy, the numbers. We also decided to bridge the generation divide and involve youth groups.

The turnout on the 17th surpassed all expectations. In spite of hot and humid conditions, approx 1200 persons from 26 NGOs (List below) turned up – some over 90 years old and several on wheel chairs or with walking aids. They were marshalled, formed up in an order-of-march and briefed on maintenance of dignity and decorum befitting senior citizens. Some twenty five groups marched behind waist-high banners bearing demands of senior citizens. Nearly 300 members wore black (remember, the PROTEST !) chest patches carrying slogans. They marched silently from the Sagar Ratna end of Sector 17-E market up to the Empire Stores, took a U-turn and finished at the Piazza. It was an enervating but exhilarating exercise!

Thereafter, a 7-strong delegation led by the President proceeded to Raj Bhawan to hand over a copy of the Memorandum (addressed to the PM) to Sh Shivraj V Patil, Governor Punjab and Administrator UT, Chandigarh. The Governor was gracious enough to give a patient hearing and gave valuable suggestions while agreeing to forward the memorandum.

Media Coverage

The rally saw a huge and unprecedented turn-out of media which was amply reflected in most favourable print and electronic news coverage the next day.

Conclusion

The Awareness Rally held on 17th August was part of an ongoing struggle to get for the senior citizens their long pending due. A single such activity by an isolated group may not produce immediate results but when the event is replicated at several locations around the country and repeated at frequent intervals the Government is bound to sit up, remove its blinkers, pull out the ear plugs and take notice. In fact, based on earlier exercises, it is heartening to note that the Working Group on Social Welfare for the XII Plan has recommended several provisions and financial outlays to meet most of our demands. Whether they will be finally accepted only time will tell for as the saying goes “there's many a slip....” So we must keep at it relentlessly. God willing, WE SHALL PREVAIL!

All India Assn of Retired Offrs of Survey of India; Assn of Retired Officers of Indian Audit & Account Deptt. (CHD); Assn of Retired Officers of Labour Bureau; Central Govt Pensioners Welfare Society; Chandigarh Senior Citizens' Association; Citizens Awareness Group, Citizens' Forum on Human Rights; Co-ordination Committee of Central Govt. Pensioners' Assn; Defence Accounts Pensioners Welfare Assn; ESIC Retired Offrs Assn; Haryana Govt. Retired Offrs Welfare Assn; I. A. & A. D. Retired Offrs Assn (Pkl); LIC Retired Offrs Assn; P & T Pensioners/ BSNL Welfare Assn; Paramilitary Force Retired Offrs Assn; PSBian Welfare Forum; Punjab Secretariat Service Retired Offrs Assn; Punjab State Irrigation Retired Engineers Welfare Assn; Railway Senior Citizens' Welfare Society; Sai Tara Ummat Foundation; Senior Citizens' Assn, Sector 27, Chd; Senior Citizens' Council, Sector 38, Chd; Senior Citizens Welfare Assn, Sector 47, Chd; Senior Citizens' Welfare Assn, M.H.C., Manimajra; Servants of the People Society Senior Citizens' Centre; Society for Prevention of Cruelty to Animals State Bank of India Pensioners Assn.



ASSOCIATION NEWS

Col Sukhdev Singh
Secretary General



GET-TOGETHERS

Two get-togethers were held as scheduled – on 28th July 2012 at Sector 43 Senior Citizens' Home and on 11th August 2012 at Sector 10 Auditorium of Govt Museum and Art Gallery.

BIRTHDAY CELEBRATIONS

Birthdays of sixteen members born during July were celebrated on 28th July 2012.

They cut a cake, received token gifts and good wishes of their



JULY BORN

peers. LM/195 Sh V M Sarna having standing of 15 years in the Association and being 80+ was honored.

OBITUARY REFERENCES

Two of our members have left for their heavenly abode. Tributes were paid to them in the get-togethers:-

- 1) LM/267 Sh V P Gupta.
- 2) LM/1246 Smt Darshan Satija

SOCIO-MEDICAL CAMP

The first in the series of socio-medical camps, that form part of Seniors' Month programme, was held on 12th August at Police Hall in Sector 26. Over 500 patients from Bapu Dham colony received consultancy, treatment and medicines besides guidance from a team of Social Welfare



DENTAL CHECK-UP



SH PK SRIVASTAVA, IPS, IG POLICE CHANDIGARH (UT) AT THE CAMP

Department and awareness from Sahayta Cancer Shayog. Sh PK Srivastava, IG Police (UT) Chandigarh visited the camp and interacted with the patients.

BOOK LOVERS' FORUM MEETING

Monthly meeting of the Forum was held at the CSCA office on 16 August 2012. A packed house listened as LM/ 1651 Mrs Ratinder Sibia (our new member and d/o LM/399 Smt Kulwant Dhaliwal) recited poems from her book titled "Soch, Rehmat, Khayaal". The joy, happiness, pain and sorrow at various stages of life have not escaped her keen observation. She has woven her reflections, reactions and feelings with artistic deep sensitivity with soul soothing and touching imagery of beautiful expressions. The audience conveyed their appreciation of her multilingual renditions with frequent loud clapping and demand "One More"

AWARENESS RALLY- 17TH AUGUST 2012



A SECTION OF THE MARCH

Approx 1200 senior citizens marched through Sector 17, the city's main shopping centre, as part of the nation-wide protest in support of their demand for a better deal for older persons. The marchers included several younger persons who had come to show solidarity with their "grandparents".

The March was unique in that there was no slogan shouting and



ADOLESCENT SUPPORT

no speeches. For another, it was held in such a manner that there was no obstruction to the normal flow of traffic or commercial activity. Instead, the participants carried slogans and demands on banners and chest patches.

INDEPENDENCE DAY WITH CHILDREN

Members of our Association, SOSVA (N) and Yuvsatta celebrated Independence Day eve with Project Shakti



SENIOR CITIZENS PRESENTING MEMORANDUM TO SH SHIVRAJ PATIL, GOVERNOR OF PUNJAB

(CONTINUED FROM PAGE 4)

beneficiaries and other children of Bapu Dham Colony. Young children sang patriotic songs, performed a cultural dance and ended with the National Anthem.

President Sh Daljit Singh Grewal, IPP Brig Keshav Chandra,



CHILDREN OF BAPU DHAM COLONY

SOSVA (N) Member Director Sh B B Mahajan and Yuvsatta President Sh Pramod Sharma addressed the children and inspired them to build a new modern India by leading a life of truth, honesty and selfless service.

LIFE INSURANCE : RIGHTS AND REMEDIES

LM/ 1415 Shri R K Sharma, who retired as Senior Divisional Manager in LIC, gave an enlightening talk on the way unscrupulous agents misguide gullible senior citizens into buying potentially loss making policies. He dwelt at length on the rights and remedies of the Proposer, the life insured and the nominee. It was an educative and interesting talk. The members interacted with the speaker to clear their doubts.

BENEFICIARIES HEALTH CARE - JUNE AND JULY 2012.

- 3454 Persons from our six Physiotherapy Centres.
- 465 Persons from our two Acupressure-cum-Magneto Therapy Centres.
- 53 Persons for our Reiki Clinic.
- 3972 Total.

MEMBERSHIPS STATUS.

As on 20th August 2012, we were 1531 strong (1482 Life

Members and 49 Associate members).

AMENDMENTS (GY AUG 2012)

Under Conveners (P-10), add :

LM/353 Lt Col Karam Singh #345 Sector 35-A
(Mob: 9417919785) for # 100-300 in Sector 35 A

Under Subcommittees (P-9)

Identification of Needy Senior Citizens, add:
LM/1406 Sushil Gupta (Mob: 9316117502)

STOP PRESS

Approximately 70 members of the Association went on a picnic to Barog on 24th August to escape the sultry weather at Chandigarh. Their destination was Pinewood resort of Himachal Tourism at a height of about 7000 feet. It was a very enjoyable outing and the group returned at 6 pm with very happy memories of a day well spent in merriment.



*Time decides whom you meet in life...
Your heart decides whom you want in life..
but your behaviour decides
who will stay in your life...*



DONATIONS: 2012-2013

LIST FOUR OF DONORS

We acknowledge with thanks generous donations received from the following:

LM No.	Name	Address	Amount
LM/1446	Col. Baldev Singh Dhillon	9, Sector 8 A	500/-
LM/437	Sh. Jai Kumar Jain (On his 77th Birthday)	104, Sector 8 A	7700/-
LM/437	Sh. Jai Kumar Jain (On 25th Birthday of grandson)	104, Sector 8 A	2500/-
LM/692	Sh. N. S Arora	267, Sector 9	11000/-
LM/309	Sh. Sat Pal Wadhawan	114, Sector 10 A	2000/-
LM/446	Smt. Rajinder Kaur Johar	345, Sector 15 A	1000/-
LM/370	Sh. Amar Rajinder Singh	1186, Sector 15 B	500/-
LM/6	Sh. C. S. Joshi (Seerat Sibia, Great-Grand daughter of)	1354, sector 15 B	1000/-
LM/399	Smt. Kulwant Dhaliwal	2147, Sector 15 C	1000/-
LM/1651	Smt. Ratinder Sibia	2147, Sector 15 C	2000/-
LM/1450	Smt. Harjit Binepal	2249, Sector 15 C	500/-
LM/569	Dr S.K. Sharma	55, Sector 16 A	3000/-
LM/836	Sh. S.C. Passi	574, Sector 16 D	1000/-
LM/1548	Smt. Krishna Handa	45, Sector 18 A	500/-
LM/1448	Sh Tejinder S. Chhabra	1176, Sector 18 C	2100/-
LM/1030	Sh. Rishi Raj	1056, Sector 18 C	500/-
LM/45	Sh. M.S Gujral	1250, Sector 18 C	1000/-
LM/1423	Sh. Raj Kumar Chuchra	1269, Sector 18 C	1100/-
LM/651	Sh bachittar Singh	1284, Sector 18 C	600/-
LM/306	Smt. Gurdip Kaur	1510, Sector 18 D	500/-
LM/276	Smt. Surjit Kaur	1577, Sector 18 D	500/-
LM/1442	Sh. Sneh Aggarwal	1611, Sector 18 D	500/-
LM/866	Sh. B.K. Thapar	1619, Sector 18 D	500/-
LM/129	Maj. Surjit Singh	3025, Sector 21 D	1000/-
LM/1505	Smt. Inder Kaur Bindra	3075, Sector 21 D	1000/-
LM/1647	Sh. Narinder singh Chadha	3068, Sector 21 D	1000/-
LM/744	Smt. Shingor Awasthi	3109, Sector 21 D	500/-
LM/30	Smt. Shakuntla Khullar	1155, Sector 22 B	1000/-
LM/1273	Smt. Indu Sabharwal	1273, Sector 22 B	1100/-
LM/1518	Sh. Inder Parkash Puri	1571, Sector 22 B	500/-
LM/895	Sh. P. N. Malhotra	1597, Sector 22 B	1000/-
LM/1031	Sh. P.S. Wadhwa	2512, Sector 22 C	500/-
LM/753	Sh. A.S. Ahuja	3306, Sector 23 D	500/-
LM/1382	Smt. Santosh Jain	1051, Sector 27 B	1000/-
LM/1153	Sh. Sat Pal Singh Matharu	41, Sector 30 A	1000/-
LM/552	Sh. Surinder Singh Sabharwal	1707, Sector 33-D	800/-
LM/155	Smt. Nirmal Kandal	238, Sector 35 A	1000/-
LM/764	Sh. R.A. Sakuja	3393, Sector 35 D	500/-
LM/948	Sh. D. S. Mavi	3549, Sector 35 D	5300/-
LM/947	Sh. F.C. Saidha	3567, Sector 35 D	550/-
LM/891	Sh. G.S. Sodhi	1181, Sector 37 B	500/-
LM/1298	Sh. R.K. Sood	3147, Sector 37 C	700/-
LM/520	Sh. O.P. Gupta	5500, Sector 38 West	1500/-

H S Nama Yaadgaari Mushaira



Sh H S Nama

09/03/1925 to 30/09/2010

To perpetuate the memory of LM/18 Late Sh H S Nama, the Association jointly with Smt Tarunvir Saini (his daughter) is organizing a poetry event on Thursday, 27th September at the Auditorium of Govt Museum & Art Gallery, Sector - 10.

Members interested in participating may contact Sh AK Datta (Mob : 9888730795) latest by 15th September. Only self composed poems will be permitted except one or two ghazals written by Late Sh Nama.

LM/833	Smt. Shail Bala	5705, Sector 38 West	1000/-
LM/1335	Sh. K.K. Sharma	1154, Sector 43 B	500/-
LM/1020	Sh. G.P. Agrawal	1476/1, Sector 43 B	500/-
LM/962	Smt. Gursharan Kaur	363, Sector 44 A	500/-
LM/564	Smt. Harbir K Singh	542, Sector 44 A	1000/-
LM/1029	Sh. Yogender Kumar	1035, Sector 44 B	500/-
LM/137	Sh. S. N Jerath	2099, Sector 45 C	2100/-
LM/	Smt. Harinder Shergill	2546, Sector 47 C	500/-
LM/637	Smt. Amar Shobha	866, Sector 4 Pkl	1000/-
LM/1010	Sh T.S. Chhabra	712- Ph. 7 Mohali	500/-

Donations from others, including users of free services

Ms. Harleen Bedi	2147, Sector 15 C	1000/-
Sh. Balramji Dass Tandon	1556, Sector 18 D	2000/-
Ms. Krishna Devi	2244, Sector 44 C	1100/-
Smt. Balwant Kaur	Physio Centre, Sector 16	1000/-
Sh. G.S Teja	Computer Centre	550/-
Sh. G.S Gill	Computer Centre	550/-
Sh. A. K. Aggarwal	Computer Centre	550/-
Ms. Veena	Computer Centre	1050/-
Ms. Bhupinder Saini	Computer Centre	4000/-
Ms. Usha Narula	Computer Centre	550/-
Sh. M.S Nanda	Computer Centre	550/-
Sh. Kishori Lal Sharma	Computer Centre	550/-
Sh. Balkrishan Gupta	Computer Centre	550/-
Smt. Prem Lata	Computer Centre	550/-
Smt. Rajinder Kaur	Computer Centre	550/-
Paul Electric	Secor 18 C	1111/-
Baba Dairy (Collection Box)	SCO, Sector 21 C	2534/-

(Donations to CSCA are eligible for deduction under Sec 80-G of the IT Act)



LIST OF NEW MEMBERS

Mem No	Name	Address	Tele No	Mobile	D.O.B	Prev Occ
LM/1687	Sh Ashok Kumar Aggarwal	# 5788A Sec 38 west Chd		9815086663	25.02.1947	Engineer
LM/1688	Sh Garish Bhai	# 556 Sec 18-B Chd	2724456	9888081556	11.08.1945	S.E.HVPN Hy
LM/1689	Smt Sudesh Kanta Bhai	# 556 Sec 18-B Chd	2724456		15.10.1950	Home Maker
LM/1690	Sh Subhash Chand Aggarwal	# 1175 Sec 22-B Chd	2711175	9779586105	11.05.1951	Chief Manager/SBP
LM/1691	Smt Vidhu Aggarwal	# 1175 Sec 22-B Chd	2711175	9779586105	19.06.1952	Sr Asstt/SBI
LM/1692	Smt Raj Rani Nayyar	# 17-B Sec 44-A Army Flats Chd		9417518185	10.09.1937	Pvt. Tuitions
LM/1693	Dr Wg Cdr N S Panesar	# 1477 Sec 43-B Chd	2604145	"9876964119 9417196849"	30.04.1935	Air Force
LM/1694	Smt Manjit (Rani) Bhalla	# 1477 Sec 43-B Chd	2614015	9815843686	02.03.1951	Lecturer in Fine Art
LM/1695	Dr Pushpa Ahluwlia	#1656 Sec 22 -B Chd	2724401	9216338629	15.02.1948	Prof Bio Chem PU
LM/1696	Capt Hardev Singh Saini	#3963 Sec 47-D Chd	2632065	9855520106	15.01.1946	Army
LM/1697	Sh Satish Kumar Abrol	#1620 Sec 40-B Chd	2697013	9988613372	27.07.1947	SO AGA(A&E) Pb
AM/723	Smt Vanita Abrol	#1620 Sec 40-B Chd	2697013	7837410908	11.07.1954	Home Maker

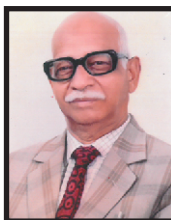
*We always look and care for the person
whom WE love the most.*

*But we fail to look back at those
who love US the most.*

*Death's not the greatest loss in life..
The greatest loss is when
relationships die inside us while
we are still alive...*

OBITUARY

LM/267 Sh V P Gupta
17/03/1922 to 30/07/2012
(# 194/Sec 19A, Chd)



It was with great shock and grief that we learnt about the sad demise of our friend and colleague, Dr Ved Prakash Gupta.

A distinguished doctor, who was one of the pioneers to set up medical practice in the City Beautiful way back in 1957, his compassion, devotion and strict adherence to the Hippocratic Oath made him extremely popular with his patients as well as the medical fraternity.

He joined the Association in early 1998 and took keen interest in all its activities writing for the newsletter and souvenir and sharing his ideas on fitness. A ready repertoire of Urdu poetry to suit every occasion, immaculate dress sense, physical fitness and unfailing courtesy made him the centre of all social gatherings.

In Dr Gupta's departure, we have lost a role model and a great human being.

We pray to Almighty to grant eternal peace to Dr Gupta's soul.

NOTICES

ARTICLES FOR SOUVENIR

We still have room in the souvenir for some really outstanding articles. If you have one ready in your mind but could not find time to sit down and tap the (computer) keys, do it now. Make sure it is "original" and not more than 650 to 700 words. Send it on CD or by e-mail to minimize re-typing errors. **Last date for receiving your contributions is 10th September 2012.**

GOLDEN YEARS BY E-MAIL

Members often complain about non-receipt of Golden Years. Members having excess to e-mail can now opt to receive an additional copy by e-mail. For this they should write to Brig. Keshav Chandra at keshac_18@airtelmail.in. The added advantage is not only assured receipt almost 5 days before the copy by post but also ease of forwarding copies to friend and children anywhere in the world.

A NOVEL SUGGESTION FOR FUND RAISING.

Wards of many of our members are well settled in their careers in India and abroad. To strengthen emotional bonds and to inculcate in them the spirit of selfless service, we may persuade them to donate to our Association whether in local currency or in foreign currency. They could also, in turn, motivate others to follow their example of selfless contribution for the good of poor/needy ageing people. Our Association, as members are aware, is registered with Govt. of India for receiving contributions in foreign currency.

BIRTHDAY CELEBRATIONS.

Birthdays of members born in September will be celebrated on last Saturday, 29th September 2012, during the Gala-Morning function at Sector-43 Senior Citizens' Home. All September borns must attend to receive good wishes of their peers.



OUTLINE PROGRAMME OF EVENTS - SENIOR CITIZENS' MONTH 2012

Date & Day	Event	Venue
I. ORGANIZED BY THE ASSOCIATION		
03.09.2012 Monday	Cultural Programme - dedicated to Chandigarh Police and families	Tagore Theatre, Sector 18
08.09.2012 Saturday	Gala Morning	Govt. Museum & Art Gallery, Sector 10
13.09.2012 Thursday	Mel Jol, with residents of Old Age Home	Old Age Home, Sector 15
22.09.2012 Saturday	"Walk for Fun" organized jointly with Chandigarh Police	Sukhna Lake
22.09.2012 Saturday	Interaction with IGP Chandigarh	Sukhna Lake (after Walk for Fun)
27.09.2012 Thursday	HS Nama Yaadgiri Mushaira	Govt. Museum & Art Gallery, Sector 10
29.09.2012 Saturday	Gala Morning	Senior Citizens' Home, Sector 43
01.10.2012 Monday	SENIOR CITIZENS' DAY	Tagore Theatre (Tentative)

(Note: For time and other details, see boxes)

II. ORGANISED BY SCHOOLS/COLLEGES		
28.09.2012 Friday	Govt. & Private Schools in UT - Programmes/ talks in respective schools, as advised by DPI(Schools)	All High/Higher Secondary schools in Chandigarh
Dates to be finalized.	Special Programmes for our Association by school children and interaction with senior citizens	St. Stephen's, Saupin's, G.N. Public, Moti Ram Arya, Sikhya, St Kabir, YPS, Lawrance and Golden Bell Schools
-do -	Inter-College Debate on a subject relevant to senior citizens and the younger generation.	DAV college, Sector 10, Chandigarh

III - HEALTHCARE CAMPS (In addition to two camps held in August)			
09.09.2012 Sunday	Socio-Medical	Govt Middle School,	Medical: Max Hospital Eyes: Grewal Eye InstistuteMaloya Dental: Guru Nanak Multi-Spec Hospital Socio: Social Welfare Department, Cancer: Sahayta Cancer Sahyog
16.09.2012 Sunday	Medical	Gurudwara Sahib, Sec-8.	Medical: Gurudwara Management.
23.09.2012 Sunday	Socio-Medical	Govt Model High School, Sect-25	Medical: Land Mark Hospital. Rest: As above.
25.09.2012 Tuesday	Reiki Healing	Sood Bhawan, Sect 44	GM Smt. Harbir K. Singh and team
26.09.2012 Wednesday	Acupressure	Gurudwara Sahib, Sec 21	Prof. A.S. Bhatia and team

- Notes :-
1. Camps will be held from 10.00 am to 2.00 pm.
 2. Registration will be done from 9.30 to 11.30 am.
 3. Socio Camps will take care of Pensions, Aam Admi Bima Yojana and cases of loan to eligible persons. Director Social Welfare, U.T. has consented to undertake these activities.



CULTURAL PROGRAMME FOR CHANDIGARH POLICE

To show our gratitude to Chandigarh Police for their caring and helpful response to the needs of senior citizens, well beyond the call of duty, and to empathize with their families, the Association has decided to put up a special felicitation program. Being the first event of the Seniors' Month it has been planned on a lavish scale featuring well known singer Rinku Kalia and some items presented by the Police families.

Venue: **Tagore Theatre**, Sector-18, Chandigarh.

Day & Date: Monday, **3rd September** 2012.

Time: To be **seated by 5.45 p.m.**

Entry: **FREE** for Senior Citizens and their guests.

GALA MORNINGS

There will be two Gala Mornings :-

1. On 8th September at Auditorium of Govt Museum & art Gallery Sector-10.
2. On 29th September at Senior Citizens Home Sector-43.

The programme includes Bumper Tombola, cultural items by members and refreshments against coupons to be obtained from Secy Admin Sh H S Mavi (Mob : 9815750234) or from Chief Convener Sh Satnam Singh Randhawa (Mob : 9888047979) either directly or through Conveners three days before the function. Members desirous of presenting cultural items must contact Secretary Events Sh I P Puri or Vice President Smt Surjit Kaur immediately.

MEL-JOL : A DATE WITH FELLOW SENIOR CITIZENS

As every year, we are organizing a special programme at Old Age Home Sector-15 from 10.30 a.m. to 12.30 p.m. on Thursday, 13th September to renew bonds and show solidarity with our peers residing there. Specially cooked food is being arranged for residents of the Home as well as members who wish to participate. To avoid wastage members are requested to register with the Vice President (Mob : 9815410750) or the Chief Convener (Mob : 9888047979) by 10th September along with a small contribution of Rs 60 per head.

*Life is not measured
by the number of breaths we take,
but by the moments
that take our breath away.....*

WALK-FOR-FUN

I.G. Police Chandigarh U T has very kindly offered to organize, for the 11th successive year, "Walk-For-Fun" for senior citizens on 22nd September 2012 (Saturday) at **Sukhna Lake**. **This is not a competitive event** but participants must in their own interest get themselves medically examined and must maintain their daily/regular routine of medicines before the walk. Participation is open to ALL senior citizens (above 60 years) – males and females, members and non-members – who will be required to cover any distance from 100 M to 3 KM as decided by them. In addition, to promote familial love there will be fun items for children and grand children.

Let us assemble in full strength and in colorful attire. As in the last two years we are trying to get some gift items to be given to **Members Only** on first-cum-first served basis on condition that they will have to **take part** in the walk. Registration will commence at 6.00 a.m.

The walk will be followed by interaction with the I.G. Police, Chandigarh (UT)

THE GRAND FINALE

The Month long programme of Senior Citizens' Day Celebrations will conclude on Monday, 1st October 2012 with a formal function to be held (tentatively) at Tagore Theatre, Sector-18. Sh Shivraj V Patil, Governor Punjab & Administrator UT Chandigarh has kindly agreed to be the Chief Guest.

The formal programme includes honoring of persons in different categories and release of the Association Souvenir. This will be followed by a special cultural programme by North Zone Cultural Centre.

Members may bring their senior citizen friends with them to show solidarity and lend dignity to the function.

Please be seated by 10.00 a.m. And remember that it takes about 15 minutes to park the car, walk into the Auditorium and occupy your seat. This does not include time for registration, socializing and fetching specs inadvertently left in the car.

Contributory Lunch.

It is proposed to provide a wholesome meal to members attending the function. In view of prior notice required by the caterer, it is necessary that members intimate their intention to join, through their Conveners / Zonal Conveners, to Vice President Smt Surjit Kaur (Mob : 9815410750) or Chief Convener Sh Satnam Singh Randhawa (Mob : 9888047979) not later than 26th September 2012 along with a subsidized charge of Rs 150 per head. Charges for Affiliated members and non members are Rs 170 and Rs 200 per head respectively



LOVELY & EVER LASTING REMEMBRANCE

ਤੂੰ ਤਾਂ ਹੋ ਗਿਆ ਸਾਥੋਂ ਪਲ ਵਿਚ ਜੁਦਾ
ਅਸੀਂ ਨਹੀਂ ਕਹਿ ਸਕਦੇ ਤੈਨੂੰ ਅਲਵਿਦਾ

You are the wind that blow,
You are the diamond's gilt on snow,
You are the sunlight on the ripened grain,
You are the gentle Autumn's rain.
When awaken in the morning's hush,
You are swift uplifting rush
Of quiet birds in circled light.
You are the soft star that shines at night,
You are with us, so why to cry:
You are there, you did not die.
Your memory is a treasure,
You are loved beyond words &
Missed beyond measure.

VISHAL BATTÀ



14.05.1992 - 09.06.2010

-: In Stricken Grief:-

Mr. & Mrs R.R. Batta - Vijay Batta
Dada-Dadi
Sanjay Papa- Renu Mama
Sudhir Papa- Meera Mama
Varinder Sareen, Deepak Marya (Phupha)
Sanjeevan Bala, Jtoy Marya (Phuphi)
Nitan Sareen, Manav (Marya Brothers)
Mehak, Vishali, Pratibha Marya, Kinsukha Marya (Didis)
All relatives & Friends

ADVERTISEMENT

The longer one studies life and literature the more strongly one feels that behind everything that is wonderful stands the individual and that it is not the moment that makes the man but man, who creates the age

Life's a voyage that's homeward bound.

OBITUARY

LM/1246 Smt Darshan Satija
25/05/1950 to 15/08/2012
(# 3078/Sec 38D, Chd)



It was with great grief and shock that we learnt about the sad demise of our member Smt Darshan Satija w/o of LM/1245 Sh Amrit Lal Satija. She lived a happy married life for 39 years.

A cheerful person with loving nature who had made lot of friends around her. She had been a JBT Teacher during her active life in addition to being a home maker looking after the family and bringing up her 3 children. She joined our Association in January 2009 after retirement from Govt High School Sector-38..

We share the grief of the bereaved family and pray to Almighty God for peace of the departed soul.

YAAD-E AMAR NAMA

-LM/418 Dr. (Brig. Retd.) M.L.Kataria

1. KAUN KEHTA HAI,
MEHFIL SE UTH GAE NAMA?
KAL BHI THEI, AAJ BHI HEIN
AUR HAMESHA HI RAHENGAE,
APNI KITABON MEIN,
KALAMON MEIN,
DIWAN-E NAMA MEIN,
AUR
AHLE TAKHAYYAL KE DILON KI
GHOR GAHRAIYON MEIN
AMAR NAMA, AMAR NAMA.
2. HAM NE MANA
KEH WHO NARAAZ THEI,
GHUSSE MEIN THEI,
GARDAS-E ZAMAANE SE,
ZULMO SITUM SE.
3. WALEKAN YEH BHI MANA,
KEH WHO NIRVAIR THEI,
KHAUFE KHUDA, MEHARBAN BHI THEI,
BE-DAR KALAM NA-DAR KALAAM,
GOONJTI AWAAJ SHORO-GHUL
DUSHMAN-E JAFÀ-O NA-INSAF,
WAH NAMA, WAH WAH NAMA.
4. AEI SHAIR-E AZAM,
TUJHE MERA SALAAM,
TERA LA-AZAL, LA MISAAL,
RIZKE SUKHNO KALAAM,
QABOOL HO,
BAA ADAB MERA SALAAM.
5. MERI YEH ADANA SI DUA,
AHLE MAJLIS KI AWAAZ HAI,
USKI AAGHOSH MEIN KHELO,
LIKHTÉ RAHO, GAATE RAHO,
HARGIZ NAA BHOOLENGE HUM TUMHEN,
AMAR NAMA, AMAR NAMA.



LIST OF DEMANDS CONTAINED IN THE MEMORANDUM SENT TO THE PRIME MINISTER

- I. Implement NPOP.
- II. Make Maintenance and Welfare of Parents and Senior Citizens Act, 2007 operational and create awareness about it.
- III. Increase Indira Gandhi National Old Age Pension to Rs 2000 per month.
- IV. Provide affordable Health Care & Health Insurance for all Senior Citizens.
- V. Create a separate Ministry/ Commission for senior citizens both at the centre and in each state.
- VI. Utilize Rs 30,000 crore lying unclaimed in PPF, FDs and LIC to create Senior Citizens Welfare Fund.

Pension Related Demands

- VII. Grant of Minimum Universal Pension of Rs 2000/- or 50% of minimum wage (whichever is more) per month per person.
- VIII. Remove Disparity in Revision of Pension - Pre 2006.
- IX. Commuted Portion of Pension should be restored in 12 Years instead of present 15 years.
- X. Additional Old Age Pension should be given to all superannuated persons after the age of 65yrs.
- XI. Defence Pensions
 - a) One Rank One Pension for Defence Pensioners
 - b) Civilians should be treated at par with retirees from uniformed sector.
- XII. Minimum Pension/ex-gratia should be raised to Rs 2000/- per month with provision of enhancement corresponding to inflation;
- XII. All superannuated persons/family pensioners/ex-gratia recipients should be provided healthcare cover;
- XIV. Fixed Medical Allowance (FMA) should be raised from present Rs 300/ to Rs1200/ per month.
- XIV. Pension, from whichever source, should be made exempt from Income Tax.

Attention, Tax Payers !

CBDT, in exercise of powers conferred under section 119 of the Income Tax Act, 1961, has extended the 'due date' of filing of returns of income for the AY 2012-13 to 31st August 2012 in respect of assesses who are liable to file such returns by 31st July 2012 as per section 139 of IT Act, 1961 (NEW)

The online submission of ITR-1 (SAHAJ), ITR-2, ITR-3, ITR-4, ITR-4S (SUGAM) and ITR-5 for AY 2012-13 have been enabled.

For any query relating to filing of Income Tax Return, please call 18001801961.

TEN LAWS THAT ISAAC NEWTON FAILED TO SHARE WITH THE WORLD.

1. **LAW OF QUEUE:** If you change queues, the one you have left will start to move faster than the one you are in now.
2. **LAW OF TELEPHONE:** When you dial a wrong number, you never get a busy tone.
3. **LAW OF MECHANICAL REPAIR:** After your hands become coated with grease, your nose will begin to itch.
4. **LAW OF THE WORKSHOP:** Any tool, when dropped, will roll to the least accessible corner.
5. **LAW OF THE ALIBI:** If you tell the boss you were late for work because you had a flat tyre, the next morning you will have a flat tyre.
6. **BATH THEOREM:** When the body is immersed in water, the telephone rings.
7. **LAW OF ENCOUNTERS:** The probability of meeting someone you know increases when you are with someone you don't want to be seen with.
8. **LAW OF THE RESULT:** When you try to prove to someone that a machine won't work, it will!
9. **LAW OF BIOMECHANICS:** The severity of the itch is inversely proportional to the reach.
10. **LAW OF COFFEE:** As soon as you sit down for a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

NEWTON STRIKES BACK WITH LAW NO 11...

THE LAW OF MOTION.. LOOSE MOTION CANNOT BE DONE IN SLOW MOTION...!!!

Nobody grows old by merely living a number of years . People grow old only by deserting their ideals. Years may wrinkle the skin, but to give up interest wrinkles the soul. Worry, doubt, self-distrust, fear and despair ... these are the long, long years that bow the head and turn the growing spirit back to dust.



Forthcoming Engagements

Seniors' Month Events

A cultural program on Monday, 3rd September 2012, marks the *Aaghaaz* of month long celebrations for this year's Senior Citizens' Day.

There are Gala-mornings, cultural programs (by teams from ICCR and NZCC), socio-medical camps, Walk-For-Fun, Mushaira etc over the next 30 days – in the run-up to the GRAND FINALE on 1st October.

PLEASE SEE DETAILS FOR EACH EVENT ON PAGE 9.

Other Engagements

Book Lovers Forum

Date : 20 Sep 2012 (Third Thursday)
Time : 11 am
Place : Meeting Room at Ground Floor,
Karuna Sadan, Sector-11
Book : Indo Pak War1971
Speaker : Maj Gen K S Bajwa,
author of the book

President's Month Programme- Eastern Chapter

Date : 22nd September (Saturday)
Place : Moti Ram Arya School, Sector 27-A
Time : 5.00 to 7.00 p.m.
Notes: 1. It is a Cultural/ Variety Programme.
2. Guest Of Honour: Ms Dolly Guleria,
Renowned Punjabi Singer
3. **ALL SR CITIZENS WELCOME**



INDEPENDENCE DAY AT INDIRA COLONY

FREE MEDICAL SERVICES

Physiotherapy Centres (Mon to Sat) w.e.f. 1/4/2012

Locations :

- | | |
|--|-------------------------|
| 1. Arya Samaj, Sector 7-B, Chd | 4.00 p.m. to 7.00 p.m. |
| 2. Arya Samaj, Sector 16-C, Chd | 4.00 p.m. to 7.00 p.m. |
| 3. # 726, Bapudham Colony, Sec 26, Chd | 4.00 p.m. to 7.00 p.m. |
| 4. Baba Makhn Shah Lobana Kendar, Sec 30-A | 4.00 p.m. to 7.00 p.m. |
| 5. Gurudwara Sahib, Phase II, Mohali | 8.00 a.m. to 11.00 a.m. |
| 6. Arya Samaj Mandir, Sector 9, Panchkula | 10.00 a.m. to 1.00 p.m. |

No charges for senior citizens and orthopedically handicapped persons

Acupressure-cum-Magnet Therapy Centres (Mon to Fri)

Locations:

- | | |
|---|------------------------|
| 1. Gurudwara Sahib, Sector 21-C, Chd | 5.00 p.m. to 6.30 p.m. |
| 2. Raksheshwar Shri Ram Mandir, Sec 35-C, Chd | 5.00 p.m. to 6.30 p.m. |

Reiki Healing: (Mon to Tue)

Location:

- | | |
|-------------------------------|--------------------------|
| 1. Sood Bhawan, Sec 44-A, Chd | 10.30 a.m. to 11.30 a.m. |
|-------------------------------|--------------------------|

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