



# Shehjaar Newsletter

A Quarterly Newsletter from  
Shehjaar Homes for Senior Citizens



Issue 16

MAY 2025

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- Senior Care and Living Home is a latest fast-growing concept in the field of sustainable Happy Ageing.
- Social Empowerment and Including Senior people require special care and attention due to their increased vulnerability to various physiological, psychological, and socio-economic problems. Recognizing the same, the government has evolved its legal and policy framework for seniors.
- Increased social engagement and participation of seniors to ensure a more cohesive community, and an enduring network of family & friends. Additionally, it is important to challenge the negative stereotypes about ageing and to promote a more positive view of ageing that values the contributions of older persons in society. This is where the Day Centers come in to picture.
- Community care can help seniors in accessing care and support services while staying in their communities, surrounded by family, friends, and others. Promoting community involvement through the provision of 'community fellows' or 'care fellows'; who can assist seniors with, transportation facilities, legal formalities, and documentation, which are required to access various social security provisions. We name it as Senior Care & Living Home.
- In order to ensure their continued engagement and socialization for a fruitful ageing experience, we need to increase the participation of seniors to make sure that they aren't marginalized through the following measures :-
  - Encouraging community participation/social responsibility undertaken by seniors
  - Sensitizing community members about the contribution of the elderly to society
  - Networking among the elderly through Octogenarian clubs, Centenarian clubs, Hobby clubs, Senior Citizens Associations, Social Support Groups, etc.
  - Healthy and active engagement through recreational and sports activities like laughing clubs, activity clubs, and Yoga Centres
  - Promoting community-led initiatives to address issues of social isolation and loneliness.
  - Shehjaar Homes for Senior Citizens is in the process of expanding their Day Centers numbers beyond existing four, to other cities. In future planning we may go for Senior Care and Living Home.

Suresh Palgay & S C Goel



## AISCCON 22<sup>nd</sup> Conference Resolutions

The 22<sup>nd</sup> AISCCON Annual Conference was held in Udaipur on 22-23 February 2025. After two days deliberations on various topics, following Resolutions have been unanimously passed for further actions by the concerned authorities (The original text is condensed without disturbing the key-words) :-

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1. Restoration of Railway Ticket Concessions. We demand that the Railway Ticket concessions, given to Senior Citizens, should be restored without any change.
2. We demand the formation of National and State Level Commission exclusively to cater to the need of senior citizens in compliance with Clause 92 of NPOP-99.
3. AISCCON demands inclusion of Elder-Care in syllabus and comply with intergenerational bonding as directed in clause 57 of NPOP-99.
4. We request that the Central, State and Public Sector undertakings should add a provision in the Service Rules of employees that taking care of parents is not only a moral obligation but also mandatory notwithstanding anything contained in any other Acts.
5. MWPSA Act – Implementation and Passing of Amendments.
6. The Global Alliance of Rights of Older persons (GAROP) is signing a petition to the UN Human Rights (UNHR) for the purpose of strengthening the protection of the human rights of older persons. AISCCON being a member of GAROP should sign the collective petition.
7. Withdraw 18% GST on Elder care services. Similarly, 18% GST on Health Insurance and Life Insurance of elders should be removed completely.
8. Incentive on Fixed Deposits of Senior Citizens. It is earnestly requested that the incentive of 0.5%, presently being given to senior citizens, may be increased to at least 2%. Similarly, Insurance Coverage on fixed deposits should be increased to 20 lakhs from present 5 lakhs for senior citizens.
9. We request the government to suitably legislate a law for Living Will.
10. We suggest retirement age should be advanced proportionately for the future generation.
11. Old Age Pension :--



- a) Indira Gandhi National Old Age Pension Scheme (IGNOAPS) : should be increased to the minimum to Rs 3500/- irrespective of age for the survival of senior citizens.
- b) EPS-95 Pension : We demand that the Government of India to approve and implement the recommendations and directions of Supreme Court, in toto, and sanction a minimum monthly pension of Rs 7500/- to EPS-95 pensioners.
12. Senior citizens associations all over the country should connect with RWA as these associations can help elderly individuals to create impact on civil society, leading to more welfare activities and other engagements for them.
13. All states should be instructed to issue identity cards at collectorate or other administrative levels similar to the one being done in Maharashtra State.
14. Government of India should give recognition to All India Senior Citizens Confederation (AISCCON) as National Association of Senior Citizens in the country as stipulated in clause 96 of NPOP-1999 and to provide financial support to establish the National and State level offices.
15. Ayushman Bharat Health Insurance : We request extension of the scheme to universally cover all senior citizens of 60 years and above and cover all the expenses for the treatment. Further, Ayushman Bharat should include treatment also for Dementia and Alzheimer.
16. CSR Funding for Elder Care : Government of India to issue an advisory to the Corporates that CSR funding be considered in wide spectrum of areas indicated in Schedule VII of Section 135 of the Companies Act 2013 as amended on Feb 27, 2014. Elder Care is included in this schedule and thus, be considered while finalising the annual plans for CSR Funding by the Corporates.

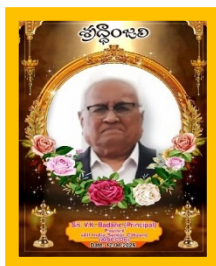


## Shehjaar Presence in AISCCON Conference

For the first time, 22 delegates from Shehjaar Homes (Haridwar, Roorkee & Faridabad) participated in 22<sup>nd</sup> AISCCON Conference in Udaipur. During the program, AISCCON's special award for the dedicated services to senior citizens was conferred on Sri M K Raina by the Governor of Rajasthan.



## OBITUARY



AISCCON President Principal V K Bhadane left for heavenly abode on 12<sup>th</sup> April 2025.

Shehjaar Parivar condoles the sad demise of Prof. Bhadane and pray Almighty to give Sadgati to departed Soul.



## CENTERS' ACTIVITIES

### HARIDWAR

1. KBB program held on 27<sup>th</sup> Feb'25 proved to be yet another interesting program. We are highly thankful to Sri Rahul Arora for the excellent presentation on "Let your musician come out". It made the members feel the voice of music coming out from them and members sang in chorus. He gave an elaborate scientific explanation of well known fact that listening to the favourite music strengthens the happiness hormones of the body. All the members enjoyed the 50 minute session and had lots of take-away points.



2. Around 42 members' group enjoyed the Picnic at Panambi Resort, Chilla Rishikesh Road on 6<sup>th</sup> March'25. The Bus carrying 17 female & 20 male members (rest from own vehicle) started sharp at 9 AM from Shivalik Nagar, as planned, and reached at the resort at 10 AM. During the Bus journey sweet Ladoo's were distributed by Sri B S Shridhar on his grand son's marriage and Sri R K Agarwal whose birth day was on 6<sup>th</sup> March. Sri R K Khanna added to the taste by offering Namkeen Kurkure and Jal Jeera shikanji to celebrate purchase of his new Maruti Dezire Car.

Upon reaching the resort, a welcome drink was served followed by Pakora, Biscuit and Tea in the first-floor restaurant. Next, all assembled in the hall and enjoyed the fun of Antakshari, it was followed by ball-bucket game. Mr Rahul Arora & Mrs Avantika Arora took half an hour session of music in which some individuals joined him to sing in groups and others sang in chorus. Highlight was a song - "Pukarta Chala Hoon Main...." by 87-year Mr P N Malik, "Gulabi Aakhe....." by Mr B S Shridhar and thrilling dance by group of ladies & gents. We are thankful to Mr Rahul Arora for making it a very enjoyable.



A 15 minutes' walk on the back side of resort through the Divya Prem Sewa Mission Ashram took us to a very natural and beautiful bank of River Maa Ganga. Members enjoyed the photography and took the Darshana of lord Rewa Shankar temple on return.

Reaching back to resort, we had a fine lunch and re-assembled in the hall at 2:30 PM. Next was a quiz program which was conducted by Mrs Surekha Palgay & Mrs Lalita Raina. **Surprise gifts were given to individuals who possessed the announced item, like - one who was having Re 1/- note in wallet, pink hanki in purse, multicolor hair band etc... etc.**

A small variety entertaining session had poem by Mrs Neeta Nayyar, song by Mr Mangilal Mehra, Madhushala by Mr N K Raju, Gazal by Mrs Suman Roy, joke by Mr B P Gupta and poem by Mr Sarvesh Gupta and Mr R K Sharma.

Holi based Tambola was conducted by Mrs Veena Singh. Winners of *Balam Pichkari, Mohe Rang do Lal, Rang Barase, Holi Khele Raghuveera and Holi Me Ude Re Gulal* were given the gifts.

Tea & Cookies were served at 4 PM. All members departed by bus at 4:30 PM sharp as planned.

We are thankful to the resort management for their hospitality, good food & facility.



3. शहजार (शीतल छाया) केंद्र में दिनांक 10 अप्रैल 2025 को साप्ताहिक कार्यक्रम "कुछ भी बोलिये (KBB)" का आयोजन हुआ। कार्यक्रम के प्रमुख वक्ता श्री



अनिल कुमार वर्मा जी रहे जो पिछले 35 वर्षों से CA के रूप में विशिष्ट सेवा प्रदान कर रहे हैं, विशेषकर पतंजलि योगपीठ का वित्तीय प्रबंधन बखूबी संभाल रहे हैं। आप राष्ट्रीय स्वयं सेवक संघ के प्रांत सम्पर्क-प्रमुख हैं। ७० मिनट के संबोधन में आपने राष्ट्रवाद से जुड़े कई गम्भीर विषयों पर अपने विचार प्रस्तुत किये इनमें प्रमुख हैं :-

राष्ट्र की परिभाषा, जन्मभूमि व संस्कृति, भारत का विज्ञान, मानवता का कल्याण, पर्यावरण की रक्षा, ऊंच नीच का भेद समाप्त करना, आध्यात्मिकता, संपूर्णता स्वदेशी, भारतीय शिक्षा पद्धति का महत्व, निःस्वार्थ भाव से सेवा, नेशनल करेक्टर आदि। उपस्थित वरिष्ठजनों के प्रश्नों के उत्तर देकर अनिल जी ने उन्हें संतुष्ट किया।

श्री एस के अग्रवाल जी ने पूर्व में रैना जी के विचारों को साझा किया। कार्यक्रम का संचालन पालगे जी ने किया। अनिल जी ने केंद्र का अवलोकन किया। उन्हें भविष्य में इसके विस्तार की योजना के बारे में जानकारी दी गई। विजिटर बुक में अनिल जी ने अपने विचार व्यक्त किये।



4. Sri Kedar Mishra from Bargarh (district Orissa) visited Sheetal Chhaya Kendra. His visit was reported in a leading widely circulated Odia daily newspaper named "Prameya " with the news titled as - Exchange of views with Head of Shehjaar & POBNM.



5. Shehjaar members Mrs Jaya Raina and Mrs Surekha Palgay performed on Key Board at an audition program in Shivalik Nagar Haridwar, under the banner of String Music.





## BHUBNESHWAR

1. On the eve of holy festival of Akshaya Tritiya, the members of Senior Citizens Forum of Kedargouri Apartments organised Jal-Seva from 11 AM to 1 PM at Garagechhack bus stand along main road to Puri.



2. Candle March was organised by Shehjaar members protesting for killing of 26 tourists at Pehalgaon (Kashmir) by terrorists on 22<sup>nd</sup> April'25. They prayed for peace of these souls from lord Jaganath and demanded strong action by Govt of India against these terrorists for such antisocial activities.



*“अगर आप किसी और के लिए दिया जलाएंगे तो इससे आपका भी मार्ग रोशन होगा”*

3. Odia New Year on occasion of Bisubha Sankrati (14<sup>th</sup> April) and also "KUCHHU TO BOLIYE" program were organised with drinking of Pana and the Prasada of lord Hanuman.



## FARIDABAD

1. The medical camp was organised at Shehjaar (Sheetal Chhaya) Center Faridabad on 24<sup>th</sup> March'25 in collaboration with APOLLO Hospital, New



Delhi. All the members worked so passionately and enthusiastically as to ensure that the free medical check-up, arranged with the help of the doctors' team from Apollo Hospital, was indeed useful to over 100 registered beneficiaries. **This camp was very significant in many ways :-**

- a) Type of consultations was quite wide including lungs, heart, dental, eyes and general health evaluation besides the normal blood and BMD tests.
- b) Management of the team responsible for arrangements and care including water, refreshment and the lunch for the medical team and the participants was just excellent. Youth volunteers were involved passionately and smilingly in their respective allotted responsibility areas. All the food & refreshment, served during the day, were collectively pooled in by the members of the team.

*The camp started and ended in time as planned. Over all the first medical camp held in Faridabad Centre was a great success.*



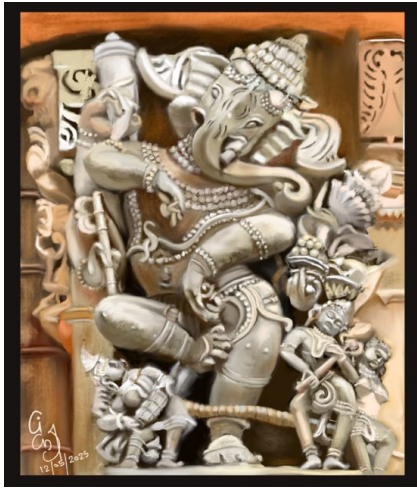
2. Regular Monthly meeting was held on 27<sup>th</sup> April'25 at Sheetal Chhaya Kendra, Faridabad.



## PUNE

Shehjaar Center had a lot of activities during the past two months namely - Birth Day celebrations, picnic outing by travelling in a bus, Tambola game and the general discussion / gathering at the Center. Members participated actively and shared happiness among senior members.





This marvellous sculpture-based painting has been done by one of our BHEL, Haridwar colleague Mr Pankaj Srivastava, GM (HR), Retd.

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## Shehjaar Homes For Senior Citizens

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