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From the desk of Editors.....

The ageing of the population has far-reaching social consequences. India has seen the erosion of social institutions and values due to changing economic structures, urbanization, migration, mobility, and less reliance on traditional sources of income by families. The search for new opportunities has led to redefined social roles and greater economics. Family is the primary and fundamental source of social support for the elderly in India. It is expected to provide adequate support to the elderly when their functional and intrinsic capacities are compromised due to ageing. However, seniors are now caught between changing and eroding traditional joint families. In such a scenario, it becomes important to understand the evolving social structures and their impact on the ageing population so that adequate interventions can be made.

India's population is relatively young at present, however, a substantial decline in fertility rates and death rates indicates an increase in the elderly population in the coming decades. Rising life expectancy rates make it important for the government to convert these years into healthy years. India's older female population is growing faster. 2.8 million & 0.8 million senior women live alone in rural and urban areas, respectively. 4.54% of women are widows and are at higher risk of social exclusion due to lack of social and financial security. Poor physical health and the stigma around widowhood further increase their vulnerability.

Out of the total population of the elderly in India, a very high proportion of them reside in rural India. 71% of elderly persons reside in rural areas. Rural India still lacks medical infrastructure and other basic facilities such as electricity, communication, etc. Further, rural seniors reflect low healthcare utilization along with poor coverage of financial cover, Living Patterns, Migration and socio-cultural shift, Loss of family & social support for seniors. Need for senior living communities arises as large population of elderly men and women live alone because of separation due to divorce, separation, deserted, or living alone. Globalization



and migration of the younger working population are leading to an increase in the number of elderly populations living alone, particularly in urban areas.

The loss of involvement in important life activities like - work, household management and decision-making has negatively impacted the life satisfaction levels among the elderly. Further, the debate around population ageing has not focused on the social participation aspect of ageing. Numbers indicate lower social or community participation amongst the elderly. The elderly population is more likely to suffer abuse and ill-treatment because of a decline in their financial status and functional capabilities. Abuse and mistreatment are more common among elderly women and those living in rural areas. Caregivers are found to be the primary abusers, making the elderly even more helpless and reluctant to report such incidents.

Educational Attainments, Low literacy levels among the elderly as more than 55% of the elderly population is illiterate. The proportion of the elderly population that has never attended school increases with age. A higher proportion of elderly men (65%) attended school than elderly women (35%). Literacy levels are higher among older adults living in urban than those living in rural areas. Nearly 60% of older adults from rural areas do not have any formal schooling, compared to 29% of those living in urban areas. Access to Social Security measures, Low awareness and utilization of social security schemes are some of the constraints among the elderly. Only 28% of the elderly are aware of any concessions for senior citizens, 24% experienced problems in providing documents.

Suresh Palgay & S C Goel



अखिल भारतीय वरिष्ठ नागरिक महासंघ ने की रेल यात्रा में छूट बहाल करने और वरिष्ठ नागरिक मंत्रालय गठित करने की मांग

हरिद्वार, 30 सितम्बर। अखिल भारतीय वरिष्ठ नागरिक महासंघ ने सरकार से बुजुर्गों को रेल यात्रा में मिलने वाली छूट पुनः शुरू करने और अलग से वरिष्ठ नागरिक मंत्रालय बनाने की मांग की है। अंतर्राष्ट्रीय वरिष्ठ नागरिक दिवस की पूर्व संध्या पर प्रेस क्लब में पत्रकारों से वार्ता करते हुए महासंघ के पदाधिकारियों ने प्रधानमंत्री नरेंद्र मोदी से वरिष्ठ नागरिकों से जुड़ी समस्याओं के समाधान के लिए प्रभावी कदम उठाने की मांग भी की। अखिल भारतीय वरिष्ठ नागरिक महासंघ के अध्यक्ष एमके रैना ने कहा कि रेल यात्रा में वरिष्ठ नागरिकों को मिलने वाली रियायत देश में कोविड फैलने के दौरान बंद कर दी गयी थी। जिसे अब तक शुरू नहीं किया गया है। छूट नहीं मिलने से देश में लगभग 15 करोड़ बुजुर्ग इससे प्रभावित हो रहे हैं। वरिष्ठ नागरिक नीति के तहत 1999 में शुरू की बुजुर्गों को रेल यात्रा में छूट की योजना दशकों तक लागू रही। लेकिन कोविड में बंद करने के बाद इस योजना को सरकार ने अब तक शुरू नहीं किया है। जो कि वरिष्ठ नागरिकों की गरिमा का अपमान है। उन्होंने कहा कि जब देश बुलेट ट्रेन और अंतरिक्ष मिशन आदि क्षेत्रों में प्रगति कर रहा है, तो वरिष्ठ नागरिकों को पहले से उपलब्ध रियायतों से वंचित करना उचित नहीं है। उन्होंने कहा कि इस संबंध में कई बार सरकार को ज्ञापन देकर मांग कर चुके हैं। लेकिन अब तक कोई कदम नहीं उठाया गया। कहा कि 2025 तक भारत में बुजुर्गों की जनसंख्या कुल आबादी का 20 प्रतिशत हो जाएगी। ऐसे में अलग से वरिष्ठ नागरिक मंत्रालय का गठन किया जाना चाहिए। यदि समय रहते कदम नहीं उठाए गए तो यह स्थिति गंभीर मानवीय पीड़ा और आर्थिक बोझ का कारण बन सकती है। यदि वरिष्ठ नागरिकों को संरक्षण मिले तो वे अपने अनुभव, परिपक्वता और ज्ञान से राष्ट्र की प्रगति में योगदान दे सकते हैं।



महासचिव हरि शिधये ने कहा कि 20 से अधिक राज्यों में सक्रिय 30 लाख से अधिक सदस्यों का संगठन अखिल भारतीय वरिष्ठ नागरिक महासंघ देश का सबसे बड़ा वरिष्ठ नागरिक संगठन है। उन्होंने कहा कि वरिष्ठ नागरिकों की गरिमा और सामाजिक न्याय सुनिश्चित करने के लिए रेलवे रियायतें तत्काल बहाल की जाएं। तेजी से बढ़ती बुजुर्ग आबादी को देखते हुए वरिष्ठ नागरिक मंत्रालय की स्थापना की जाए। उन्होंने कहा कि इस संबंध में जल्द ही संगठन का प्रतिनिधिमंडल प्रधानमंत्री मोदी से मिलेगा।

पत्रकार वार्ता में भीम सेन श्रीधर, सर्वेश गुप्ता, सुरेश पालगे, एस के अग्रवाल, आर के अनेजा आदि भी मौजूद रहे।



HIGH RANGE WORLD RECORD

On 28th September 2025, **High Range Word Record** was established under the leadership of Mr Rahul Arora, Director Strings Music Care, Haridwar for performing Hanuman Chalisa on vocal, Piano, Gitar, Violin, Sitar, Tabla, Flute, etc. simultaneously by 226 artists for a duration of 10 minutes and 30 seconds, age ranging from 5 to 83 years. Sri R K Aneja, Sri S K Agarwal, Sri Vipin Sharma, Sri N K Raju, Sri Suresh Palgay, Smt. Surekha Palgay and Smt. Savita Agarwal were the Shehjaar members who performed amongst **226 artists in making the world record.**



SHEHJAAR NATIONAL CONFERENCE

4th Shehjaar National Conference will be held at Hotel Gardenia, Haridwar on **January 20, 2026, the Day of Shehjaar Foundation.** An over whelming response is received from the delegates that are participating. The day long activity will have experts delivering the address on the theme of “Healthy Ageing : Challenges and Opportunities – Our Role & Responsibilities”. The attraction of evening is cultural program by local and Prayagraj artists led by Sri Rahul Arora and Dr. P K Sinha respectively.



23rd National Conference of All India Senior Citizens Confederation (AISCCON)

**Date: 22-23 February, 2026
at
Railway Auditorium, Chandrasekharpur, Bhubaneswar, Odisha**

Theme of the Conference

**India's Ageing Moment :
A Call for Collective Actions**

**Hosted by :
Federation Of Senior Citizens' Associations Of Odisha**

**In association with :
All India Senior Citizens' Confederation**



LIFE IS A JOURNEY NOT A RACE

This message emphasizes that instead of focusing on speed or outpacing others, we should pay attention to our own growth, experiences, and inner peace. This perspective encourages us to enjoy the process of learning, connecting with people, and discovering ourselves rather than concentrating solely on reaching goals quickly or arriving at some predetermined destination. It teaches us to appreciate each person's unique path - embracing both challenges and joys and inspires us to find meaning in the present moment, instead of constantly rushing toward the next milestone.

Key Concepts :

- **Focus on the process:** A journey is about experiences, lessons, and relationships built along the way, whereas a race is only about reaching the finish-line quickly.
- **Embrace personal growth:** This perspective allows continuous learning, self-discovery, and progress, instead of being fixated solely on achievements.
- **Value experiences:** The richness of life comes from the tapestry of big and small moments that give meaning to the journey as a whole.
- **Appreciate the present:** By slowing down, we can truly enjoy the journey, connect with the people around us, and find inner contentment.
- **Uniqueness of the path:** Everyone's life journey is unique, and comparing it with others' paths is both futile and harmful.

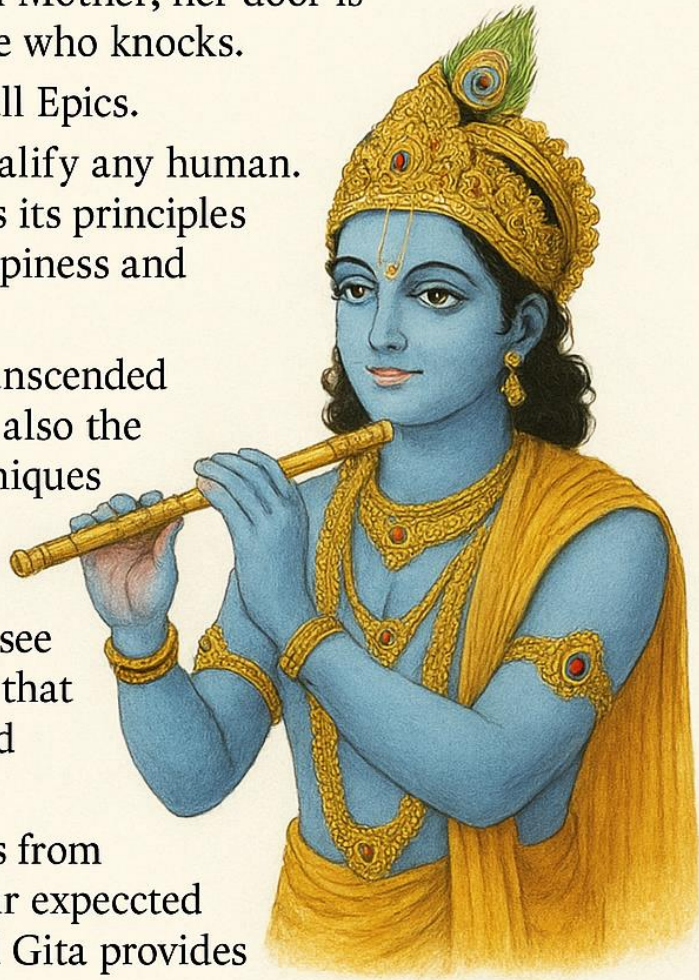
Why This Perspective Matters

- **Reduced stress:** Viewing life as a journey lessens the constant pressure of competition and speed, making life more fulfilling.
- **Deeper meaning:** It shifts focus away from external validation or instant achievements toward self-satisfaction and a deeper understanding of ourselves and the world.
- **Better relationships:** By slowing down, we can feel more connected to the people and environment we encounter along the way.
- **Resilience:** Seeing life's ups and downs as part of the journey develops the ability to face obstacles and failures with a positive outlook.



Bhagwad Gita

- Gita is the master key to every lock in the world.
- Gita is the song of God.
- Gita is the most beautiful philosophical song existing in any known language!
- Gita is the universal Mother; her door is wide open to anyone who knocks.
- It is the mother of all Epics.
- Gita does not disqualify any human. Anyone who follows its principles attains success, happiness and enlightenment.
- Its relevance has transcended time and space and also the principles and techniques extremely effective in all walks of life.
- It holds what some see as practical science that can be experimented upon and lived.
- When conflict arises from tensions between our expected outcomes, Bhagwad Gita provides a solution.
 - a) Gita is the golden path. It attaches equal importance both to the spiritual and worldly aspects of life.
 - b) Gita describes Yoga as a transformative path that leads to inner peace, freedom and spiritual realisation.



USHA JAIN SHEEREN



CENTERS' REPORT

HARIDWAR

Geeta Padhein session on 11-OCT-2025



Weekly KBB program was held on 9-OCT-2025. Host Mr Suresh Palgay welcomed the packed hall members and recited OM & Gayatri Matra which was followed by members. The session was addressed by two eminent doctors of the town Dr Rachana Yadav, Dentist and Dr Rahul, Cardiologist. It was a very useful, informative and interactive session.



On 20-NOV-2025 Mr Annasaheb Sahajirao Tekale, President of Federation of Senior Citizen's Organisations of Maharashtra, visited our Shehjaar Centre in Haridwar. He was accompanied by his wife and son. Mr Tekale was impressed by the activities undertaken by the Centre for the Senior Care. Our team members were also very happy to know how vibrant and useful is the Federation in Maharashtra.



LAUNCH OF BOOK "KAHAN HAI NISHTHA"



The book is written by Mrs Neeta Nayar. It was released by Dr. Ramesh Pokhriyal 'Nishank', a renowned author and former Education Minister of India. The glittering function was held in Lekhak Gaon, Dehradun. Dr Nishank very much appreciated the work of Mrs Nayar.



आचार्य योगेश वैदिक (योगेश शर्मा) जिन्होंने वैदिक शिक्षा - योग, सांख्य एवं वैशेषिक दर्शन, ग्यारह उपनिषद सत्यार्थ प्रकाश आदि का अध्ययन "पूज्य स्वामी शांतानंद जी सरस्वती" के श्री मुख से वैदिक गुरुकुल भवानीपुर कच्छ गुजरात में किया तथा योग, सांख्य एवं वैशेषिक दर्शन का अध्ययन "योगनिष्ठ गुरु पूज्य स्वामी विवेकानन्द जी परिव्राजक जी" के श्री चरणों में बैठकर दर्शन योग महाविद्यालय सुंदरपुर रोहतक हरियाणा में किया। पौराणिक जगत की प्रसिद्ध कथा "सत्यनारायण कथा" को "वैदिक सत्यनारायण कथा" के नाम से वैदिक मत मंडन पुराणिक मत खंडन पूर्वक करते हैं।

उपरोक्त वैदिक गुरु आचार्य योगेश जी का हम सभी को शेहजार केंद्र में दिनांक 6/11/2025 को उनके मार्ग दर्शन का लाभ श्री भीम सेन श्रीधर जी के सौजन्य से प्राप्त हुआ।



PUNE

Regular meeting of Pune center on 25-OCT-2025



Good evening dear Pariwaar Members,

It has been a great & blessed evening in Shehjaar today, i.e., 12-NOV-2025 as Shri Suresh Palge & dear Surekha Palge visited our Pune centre. Palge ji with his clear vision for senior citizens problems shared his thought process how senior citizens can be taken care & how we can be helpful in this great social responsibility.

- Nancy Kaul



BHUBANESHWAR

Pranam to Utkalmani Gopabandhu Das who was a social service eminent person, poet, philosopher, lawyer for helpless people, independence fighter and first Congress Pradesh President. On 9-OCT-2025 the 148th birthday was celebrated in the Day Care centre. Also, Birthday of Mahatma Gandhi and Sri Lal Bahadur Shastri were celebrated.





On 17-SEP-2025, Secretary & members of Kedar Gauri Aptt. celebrated the birthday of beloved PM Sri Narendra Modi by planting the trees at our Garage Chhach to enhance the surrounding greenery helping to improve the environment.



FARIDABAD

Govardhan Puja as a part of Diwali festival was celebrated at the Center.



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