



A Quarterly Newsletter of the Federation of Senior Citizens' Associations, Punjab

FEDSEN PUNJAB

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(Regd. No. 2382/2008-09)

For private circulation only

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Vol. 10, No. 2

July-Sept. 2019

Oct. 19, 2019

President's Message

Respected colleagues,

The FedSEN is doing all to make the member associations active and participative to promote and uphold the dignity of the senior citizens and to assist them for their welfare. We are striving to take up issues of common interest concerning senior citizens at higher levels and to spread the senior citizens movement besides co-ordinating with other organisations in Punjab and at national level.

It is a matter of satisfaction that almost all associations have organised functions on World Elder Abuse Awareness Day and International Day for Older Persons on 1st October. The main purpose of such functions is to discuss problems being faced by elderly people and legal remedies available under various Acts and Rules to overcome these. I hope the members who participate in such functions might get full knowledge to face elderly abuse and other difficulties with courage and with the help of their associations to lead a happy life.

Ageing is a natural process and as we advance in age, chances of catching diseases increase with the bodily weakness. So to help the members, associations are required to have co-ordination with the local hospitals for arranging lectures on various diseases for the elderly to spread awareness about different age related ailments common among the elderly people, so as to enlighten them about causes of disease, preventive measures to be taken and medical aid available to them, to avoid these to lead a disease free healthy life.

The FedSEN is helping to promote, support and ensure medical facilities for the senior citizens. We have taken up the problem with the Principal Secretary Social Security for providing free treatment to senior citizens. A representative of Health Directorate was present who assured us of help. We are also seeking a meeting with Principal Secretary Health for providing maximum medical facilities to senior citizens. Besides we are also seeking a meeting with D.G.P., Punjab for effective implementation of notification on Protection of life and Property of senior citizens. An I.G. rank officer who attended the meeting assured that he is putting up a detailed note to DGP in this regard.

Most of the associations are making sincere efforts to keep their members busy and cheerful by arranging different activities every month. Annual sports meet is one such activity to keep you physically fit besides a host of other activities like picnics to take you far away from the madding crowd and to change your state of mind.

We should always be optimistic and cheerful about life even in critical conditions you face in life. Only optimistic people achieve their goal. Avoid negative thinking and do not become Pessimistic about life which sometimes lead to depression.

For us happiness is very important in life. It is most important emotion we experience and strive to achieve. Happy are those who are humble, merciful pure at heart and work for peace.

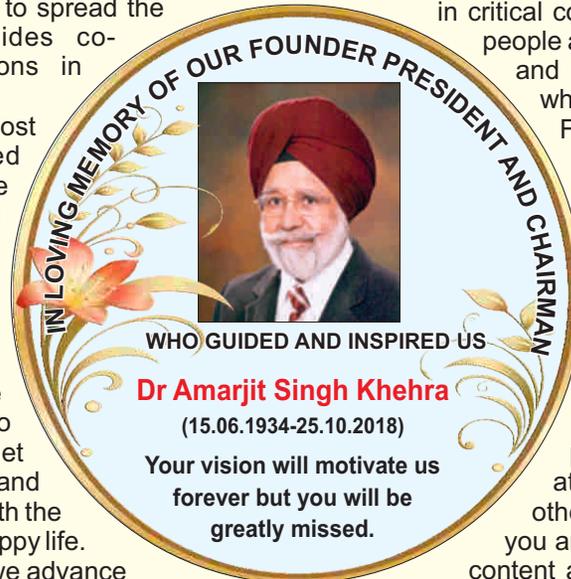
Happiness is the key towards leading a happy and satisfied life. It is much more than career, success and wealth. Happiness is attaining something which is most important as compared to all other worldly material things. It gives us positive attitude towards life. It can be attained by doing good deeds towards others or treating others the way that make you and them happy. Best way is to always be content and happy with whatever you have. It is sometimes seen that even those who have all the

luxuries of the world fail to attain happiness and live a miserable life. Ultimately the decision to be happy lies with you.

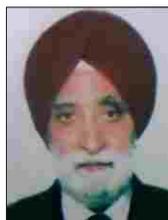
Find up happiness in the things you possess, is very important in life and fixing a limit for worldly materialistic things will keep you happy and satisfied.

Wishing you very happy and healthy life,

H S Mand



S. Gurdev Singh



OBITUARIES

Sorry to inform you the sudden demise of S. Gurdev Singh Advisor of FedSEN, Punjab and Patron of Senior Citizen's Council, Rajpura, Punjab on 31st July 2019 & S. Habans Singh Ahuja, Adviser & Ex President Senior Citizens Council, Rajpura on 16th Aug 2019. May their souls rest in peace.

S. H. S. Ahuja



Editorial

ਫੈਡਰੇਸ਼ਨ ਦੀ ਪਟਿਆਲਾ ਵਿਖੇ ਮਿਤੀ 12 ਅਕਤੂਬਰ 2019 ਨੂੰ ਹੋਈ ਮੀਟਿੰਗ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਜਾਣਕਾਰੀ ਸਾਂਝੀ ਕੀਤੀ ਗਈ। ਡਾ. ਅਸ਼ਵਨੀ ਕੁਮਾਰ ਬਨਾਮ ਭਾਰਤ ਸਰਕਾਰ ਅਤੇ ਹੋਰ ਕੇਸ (Writ Petition (C) No. 193 of 2016) ਵਿੱਚ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨ ਐਕਟ 2007 ਦੇ ਵਿਸ਼ੇਸ਼ ਕਰਕੇ ਹੇਠ ਲਿਖੇ ਚਾਰੇ ਮੁੱਦੇ ਉਠਾਏ ਗਏ। 1. ਬਜ਼ੁਰਗਾਂ ਲਈ ਪੈਨਸ਼ਨ 2. ਬਜ਼ੁਰਗਾਂ ਲਈ ਰਿਹਾਇਸ਼ 3. ਬਜ਼ੁਰਗਾਂ ਨੂੰ ਮੈਡੀਕਲ ਸਹੂਲਤ 4. ਮਾਂ ਬਾਪ ਅਤੇ ਬਜ਼ੁਰਗਾਂ ਦੀ ਦੇਖ ਭਾਲ ਅਤੇ ਭਲਾਈ ਐਕਟ 2007 ਨੂੰ ਅਸਰਦਾਰ ਢੰਗ ਨਾਲ ਲਾਗੂ ਕਰਨਾ। ਮਾਨਯੋਗ ਸੁਪਰੀਮ ਕੋਰਟ ਦੇ ਆਦੇਸ਼ ਤੇ ਭਾਰਤ ਸਰਕਾਰ ਨੇ ਹਰ ਰਾਜ ਤੋਂ ਉਪਰੋਕਤ ਸੰਬੰਧੀ ਤਾਜ਼ਾ ਸਥਿਤੀ ਬਾਰੇ ਜਾਣਕਾਰੀ ਮੰਗੀ ਹੈ। ਇਸ ਨਾਲ ਪੰਜਾਬ ਵਿੱਚ ਵੀ ਸਮਾਜ ਭਲਾਈ, ਸਿਹਤ, ਪੰਚਾਇਤੀ ਰਾਜ, ਲੋਕਲ ਬਾਡੀਜ਼ ਅਤੇ ਪੁਲਿਸ ਵਿਭਾਗ ਹਰਕਤ ਵਿੱਚ ਆਏ ਹਨ ਅਤੇ ਜਮੀਨੀ ਪੱਧਰ ਤੇ ਕੁਝ ਕੰਮ ਹੁੰਦਾ ਮਹਿਸੂਸ ਹੋ ਰਿਹਾ ਹੈ। ਇਸ ਸੰਬੰਧੀ ਸਰਕਾਰ ਵੱਲੋਂ ਜਾਰੀ ਪੱਤਰ ਅਤੇ ਵੱਖ-ਵੱਖ ਵਿਭਾਗਾਂ ਤੋਂ ਪ੍ਰਾਪਤ ਉੱਤਰਾਂ ਦੀ ਨਕਲ ਦੀਆਂ ਕਾਪੀਆਂ ਵੀ ਹਾਜ਼ਰ ਮੈਂਬਰਾਂ ਨੂੰ ਵੰਡੀਆਂ ਗਈਆਂ ਅਤੇ whatsapp ਤੇ ਵੀ ਸਾਂਝੀਆਂ ਕੀਤੀਆਂ ਗਈਆਂ। ਮੈਂਬਰਾਂ ਨੂੰ ਬੇਨਤੀ ਕੀਤੀ ਗਈ ਕਿ ਹੁਣ ਸਮਾਂ ਆ ਗਿਆ ਹੈ ਕਿ ਉਪਰੋਕਤ ਵੰਡੀਆਂ ਕਾਪੀਆਂ ਦੇ ਆਧਾਰ ਤੇ ਹਰ ਐਸੋਸੀਏਸ਼ਨ ਅਪਣੇ ਪੱਧਰ ਤੇ ਸਿਹਤ ਸੰਬੰਧੀ ਅਤੇ ਪੰਚਾਇਤ ਘਰਾਂ/ਕਮਿਊਨਿਟੀ ਸੈਂਟਰਾਂ ਦੀ ਵਰਤੋਂ ਸਬੰਧੀ ਲਾਭ ਪ੍ਰਾਪਤ ਕਰਨ। ਇਸ ਸਬੰਧੀ ਕੀਤੇ ਅਮਲ ਅਤੇ ਆ ਰਹੀਆਂ ਐਕਤਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਫੈਡਰੇਸ਼ਨ ਦੇ ਮੁੱਖ ਦਫ਼ਤਰ ਨਾਲ ਵੀ ਸਾਂਝੀ ਕੀਤੀ ਜਾਵੇ। ਬਜ਼ੁਰਗਾਂ ਦੇ ਜੀਵਨ ਅਤੇ ਜਾਇਦਾਦ ਦੀ ਸੁਰੱਖਿਆ ਸਬੰਧੀ ਹਰ ਜਿਲੇ ਦੇ SSP (H Qr) ਅਤੇ ਸਿਹਤ ਸੰਬੰਧੀ ਮਸਲਿਆਂ ਲਈ ਸਿਹਤ ਅਤੇ ਫੈਮਲੀ ਭਲਾਈ ਅਫ਼ਸਰ, ਨੋਡਲ ਅਫ਼ਸਰ ਹੋਣਗੇ। ਸਰਕਾਰ ਨੂੰ ਬੇਨਤੀ ਕੀਤੀ ਗਈ ਕਿ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨ ਸਟੇਟ ਕੌਂਸਲ ਵਿੱਚ ਫੈਡਰੇਸ਼ਨ ਦੇ ਮੈਂਬਰ ਨਾਮਜ਼ਦ ਕੀਤੇ ਜਾਣ ਅਤੇ ਜ਼ਿਲ੍ਹਾ ਪੱਧਰ ਕਮੇਟੀਆਂ ਵਿੱਚ ਉੱਚੇ ਦੀਆਂ ਸੰਬੰਧਿਤ ਐਸਸੀਏਸ਼ਨ ਦੇ ਮੈਂਬਰ ਨਾਮਜ਼ਦ ਕੀਤੇ ਜਾਣ।

ਸਾਡੇ ਉੱਘੇ ਨੇਤਾ ਡਾ. ਅਮਰਜੀਤ ਸਿੰਘ ਜੀ ਦੇ ਵਿਛੋੜੇ ਦੇ ਇਕ ਸਾਲ ਹੋਣ ਤੇ ਨਿੱਘੀ ਯਾਦ। ਤਾਜ਼ਾ ਵਿਛੜੀਆਂ ਸ. ਗੁਰਦੇਵ ਸਿੰਘ ਅਤੇ ਸ. ਹਰਬੰਸ ਸਿੰਘ ਅਰੁਜਾ ਦੀਆਂ ਦੋ ਨੇਕ ਰੂਹਾਂ ਨੂੰ ਸ਼ਰਧਾ ਦੇ ਫੁੱਲ। ਬੇਸ਼ਕ ਇਨ੍ਹਾਂ ਸਖਸ਼ੀਅਤਾਂ ਦੇ ਪੂਰਨੇ ਸਾਨੂੰ ਪ੍ਰੇਰਨਾ ਦਿੰਦੇ ਰਹਿਣਗੇ। ਸ਼ਾਲਾ ਫੈਡਰੇਸ਼ਨ ਦਿਨ ਦੁਗਣੀ ਰਾਤ ਚੌਗੁਣੀ ਤਰੱਕੀ ਕਰੇ।

ਜਰਨੈਲ ਸਿੰਘ

FEDSEN NEWS

The 3rd quarter of the year started with holding of Governing Body Meeting on 6th July 2019 in Ropar. It was attended by the Chairman Sh. S P Karkara, President Mr. H S Mand, Chief Advisor Mr. D S Grewal, Executive President Mr. G S Chhina, two senior Vice Presidents Sh. S L Kamara & S. Balbir Singh, one Vice President Er. Karnail Singh, One advisor, two special invitees, Secy. General, Secy. Finance and Presidents/ other office bearers of the 21 federated units of FEDSEN.

To start with S. Karnail Singh President, Senior Citizens Council Roopnagar extended warm welcome to the delegates and explained the importance of Roopnagar in the history of Punjab.

In the opening remarks Chairman Sh. S P Karkara said that our presence should be felt all over Punjab. He stressed that some areas especially Taran Taran still remains uncovered and we should make efforts to cover the whole state. President Mr. H S Mand, explained the progress in the meetings being held with the Punjab Govt. officials to solve the problems faced by the senior citizens in the state. He told that to finalize the state policy of Sr. Citizens, a meeting was held with Jt. Director Social Security and many suggestions were given to include in the policy. Mr. Chhina & Mr. Bhogal also attended the meeting. Later on to give more suggestions, Mr. S P Karkara also held a meeting with officials of Social Security Dept. to finalize the State Policy for Sr. Citizens. He also informed the house that their appeal with the Income Tax Department has been rejected, so the Governing Body authorized the President & Secy Finance to proceed against the decision of the Income Tax Department for filing an appeal before the I. T. Tribunal.

On the out set the proceedings of the previous Governing Body meeting held on 3rd March 2019 was approved by the members. Then the Secy. Finance presented the financial accounts (unaudited) for the year ending March 2019 and got the approval of the house. The Secy. Finance was asked to put up the audit report in the next G. B. Meeting. The Chairman informed that only 4 life members have been added in FEDSEN News Letter during this period and he asked to put more efforts. Status of pending annual subscription was also discussed and later on a letter was also issued to federated units in this regard. The President requested the Sr. Vice Presidents & Vice Presidents to prevail upon the associations to deposit annual subscription with FEDSEN of their zones.

The holding of Decadal Function still could not be finalized because of the non availability of Chief Minister, whom FEDESN wanted to invite as Chief Guest. Chief Advisor S. D S Grewal was requested to follow up the matter through Chief Secretary, Punjab.

After conclusion of the G.B. Meeting, the Annual General Body Meeting was also held on same day at G.S. Estate Marriage Palace Rupnagar. It confirmed the proceedings of the AGM held on 8th June 2018 at Moga. It also approved the financial report (unaudited) for the year 2018-19, presented by the Secy. Finance. At the same time Secy. Finance was asked to put up the Audited Report in the next G.B. meeting.

The AGM also approved the appointment of S. H S Mand as President of FEDSEN for a period up to June 2020 and AGM was also informed about the appointment of Sh. S P Karkara IAS (Retd) as Chairman of FEDSEN, unanimously



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approved by the Governing Body of FEDSEN. The affiliation of 3 Urban and 25 Rural associations, were also approved, with the recommendations of the Governing Body held on 3rd March 2019 in S.A.S. Nagar, Mohali. The AGM also appreciated and congratulated the President, Er. Karnail Singh, Senior Citizens Council Rupnagar & Vice President of FEDSEN, on being adjudged his association as the 'Best Urban Association in India by AISCCON. Besides this, a meeting was held on 6th Sept. 2019 under the chairmanship of Madam Raji Srivastava IAS, Principal Secretary Social Security Punjab to discuss comprehensive action plan under Sr. Citizens Act. 2007, which was attended by representatives of Departments of Home, Health, Police, Law and Public Relations etc.etc. Sh. S P Karkara, Chairman FEDSEN attended the meeting on behalf of the FEDERATION. In the point wise discussion on comprehensive Action Plan Sh. Karkara highlighted reasons for need to draft this Action Plan based on advisory issued by the Ministry of Social Justice & Empowerment Govt. of India in the light of writ petition (Civil) No. 193/2016 by Honorable Supreme Court of India and gave many more suggestions in this regard. A meeting was also held on 24th September 2019, with Honorable Minister of Social Security, Madam Aruna Chaudhary. It was attended by The Chairman Sh. S P Karkara where all concerned departments dealing with Sr. Citizens' problems were invited and detailed instructions were given by the Honorable Minister to Social Security, Health, Police, Local bodies and Rural development departments to attend the problems faced by Sr. Citizens on priority. The President also gave some suggestions for incorporation, in the State Policy for Senior Citizens of Punjab. The election of the AISCCON was held during the month of September 2019. It is a matter of honor for us that Mr. Inder Mohan Bhalla, a Punjabi, has been elected as President of AISCCON, along with 8 Vice Presidents and other office bearers.

BATALA

Senior Citizens' Social Welfare Forum

28th July 2019

Members presented a thanks-giving memento to Sh. Navjot Singh Sidhu ex-minister Local bodies for the completion of Mudhal - Verka, 2 km Link Road. This link road has reduced Batala-Amritsar distance by 5 kms.



5th August, 2019

ਸਿਟੀਜ਼ਨ ਸੋਸ਼ਲ ਵੈਲਫੇਅਰ ਫੋਰਮ ਬਟਾਲਾ ਵੱਲੋਂ ਬੀਤੀ ਸ਼ਾਮ ਸ਼ਿਵ ਕੁਮਾਰ ਬਟਾਲਵੀ ਆਡੀਟੋਰੀਅਮ ਵਿਖੇ 'ਸਾਵਣ ਮੇਲਾ' ਕਰਾਇਆ ਗਿਆ। ਇਸ ਸਾਵਣ ਮੇਲੇ ਵਿੱਚ ਕਵੀ ਦਰਬਾਰ ਕਰਾਉਣ ਦੇ ਨਾਲ ਗੀਤਾਂ ਅਤੇ ਗਿੱਧੇ ਦੀ ਪੇਸ਼ਕਾਰੀ ਕੀਤੀ ਗਈ। ਸਮਾਗਮ ਦੇ ਪਹਿਲੇ ਹਿੱਸੇ ਵਿੱਚ ਕਵੀ ਦਰਬਾਰ ਕਰਾਇਆ ਗਿਆ ਜਿਸ ਵਿੱਚ ਬਹੁਤ ਸਾਰੇ ਸ਼ਾਇਰਾਂ ਵੱਲੋਂ ਆਪਣੀਆਂ ਨਜ਼ਮਾਂ ਅਤੇ ਕਲਾਮ ਪੇਸ਼ ਕੀਤੇ ਗਏ। ਗੀਤਾਂ ਦੀ ਮਹਿਫਲ ਵਿੱਚ ਉੱਘੇ ਲੋਕ ਗਾਇਕ ਭਜਨ ਮਲਕਪੁਰੀ, ਸਵਿੰਦਰ ਸਿੰਘ ਭਾਗੋਵਾਲੀਆ, ਬੀਬਾ ਕਰਮਜੀਤ ਜੋਤੀ ਅਤੇ ਸੁਭਾਸ਼ ਸੂਫੀ ਨੇ ਆਪਣੇ ਗੀਤਾਂ ਨਾਲ

ਰੰਗ ਬੰਨ੍ਹਿਆ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਬਟਾਲਾ ਸ਼ਹਿਰ ਦੇ ਵੱਖ-ਵੱਖ ਸਕੂਲਾਂ ਦੀਆਂ ਵਿਦਿਆਰਥਣਾਂ ਅਤੇ ਸਾਵਣ ਮੇਲੇ ਵਿੱਚ ਆਈਆਂ ਕੁੜੀਆਂ ਅਤੇ ਹੋਰ ਮਹਿਲਾਵਾਂ ਨੇ ਗਿੱਧੇ ਨਾਲ ਰੰਗ ਬੰਨ੍ਹਿਆ ਅਤੇ ਤੀਆਂ ਦਾ ਤਿਉਹਾਰ ਵੀ ਪੂਰੀ ਖੁਸ਼ੀ ਨਾਲ ਮਨਾਇਆ। ਇਸ ਮੌਕੇ ਫੋਰਮ ਦੇ ਪ੍ਰਧਾਨ ਪ੍ਰੋ: ਸੁਖਵੰਤ ਸਿੰਘ ਗਿੱਲ ਨੇ ਸਮੂਹ ਹਾਜ਼ਰੀਨ ਨੂੰ ਸਾਵਣ ਮੇਲੇ ਦੀ ਮੁਬਾਰਕਬਾਦ ਦਿੱਤੀ। ਸਾਵਣ ਮੇਲੇ ਦੌਰਾਨ ਵਾਤਾਵਰਨ ਦੀ ਸੰਭਾਲ



ਵਿੱਚ ਆਪਣਾ ਉੱਘਾ ਯੋਗਦਾਨ ਪਾਉਣ ਵਾਲੇ ਪਾਲਾ ਰਾਮ ਅਤੇ ਮਾਸਟਰ ਰਣਜੀਤ ਸਿੰਘ ਛੀਨਾ ਦਾ ਵਿਸ਼ੇਸ਼ ਸਨਮਾਨ ਕੀਤਾ ਗਿਆ। ਸਮਾਗਮ ਦੌਰਾਨ ਸਾਉਂਣ ਮਹੀਨੇ ਦੀ ਖਾਸ ਸੁਗਾਤ ਖੀਰ ਪੂੜੇ ਦਾ ਲੰਗਰ ਵੀ ਲਗਾਇਆ ਗਿਆ।

BATHINDA

Senior Citizens Council

5th July 2019

District level co-ordination committee meeting chaired by D.C Bathinda was attended by Smt. Satwant Kaur, Gurbinder Pal Kaur Dhillon and Er. HS Khurmi.

4th Aug. 2019

In the General house meeting held at Tulip Club, Ganpati Enclave. Smt. SATWANT KAUR was elected as the new President of the Council unanimously. Name of Smt. Satwant Kaur was approved by all. Smt. Satwant Kaur is 85 years of age, retired as Dy. DEO. She is very popular among women members and a great troupe leader while going on National and International tours. She is running Free Yoga classes for ladies, early in the morning at her residence. Under the leadership of Sh. Gurbachan Gupta, Council achieved the great heights. Council thanked him by presenting him a Siropa by our senior most Member Sh. Nand Lal Monga, Smt. Satwant Kaur organised a very interesting TEEYAAN TEEJ DIYAAN GIDDHA. Kheer Purhas and Tea was sponsored by Sh. Krishan Murari, Manager, ICICI Bank, Bathinda who made us aware about various facilities and incentives being offered to Senior Citizens. At the end, birthday of members was celebrated by cutting a cake and good tea party.

25th Aug. 2019

Installation ceremony of new Executive Body of the new President Smt. Satwant Kaur was solemnised in the monthly meeting at Bahia Fort Hotel. Sh. MF Farooqui, IPS, IGP Bathinda, was the Chief Guest. Welcome address was made by the Ex. President Adv. Gurbachan Gupta. Oath to the new Executive Body was solemnised by the Chairman Prof. D S Mastana. Mini Giddha was performed by Smt. Gunwant and Smt. Amarjeet Khurmi and party. The



Chief Guest addressed and gave a message to all of us to feel contented whatsoever has been given to us by the Almighty God and we should enjoy the present instead of remembering the past. He felt very happy to see the Senior Citizens in such a good gathering and enjoying their retired bonus life and doing social activities. Smt. Satwant Kaur, President thanked the Chief Guest for sparing time for the Senior Citizens out of his very busy schedule. The Chief guest was honored with a Memento and a shawl as a token of love. Free fat check up of body of Senior Citizens was done by Bahia Wellness Centre who sponsored this function. Birthday of senior citizens was celebrated by cutting a cake and singing a birthday song.



21st Sept. 2019

World Alzheimer Day was organised at Max Super Speciality Hospital Bathinda, by Ashu Singla, Dr. Satish Thapar, Senior Consultant Psychiatry and De-addiction, made aware members about the Alzheimer and Dementia, various causes and remedial measures to avoid this disease in old age. He advised to keep everyone busy, do daily exercises, play brain concentration games, have a good diet to delay the disease. About 100 Senior Citizens attended the Seminar and everyone praised Max Hospital for arranging such a well informative seminar. Birthday of members was celebrated by cutting cake and singing birthday song with dance and Bhangra by all. Prof. DS Mastana, Chairman thanked Max Management and specially Ashu Singla for arranging such a beautiful function for Senior Citizens.

29th Sept. 2019

General House meeting was conducted at Dunes Club Bathinda. Smt. Satwant Kaur, President performed Mini Yoga and Laughing exercises. Sh.Ramji Dass Singla, our member explained the latest pension rules. Prof. Dhanwant Kaur delivered a spiritual speech on the definition of BHAGAT JI by quoting BHAGWAT GITA.

FARIDKOT

Senior Citizens Association

14th July 2019

President of Association Principal S.S.Chawla organised First Family Meeting in M.G.M Sr Sec School Fdk. All members appreciated this programme specially ladies members and desired to continue in future. At the end Dr R. K Anand shared his views regarding maintenance of good health. Dr. Nirmal Kaushik &



Prof O. P Chhabra discussed about various future Projects. Eminent Scholar educationist Prof Bram Jagdish Singh delivered a lecture on the topic "How to adjust our self in the family at this stage of life".

11th Aug. 2019

Principal S.S Chawla conducted Tree Plantation Programme at Radha Krishna Dham, Faridkot. In addition to this Sr. Inderjeet Singh Khiva, Mrs. Harbhajan Kaur Chawla & Mrs. Nirmal Gulati distributed usable Articles to the orphan children living in Radha Krishna Dham Orphanage home.



8th Sept. 2019

The World Literacy Day and Teachers' Day was Celebrated at M. G. M Sr.Sec School Faridkot Principal S.S.Chawla along with other Sr members of association honoured 11 teachers of association. Dr. Nirmal Kaushik presented his 32nd book (HAMARI SANSKRITIK CHETNA) to all the members of association. All members of association discussed about the celebration of Agaman Purab of Baba Farid on dated 23-09-2019 & 550th Parkash Utsav of Shri Guru Nanak Dev ji coming in Nov 2019.

FAZILKA

Senior Citizens Association

18th July 2019

ਦੁਸਰੇ ਹਫ਼ਤੇ ਸਰਵਹਿੱਤਕਾਰੀ ਸੀਨੀਅਰ ਸੈਕੰਡਰੀ ਸਕੂਲ, ਫ਼ਾਜ਼ਿਲਕਾ ਵਿਖੇ ਇਸ ਐਸੋਸੀਏਸ਼ਨ ਵੱਲੋਂ ਕੰਜਰਵੇਸ਼ਨ ਆਫ ਵਾਟਰ ਅਤੇ ਵਾਤਾਵਰਣ ਸਬੰਧੀ ਇਕ ਸੈਮੀਨਾਰ ਕੀਤਾ ਗਿਆ ਅਤੇ ਮੈਨੇਜਮੈਂਟ ਨੂੰ ਮੋਟੀਵੇਟ ਕਰਕੇ ਉਸ ਸਕੂਲ ਵਿੱਚ ਇਕ ਰੋਨ ਵਾਟਰ ਹਾਰਵੈਸਟਿੰਗ ਰੀਚਾਰਜ਼ ਬੋਰ ਨੂੰ ਕੰਪਲੀਟ ਕਰਵਾਇਆ ਗਿਆ ਤਾਂ ਕਿ ਧਰਤੀ ਹੇਠਲੇ ਪਾਣੀ ਦੇ ਗਿਰ ਰਹੇ ਪੱਧਰ ਨੂੰ ਸੁਧਾਰਨ ਵਿੱਚ ਕੋਸ਼ਿਸ਼ ਕੀਤੀ ਜਾ ਸਕੇ। ਇਸ ਪ੍ਰੋਜੈਕਟ ਤਹਿਤ ਇਸ ਐਸੋਸੀਏਸ਼ਨ ਵੱਲੋਂ ਸਕੂਲਾਂ ਅਤੇ ਕਾਲਜਾਂ ਵਿੱਚ ਇਹ ਨੌਵਾਂ ਬੋਰ ਕਰਵਾਇਆ ਜਾ ਚੁੱਕਾ ਹੈ।



27th July 2019

ਆਤਮ ਵੱਲਭ ਪਬਲਿਕ ਸੀਨੀਅਰ ਸੈਕੰਡਰੀ ਸਕੂਲ ਫ਼ਾਜ਼ਿਲਕਾ ਵਿੱਚ ਵੀ ਕੰਜਰਵੇਸ਼ਨ ਆਫ ਵਾਟਰ ਅਤੇ ਵਾਤਾਵਰਣ ਸਬੰਧੀ ਇੱਕ ਸੈਮੀਨਾਰ ਕਰਕੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਜਾਗਰੂਕ ਕੀਤਾ।



15th Aug. 2019

ਡੀ.ਏ.ਵੀ ਕਾਲਜ ਆਫ ਐਜੂਕੇਸ਼ਨ ਫ਼ਾਜ਼ਿਲਕਾ ਵਿਖੇ ਕਾਲਜ ਦੇ ਪ੍ਰਿੰਸੀਪਲ, ਅਧਿਆਪਕਾਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨਾਲ ਮਿਲ ਕੇ ਇਸ ਆਜ਼ਾਦੀ ਦਿਵਸ ਤੇ ਕੌਮੀ ਝੰਡਾ ਲਹਿਰਾਇਆ ਗਿਆ ਅਤੇ ਆਜ਼ਾਦੀ ਦਿਵਸ ਸਬੰਧੀ ਵੱਖ ਵੱਖ ਬੁਲਾਰਿਆਂ ਵੱਲੋਂ ਚਾਨਣਾ ਪਾਇਆ ਗਿਆ।

21st Aug. 2019

ਮਾਨਯੋਗ ਸੀ.ਜੇ.ਐਮ ਸ੍ਰੀ ਰਾਜਪਾਲ ਰਾਵਲ ਸਾਹਿਬ ਅਤੇ ਮਾਨਯੋਗ ਐਸ.ਡੀ.ਐਮ ਫ਼ਾਜ਼ਿਲਕਾ ਨਾਲ ਮਿਲਕੇ ਐਸੋਸੀਏਸ਼ਨ ਦੇ ਮੈਂਬਰਾਂ ਵੱਲੋਂ ਐਸ.ਡੀ.ਐਮ ਕੰਪਲੈਕਸ ਦੇ ਮੀਟਿੰਗ ਹਾਲ ਵਿੱਚ ਸੀਨੀਅਰ ਸੀਟੀਜ਼ਨ 'ਤੇ ਮਨਾਇਆ ਗਿਆ ਅਤੇ ਇਸ ਵਿਸ਼ੇ ਤੇ ਬੁਲਾਰਿਆਂ ਵੱਲੋਂ ਖੁੱਲ੍ਹ ਕੇ ਵਿਚਾਰ ਪ੍ਰਗਟ ਕੀਤੇ ਗਏ।

30th Aug. 2019

ਇਸ ਐਸੋਸੀਏਸ਼ਨ ਵੱਲੋਂ ਗੁਰੂ ਨਾਨਕ ਸਿੱਖ ਕੰਨਿਆ ਸੀਨੀਅਰ ਸੈਕੰਡਰੀ ਸਕੂਲ ਫ਼ਾਜ਼ਿਲਕਾ ਵਿਖੇ ਵਾਤਾਵਰਣ ਦੀ ਸੰਭਾਲ ਨੂੰ ਧਿਆਨ ਵਿੱਚ ਰੱਖਦਿਆਂ 111 ਪੌਦੇ ਲਗਾਏ ਗਏ ਅਤੇ ਇਹਨਾਂ ਪੌਦਿਆਂ ਨੂੰ ਦਰਖਤ ਬਣਨ ਤੱਕ ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਅਧਿਆਪਕਾਂ ਤੋਂ ਪ੍ਰਣ ਲਿਆ ਗਿਆ ਕਿ ਉਹ ਇਨ੍ਹਾਂ ਦੀ ਸਾਂਭ ਸੰਭਾਲ ਕਰਨਗੇ।

7th Sept. 2019

ਅੰਮ੍ਰਿਤ ਮਾਡਲ ਸੀਨੀਅਰ ਸੈਕੰਡਰੀ ਸਕੂਲ ਫ਼ਾਜ਼ਿਲਕਾ ਵਿਖੇ ਇਸ ਐਸੋਸੀਏਸ਼ਨ ਵੱਲੋਂ ਕੰਜਰਵੇਸ਼ਨ ਆਫ ਵਾਟਰ ਅਤੇ ਵਾਤਾਵਰਣ ਵਿਸ਼ੇ ਉਤੇ ਇੱਕ ਹੋਰ ਸੈਮੀਨਾਰ ਕਰਵਾਇਆ ਗਿਆ ਅਤੇ ਇਸ ਵਿਸ਼ੇ ਸਬੰਧੀ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਜਾਗਰੂਕ ਕਰਨ ਲਈ ਵੱਖ ਵੱਖ ਬੁਲਾਰਿਆਂ ਵੱਲੋਂ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਵਿਚਾਰ ਪ੍ਰਗਟ ਕੀਤੇ ਗਏ।

25th Sept. 2019

ਇਸ ਐਸੋਸੀਏਸ਼ਨ ਵੱਲੋਂ ਐਮ.ਸੀ ਕਲੋਨੀ ਫ਼ਾਜ਼ਿਲਕਾ ਵਿਖੇ ਇਕ ਟਿਊਸ਼ਨ ਅਕੈਡਮੀ ਵਿੱਚ ਪੜ੍ਹ ਰਹੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਟੇਸ਼ਨਰੀ ਵੰਡੀ ਗਈ। ਇਸ ਅਕੈਡਮੀ ਵਿੱਚ ਪ੍ਰਬੰਧਕਾਂ ਵੱਲੋਂ ਬੱਚਿਆਂ ਨੂੰ ਬਿਲਕੁਲ ਮੁਫਤ ਟਿਊਸ਼ਨ ਪੜ੍ਹਾਈ ਜਾਂਦੀ ਹੈ।

28th Sept. 2019

ਇਸ ਐਸੋਸੀਏਸ਼ਨ ਵੱਲੋਂ ਸਰਕਾਰੀ ਪ੍ਰਾਇਮਰੀ ਸਕੂਲ ਰਾਮਨਗਰ ਉਰਫ ਜੱਟਵਾਲੀ ਵਿੱਚ ਬੱਚਿਆਂ ਅਤੇ ਉਨ੍ਹਾਂ ਦੇ ਮਾਪਿਆਂ ਨੂੰ ਜਾਗਰੂਕ ਕਰਨ ਲਈ ਕੰਜਰਵੇਸ਼ਨ ਆਫ ਵਾਟਰ ਅਤੇ ਵਾਤਾਵਰਣ ਸਬੰਧੀ ਇਕ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਸੈਮੀਨਾਰ ਕੀਤਾ ਗਿਆ।

HOSHIARPUR

Senior Citizens' Welfare Council

- To strengthen the services of National Programme for Health of Elderly Govt. of Punjab, Directorate of Health and Family Welfare vide their letter no. NPHCE/Pb/169 dated 16.4.2019 has directed All Civil Surgeons to implement the following.
 - Separated OPD for Sr. Citizens on every Tuesday and Saturday with separate line for senior citizens.
 - Lab Tests, Medicines, Physiotherapy Aids and Appliances to be given free of cost to Senior Citizens.
 - Keep two beds reserved for elderly in every ward.
 In order to ensure that the above instructions are implemented in toto we met the Civil Surgeon, Hoshiarpur. The following actions have been agreed to and implemented.
 - A Senior MO has been nominated who will deal with the healthcare problems of elderly visiting hospital.
 - Separate OPD window for elderly on every Tuesday and Saturday.
 - Different colour OPD slips free of cost.

- Priority for checkup of elderly.
- Display of Hoardings at prominent places in the hospital giving above details with contact numbers.

- Senior Citizens Welfare Council Hoshiarpur has about 25 members from a village Hukran about 10 Kms from Hoshiarpur. Our Vice President Sh. Sikandar Singh is the President of The Hukran Multi Purpose Co-op Agri Service Society Ltd. On 24th September 2019 an awareness camp for the senior Citizens and public was organized. The main issues of the awareness camp were problems faced by Senior Citizens, their rights. Drug menace, skill centers for unemployed youth, organic farming, eyes and organ donation on the death etc.
- On 25th September a meeting for the welcome of Senior Citizens was called by Distt. Social Security officer Chaired by ADC (Gen Adm) and attended by heads/representatives of various departments such as Police, Civil Surgeon, Bank, Post office, Roadways and other NGO's. President senior Citizens Welfare Council, Hoshiarpur attended the meeting.

JAGRAON

Senior Citizens' Welfare Forum

20th July 2019

1. A "declamation contest" on the current burning topics 'save water & environment' was successfully conducted at Sikh Girls Senior Secondary School, Jagraon. The children from 13 schools participated in the contest. 1st, 2nd & 3rd winners & all participants were presented mementos, certificates & gifts. Judges were also honoured with gifts.

The function was successful with the co-operation of school administration & our members.

2. With the efforts of our member Dr. Verma & Dr. (Mrs) Shailja Verma more than 130 shade tree saplings & 3 climbers were planted at Jagraon railway station platform, park & residential areas. We would like to mention here the initiative taken, for caring & watering the plants, by Master Madan Lal Bansal.

3. A "hand writing competition", in which 10 primary schools participated, was held at Govt. Basic Primary School on 5th September, on the occasion of Teachers' Day. The students securing 1st, 2nd & 3rd position were given mementos, certificates & gifts & all other participants were also honoured with certificates & gifts.

4. As per our past tradition, the Senior Citizens Welfare



Forum organised Annual General Body family get-together at Hotel Five Rivers on 28 September, on the eve of International Senior Citizens' Day on 1st October.

The report on the forum activities, during the current term, was presented by our General Secretary, Sh. Lalit Aggarwal. The audited accounts of current term (01-10-2018 to 30-09-2019) were presented by the Finance Secretary Sh. P. C. Garg. The Souvenir-cum-Membership Directory 2018-19 was also launched on the occasion. All members enjoyed tambola. Members rejoiced the couple dance. Our patron S. M. S. Jassal thanked all the members & their families/guests for joining the event.

LUDHIANA

Rajguru Nagar Senior Citizens' Welfare Association

13th July, 2019

A special talk on OROP by Col. Harbakhsh Singh was delivered in the evening meeting. Col. Sahib is more dedicated to the cause of Ex-Servicemen. He is leading ex-servicemen of Ludhiana. The session was more impressive and informative.

20th July, 2019

A special lecture on New Education Policy 2018 was delivered by Prof. Bahadur Singh in the evening meeting. Before the British, he said, education was meant for the Brahmins and the elites only. After independence many commissions were set up on education policy i.e. in 1948, 1968, 1986 and new education policy – 2019 under the chairmanship of Dr. K. Kasturirangan. It also recommended many radical changes and privatisation of higher education. The session was very impressive.

2nd Aug., 2019

Col. Harbakhsh Singh chaired the Executive Committee meeting. Dr. D. R. Bhumbla was appointed Patron of the Association for the term 2019-21 unanimously and Sh. V. K. Gupta was made in-charge of Accounts of Association. It was also decided and passed that a meeting should be arranged with Bharat Bhushan Ashu ji, Minister Food and Supply Department, Punjab, for the construction of Senior Citizen Bhawan.

3rd Aug., 2019

A deputation headed by President met Sh. Bharat Bhushan Ashu ji at his office in Ludhiana. The same day he held a meeting with representatives of the Association along with Chairman. Ludhiana Improvement Trust for Senior Citizen Bhawan and directed the Chairman to find a suitable location for Senior Citizen Bhawan and start construction.

13th Aug., 2019

A three member team met Chairman, Ludhiana Improvement Trust, Ludhiana at his office. He assured that he would do his best for the matter. The final report is being awaited for construction of Senior Citizen Bhawan.

13th Sept., 2019

Executive Committee Meeting following directions issued by Fedsen Punjab in its letter on July 18, 2019, it was decided that Rs.10,000/- may be sent for the Decadal

function to be celebrated by the Fedsen Punjab. Finance Secretary, Sh. V.K.Gupta ji was asked to do the needful in this connection.

14th Sept., 2019

Canada A Dream Destination : In the evening meeting Prof. Ravinder Singh Brar delivered a talk on Canadian lifestyle and governance. He described various aspects of Canadian culture, history and civilization. It was very impressive and the audience liked it very much.

LUDHIANA

Senior Citizen's Welfare Association

20th July, 2019

A programme was organized at Govt. Senior Secondary School (Boys), Jawahar Nagar Camp, Ludhiana, to educate students about significance of trees in sustaining environment and role of youngsters towards elderly people in the society. In his opening remarks Sh. S. P. Karkara, President SCWAL spelled out the objectives of the programme and spoke about the activities being carried out by SCWAL for the welfare of senior citizens. S. Jarnail Singh, Chief Conservator of Forests Punjab (Retd.) gave tips about proper technique of planting and nurturing a sapling. Principal of the School thanked SCWAL for choosing her school for planting saplings. After the interaction a large number of saplings were planted within the premises of the school by the students, the staff members and the members of SCWAL. Every planted sapling was allotted to a different student for its care.

23rd July, 2019

Sapling were also planted in Sri Ram Global Pre-school, Mall Road, Ludhiana.

27th July, 2019

A Family Get-together was organized in Rotary Bhawan, Sarabha Nagar, Ludhiana to celebrate 'Teeyan'. This well attended function started with a welcome address by President, S.P. Karkara. After that a round of Tambola was played. That was followed by introduction of new members and an entertainment programme anchored by Mrs. Neelam Khosla and Dr. I.M. Chhibba. Many participants, both ladies and gents, entertained the audience with their songs, gazhals, couplets etc. Mrs. Inderjit Kaur Virk was selected as SAWAN QUEEN and Mrs. Inderjit Kaur w/o Er. Manmohan Singh was selected as Runner-up. That was followed by a thrilling "GIDHA" dance. Prize for the best performance during Gidha dance was won by Mrs. Usha Khosla. A cake cutting ceremony was held to celebrate birthdays of the concerned SCWAL members.

3rd Aug., 2019

A Talk about special bank deposit schemes for senior citizens was organized. Zonal Manager of



Allahabad Bank gave details of bank deposit schemes suitable to senior citizens. He also answered queries of the members. The programme was followed by high tea.

10th, Aug. 2019

A programme was organized at Govind National College, Narangwal (Ludhiana) in collaboration with Rotary Club, Ludhiana on August 10, 2019 to plant tree saplings and create awareness among students about the importance of trees in keeping the environment healthy and also the necessity of respect and care of elders by the youngsters in the family and the society as a whole. Followed by a talk by S. Jarnail Singh, Chief Conservator of Forests Punjab (Retd.) on the role of trees in maintaining the environment healthy. Sh. S.P. Karkara, President SCWAL, apprised the students about the programmes being carried out by SCWAL for the well being of the elders in particular and the society as a whole.

14th Aug., 2019

Independence Day function was organized a day in advance to enable SCWAL members to attend official function on 15th August. Sh. S. P. Karkara, President and Er. Balbir Singh, Chairman hoisted the National Flag followed by singing of National Anthem by the SCWAL members and guests present on the occasion. Dr. D.R. Bhatti (IPS, Retd.) recalled the contribution of freedom fighters in freedom struggle of the country. Brig. Mastinder Singh referred to the sacrifices made by the personnel of the armed forces to defend the country after Independence.

23rd Aug., 2019

Saplings were planted in Govt. Primary School, Village Toose.

5th Sept., 2019

A Blood Donation Camp was organized at Govind National College, Narangwal (Ludhiana) in collaboration with Rotary Club, Ludhiana and Bhai Kanhaiya ji Mission Society. A



large number of lecturers and students of the college donated blood which was collected by Blood Bank of Guru Teg Bahadur Sahib (C) Hospital, Shastri Nagar, Ludhiana. Dr. Abinash Kaur, Principal of the college proposed Vote of Thanks. More than sixty units of blood were collected in the camp.

7th Sept., 2019

A function was organized on September 07, 2019 at Kirpa Nidhan Public Senior Secondary School, Ferozepur Road, Ludhiana for planting saplings and having interaction with the students concerning Environment Protection and Inter-generational Bonding. First saplings were planted in the ground of the school. That was followed by interaction with the students concerning above-mentioned topics. Dr. I. M. Chhibba apprised the students of the latest situation in

respect of the plight of the elderly in our society owing to improper care and indifferent behavior by their family members. Dr. A.S. Bindra shared with the students the traffic rules in simple language and precautions to be taken while going on foot on the road. Sh. S.P. Karkara, President, SCWAL, then told the students that 8th September was being celebrated as International Grandparents Day and suggested to the students whose grandparents were living in their families to give them a surprise on September 08, 2019 by presenting a flower stick while wishing them good health and in turn get their warm and heartfelt blessings.

14th Sept., 2019

A programme was organized to plant tree saplings in Bakshi Mohinder Singh Rural Health Centre. Village Paddi, Ludhiana. After arrival in the Health Centre, members of SCWAL planted saplings of some fruit trees along with the staff of the hospital. Then Sh. S.P. Karkara, shared with the audience (including respectables from the area besides the SCWAL members) about the object of the function besides spelling out the objectives and activities of SCWAL. That was followed by an exhaustive and informative talk on Health problems with aging (Geriatric Health) delivered by Dr. Sanjay Yadav (MBBS, MD), Intensivist, GTBS (C), Hospital. Sh. S.P. Karkara and Er. Balbir Singh then honoured Dr. Praveen Sobti and Dr. Sanjay Yadav with mementos.

MOGA

Senior Citizens Retired Employees Council

27th July, 2019

Sh. S L KAMRA President Senior Citizens Council Retired Employees Moga Cum Senior Vice President FEDSEN Pb performed the opening ceremony of Planting CAMPAIGN dedicated to the 550th. PARKASH UTSAV of the First Guru Sh. Guru Nanak Dev Jee by planting a Sapling of a tree .

10th. Aug. 2019

Council President participated in the Monthly Meeting of the District Saanj Kendras headed by S. Rattan Singh Brar S P H, Moga held in the Police Conference Hall. The performance of every Saanj Kendra pertaining to services provided to public, income procured and expenses incurred were discussed in details. All the Committee members were satisfied with the team work of the officials. The meeting ended with a good gesture.

23rd Aug. 2019

As per guidelines by the Government of Pb., a Pension Adalat was convened by Sh. Lal Viswas, G.A to Sh. Sandeep Hans, DC Moga. President participated as a Penal Member. Problems faced by the Pensioners were discussed in detail and the affected were assured for the speedy disposal of their grievances by the Chair Person.

31st Aug. 2019

The Monthly General Body was held. S



Amarjit Singh Bajwa SSP Moga graced the occasion as the Chief Guest. President requested the Chief Guest to implement the Act 2007 amendment in it 2012 and Notification for its Action Plan November 2014. The Chief Guest assured the Council to safe guard the rights of the Senior Citizens.

1st Oct. 2019

LED presented to Council by Sh. Sandeep Hans, IAS DC, Moga for the Excellent Achievement by the Council regarding awareness of Maintenance and Welfare of Parents and Senior Citizens Act-2007.



PATHANKOT

Pathankot Senior Citizens's Association (PSCA)

8th July, 2019

Sixth project for the calendar year 2019 was carried out in Red Cross Blind School, Model Town, Pathankot which is being run by District Red Cross Society. 31 pairs of shoes of different sizes amounting to Rs. 4976/-, were distributed to the blind, mentally retarded, semiblind along with deaf and dumb children. Our members distributed biscuits packets to the students.

13th July, 2019

General Body Meeting was held in local hotel. 49 members attended the meeting including guests. Floral welcome of the special guest Sh. Anil Vasudeva, Mayor, Municipal Corporation, Pathankot was given by S. Gurdeep Singh, President and other members. Several problems of the town were discussed. Birthdays and Wedding Anniversaries of the hon'ble members falling in this month were celebrated.



8th Aug., 2019

7th. Project, 70th "VAN MAHOTSAV " was celebrated in the premises of Guru Nanak Dev University College, Pathankot. 20 grown up Bottle Palm plants were planted there as per the requirement of Sh. Rakesh Mohan, Principal.



10th Aug., 2019

Monthly General house meeting was held. 42 members were present including guests. Guest speaker, Dr. Shubang Aggerwal Director, N.H.S Super Speciality Hospital, Jalander couldn't arrive because of road blockage. His reps. arrived with a projector and other equipment. Our members were satisfied as the Doctor interacted and answered all questions on a conference call regarding Arthritis. Birthday and Marriage Anniversary participants were felicitated.

12th.Sept. 2019

8th Project was taken in hand in the premises of Gaushala, Gopal Dham, Circular road, Pathankot. A cheque amounting to Rs.5100/- was handed over to the President and Chairman of Gau Sewa Samiti (Regd.) as a financial help for cow feed.

14th Sept., 2019

General Body meeting was held in Hotel Venice. 30 members were present. The meeting was chaired by Mrs. Neelima Bhalla, Vice President. Discussion for the next project was done and the house approved that scholarships should be given to the meritorious students. Birthday and marriage anniversary celebrations were performed with a great pump and show.

PATIALA

Senior Citizens' Welfare Association

4th July, 2019

Tree Plantation function was organized in Centre in which Sh. Jasbir Singh Dhindsa, MD Of Steelman's Group was the Chief Guest and Er. Dalip Kumar, Xen., Municipal Corporation, Patiala was the Guest of Honour. While addressing the members, they stressed upon the need for growing/maintaining trees and saving water. Shri Dhindsa inaugurated "Rose Garden" developed in backside lawn of Association. A number of new trees were planted in the lawn by members alongwith Chief Guest.



11th July, 2019

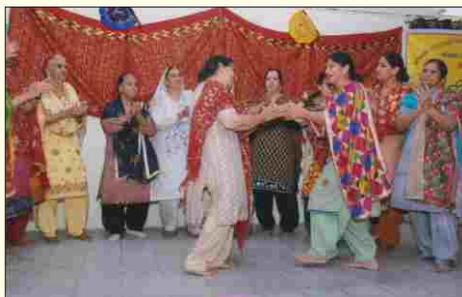
Dr. Tarandeep Singh Gill of Mayo Hospital, Mohali shared his valuable views about reasons for knee problems, precautions, and latest painless/Fast Track treatments techniques available now. Being World Population Day, a member of our Association Mr. Tarsem Lal shared his views on growing population problem in India.

1st Aug., 2019

Dr. Deepak Bhasin, Senior Consultant (Pulmonology) Max Hospital, Mohali gave excellent lecture in very simple language with Projector on Chest Problems. He advised to do gargles, take steam or use inhaler and avoid taking medicines.

8th Aug., 2019

Festival of Teej was celebrated in the center which was well conducted by Ex- Vice President Mrs. Manjit Kaur. The lady members took part in Punjabi Boleyan/ Tappas/ Geets and Folk dance. At the end, a large number of members participated in dance over music.



15th Aug., 2019

A tribute is paid to our Jawans who have laid lives for the nation and also to their families on Independence Day and Republic Day. Members gathered in the lawn. National Anthem was sung by the students of Sai Sarswati Vidya Mandir School and the national flag was hoisted by President. A donation amounting to Rs. 8800/- was given to management of the school, which is not charging a single penny from the students.

29th Aug., 2019

Janam Asathami was celebrated in the centre. The meeting was followed by langar. It is pertinent to mention that on this day, Fit India programme was organized in Delhi by Sports Ministry, Govt. of India for senior citizens in which 6 members from our Association took part. Prime Minister personally met and encouraged every one.

5th Sept., 2019

Teachers' day was celebrated when a number with academic experience shared their views on present scenario and steps to improve it. Dr. Kamal Khan, Chief Coach (Athletics Deptt., In-charge of NIS Diplomas, Patiala was the Chief Guest. He also shared his experiences/valued views with members.

19th Sept., 2019

Dr. Anupam Goel from Paras Hospital, Panchkula gave excellent presentation with Projector for painless operation of Hernia, piles, removal of extra fat with latest technologies. The recovery is very fast and patient is discharged on the same day in most of the cases. We reiterate that at our Centre, we have weekly meeting on every Thursday. One week in a month is reserved for Cultural Programme and one week for Celebration of birthday of members falling in the particular month and also to welcome of new members.

PHAGWARA

Senior Citizens Council

35 members were medically checked. Blood tests, eyes tests, ortho tests and general check up were done free at Vishwakarma Mander Charitable Hospital, Phagwara under guidance of President, Ramesh Dhiman and General Secretary, Ravinder Chot. Distributed useful articles to students of GES, Sukhchain Nagar, Phagwara.



Council Celebrated International Day of Senior Citizens on 1st Oct.

RAJPURA

Senior Citizens Council

1st July 2019

Council's monthly meeting was held at 5 PM with greetings to all the members by Sh. R. K. Sharma Secretary General. It was followed by felicitation of members whose birthday fell during the month of July. All these members were honoured with small diaries and pens as a token of love.

Mio Super Speciality Hospital, Mohali held a Medical Ortho Camp in the Bhawan on this day. S. Tarandeep Singh Gill M D, Ortho, enlighten the members through projector screen about the functioning of our body joints and pain treatment especially that of Knees. This was followed by question answers session. S. Satnam Singh, Sr. Marketing manager also addressed the gathering, offering special discounts to members for treatment in the hospital. President S. Baldev Singh Khurana honoured both the representatives of the hospital with mementoes. Afterwards tea and snacks were served and Sh. R K Sharma thanked the audience.

1st Aug., 2019

Though the day being Independence Day was of special national importance but only limited celebration could be held due the demise of our beloved Patron S. Gurdev Singh Ji on 31st July. National Flag Hoisting was held by the president of the council in the lawns of Council and singing of nation anthem. Condolence meeting started with two minutes standing in silence in the presence of S. Harjinder Singh and his brother, both the sons of Late S. Gurdev Singh Ji. The council received a donation of Rs. 11,000/- from them. It was decided to install a big portrait of our beloved patron in the Bhawan. S. Baldev Singh Khurana, the president of the council highlighted the efforts made by our late patron during his ten years long tenures as president and later on since 2014, as patron. S. Harbans Singh Ahuja, the Advisor, of the council also conveyed his condolences, expressing unforgettable service by Late S. Gurdev Singh, Patron.

19th Aug. 2019

An emergency meeting of Governing Body/ Executive Committee of Senior Citizens Council was held with the council president B. S. Khurana in the chair at the Council Bhawan. The meeting adopted a resolution condoling the sad demise of adviser and 2-term president of the council; Sh. Harbans Singh Ahuja and observed 1-minute silence in his memory.

2nd Sept., 2019

Our beloved Adviser S. Harbans Singh Ahuja left for heavenly abode on 16th August and another condolence meeting was held on this day. S. Gurcharan Singh Kakkar, stage secretary, conveyed this tearful news to the gathering. All the members expressed their loss due to the

demise of Ahuja Sahib by standing in silence for two minutes .

The president honoured Sh. Pardeep Nanda of Rajpura Town, with a Loi, citation and memento for his remarkable services to the society. He had denoted blood for 133 times, recently. The family of our Ex. member late S. Jaspal Singh, Chhatwwal, has set up an annual prize of Rs. 5000/ for student who has stood first in 10th class among the local Govt. schools. Accordingly results of all the local Govt. schools were analyzed and Miss Anant Kaur who passed from Govt. Girls S. S. School, Rajpura Town was given a bank cheque of Rs. 5000/- Along with her, four other students, who stood first in their respective schools were also honoured with mementoes, a set of five registers, too. Tea and Snacks were served and stage Secretary, Sh. Kakkar thanked the members .

ROOPNAGAR
Senior Citizens' Council

1st July, 2019

ਮਹੀਨਾਵਾਰ ਮੀਟਿੰਗ ਦੌਰਾਨ ਬਜ਼ੁਰਗਾਂ ਦੀ ਸਿਹਤ ਸੰਬੰਧੀ ਜਾਣਕਾਰੀ ਦੇਣ ਹਿੱਤ ਡਾ. ਸੰਦੀਪ ਕਪੂਰ ਜੋ ਕਿ ਮਾਨਸਿਕ ਰੋਗਾਂ ਦੇ ਮਾਹਰ ਹਨ, ਨੇ ਬਜ਼ੁਰਗਾਂ ਨੂੰ ਮਾਨਸਿਕ ਰੋਗਾਂ ਅਤੇ ਨਸ਼ਿਆਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿੱਤੀ।

6th July, 2019

1. ਗਵਰਨਿੰਗ ਬਾਡੀ ਦੀ ਮੀਟਿੰਗ ਵਿੱਚ ਫੈਡਰੇਸ਼ਨ-ਪੰਜਾਬ ਦੀ ਗਵਰਨਿੰਗ ਬਾਡੀ ਦੀ ਮੀਟਿੰਗ ਅਤੇ ਫੈਡਰੇਸ਼ਨ ਪੰਜਾਬ ਦੇ ਅਹੁਦੇਦਾਰਾਂ ਦੀ ਸਾਲਾਨਾ ਮੀਟਿੰਗ ਦੇ ਪ੍ਰਬੰਧ ਸਬੰਧੀ ਡਿਊਟੀਆਂ ਲਗਾਈਆਂ ਗਈਆਂ।
2. ਫੈਡਰੇਸ਼ਨ-ਪੰਜਾਬ ਦੀ ਗਵਰਨਿੰਗ ਬਾਡੀ ਦੀ ਮੀਟਿੰਗ ਜੀ.ਐਸ. ਐਸਟੇਟ ਰੂਪਨਗਰ ਵਿਖੇ ਪੰਜਾਬ ਫੈਡਰੇਸ਼ਨ ਦੇ ਚੇਅਰਮੈਨ ਸ੍ਰੀ ਐਸ.ਪੀ. ਕਰਕਰ ਆਈ.ਏ.ਐਸ. (ਰਿਟਾ.) ਅਤੇ ਐਚ.ਐਸ. ਮੰਡ ਪ੍ਰਧਾਨ ਫੈਡਰੇਸ਼ਨ-ਪੰਜਾਬ ਦੀ ਪ੍ਰਧਾਨਗੀ ਹੇਠ ਹੋਈ। ਜਿਸ ਵਿੱਚ ਬਜ਼ੁਰਗਾਂ ਸਬੰਧੀ ਕਈ ਮਸਲਿਆਂ ਸੰਬੰਧੀ ਜਾਣਕਾਰੀ ਦਿੱਤੀ ਗਈ ਤੇ ਵਿਚਾਰਾਂ ਹੋਈਆਂ। ਇਸ ਮੀਟਿੰਗ ਤੋਂ ਬਾਅਦ ਇੱਥੇ ਹੀ ਫੈਡਰੇਸ਼ਨ-ਪੰਜਾਬ ਦੇ ਅਹੁਦੇਦਾਰਾਂ ਦੀ ਸਾਲਾਨਾ ਮੀਟਿੰਗ ਵੀ ਹੋਈ। ਜਿਸ ਵਿੱਚ ਪੰਜਾਬ ਭਰ ਤੋਂ 13 ਅਰਬਨ ਅਤੇ 21 ਰੂਰਲ ਯੂਨਿਟਾਂ ਦੇ ਅਹੁਦੇਦਾਰ ਸ਼ਾਮਲ ਹੋਏ। ਇਸ ਵਿੱਚ ਬਜ਼ੁਰਗਾਂ ਦੇ ਭਖਦੇ ਮਸਲਿਆਂ ਬਾਰੇ ਖੁੱਲ੍ਹ ਕੇ ਵਿਚਾਰ ਹੋਈ।

29th July, 2019

ਕੌਂਸਲ ਵੱਲੋਂ ਪੰਜਾਬ ਸਰਕਾਰ ਦੀਆਂ ਹਦਾਇਤਾਂ ਅਨੁਸਾਰ ਬਜ਼ੁਰਗਾਂ ਨੂੰ ਸਰਕਾਰੀ ਹਸਪਤਾਲਾਂ ਵਿੱਚ ਮਿਲਣ ਵਾਲੀਆਂ ਸਹੂਲਤਾਂ ਬਾਰੇ ਵਿਚਾਰ ਹੋਈ। ਜਿਸ ਵਿੱਚ ਅਧਿਕਾਰੀਆਂ ਵੱਲੋਂ ਹਫ਼ਤੇ ਦੇ ਦੋ ਦਿਨ ਮੰਗਲਵਾਰ ਤੇ ਵੀਰਵਾਰ ਬਜ਼ੁਰਗਾਂ ਲਈ ਸਪੈਸ਼ਲ ਪ੍ਰਬੰਧਾਂ ਬਾਰੇ ਦੱਸਿਆ ਗਿਆ। ਸੀ.ਐਮ.ਓ. ਨੇ ਪਹਿਲੀ ਅਗਸਤ 2019 ਨੂੰ ਕੌਂਸਲ ਦੇ ਬਜ਼ੁਰਗਾਂ ਦੀ ਮੀਟਿੰਗ ਵਿੱਚ ਖੁਦ ਆ ਕੇ ਜਿੱਥੇ ਡੋਂਗੂ, ਚਿਕਨਗੁਨੀਆ ਤੇ ਹੋਰ ਬਰਸਾਤੀ ਬੀਮਾਰੀਆਂ ਦੇ ਲੱਛਣ, ਪ੍ਰਹੇਜ਼ ਅਤੇ ਉਪਾਵਾਂ ਬਾਰੇ ਭਰਪੂਰ ਜਾਣਕਾਰੀ ਦਿੱਤੀ, ਉੱਥੇ ਉਪਰੋਕਤ ਦਰਸਾਏ ਦੋ ਦਿਨ ਲਈ ਕੀਤੇ ਪ੍ਰਬੰਧਾਂ ਬਾਰੇ ਵੀ ਵਿਸਥਾਰਪੂਰਵਕ ਦੱਸਿਆ।

30th July, 2019

ਕੌਂਸਲ ਪ੍ਰਧਾਨ ਇੰਜ. ਕਰਨੈਲ ਸਿੰਘ ਦੀ ਅਗਵਾਈ ਵਿੱਚ ਮਾਨਯੋਗ ਡਿਪਟੀ ਕਮਿਸ਼ਨਰ ਰੂਪਨਗਰ ਨਾਲ ਬਜ਼ੁਰਗਾਂ ਸੰਬੰਧੀ ਖੁੱਲ੍ਹ ਕੇ ਵਿਚਾਰਾਂ ਹੋਈਆਂ। ਪੈਂਡਿੰਗ ਕੇਸਾਂ ਬਾਰੇ ਵੀ ਗੱਲਬਾਤ ਹੋਈ। ਜਿਸ ਤੇ ਉਹਨਾਂ ਨੇ ਜਲਦੀ ਨਿਪਟਾਰਾ ਕਰਨ ਦਾ ਭਰੋਸਾ ਦਿੱਤਾ।

1st Aug., 2019

ਮਹੀਨਾਵਾਰ ਮੀਟਿੰਗ ਕੌਂਸਲ ਵੱਲੋਂ ਸਪੈਸ਼ਲ ਸੱਦੇ ਤੇ ਬੁਲਾਏ ਜ਼ਿਲ੍ਹਾ ਸਾਂਝ ਕੇਂਦਰ

ਰੂਪਨਗਰ ਦੇ ਇੰਚਾਰਜ ਸ. ਰਣਜੀਤ ਸਿੰਘ ਨੇ ਸਾਂਝ ਕੇਂਦਰ ਵੱਲੋਂ ਮਿਲਦੀਆਂ ਸਹੂਲਤਾਂ ਬਾਰੇ ਵਿਸਥਾਰ ਨਾਲ ਦੱਸਿਆ। ਇਸ ਮੀਟਿੰਗ ਦੌਰਾਨ ਹੀ N I E L I T ਇੰਸਟੀਚਿਊਟ ਰੂਪਨਗਰ ਵੱਲੋਂ ਆਏ ਮਾਹਰਾਂ ਨੇ ਬਜ਼ੁਰਗਾਂ ਨੂੰ ਡਿਜੀਟਲ ਅਪਡੇਟ ਕਰਨ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿੱਤੀ।



16th Aug. 2019

ਆਈ.ਆਈ.ਟੀ. ਰੂਪਨਗਰ ਦੇ ਨੇੜੇ NIELIT ਦੇ ਕੈਂਪਸ ਵਿਖੇ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨ ਕੌਂਸਲ ਵੱਲੋਂ ਪੌਦੇ ਲਗਾ ਕੇ ਵਾਤਾਵਰਣ ਦਿਵਸ ਮਨਾਇਆ ਗਿਆ। ਇਹ ਵਾਤਾਵਰਣ ਦਿਵਸ ਜਗਤ ਗੁਰੂ, ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੇ 550 ਸਾਲਾ ਪ੍ਰਕਾਸ਼ ਉਤਸਵ ਨੂੰ ਸਮਰਪਿਤ ਕੀਤਾ ਗਿਆ।



28th Aug. 2019

DSC ਦੀ ਮੀਟਿੰਗ ਜਿਸਦੀ ਪ੍ਰਧਾਨਗੀ ਮਾਣਯੋਗ ਡਿਪਟੀ ਕਮਿਸ਼ਨਰ ਜੀ ਨੇ ਕੀਤੀ। ਇਸ ਵਿੱਚ ਬਜ਼ੁਰਗਾਂ ਦੇ ਮਸਲਿਆਂ ਬਾਰੇ ਵਿਚਾਰਾਂ ਹੋਈਆਂ। ਪਹਿਲਾਂ ਚੱਲ ਰਹੇ ਮਸਲਿਆਂ ਬਾਰੇ ਪਹਿਲ ਦੇ ਆਧਾਰ ਤੇ ਕਾਰਵਾਈ ਕਰਨ ਦੀ ਭਰੋਸਾ ਦਿੱਤਾ ਗਿਆ।

1st Sept., 2019

ਮੈਕਸ ਸੁਪਰ ਸਪੈਸ਼ਲਿਟੀ ਹਸਪਤਾਲ ਮੋਹਾਲੀ ਤੋਂ ਡਾ. ਦੀਪਕ ਪੁਰੀ ਜੀ ਨੇ ਬਜ਼ੁਰਗਾਂ ਨੂੰ ਦਿਲ ਦੇ ਰੋਗਾਂ ਬਾਰੇ ਬੜੇ ਹੀ ਵਿਸਥਾਰ ਨਾਲ ਜਾਣਕਾਰੀ ਦਿੱਤੀ। ਉਹਨਾਂ ਨੇ ਬਜ਼ੁਰਗਾਂ ਦੇ ਸਵਾਲਾਂ ਦੇ ਜਵਾਬ ਵੀ ਦਿੱਤੇ। ਛਾਤੀ ਦੇ ਦਰਦ ਨੂੰ ਹਲਕੇ ਵਿੱਚ ਨਾ ਲੈਣ ਬਾਰੇ ਵੀ ਵਿਸ਼ੇਸ਼ ਤੌਰ ਤੇ ਸਲਾਹ ਦਿੱਤੀ। ਹੜ੍ਹ ਪੀੜਤਾਂ ਦੀ ਸਹਾਇਤਾ ਲਈ ਕੌਂਸਲ ਪ੍ਰਧਾਨ ਇੰਜ. ਕਰਨੈਲ ਸਿੰਘ ਵੱਲੋਂ ਅਪੀਲ ਕੀਤੀ ਗਈ ਕਿ ਵੱਧ ਤੋਂ ਵੱਧ ਮਾਇਕ ਸਹਾਇਤਾ ਦਿੱਤੀ ਜਾਵੇ ਤਾਂ ਜੋ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਜ਼ ਦਿਵਸ ਮੌਕੇ ਪ੍ਰਸ਼ਾਸਨ ਰੂਪਨਗਰ ਨੂੰ ਇਹ ਰਾਸ਼ੀ ਸਪੁਰਦ ਕਰਕੇ ਮੁੱਖ ਮੰਤਰੀ ਰੀਲੀਫ ਫੰਡ ਲਈ ਭੇਜੀ ਜਾ ਸਕੇ।

12th Sept., 2019

ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨ ਕੌਂਸਲ ਰੂਪਨਗਰ ਦੀ ਲਗਾਤਾਰ ਕੋਸ਼ਿਸ਼ ਰਹੀ ਹੈ ਕਿ ਪੂਰੇ ਜ਼ਿਲ੍ਹੇ ਵਿੱਚ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਜ਼ ਨੂੰ ਜਾਗਰੂਕ ਕੀਤਾ ਜਾਵੇ। ਇਸ ਮੁਹਿੰਮ ਨੂੰ ਪੂਰਾ ਕਰਨ ਲਈ ਜ਼ਿਲ੍ਹਾ ਰੂਪਨਗਰ ਦੇ ਸ਼ਹਿਰ ਸ੍ਰੀ ਆਨੰਦਪੁਰ ਸਾਹਿਬ ਵਿਖੇ ਨਵੀਂ ਕੌਂਸਲ ਦੀ ਸਥਾਪਨਾ ਕਰ ਦਿੱਤੀ ਗਈ। ਇਸ ਨਾਲ ਰੂਪਨਗਰ ਦੇ ਸਾਰੇ ਸ਼ਹਿਰਾਂ ਵਿੱਚ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਜ਼ ਦੀਆਂ ਯੂਨਿਟਾਂ ਸਥਾਪਿਤ ਹੋ ਗਈਆਂ ਹਨ।

21st Sept., 2019

ਬਜ਼ੁਰਗਾਂ ਵੱਲੋਂ ਇਤਿਹਾਸਕ ਅਤੇ ਧਾਰਮਿਕ ਟੂਰ ਲਗਾਇਆ ਗਿਆ ਜੋ ਕਿ ਜਗਤ ਗੁਰੂ, ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੇ 550 ਸਾਲਾ ਪ੍ਰਕਾਸ਼ ਉਤਸਵ ਨੂੰ ਸਮਰਪਿਤ ਕੀਤਾ ਗਿਆ। ਬਜ਼ੁਰਗਾਂ ਨੂੰ ਧਾਰਮਿਕ ਸ਼ਰਧਾ ਤੇ ਇਤਿਹਾਸਕ ਥਾਵਾਂ ਦੇ ਦਰਸ਼ਨ ਰੂਪਨਗਰ ਤੋਂ ਉਨਾ (ਹਿ.ਪ੍ਰ.) ਤੱਕ ਦੀਆਂ ਰਸਤੇ ਵਿੱਚ ਆਉਂਦੇ ਪ੍ਰਮੁੱਖ ਸਥਾਨਾਂ ਦੇ ਦਰਸ਼ਨ ਕਰਵਾਏ ਗਏ। ਜਿਨ੍ਹਾਂ ਵਿੱਚ ਗੁਰਦੁਆਰਾ ਭਬੋਰ ਸਾਹਿਬ, ਗੁਰਦੁਆਰਾ ਗੁਰਪਲਾਹ, ਉਨਾ ਸਾਹਿਬ (ਹਿ.ਪ੍ਰ.) ਡੇਰਾ ਬਾਬਾ ਰਾਮ ਸਿੰਘ ਜੀ (ਗਿੜ-ਗਿੜਾ ਸਾਹਿਬ) ਅਤੇ ਤਖ਼ਤ ਸ੍ਰੀ ਕੇਸਗੜ੍ਹ ਸਾਹਿਬ ਦੇ ਦਰਸ਼ਨ ਕਰਵਾਏ ਗਏ। ਬਜ਼ੁਰਗਾਂ ਨੇ ਇਸ ਟੂਰ

ਵਿੱਚ ਜਿੱਥੇ ਪਹਾੜਾਂ ਤੇ ਹਰਿਆਲੀ ਅਤੇ ਖੁਸ਼ਗਵਾਰ ਮੌਸਮ ਦਾ ਆਨੰਦ ਮਾਣਿਆ ਉੱਥੇ ਗੁਰੂਆਂ ਪ੍ਰਤੀ ਸ਼ਰਧਾ ਵੀ ਪ੍ਰਗਟਾਈ।

22nd Sept., 2019

ਉੱਘੇ ਮੈਂਬਰ ਸ. ਦਰਸ਼ਨ ਸਿੰਘ ਖੇੜੀ ਐਲ.ਐਮ. ਨੰ. 153 ਪਿਛਲੇ ਦਿਨੀਂ ਸਦੀਵੀਂ ਵਿਛੋੜਾ ਦੇ ਗਏ ਸਨ। ਕੌਂਸਲ ਪ੍ਰਧਾਨ ਅਤੇ ਹੋਰ ਮੈਂਬਰਜ਼ ਉਨ੍ਹਾਂ ਦੀ ਅੰਤਿਮ ਅਰਦਾਸ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਏ।

28th Sept., 2019

ਜਗਤ ਗੁਰੂ, ਸ਼੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੇ 550ਵੇਂ ਪ੍ਰਕਾਸ਼ ਉਤਸਵ ਨੂੰ ਸਮਰਪਿਤ, ਕੌਂਸਲ ਵੱਲੋਂ ਵਣ ਮਹਾਂ ਉਤਸਵ ਮਨਾਇਆ ਗਿਆ। ਸਰਕਾਰੀ ਮਿਡਲ ਸਕੂਲ ਚੈਲੋ ਖੁਰਦ ਵਿਖੇ ਵੱਖ-ਵੱਖ ਤਰਾਂ ਦੇ ਛਾਂਦਾਰ ਅਤੇ ਫੁੱਲਾਂ ਵਾਲੇ ਬੂਟੇ ਲਗਾਏ ਗਏ। ਜਿੱਥੇ ਸਕੂਲ ਦੇ ਅਧਿਆਪਕਾਂ ਨੇ ਕੌਂਸਲ ਮੈਂਬਰਾਂ ਦਾ ਸਵਾਗਤ ਕੀਤਾ ਉੱਥੇ ਗਵਰਨਿੰਗ ਬਾਡੀ ਦੇ ਮੈਂਬਰਜ਼ ਨੇ ਇਸ ਕੰਮ ਵਿੱਚ ਭਰਪੂਰ ਯੋਗਦਾਨ ਪਾਇਆ।

S.A.S. NAGAR (Mohali)

Mohali Senior Citizens' Association

19th June, 2019

It's a matter of pride that MSCA Vice President, Prin Swaran Chaudhary has been inducted in the "Chief Minister's Consultative Committee" for the mission "TANDRUST PUNJAB", in the function at Punjab Bhawan chaired by S Balbir Singh Sidhu, Health minister (Pb.) and attended by other ministers, besides 12 MLAs from different constituencies. He emphasized the importance of the role of NGOs (like ours) in carrying the message of Tandrust Punjab to masses.

23rd July, 2019

A special monsoon evening picnic was arranged at Diplast Farms at Dappar (Near Dera Bassi), wherein 72 members reached in the arranged bus/ cars. Despite a bit damp weather, members enjoyed the Mel-Milap in spacious lawns and were served welcome drinks followed by snacks & tea. A lively cultural programme of songs/ ghazals jokes and Tambola etc were enjoyed by all. The Vice President, Prin S Chaudhary thanked Mr Gupta (MD Diplast) for giving opportunity for the picnic in the picturesque environment.

17th August, 2019

The Election process for the various posts of the Governing Body was started from 5th Aug through the Presiding Officer Brig J S Jagdev, who declared the results, as this time again it was unanimous. The members of the new team, headed by Sh J S Thukral, President were introduced to the house. Subsequently, in the GBM dated 30th Aug. The nominations of other members were also approved, thus finally completing the formation of the New Governing Body 2019-21.

5th Sept., 2019

On occasion of the Teachers' Day, Sh J S Thukral President, along with other



executives visited five adopted Primary Schools in villages Jhanjeri, Majat, Saidpur, Cholta Khurd, where all the teachers/ staff members were honoured with gifts and our regular coaching teachers were paid honorarium.

18th Sept. 2019

One day trip for Visit to Heavenly Palace, (A Five Star Old Age Home), Doraha was organized wherein 57 members joined the visit. Members were escorted by Manager, Mr Gurbir, who highlighted various facilities for healthy living for the senior citizens & showed different types Rooms, Lobby, Physiotherapy center, Gym and Auditorium etc. Many Senior Citizens residing at the home mixed up with MSCA members and shared their wonderful experiences.

26th Sept. 2019

Under the Aegis of Chief Minister's Tandrust Punjab Project, MSCA joined the Dengue and Malaria prevention awareness conference of the Distt Health Deptt in the function held at Civil Hospital Mohali. The Conference was conducted on the orders of S Balbir Singh Sidhu, Cabinet Minister (Pb.). It was appealed to observe every Friday as Dry-Day. Prin S Chaudhary emphasized that eliminating is not the sole responsibility of government but can only be prevented with the help and support of NGOs like MSCA by resolving not to allow the breeding of dengue mosquitoes in stagnant water. As the dengue mosquito can infect people of any age, class or status, it becomes duty of everyone to be aware about its prevention and sensitize others as well

SBS NAGAR (NAWANSHAHAR)

Senior citizens association

10th Aug., 2019

Senior citizens association's meeting was held on 10th October, 2019 in suwidha hall ,D.C complex . Dr. J.D Verma president & S.K Puri joint secretary shared their experiences after visiting abroad. Role of senior citizens for cleanliness & pollution free environment was also discussed. Association also resolved to develop park near Rly. station for the purpose of plantation.

14th Sept., 2019

Monthly meeting of senior citizen association was held in Suwidha Centre under the presidentship of Dr. JD Verma. Dr. S h u b a n g Aggarwal M.C.H, Ortho of NH super specialty



hospital, Jalandhar delivered lecture about joint replacement by robotics technology causing minimum pain, which is safer, more accurate, and longlivity.

21st Sept., 2019

Keeping in view the demands of Senior Citizen Association for the improvement of Baradari Garden, Sh. Angad Singh Saini (MLA) met the executive members of association and

m o r n i n g
walkers at the
venue. Various
points were
discussed and
he told that
Government
has sanctioned
Rs. 10 Lacs for
the purpose
and some gym
machines will
be purchased out of it.



1st Oct., 2019

International Senior Citizen Day was celebrated at KC Palace, Rahon road, Nawanshahr. Sh. J.D Verma (president) welcomed chief guest sh. Aditya Uppal (IAS, ADC), who appreciated the activities of association regarding save water and tree plantation. DSSO Smt. Santosh Virdi highlighted the schemes and steps taken by the Punjab Govt. for the welfare the senior citizens. General secretary Sh. S. K Bruta presented annual report. Three super senior members were honoured by the chief guest. Association distributed amount for Three needy persons. Sh. S. K Puri joint secretary conducted stage. He welcomed new members and informed total number of members arising to 200. In the last Sh. L.K Ohri thanked all and requested for lunch.

SIRHIND

26th July 2019

A meeting of the association was held at PUNJABI RASOI v. Badali.

ZIRAKPUR

Senior Citizens' Forum

ਮੁੱਖ ਮੰਤਰੀ ਸਾਹਿਬ ਹੋਰਾਂ ਨੂੰ ਮੰਗ ਪੱਤਰ : ਐਸਕੋਨ ਦੇ ਫੈਡਰੇਸ਼ਨ ਰਾਹੀਂ ਹਿਦਾਇਤਾਂ ਮੁਤਾਬਿਕ ਸਾਡੇ ਫੋਰਮ ਨੇ ਇੱਕ ਵਿਸਥਾਰ ਪੁਰਵਕ ਪੱਤਰ ਸਾਰੇ ਸੂਬੇ ਦੇ ਬਜ਼ੁਰਗਾਂ ਦੀਆਂ ਦੁੱਖ ਤਕਲੀਫ਼ਾਂ ਬਿਆਨ ਕਰਦੇ ਹੋਏ ਤਿਆਰ ਕੀਤਾ ਅਤੇ ਉਹ ਮਾਨਯੋਗ ਮੁੱਖ ਮੰਤਰੀ ਸਾਹਿਬ ਹੋਰਾਂ ਨੂੰ ਡੀ.ਸੀ. ਸਾਹਿਬ ਹੋਰਾਂ ਰਾਹੀਂ 20 ਸਤੰਬਰ ਨੂੰ ਭੇਜਿਆ। ਉਸ ਦੀ ਅਡਵਾਂਸ ਕਾਪੀ ਮੁੱਖ ਮੰਤਰੀ ਸਾਹਿਬ ਹੋਰਾਂ ਨੂੰ ਭੇਜੀ। ਕਾਪੀਆਂ ਸਮਾਜਿਕ ਸੁਰੱਖਿਆ ਮੰਤਰੀ ਸਾਹਿਬਾਂ, ਐੱਸ.ਡੀ.ਐੱਮ ਅਤੇ ਫੈਡਰੇਸ਼ਨ ਨੂੰ ਭੀ ਭੇਜੀਆਂ।

ਪਿਛਲੀ ਤਿਮਾਹੀ ਦੀਆਂ ਗਤੀਵਿਧੀਆਂ ਇਸ ਪ੍ਰਕਾਰ ਹਨ

ਮੇਲਾ ਤੀਜ ਦਾ : ਸਾਡੇ ਫੋਰਮ ਦੀਆਂ ਲੋਡੀ ਮੈਂਬਰਾਂ ਨੇ 5 ਅਗਸਤ ਵਾਲੇ ਦਿਨ ਤੀਜਾਂ ਦਾ ਮੇਲਾ ਮਨਾਇਆ। ਉਹਨਾਂ ਨੇ ਗਿੱਧਾ ਪਾਇਆ, ਗੀਤ ਗਾਏ ਤੇ ਹੋਰ ਮਨੋਰੰਜਨ ਕੀਤਾ। ਇਸ ਵਿਚ ਕੋਈ 65/70 ਮੈਂਬਰਾਂ ਨੇ ਭਾਗ ਲਿਆ। ਅੰਤ ਵਿਚ ਸਭ ਲਈ ਖਾਣ ਪੀਣ ਦਾ ਇੰਤਜ਼ਾਮ ਭੀ ਸੀ। ਇਹ ਸਭ ਆਪਣੇ ਭਵਨ ਵਿੱਚ ਹੀ ਕੀਤਾ।

ਵਣ ਮਹਾਂ ਉਤਸਵ ਮਨਾਇਆ: ਸਾਡੇ ਫੋਰਮ ਦੇ ਮੈਂਬਰਾਂ ਨੇ ਇਸ ਵਾਰ ਵੀ ਪਿਛਲੇ ਸਾਲਾਂ ਦੀ ਤਰ੍ਹਾਂ ਪੇੜ ਲਾ ਕੇ ਵਣ ਮਹਾਂ ਉਤਸਵ ਮਨਾਇਆ। ਪਿਛਲੇ ਲੱਗੇ ਹੋਏ ਬੂਟਿਆਂ ਨੂੰ ਨੇਮ ਨਾਲ ਰੋਜ਼ ਪਾਣੀ ਪਾਇਆ। ਇਸ ਨਾਲ ਉਹ ਖੂਬ ਵਧੇ ਫੁਲੇ ਅਤੇ ਛਾਂ ਦੇਣ ਯੋਗ ਹੋ ਗਏ ਹਨ।

ਹੋਮਿਓਪੈਥਿਕ ਡਿਸਪੈਂਸਰੀ: ਅਸੀਂ 8 ਸਤੰਬਰ ਨੂੰ ਆਪਣੇ ਭਵਨ ਵਿੱਚ ਇਹ ਡਿਸਪੈਂਸਰੀ ਖੋਲ੍ਹੀ। ਇਕ ਤੱਜਰਬੇਕਾਰ ਡਾਕਟਰ ਸ੍ਰੀ ਨਰਿੰਦਰ ਵਰਮਾ ਜੀ ਇਸ ਵਿਚ ਹਰ ਸੋਮਵਾਰ, ਬੁੱਧਵਾਰ ਅਤੇ ਸ਼ੁੱਕਰਵਾਰ ਬੈਠਦੇ ਹਨ ਅਤੇ ਦਵਾਈਆਂ ਮੁਫਤ ਦਿੱਤੀਆਂ ਜਾਂਦੀਆਂ ਹਨ। ਛੇਤੀ ਹੀ ਅੰਗਰੇਜ਼ੀ ਦਵਾਈਆਂ ਤੇ ਡਾਕਟਰ ਸਾਹਿਬ ਵੀ ਬੈਠਿਆ ਕਰਨਗੇ।

REVITALISING BODY AND MIND

R. P. SINGH VIG, M.: 9814720844

Spending about 20-25 minutes in an urban park will make one happier. Even if one is not physically active due to aging or any other limitation, one can still gain health benefits just by visiting a park as urban parks have been recognised as places that provide residents with opportunities to experience nature and perform different activities. Through contact with the natural environment and engaging in recreational, social or health promoting activities in parks, one can be benefited to reduce stress and mental fatigue. The impact of a park visit is felt as an emotional well being even without participating in physical and other activities.

On the whole it is observed that potentially all people can derive benefits from time in a park. So let us make it a habit to visit any urban park to be close to the nature and stay healthy .

एक गृहणी की कलम से

Kuljit Kaur, M 9814914656

शाम से ही मेरे सीने में बायीं तरफ हल्का दर्द था। पर इतने दर्द को तो औरतें चाय में ही घोलकर पी जाती हैं। मैंने भी यही सोचा कि शायद कोई झटका आया होगा और रात के खाने की तैयारी में लग गई। किचन निपटाकर सोने को आई तो पति को बताया। पति ने दर्द की दवा लेकर आराम करने को कहा। साथ ही ज्यादा काम करने की बात बोलकर मीठी डॉट भी लगाई। देर रात को अचानक फिर दर्द बढ़ गया था। साँस लेने में भी तकलीफ सी होने लगी थी। कहीं ये हार्ट अटैक तो नहीं। ये विचार मन में आते ही मैं पसीने से भर उठी। हे भगवान पालक - मेथी तो साफ ही नहीं किए, मटर भी छीलने बाकी थे। ऊपर से फ्रीज़ में मलाई का भगोना भी पूरा भरा रखा हुआ है, आज मक्खन निकाल लेना चाहिए था। अगर मर गई तो लोग कहेगें कि कितना गंदा फ्रीज़ कर रखा था। कपड़े भी प्रेस को नहीं डाले। चावल भी खत्म हो रहे हैं, आज बाज़ार जाकर राशन भर लेना चाहिए था। मेरे मर जाने के बाद जो लोग बारह दिनों तक यहाँ रहेंगे, उनके पास तो मेरे मिसमैनेजमेंट के कितने सारे किस्से होंगे। अब मैं सीने का दर्द भूलकर काल्पनिक अपमान के दर्द को महसूस करने लगी। नही भगवान प्लीज़ आज मत मारना। आज ना तो मैं तैयार हूँ और ना ही मेरा घर। यही प्रार्थना करते - करते मैं गहरी नींद में सो गई। सुबह फिर गृहकार्य में लग गई। चैन से मर भी नहीं सकती।



Congratulations
To Mr. I. S. Sidhu on
talking over as Secretary
General, Fedsen Punjab

CONDOLENCE MESSAGES

S. Gurdev Singh

20th Nov 1940-31st July 2019

Kindly convey our heartfelt condolences to the bereaved family on the sad demise of Sh. Gurudev Singh, Advisor to FEDSEN.
D.N.Chapke President, AISCCON

Death of S. Gurdev Singh yesterday is a big loss to FEDSEN. He was one of the senior-most and most experienced leaders of FEDSEN and would always contribute positively to discussions. We will miss him for a long time. May God Almighty grant peace to departed soul and give strength to his family to bear this irreparable loss!
S P Karkara, Chairman Fedsen

Very sad that a gem of Fedsen, who was active, participative, contributor has passed away. I pray to almighty to grant peace to his noble soul and enough courage to the family to bear this loss.
H. S. Mand, President Fedsen

We are very sorry to learn about the untimely demise of S. Gurdev Singh ji. May God Almighty rest his soul in peace and give strength & courage to the family to bear this big loss.
Brig Jagdev, Secy. Gen. Fedsen

Very sorry to hear the sad demise of Sh. Gurdev Singh ji. May God rest his soul in peace.
G. S. Chhina, Mohali

The Council members feel highly aggrieved on the sudden demise of S Gurdev Singh and pray to God to grant Peace to the departed Soul and give enough Strength to the bereaved family to bear this irreparable loss. Really he was a Noble Soul.
S. L. Kamra, Sr. Vice President Fedsen

Very sad to know the demise of S Gurdev Singh. I pray God to grant peace to his soul.
Karnail Singh, Sr. Vice President Fedsen

ਸ. ਗੁਰਦੇਵ ਸਿੰਘ ਹੋਰਾਂ ਦੇ ਅਚਾਨਕ ਸਦੀਵੀ ਵਿਛੋੜੇ ਦੀ ਖਬਰ ਸੁਣ ਕੇ ਦਿਲ ਨੂੰ ਧੱਕਾ ਜਿਹਾ ਲੱਗਾ ਹੈ। ਫੈਡਸਨ ਦਾ ਇੱਕ ਮੋਤੀ ਸਾਥੋਂ ਬਹੁਤ ਦੂਰ ਚਲੇ ਗਿਆ। ਅਣਥੱਕ ਕੰਮ ਕਰਨ ਵਾਲਾ ਇਨਸਾਨ ਹੁਣ ਸਾਡੇ ਵਿੱਚ ਨਹੀਂ ਹੈ। ਪਰਮਾਤਮਾ ਉਹਨਾਂ ਦੀ ਆਤਮਾ ਨੂੰ ਸ਼ਾਂਤੀ ਦੇਵੇ ਤੇ ਉਹਨਾਂ ਦੇ ਪਰਿਵਾਰ ਅਤੇ ਰਾਜਪੁਰਾ ਦੇ ਬਜ਼ੁਰਗ ਭੈਣਾਂ ਭਰਾਵਾਂ ਨੂੰ ਇਹ ਅਸਹਿ ਸਦਮਾ ਝੱਲਣ ਦੀ ਸ਼ਕਤੀ ਦੇਵੇ।
ਗੁਰਦੀਪ ਸਿੰਘ ਭੋਗਲ ਜ਼ੀਰਕਪੁਰ

ਫੈਡਸਨ ਦੇ ਐਡਵਾਈਜ਼ਰ ਸਰਦਾਰ ਗੁਰਦੇਵ ਸਿੰਘ ਜੀ ਦੇ ਅਚਾਨਕ ਅਕਾਲ ਚਲਾਣੇ ਤੇ ਡੂੰਘੇ ਦੁੱਖ ਦਾ ਪ੍ਰਗਟਾਵਾ ਕਰਦੇ ਹੋਏ ਦੁਆ ਕੀਤੀ ਗਈ ਕੇ ਸੱਚੇ ਪਾਤਸ਼ਾਹ ਉਨ੍ਹਾਂ ਦੀ ਰੂਹ ਨੂੰ ਚਰਨਾ 'ਚ ਨਿਵਾਸ ਤੇ ਆਤਮਾ ਨੂੰ ਸ਼ਾਂਤੀ ਬਖਸ਼ਿਸ਼ ਕਰਣੇ ਪਰਿਵਾਰ ਤੇ ਸਕੇ ਸਬੰਧੀਆਂ ਦੋਸਤਾਂ ਮਿੱਤਰਾਂ ਨੂੰ ਇਸ ਦੁੱਖ ਨੂੰ ਸਹਿਣ ਕਰਨ ਦਾ ਬਲ ਬਖਸ਼ਿਸ਼ ਕਰਨ। ਸੋਸਾਇਟੀ ਇਸ ਦੁੱਖ ਦੀ ਘੜੀ 'ਚ ਪਰਿਵਾਰ ਦੇ ਨਾਲ ਖੜੀ ਹੈ ਜੀ।
ਕੁਮਾਰ ਸ਼ੈਣੀ, ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨ ਐਸੋਸੀਏਸ਼ਨ ਵੈਲਫੇਅਰ ਸੁਸਾਇਟੀ ਦਸੁਹਾ

We express their deep sense of grief and sorrow on the sad demise of S Gurdev Singh Ji. We pray to the Almighty to grant peace to the departed soul and strength to the bereaved family to bear this irreparable loss. May the departed soul rest in peace.

Malkit Singh Rai Rajguru Nagar Sr Citizens Welfare Association (Regd) Ludhiana,

With heavy heart and wet eyes President and all the members of feel highly aggrieved on the sudden demise of S. Gurdev Singh Ji and pray to God to grant peace to the departed soul and give enough strength to the bereaved family to bear this irreparable loss.
Sarbjit S. Dhillon Officers Association Retd. Fazilka

We feel highly aggrieved on the sudden demise of S Gurdev Singh ji and pray to God to grant peace to the departed soul and give enough strength to the bereaved family to bear this irreparable loss. Really he was a noble soul.
M L Garg, President & Lalit Aggarwal Gen Secy Senior Citizens Welfare Forum Jagraon

ਸਮੂਹ ਮੈਂਬਰ ਸ. ਗੁਰਦੇਵ ਸਿੰਘ ਜੀ ਦੇ ਅਕਾਲ ਚਲਾਣੇ। ਤੇ ਡੂੰਘੇ ਦੁੱਖ ਦਾ ਇਜ਼ਹਾਰ ਕਰਦੇ ਹਨ। ਪਰਮਾਤਮਾ ਉਨ੍ਹਾਂ ਨੂੰ ਆਪਣੇ ਚਰਨਾਂ ਵਿੱਚ ਨਿਵਾਸ ਬਖਸ਼ੇ
ਚਰਨ ਸਿੰਘ ਚੋਪੜਾ, ਪ੍ਰਧਾਨ, ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨ ਸਮਾਜ ਭਲਾਈ ਸੰਸਥਾ ਰਜਿ ਭਵਾਨੀਗੜ੍ਹ

We feel sad to know that S. Gurdev Singh has left for his heavenly abode . The Almighty grant Peace to the departed soul. And strength to his family to bear the loss.
Tarsem Singla, President, S.C.W.A. Sunam

A pearl lost for ever With heavy hearts and wet eyes, Baldev Singh Khurana, President Senior Citizens Council Rajpura along with council members and who's who of the area, accorded final send off to the council's patron and ex-HCS Gurdev Singh today (August 1), when his mortal remains were consigned to flames at his native village; Ganda Kheri, following his sad demise at a Mohali Hospital yesterday evening, due to age related issues.
So sad. RIP
Nakesh Jindal Sirhind

Very sad news RIP condolence
K. Bajwa, President, Kharar

ਵਾਹਿਗੁਰੂ ਸ. ਗੁਰਦੇਵ ਸਿੰਘ ਜੀ ਦੀ ਸਾਡੇ ਤੋਂ ਵਿਛੜੀ ਆਤਮਾ ਨੂੰ ਸ਼ਾਂਤੀ ਅਤੇ ਉਨ੍ਹਾਂ ਦੇ ਪਰਿਵਾਰ ਨੂੰ ਭਾਣਾ ਮੰਨਣ ਦਾ ਬਲ ਬਖਸ਼ੇ।
ਪ੍ਰਿੰਸੀਪਲ ਡੀ.ਸੀ. ਮੁਖੇਜਾ ਨਾਭਾ।

Very sad to know the sad news of S.

Gurdev Singh may his rest in peace and give courage to his family
Krishna Nabha

Sad news Pray RIP.
Suresh Chaudhary

Great sorrow to hear untimely demise of our active member. May God give peace to the departed soul.
Khurmi Bathinda

Very sad. Let the departed soul rest in peace.
Jarnail Singh

Very sorry to know the sad demise of **Shri Gurdev Singh.**

RIP. It s sad n tragic Almighty give peace n solace to the departed soul n courage enough to the bereaved family to bear this irreparable loss
S K Brutta, Nawanshahar

S. Harbans Singh Ahuja

1st Dec. 1941-16th Aug. 2019

Our heartfelt condolences on the sad demise of S' Harbans Singh Ahuja, Adviser and former President of the Senior Citizens council, rajpura. May the departed soul rest in eternal peace. It is an irreparable loss to the family and the elders.
D N Chapke, President, AISCCON

Very sad, this is the second big loss to senior citizens movement in Punjab within a month. May the departed soul rest in peace.
S P Karkra, Chairman, Fedsen

We're sad to hear this news. I had interaction with him on 11th. May his soul rest in peace and god may grant enough courage to the family to bear this loss.
H S Mand, President, Fedsen

We are very sorry to learn about the untimely demise of S Harbans Singh Ahuja Ji. We had a long interaction with him the other day, he was looking hale and hearty but destiny has its own ways. May God Almighty rest his soul in peace and give enough courage to the family to bear irreparable loss.
Brig J S Jagdev

Shocking news regarding untimely demise of our dear and respected dear and respected Ahuja Sahib of Rajpur. May God give strength to family members to bear the irrevokable loss, RIP.
H S Chopra, Fin. Secy

Very sad news. May God Rest his soul in peace.
G S Chhina, Mohali

The Council members feel highly aggrieved on the sudden demise of Mr H S Ahuja. May God grant peace to the departed soul and

give enough courage to the bereaved family to bear the irreparable loss. Really he was a noble soul.

S L Kamra, Moga

ਖਬਰ ਸੁਣ ਕੇ ਬਹੁਤ ਦੁੱਖ ਹੋਇਆ RIP.
ਕਰਨੈਲ ਸਿੰਘ, ਰੋਪੜ

ਇਹ ਕੀ ਹੋਇਆ? ਕਿੰਨੀ ਹਿੰਮਤ ਰੱਖਦੇ ਹਨ। ਫੈਡਰੇਸ਼ਨ ਦੀਆਂ ਮੀਟਿੰਗਾਂ ਵਿੱਚ ਬੜੇ ਚਾਅ ਤੇ ਉਤਸ਼ਾਹ ਨਾਲ ਭਾਗ ਲੈਂਦੇ ਹਨ। ਸੀਨੀਅਰ ਸ਼ਿਟੀਜ਼ਨ ਲਹਿਰ ਨੂੰ ਬਹੁਤ ਹੀ ਘਾਟਾ ਪਿਆ ਹੈ। ਅਜੇ ਸ. ਗੁਰਦੇਵ ਸਿੰਘ ਹੋਰਾਂ ਦੇ ਸਿਵੇਂ ਦੀ ਸੁਆਹ ਵੀ ਠੰਡੀ ਨਹੀਂ ਸੀ ਹੋਈ ਕਿ ਹੋਣੀ ਦੂਜਾ ਝਟਕਾ ਦਿੰਦੇ ਹੋਏ ਸ. ਹਰਬੰਸ ਸਿੰਘ ਹੋਰਾਂ ਨੂੰ ਵੀ ਕੋਲ ਖਿਚ ਲਿਆ। ਦੋਨੋਂ ਹੀ ਬਹੁਤ ਵਧੀਆਂ ਇਨਸ਼ਾਨ ਹੋਣ ਦੇ ਨਾਲ ਨਾਲ ਬਜ਼ੁਰਗ ਭਲਾਈ ਦੇ ਝੰਡਾ ਬਰਦਾਰ ਵੀ ਸਨ। ਬਹੁਤ ਹੀ ਦੁੱਖ ਹੋਇਆ ਉਨ੍ਹਾਂ ਦੇ ਸਵਰਗ ਸਿਧਾਰਨ ਤੇ। ਵਾਹਿਗੁਰੂ ਉਨ੍ਹਾਂ ਦੀ ਆਤਮਾ ਨੂੰ ਸ਼ਾਂਤੀ ਦੇਵੇ।

ਗੁਰਦੀਪ ਸਿੰਘ ਭੋਗ, ਜ਼ੀਰਕਪੁਰ

We met Mr H S Ahuja on 11th Aug 2019 at Rajpura. Little knowing that it was our last meeting. May God give him peace and solace to the family members.

Er Raghbir Singh, Ludhiana

So sad news. May his soul rest in peace.

D R Dhami, Naya Nangal

Very sorry to know. RIP.

Prof Sukhwant Singh, Batala

So sorry to hear the untimely demise of S H S Ahuja ji. May God give peace to the departed soul.

H S Khurmi, Bathinda

ਅਹੂਜਾ ਸਾਹਿਬ ਰਾਜਪੁਰਾ ਸੰਸਥਾ ਦੀ ਜਾਨ ਸਨ। ਫੈਡਰੇਸ਼ਨ ਵਿੱਚ ਉਨ੍ਹਾਂ ਦੇ ਵਿਚਾਰ ਸਤਿਕਾਰ ਨਾਲ ਸੁਣੇ ਜਾਂਦੇ ਸਨ। ਵਾਹਿਗੁਰੂ ਉਨ੍ਹਾਂ ਨੂੰ ਆਪਣੇ ਚਰਨਾਂ ਵਿੱਚ ਨਿਵਾਸ ਦੇਵੇ ਅਤੇ ਪਰਿਵਾਰ ਨੂੰ ਭਾਣਾ ਮੰਨਣ ਦਾ ਬਲ ਬਖਸ਼ੇ

ਕੈਪਟਨ ਆਰ.ਐਨ. ਸਿੰਘ, ਪ੍ਰਧਾਨ, ਨਾਭਾ

ਆਹੂਜਾ ਸਾਹਿਬ ਰਾਜਪੁਰਾ ਜੀ ਦੇ ਅਕਾਲ ਚਲਾਣੇ ਦਾ ਬਹੁਤ ਦੁੱਖ ਹੋਇਆ ਹੈ। ਵਾਹਿਗੁਰੂ ਉਨ੍ਹਾਂ ਨੂੰ ਆਪਣੇ ਚਰਨਾਂ ਵਿੱਚ ਨਿਵਾਸ ਦੇਵੇ ਅਤੇ ਪਰਿਵਾਰ ਨੂੰ ਭਾਣਾ ਮੰਨਣ ਦਾ ਬਲ ਬਖਸ਼ੇ।

ਜਸਵੀਰ ਸਿੰਘ ਪ੍ਰਧਾਨ, ਸਮਾਨਾ

Sad news. May the Almihty grant peace to the departed soul.

Tarsem Singla, Sunam

So sad to learn about the untimely demise of S. H S Ahuja. Pray to the Almighty to grant peace to the departed soul.

K Bajwa, Sunny Enclave, Kharar

ਆਹੂਜਾ ਸਾਹਿਬ ਦੀ ਮੌਤ ਦੀ ਖਬਰ ਸੁਣ ਕੇ ਬਹੁਤ ਦੁੱਖ ਹੋਇਆ। ਦੁੱਖੀ ਪਰਿਵਾਰ ਦੇ ਦੁੱਖ ਵਿੱਚ ਸ਼ਰੀਕ ਹੁੰਦੇ ਹਾਂ।

ਚਰਨ ਸਿੰਘ ਚੋਪੜਾ, ਭਿਵਾਨੀਗੜ੍ਹ

ਬਹੁਤ ਦੁੱਖ ਦੀ ਗੱਲ ਹੈ। ਵਾਹਿਗੁਰੂ ਉਨ੍ਹਾਂ ਨੂੰ ਆਪਣੇ ਚਰਨਾਂ ਵਿੱਚ ਵਾਸ ਦੇਵੇ।

ਜਰਨੈਲ ਸਿੰਘ, ਮੋਹਾਲੀ

Pray RIP.

Suresh Chaudhory, Ludhiana

Conserving Water – A dire necessity

Human body is mainly made of water as it constitutes approximately $\frac{3}{4}$ of it. Human beings' survival is not possible without water. Whatsoever circumstances may be, water is the essential need of every living being.

A man can create, generate and produce so many things but producing water is out of his reach. It is solely in the domain of nature. A man can save water but not produce water.

The under ground water level is going down day by day. One day it may elude us leaving no way to go. Over exploitation of water through tube wells has brought the situation to this pass. Depletion of ground water has reached to the alarming stage. The problem of acute scarcity of water for the coming generations is looming large. In this grave situation we are required to use water very economically and save it as much as possible otherwise the coming generations existence will be in peril.

But individual water saving efforts will not be sufficient. Harvesting, storing and Recharging of storm water on the big scale are the only ways to overcome the problem, Limitless quantity of water in rainy season which goes waste should be harvested, recharged and stored. It will also help minimising the unexpected flood havoc.

We are of the opinion that Recharging is the best way to bring the ground water level up. Besides governments' large scale projects a common citizen can also contribute a lot by getting their top roof rainy water recharged. Rather roof top water recharging should be made mandatory for every house hold. We will have to ascertain that the water which goes for recharging is completely pure and clean. Rainy water is the best choice. Recharging of rainy water will certainly solve all the ensuing under ground water scarcity problems.

Harvesting and storing surplus water is equally good. The storm water which goes waste can be made to use if stored in conventional type ponds with needful changes. The stored water can be used for irrigation and other domestic purposes.

As regards Punjab, checking of further depletion of ground water can be made very easy. As Punjab is having at least 3 rivers flowing in its territory all the agricultural irrigation work can be done by improving the canal net work in the state. Constantly drawing of ground water through tube wells can altogether be eliminated. Potable water used for domestic purposes can also be had and supplied throughout Punjab by developing needful cleaning and supplying infrastructure from the river and canal waters existing in Punjab.

In the end we must say that it is pious duty of us all to resort to various methods including recharging to save water for the lives who are yet to see the world.

Jaswant Singh

164 Zail Singh Nagar Ropar

Mob. : 9417189547,9877478119

DONORS LIST FOR APR TO SEP 2019

R.NO.	DATE	SARV SHRI.	ADDRESS	SUM (RS)	REMARKS
545	02.05.2019	H S MAND	11/3A, Mohali	9000	DONATION
549	06.05.2019	S P KARKARA	LUDHIANA	11000	DONATION
653	06.07.2019	D S GREWAL	203/35A, Chd.	2100	DONATION
658	06.07.2019	G S CHHINA	2197/10, Mohali	5101	DONATION

Relief from carrying original car papers Government validates digital copies

According to the provisions of the Motor Vehicles Act 1988, and the Central Motor Vehicles Rules 1989, the owner/ driver has to produce the documents -- licence or certificate of registration etc to the authority on demand. The road transport ministry has asked state transport departments and traffic police not to insist on original (hard copy) documents like driving licence, registration certificate and insurance papers for verification. It also said that any of these documents in "electronic form" authenticated through the DigiLocker or mParivahan apps of the government should be treated as valid.

The advisory further said that the data related to the insurance of new vehicles and renewal of insurance of vehicles is also being uploaded by the Insurance Information Board (IIB) on the VAHAN database on a daily basis now and the same is reflected on the mParivahan/ eChallan app of the ministry.

Ministry has also proposed installation of FASTags on the front windscreens. FASTag is a device that uses radio frequency identification (RFID) technology for making toll payments directly from the user account.

ਕੌਣ ਕੀਹਨੂੰ ਯਾਦ ਰੱਖਦੈ ਕਰਨੈਲ ਸਿੰਘ ਸੋਮਲ ਮੋ 8847647101

ਮਨੁੱਖ ਦੀ ਚਾਹ ਹੁੰਦੀ ਹੈ ਕਿ ਉਹ ਤੰਦਰੁਸਤੀ ਵਾਲੀ ਲੰਮੀ ਉਮਰ ਮਾਣੇ। ਮਾਂਵਾਂ ਅਤੇ ਬਜ਼ੁਰਗ ਔਰਤਾਂ ਵੱਲੋਂ ਮਿਲਦੀਆਂ ਅਸੀਸਾਂ ਵਿੱਚ ਵੀ 'ਜਿਉਂਦੀ/ ਜਿਉਂਦਾ ਰਹਿ, ਤੇਰੀ ਲੰਮੀ ਉਮਰ ਹੋਵੇ, ਦੇਹ ਨਰੋਈ ਰਹੇ' ਦੀ ਕਾਮਨਾ ਕੀਤੀ ਹੁੰਦੀ ਹੈ। ਮਨੁੱਖ ਵੱਡਾ ਹੋ ਕੇ ਜੁ ਕਮਾਈਆਂ ਕਰਦਾ ਹੈ ਉਸ ਅਮਲ ਵਿੱਚ ਉਸ ਦੇ ਜੀਵਨ ਦੀ ਸਕ੍ਰਿਪਟ (ਲੇਖ) ਲਿਖੀ ਜਾਂਦੀ ਹੈ। ਆਪਣੇ ਜੀਵਨ ਦੇ ਨਕਸ਼ ਵਾਹੁਣ ਵਾਲਾ, ਕੋਈ ਹੋਰ ਨਹੀਂ ਉਹ ਖੁਦ ਹੁੰਦਾ ਹੈ। ਉਸ ਦੀ ਇਸੇ ਕਰਨੀ ਦੇ ਕਾਰਨ ਉਸ ਨੂੰ ਉਸ ਦੇ ਜੀਵਨ-ਕਾਲ ਵਿੱਚ ਤੇ ਜਹਾਨੋਂ ਜਾਣ ਉਪਰੰਤ ਯਾਦ ਰੱਖਿਆ ਜਾਂ ਭੁਲਾ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ। ਬਹੁਤੇ ਉਪਜੀਵਕਾ ਦੇ ਮਸਲੇ ਨਾਲ ਹੀ ਜੁੜਦੇ ਰਹਿੰਦੇ ਹਨ। ਐਪਰ ਕਈ ਧਨ ਇਕੱਠਾ ਕਰਨ ਤੇ ਹੋਰ ਮਲਕੀਅਤਾਂ ਵਧਾਉਂਦਿਆਂ ਆਪਣੀ ਅਉਧ ਵਿਗਾਅ ਦਿੰਦੇ ਹਨ। ਹੋਰ ਤਾਕਤਾਂ ਹਥਿਆਉਣ ਲਈ ਟਿੱਲ ਲਾਉਣ ਵਾਲੇ ਵੀ ਬਥੇਰੇ ਹਨ। ਇੰਜ, ਇਹ ਖੇਲ ਚੱਲਦਾ ਹੈ। ਕਈਆਂ ਵਿੱਚ ਇਹ ਹਿਰਸ ਵੀ ਪ੍ਰਧਾਨ ਹੁੰਦੀ ਹੈ ਕਿ ਜਿਵੇਂ- ਕਿਵੇਂ ਉਸ ਦੇ ਕੀਤੇ ਦੀ ਕੋਈ ਮਾਨਤਾ ਹੋਵੇ ਜਾਂ ਵੱਖਰੀ ਪਛਾਣ ਬਣੇ। ਅਉਧ ਨੇ ਜਿਵੇਂ ਕਿਵੇਂ ਬੀਤਣਾ ਹੁੰਦਾ ਹੈ ਸੋ ਬੀਤ ਜਾਂਦੀ ਹੈ। ਕਈ ਪ੍ਰਾਪਤੀਆਂ ਖੁਆਰੀਆਂ ਦਾ ਸਬੰਧ ਬਣ ਜਾਂਦੀਆਂ ਹਨ। ਸੁਖ ਤੇ ਖੁਸ਼ੀਆਂ ਛਾਂਦੀ-ਮਾਂਦੀਂ ਹੋਣ ਲਗਦੀਆਂ ਹਨ। ਹਰ ਪੁਸ਼ਤ ਨੂੰ ਵੱਸੋਂ ਦਾ ਇੱਕ ਪਰਾਗਾ ਮੰਨ ਲਈਏ ਤਾਂ ਇਸ ਵਿੱਚ ਕਰੋੜਾਂ-ਅਰਬਾਂ ਲੋਕ ਆ ਜਾਂਦੇ ਹਨ। ਉਨ੍ਹਾਂ ਵਿੱਚੋਂ ਬਹੁਤ ਬੜੇ ਹੁੰਦੇ ਹਨ ਜਿਨ੍ਹਾਂ ਨੂੰ ਪੀੜ੍ਹੀ-ਦਰ-ਪੀੜ੍ਹੀ ਸਤਿਕਾਰ ਨਾਲ ਯਾਦ ਰੱਖਿਆ ਜਾਂਦਾ ਹੈ। ਪ੍ਰੇਰਨਾ ਦੇ ਸੋਮੇ ਇਨ੍ਹਾਂ ਪੁਰਖਾਂ ਦਾ ਤੇਜ ਤੇ ਫੁਫ ਵਕਤ ਲੰਘਣ ਨਾਲ ਸਗੋਂ ਹੋਰ ਵਧੀ ਜਾਂਦੇ ਹਨ। ਸਾਡੇ ਨੇੜਲੇ ਸਮਿਆਂ ਵਿੱਚ ਸਰਦਾਰ ਭਗਤ ਸਿੰਘ ਦੀ ਮਿਸਾਲ ਸਾਡੇ ਸਾਹਮਣੇ ਹੈ। ਗੁਰੂ ਸਾਹਿਬਾਨ ਦੇ ਸਮਿਆਂ ਵਿੱਚ ਬਾਬਾ ਬੁੱਢਾ ਜੀ, ਭਾਈ ਗੁਰਦਾਸ, ਭਾਈ ਘਨੂਈਆ ਜੀ, ਭਾਈ ਜੈਤਾ ਜੀ, ਜਿਹੀਆਂ ਸ਼ਖ਼ਸੀਅਤਾਂ ਹੋਈਆਂ ਹਨ।

ਕੌਣ ਭੁਲਾ ਸਕਦੈ ਇਨ੍ਹਾਂ ਵਡ-ਪੁਰਖਾਂ ਨੂੰ। ਅਜਿਹਾ ਕਰਨਾ ਪੁੱਗਦਾ ਹੀ ਨਹੀਂ ਕਿਸੇ ਦੇਸ ਜਾਂ ਕੌਮ ਨੂੰ। ਜਿਹੜੇ ਲੋਕ ਆਪਣੇ ਸਮੇਂ ਦੇ ਨਕਸ਼ਾਂ ਨੂੰ ਸੰਵਾਰਨ ਲਈ ਆਪਣਾ ਯੋਗਦਾਨ ਪਾਉਂਦੇ ਹਨ, ਉਹ ਲੋਕ-ਚੋਤਿਆਂ ਵਿੱਚ ਵੱਸ ਜਾਂਦੇ ਹਨ। ਕਿਸੇ ਦੀ ਐਸ਼-ਪ੍ਰਸਤੀ, ਆਪਣੇ ਘਰ-ਪਰਿਵਾਰ ਲਈ ਕੀਤਾ ਕੰਮ, ਇਹ ਛੋਟੇ ਦਾਇਰੇ ਹਨ। ਹਰ ਦੌਰ ਦੀਆਂ ਆਪਣੀਆਂ ਗੰਭੀਰ ਸਮੱਸਿਆਵਾਂ ਹੁੰਦੀਆਂ ਹਨ। ਉਨ੍ਹਾਂ ਦੇ ਹੱਲ ਲਈ ਸਿਰਜੋੜ ਕੇ ਕੰਮ ਕਰਨ, ਤੇ ਮਾਨਵਤਾ ਦੇ ਭਲੇ ਲਈ ਘਾਲੀਆਂ ਘਾਲਾਂ ਦਾ ਹੀ ਮੁੱਲ ਪੈਂਦੈ ਆਖ਼ਰਕਾਰ।

ਜ਼ਿੰਦਗੀ ਦੇ ਚੈਲੰਜ ਹੱਸਕੇ ਪ੍ਰਵਾਨ ਕਰੋ

ਸਬਜ਼ਿੰਦਰ ਕੇਦਾਰ, ਮੋ: 7814414375

ਇੱਕ ਦਰਖਤ ਜੋ ਪੁੱਪਾਂ ਨਹੀਂ ਸਹਿੰਦਾ, ਹਨੇਰੀਆਂ ਝੱਖੜਾਂ ਦਾ ਮੁਕਾਬਲਾ ਨਹੀਂ ਕਰਦਾ, ਉਹ ਵਿਕਾਸ ਕਰਕੇ ਕਦੇ ਵੀ ਵੱਡਾ ਨਹੀਂ ਹੋ ਸਕਦਾ। ਉਸ ਦੀਆਂ ਜੜ੍ਹਾਂ ਮਜ਼ਬੂਤ ਨਹੀਂ ਹੋ ਸਕਦੀਆਂ। ਅਸਫਲਤਾਵਾਂ ਜੋ ਸਾਨੂੰ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਮਿਲਦੀਆਂ ਹਨ, ਉਹਨਾਂ ਤੋਂ ਸਿੱਖ ਕੇ ਹੀ ਅਸੀਂ ਸਫਲਤਾ ਦੀ ਪੌੜੀ ਚੜ੍ਹ ਸਕਦੇ ਹਾਂ। ਇੱਕ ਵਾਰ ਮਹਾਨ ਖੋਜਕਾਰ ਥਾਮਸ ਅਲਵਾ ਐਡੀਸਨ ਦੀ ਫੈਕਟਰੀ ਨੂੰ ਅੱਗ ਲਗ ਗਈ। ਉਹਨਾਂ ਦੇ ਮਹਿੰਗੇ ਉਪਕਰਣ ਸੜ ਰਹੇ ਸਨ। ਐਡੀਸਨ ਨੇ ਆਪਣੇ ਪੁੱਤਰ ਚਾਰਲਸ ਨੂੰ ਕਿਹਾ, "ਆਓ ਚਾਰਲਸ ਵੇਖੋ! ਅਜਿਹਾ ਮੌਕਾ ਫੇਰ ਕਦੇ ਨਹੀਂ ਮਿਲੇਗਾ, ਜਾਓ ਆਪਣੀ ਮਾਂ ਨੂੰ ਵੀ ਬੁਲਾ ਲਿਆਓ....।" ਐਡੀਸਨ ਜੋ ਆਪਣੇ ਸੜ ਰਹੇ ਉਪਕਰਣਾਂ ਨੂੰ ਵੇਖ ਰਹੇ ਸੀ ਬੋਲੇ--"ਅੱਜ ਸਾਡੀਆਂ ਅਨੇਕਾਂ ਗਲਤੀਆਂ ਦਾ ਅੰਤ ਹੋ ਗਿਆ ਹੈ। ਹੁਣ ਅਸੀਂ ਇੱਕ ਨਵੀਂ ਸ਼ੁਰੂਆਤ ਦੇ ਲਈ ਸਵਤੰਤਰ ਹਾਂ।" ਤੁਰੰਤ ਹੀ ਉਹਨਾਂ ਕਾਰਖਾਨੇ ਦਾ ਪੁਨਰਨਿਰਮਾਣ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤਾ ਅਤੇ ਇਹ ਘਟਨਾ ਫੋਨੋਗ੍ਰਾਫ ਦੀ ਖੋਜ ਤੋਂ ਠੀਕ ਪਹਿਲਾਂ ਦੀ ਹੈ। ਨੁਕਸਾਨ ਤੇ ਹੰਝੂ ਵਗਾਉਣ ਦੀ ਥਾਂ ਅੱਗੇ ਕੀ ਕਰਨਾ ਹੈ, ਉਸ ਚੈਲੰਜ ਨੂੰ ਸਵੀਕਾਰ ਕਰਨਾ ਹੀ ਜ਼ਿੰਦਗੀ ਹੈ। ਜੇਕਰ ਜ਼ਿੰਦਗੀ ਦਾ ਕੋਈ ਫੈਸਲਾ ਗਲਤ ਵੀ ਸਾਬਤ ਹੋ ਜਾਂਦਾ ਹੈ, ਤਾਂ ਆਪਣੇ ਆਪ ਨੂੰ ਦੇਸ਼ੀ ਨਾ ਮੰਨੋ। ਇਹ ਸਬਕ ਲੈਣ ਦਾ ਸੁਨਹਿਰੀ ਮੌਕਾ ਸਾਬਤ ਹੋ ਸਕਦਾ ਹੈ। ਵਧੇਰੇ ਕਰਕੇ ਅਜਿਹਾ ਹੀ ਹੁੰਦਾ ਹੈ ਕਿਉਂਕਿ ਜਿਸ ਸਮੇਂ ਅਸੀਂ ਕੋਈ ਫੈਸਲਾ ਕਰਦੇ ਹਾਂ ਸਾਨੂੰ ਉਹਨਾਂ ਹਲਾਤਾਂ ਵਿੱਚ ਲੱਗਦਾ ਹੈ ਕਿ ਅਸੀਂ ਸਹੀ ਹਾਂ। ਹਲਾਤ ਬਦਲ ਜਾਂਦੇ ਹਨ, ਸਿੱਟੇ ਬਦਲ ਜਾਂਦੇ ਹਨ, ਸਿੱਟਾ ਨਕਾਰਾਤਮਕ ਨਿਕਲਦਾ ਹੈ ਤਾਂ ਇਹ ਨਹੀਂ ਸੋਚਣਾ ਚਾਹੀਦਾ ਕਿ ਅਸੀਂ ਗਲਤ ਸੀ। ਇਹ ਇਕ ਕੌੜੀ ਸਚਾਈ ਹੈ ਕਿ ਸਾਡੇ ਫੈਸਲੇ ਗਲਤ ਵੀ ਸਾਬਤ ਹੋ ਸਕਦੇ ਹਨ। ਪਰੰਤੂ ਯਾਦ ਰੱਖੋ ਅਨੇਕਾਂ ਗਲਤ ਫੈਸਲਿਆਂ ਦੇ ਬਾਵਜੂਦ ਇਕ ਸਹੀ ਫੈਸਲਾ ਤੁਹਾਡੀ ਪੂਰੀ ਜ਼ਿੰਦਗੀ ਬਦਲ ਸਕਦਾ ਹੈ। ਵਿਆਹ ਵੀ ਇਕ ਚੈਲੰਜ ਹੈ। ਪ੍ਰੇਮ ਵਿਆਹ ਵੀ ਅਸਫਲ ਹੋ ਜਾਂਦੇ ਹਨ ਉਹਨਾਂ ਦਾ ਅੰਤ ਵੀ ਤਲਾਕ ਵਿੱਚ ਹੋ ਸਕਦਾ ਹੈ ਕਿਉਂਕਿ ਰਿਸ਼ਤਿਆਂ ਨੂੰ ਨਿਭਾਉਣ ਵੀ ਇੱਕ ਚੈਲੰਜ ਹੈ ਪਰ ਕਈ ਵਾਰ ਅਸੀਂ ਗੋਲ ਫੇਕ ਵਿੱਚ ਚੌਰਸ ਗੁੱਲਾ ਠੋਕਦੇ ਰਹਿੰਦੇ ਹਾਂ। ਅਜਿਹਾ ਜੀਵਨ ਸਾਥੀ ਵੀ ਮਿਲ ਸਕਦਾ ਹੈ, ਤੁਸੀਂ ਜੋ ਮਰਜ਼ੀ ਕਰ ਲਵੋ ਤਾਲਮੇਲ ਨਹੀਂ ਬੈਠਦਾ। ਤੁਸੀਂ ਉਸ ਚੈਲੰਜ ਵਿਚ ਫੇਲ੍ਹ ਵੀ ਹੋ ਸਕਦੇ ਹੋ। ਅਜਿਹੇ ਸਮੇਂ ਵੱਖ ਹੋ ਜਾਣ ਦੇ ਬਾਅਦ ਵੀ ਉਹ ਦੋਸਤ ਬਣੇ ਰਹਿੰਦੇ ਹਨ। ਬੱਚਿਆਂ ਨੂੰ ਹਫ਼ਤੇ ਦੇ ਦਿਨ ਵੱਡੇ ਆਪਣੇ ਕੋਲ ਵਾਰੇ ਵਾਰੀ ਰੱਖਦੇ ਹਨ। ਇਸ ਚੈਲੰਜ ਨੂੰ ਵੀ ਹੱਸਕੇ ਸਵੀਕਾਰ ਕਰਦੇ ਹਨ। ਕਈ ਬੱਚੇ ਵੀ ਖੁਸ਼ ਰਹਿੰਦੇ ਹਨ ਕਿ ਉਹਨਾਂ ਦੇ ਦੋ ਘਰ ਹੋ ਗਏ ਹਨ। ਚੈਲੰਜ ਕਦਮ-ਕਦਮ ਤੇ ਆਉਂਦੇ ਹੋ, ਹੱਸਕੇ ਸਵੀਕਾਰ ਕਰਨ ਵਿੱਚ ਹੀ ਸਮਝਦਾਰੀ ਹੈ।

APPEAL FOR AISCCON NEWS

AISCCON NEWS is monthly publication. All federated units are requested to send their event report side by side when any event occurs. It should be either in English or Hindi and it should be sent along with relevant photograph through WhatsApp at 98146 14656.

APPEAL FOR FEDSEN NEWS

All federated units are requested to send their Quarterly report within 5 days from the end of quarter. It should highlight special events covered date-wise. Routine get-togethers/ Governing Body meetings/ Health lectures of the quarter should be summarized in a para. Digital report along with one photograph should be preferably emailed to fedsenpb@gmail.com or WhatsApp at 98146 14656. File name of photograph should be CITY-EVENTDATE. Hard copy or Newspaper clippings are not acceptable. Kindly use Joy/ Assees font for Punjabi typing and Mugal/ Kuriti font for Hindi typing. No report will be accepted after five days on ending the quarter. Your co-operation in this regard will help to minimize the time to bring out the Quarterly Newsletter

APPEAL FOR FEDSEN WEBSITE UPDATION

All federated units are requested to check the Fedsen, Punjab website www.fedsenpunjab.org regularly and send their updation as desired to email fedsenpb@gmail.com. Kindly send your information for updation as per information format of the website.

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Mr SP Karkra Chairman Fedsen, Punjab speaking in function organized on 25th August evening in LODHI CLUB Ludhiana to celebrate Senior Citizens Day.

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Connectivity with Nature

We depend on nature not only for our physical survival, we also need nature to show us the way home, the way out of the prison of our own mind. Modern Man has lost connectivity with nature outside and his own nature within. He has not only disturbed the outer ecology, but has also ruined his inner ecology. We need to restore the balance in the outer as well as inner ecology.

Anger, hatred and other forms of violence that erupt outside indicate that something has gone wrong inside-there's chaos in the inner world, conflict between emotions and intellect. This is the imbalance of inner ecology.

Meditation helps restore this balance.

S L KAMRA.

Sr Vice President FEDSEN Pb.

Congratulations to New Governing Body of AISCCON 2019-22



1. **President** (1 post)
Mr. Inder Mohan Bhalla
2. **Vice President** (8 posts)
Mr. B. B. Dixit
Mr. Niranjjan Singh Jadon
Mr. V. Narayana Murty
Mr. Vishwarao K. Bhadane
Mr. Mallappa S. Mudakavi
Mr. P. Ramchandigarh
Mr. Bhanvar Seth
Mr. Diogo Mariano Da Costa
3. **Secretary Organization** (1 post)
Mr. Yella C. Reddy
4. **Joint Secretary Organization** (1 Post)
Mr. Jagdish R. Zazria
5. **Joint Secretary** (4 Posts)
Mr. P. Veerabhadrapa
Mr. Arvind Jain
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