



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

# FEDSEN PUNJAB

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## President's Message

The decisions taken in the Governing Body meeting on 5<sup>th</sup> May are of great significance. Besides finalizing amendments in the constitution, it was decided that we will join hands to work for a State Level Campaign for the formation of at least 100 new Associations in towns and villages of Punjab during the current year. Strengthening of our organization is essentially required to enhance our visibility for effectively convincing the policy makers and the administration for drawing due attention to the problems and aspirations of the senior citizens.

One wonders why the Governments and the Society are indifferent to the senior citizens. A few days back it was in the news that the income ceiling of Creamy Layer OBCs has been increased from Rs 4.5 lakhs in 2008 to Rs 6.0 lakhs, considering increase in consumer price index. However, the same Ministry (Ministry of Social Justice and Empowerment, GOI) has failed to consider consumer price index for old age pension of BPL families, which has not been revised since 2007. Similarly Punjab Government has not revised old age pension since 2006. (In Punjab, the old age pension was Rs 200 in 1995 and is Rs 250 in 2013.). The eligibility requirement that monthly income of the senior citizen should not be more than Rs1000 has not been revised since 1997. The Ruling Party had promised in its Election Manifesto to increase pension from Rs 250 to Rs 800 per month and create a separate Directorate for Senior Citizens. We are highly thankful for this consideration and request for its early implementation.

Most of the demands of Senior Citizens accepted in meetings presided over by the Chief Secretary on 27<sup>th</sup> Jan. 2010 and 20<sup>th</sup> July, 2011 and even those announced by the Chief Minister while launching the Federation of

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## Editorial

### FROM ANTIQUITY TO THE PRESENT

Like the lines of cardiographic chart, the status of the older people and women has been moving up and down. But by and large, ever since the epic age, the elder people with grey hair and grey beards were considered very reverently. When we see mythological movies pertaining to the Bible and the Mahabharata, era the octogenarians were presented with a magnified and dignified image, commanding authority and dominance over one and all. So much so that in spite of their age they were shown very robust and even chivalrously took part in wars.

There is a slight difference between the terms 'older' and 'elder'. The former relates to age and the latter refers to respect and reverence but in any case the older is older. As the wheel of time rolled on, the elderly people were given different titles, some full of respect and some ridiculous, with a tint of taunt. Those replete with respect were buzurgs, varisht, patel, vashisht partishthit etc and the others like buddha, sathiaya, badaoo etc. It is difficult to pinpoint at which turn of the history of mankind, the position of the elderly nose dived. In the dawn of history the heads of the gurukalas were always grey haired teachers. The greatest and the most revered position was the Pope, the superking of Christianity, has always been man seventy plus. Such period of grace and respect continued till Middle Ages where some disrespect for the older people started budding. The Mughals in Indian history, treated their parents indifferently. Truly speaking it requires a book to depict the plight of the older people.

The advent of industrialization marked the disappearance of moral values and emergence of materialism. The milk of human kindness dried up, ma

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Senior Citizen Associations, Punjab (FEDSEN-Punjab) on 30<sup>th</sup> January, 2010 have not been implemented. The State Policy for Older Persons which was to be prepared as suggested in National Policy for Older Persons, 1999, has been at the Draft Stage for the last about four years. Almost similar is the fate of State Council for Senior Citizens. We felt obliged for implementation of the decision for celebration of International Senior Citizens Day by the Government at State, District and Tehsil Levels during 2010&2011 but no funds were provided for district and state level celebrations in 2012.

For 'Aging at Home' happily social interaction within the age group is a must. The most important requirement is, therefore, of Senior Citizens Center in each locality/ sector. We requested for use of community centers in cities and Panchayat Ghars in villages for 3-4 hours daily but there is not much progress so far. We had also requested that PUDA may make it compulsory for all colonizers in the state to provide site for Seniors Centers, close to a Park in each colony and the area for the Center may be from within total area, which the colonizer is required to provide for roads, parks and other common facilities. In Para 49 of National Policy for Older Persons, 1999, it has been emphasized that 'multipurpose centers for older persons are a necessity for social interaction and to meet other needs'. Other needs may be library, indoor games, computer training and internet facility, medical help, lectures from experts on topics of concern to seniors and

opportunity to contribute to welfare of needy seniors and youngsters.

A very disturbing news of Elder Abuse appeared in the news papers of 18<sup>th</sup> May. The Punjab and Haryana High Court ordered Chandigarh Police to intervene and help within 24 hours, the 85 year old Ex Chief Justice traumatized by his son. As revealed by HelpAge surveys, Elder Abuse by sons, daughter-in-laws and others is now quite common. We appreciate the priority hearing of the case. In fact the court cases of all senior citizens should be given priority as provided under rules. In Supreme Court's Hand Book of Information, 2010, the cases of Senior Citizens are mentioned at Sr. No. ii among certain cases that are to be accorded priority listing for regular hearing, in order to ensure that such cases are heard and disposed of expeditiously. The Supreme Court and some High Courts have issued instructions for giving priority to cases of senior citizens but priority is often not given.

In the above mentioned judgement, the Honourable Justice added that directions for setting up a "special cell" to deal with the complaints of senior citizens and parents were not called for, as the Maintenance and Welfare of Parents and Senior Citizens Act, 2007, was already in place. Punjab was among the first few states to adopt this Act but the operation of the Act got delayed for five years as the Gazette Notification of the Rules was done on October 26, 2012. In Clause 23 of the Rules it is mentioned "An action plan for protection of life and property of senior citizens shall be notified by the State

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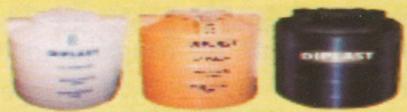
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Government within a period of six months from the date of publication of these rules in Official Gazette and it may be revised from time to time". The limit of six months is already over. In a meeting with the Chief Secretary on 27<sup>th</sup> Jan. 2010 it was decided that Nodal Officers of Police and Health Departments at state and district level will be appointed and list with names, addresses and telephone numbers will be supplied to the Federation. Nothing happened. In next meeting on 20<sup>th</sup> July 2011, the Chief Secretary instructed that list of Nodal Officers be supplied to Social Security Department within 15 days and a meeting of all Nodal Officers will be held within 30 days. Nothing happened in the next two years. Why no concern for senior citizens and why no value of decisions taken in a meeting presided over by the Chief Secretary, Punjab? Sounds intriguing and sheer indifference to the most revered section of the society.

We will continue our efforts and are hopeful that the situation may change, as the problem is mainly in implementation of our demands, rather than their acceptance. Further there is change in guard and we had a brief meeting with Secretary, Social Security, who took over this position a few months back. We apprised him of our problems and he appeared to be quite responsive. As desired we had sent him the Agenda and are looking forward to a fruitful meeting.

The News Papers of 31<sup>st</sup> May 2012 say that the Punjab Government has directed the Financial Commissioner, Development to prepare a report on Farmers' Pension Scheme and it is likely to be extended to poor sections and low income groups. As reported in the News Papers of 27<sup>th</sup> May, 2013, the Deputy Chief Minister has said that the Chief Minister will announce, in about a fortnight, a comprehensive package for welfare of farmers and labourers, including those in the farm sector. We are eagerly awaiting this package.

We plan to discuss the above mentioned and a few more issues in the General Body Meeting on 1<sup>st</sup> of June and will also consider the required reorientation, if any, in our approach. It may be clearly understood that our demands pertain not only to the current generation of the elderly people, but to all and sundry, as every one has to be a senior citizen sooner or later.

Wishing you the best,  
Yours sincerely,

*AS Khehra*

AS Khehra

distanced himself from nature and God, and the Mammon mesmerised everybody. Time consciousness, craze for more money resulted in the negligence of the older people. The young had no time, no love for the older people who were considered the used up forces, good-for-nothing, fit only for sitting in the frontyard, yawning and stretching on the rickety charpoys.

Now, let God be thanked that the new term "Senior Citizens" has created a lot of awakening and brought together the so called useless people. They have learnt that self help can unite them and fight for better rights and reclaim their higher pedestal. The march is on and Inshah Allah" the grey heads have been rejuvenated to carve a niche for themselves in the society. They have realised that they are a force to reckon with. They are aware of that they can make the young generation feel that they are still wanted. Lets be grateful to the pioneers of the movement. The whole world has come to know that the older are bolder and can stand on their own. They dont live at he mercy of anybody. The old have joined the old to make it pure gold. So much so that the political parties of the state have understood the senior citizens are a super vote bank. There is no looking back. So strive, strike and achieve!!

Prin. S.Chaudhary  
-Editor

**CONGRATULATIONS ON THE BEAUTIFUL PUBLICATION OF NEWS LETTERS/SOUVINERS**

1. **AISCCON NEWS** - All India Senior Citizens Confederation.
2. **FEDSEN Punjab** - Federation of Senior Citizens Associations, Punjab.
2. **SUNEHA** - Senior Citizens Forum, Zirakpur.
3. **SOUVENIR/DIRECTORY**, Senior Citizens Welfare Association Nabha.
4. **SUNHERE PAL**- Senior Citizens Council Rupnagar.
5. **SOUVENIR/DIRECTORY** - Senior Citizens Welfare Association, Patiala .
6. **NIRLEP** - Senior Citizen's Society Amritsar.
7. **BLISSFUL YEARS** - Senior Citizen's Welfare Association Ludhiana.
8. **GLORIOUS YEARS** - Mohali Senior Citizens Association.
9. **A CLARION CALL** - Senior Citizens Welfare Association, Patiala.
10. **GOLDEN NEWS** - Senior Citizens Council, Rajpura.
11. **SUNHERI KIRAN** - Senior Citizens Welfare Association, Nabha.

## World Elder Abuse Awareness Day

15<sup>th</sup> June

(Inputs-FEDSEN News)

Each year, hundreds of thousands of older persons are abused, neglected, and exploited. In addition, elders throughout the United States lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation, funds that could have been used to pay for basic needs such as housing, food, and medical care.

Unfortunately, no one is immune to abuse, neglect, and exploitation. The latest and the most mindboggling incident reported in all sections of press reveals that even a highly placed retired Chief Justice aged 85 and his wife 75 are undergoing agony and anguish, at the hands of their own son. Fed up with such mental disturbance they say, "they deserve to live a life of dignity and honour and not mere animal existence". One wonders if such situation can be there for a chief justice, what can be the fate of the average older people. It occurs in every demographic, and can happen to anyone—a family member, a neighbour, even you. Yet it is estimated that only about one in five of those crimes are ever discovered.

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of

WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect. In addition, WEAAD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. WEAAD serves as a clarion call-to-action for individuals, organizations, and communities to raise awareness about elder abuse, neglect, and exploitation.

India has over 90 million elderly persons above the age of 60 years and many of them silently suffer abuse at the hands of either their daughters-in-law or sons, according to a survey report by HelpAge India. The study, on the eve of the sixth World Elder Abuse Awareness Day has found that about 41% felt that there has been an increase in the rate of crime against the elderly in the past three years. "More than half of India's senior citizens surveyed, feel that they are soft targets for crime," the report said.

HelpAge India is a leading humanitarian, development and campaign organization working with and for older people in India for more than 30 years.

The World Elder Abuse Awareness Day evolved from its nascent stage in 1997 initiated by a small group in Australia, to becoming an issue that saw United Nations endorsing and making it a global concern.

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## "Good" Is Better Than The "Pleasant"

S. L. Kamra, Moga

The "good" represents the path of spiritual knowledge based upon high moral and ethical values. The "Pleasant" is the path of sensual worldly pleasures. Man forgets that the pleasant may not always be good for him and society and may lead him to become passionate towards the same. Once passionate, this urge in turn takes him to immoral and unethical means, whereas, that which is good, though not pleasant initially, but having high foundation of moral and ethics, brings great achievement and self contentment. Ultimately it becomes pleasant as well because every moment man has the freedom to start a new life. For this two things are unavoidable. First, the right things must be chosen as our goal. For this a capacity to think is necessary. Thereafter, instead of theorizing you must have the heroism, the large heartedness and the muscles

necessary to live up to your ideals.

The past can be reversed only by intelligent, well planned, continuous efforts put into the present. For this many sacrifices will have to be made. But if the youth has no ability to think, plan, bring about the necessary changes and has not the consistency of effort, a better future cannot be built, and only a future sadder than the present may be expected.

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In a jubilant mood, the damsels of Mohali Senior Citizens Association in action - Matka & Jhatka Race on 18th March.

## SENIOR CITIZENS – EXERCISE YOUR RIGHT FOR BASIC AMENITIES AND PHYSICAL NEEDS.

Dr. A S Khehra

To live with dignity in old age, one must save during prime of his life and normally should not transfer his earnings and property to his children under emotional black mail. If at all he/she has to gift/ transfer his property under some family compulsions, he/she must go through Section 23 of the Maintenance and Welfare of Parents and Senior Citizens Act, 2007. The Act now may become effectively operative with the Gazette Notification of Rules of this Act by the Government of Punjab on October 26, 2012 (State Govt. took 5 years to make the Rules but better late than never). The Section 23(1) of the Act is as under:-

**23. Transfer Of Property To Be Void In Certain Circumstances :** (1) Where any senior citizen who, after the commencement of this Act, has transferred by way of gift or otherwise, his property, subject to the condition that the transferee shall provide the basic amenities and basic physical needs to the transferer and such transferee refuses or fails to provide such amenities and physical needs, the said transfer of property shall be deemed to have been made by fraud or coercion or under undue influence and shall at the option of the transferer be declared void by the Tribunal.

In case a senior citizen decides to transfer his property, he should make sure that in **the Gift Deed it is mentioned that 'the gift/transfer is subject to the condition that the transferee shall provide basic amenities and basic physical needs to the transferer'**.

In rural areas of Punjab, farmers often transfer their agricultural land as gift to their sons to avoid subsequent family disputes. Normally registration charges are 6% of the value of the property transferred but there are no registration charges on transfer of agricultural land to blood relations. This further helps sons to influence old parents as no expenditure is involved on such transfers. Therefore, the awareness for provision of Clause 23 of the Act is even more important in rural areas.

**The Senior Citizens who have no or very little income and their children refuse to support them, can enforce their right under the above mentioned Act and the Rules for their maintenance and welfare.** As defined in the Act, Maintenance includes provision for food, clothing, residence and medical attendance and treatment and Welfare includes provision for food, health care, recreation and other necessary amenities. Application is to be made to Sub Divisional Magistrate (Tribunal) who is required to give his decision within 90 days from the date of service of the notice, provided that the Tribunal may extend the said period once for a maximum of 30 days in exceptional circumstances, for reasons to be recorded in writing. Maximum maintenance allowance which a Tribunal may order 'fixed' will not exceed monthly income from all sources of the opposite party (child/children), divided by the number of persons in his family counting the applicant among the opposite party's family members.

Most of such helpless senior citizens are not only poor and physically weak but also illiterate and cannot prepare and pursue their application at their own. Our Associations and other such NGOs can guide and help them to get their right of support from their children and grand children, as per provisions of the Act and the Rules. Whenever required both these documents can be perused from Website of FEDSEN ([www.fedsenpunjab.org](http://www.fedsenpunjab.org)).

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ਮਕਸਦ।

ਇੰਦਰਪਾਲ ਸਿੰਘ ਸ਼ਰਮਾ, ਭਵਾਨੀਗੜ੍ਹ

ਬਜ਼ੁਰਗ ਸਾਡੇ ਸਮਾਜ ਦਾ ਸੱਚਾ ਤੇ ਸੁੱਚਾ ਸਰਮਾਇਆ ਹੁੰਦੇ ਹਨ। ਇਨ੍ਹਾਂ ਕੋਲ ਜ਼ਿੰਦਗੀ ਦੇ ਲੰਬੇ ਤਜਰਬੇ ਦਾ ਅਮੀਰ ਭੰਡਾਰ ਹੁੰਦਾ ਹੈ। ਬਜ਼ੁਰਗਾਂ ਨੇ ਜ਼ਿੰਦਗੀ ਦੀਆਂ ਔਖਾਂ ਸੌਖਾਂ ਵਿੱਚੋਂ ਲੰਘਦਿਆਂ ਬਹੁਤ ਕੁੱਝ ਆਪਣੇ ਪਿੱਛੇ ਤੇ ਹੰਢਾਇਆ ਹੁੰਦਾ ਹੈ। ਉਨ੍ਹਾਂ ਦੀ ਸੇਵਾ ਅਤੇ ਸਤਿਕਾਰ ਕਰਨਾ ਸਾਡਾ ਪਹਿਲਾ ਫਰਜ਼ ਹੈ। ਹਰ ਸੂਝਵਾਨ ਮਨੁੱਖ ਬਜ਼ੁਰਗਾਂ ਤੋਂ ਮਾਰਗ ਦਰਸ਼ਨ ਲੈ ਕੇ ਜ਼ਿੰਦਗੀ ਦੇ ਕੰਮਾਂ ਕਾਰਾਂ ਨੂੰ ਸਹੀ ਢੰਗ ਨਾਲ ਤੋਰਨ ਦਾ ਉਪਰਾਲਾ ਕਰਦਾ ਹੈ। ਆਪਣੇ ਮਾਂ ਬਾਪ ਦਾ ਕਰਜ਼ਾ ਕੋਈ ਸਾਰੀ ਉਮਰ ਵੀ ਨਹੀਂ ਉਤਾਰ ਸਕਦਾ ਹੈ ਵੱਡਿਆਂ ਦੀ ਸੇਵਾ ਤੋਂ ਮੇਵਾ ਜ਼ਰੂਰ ਮਿਲਦਾ ਹੈ। ਪੰਜਾਬੀ ਲੋਕ ਸਾਹਿਤ ਵਿੱਚ ਇੱਕ ਪ੍ਰਚੱਲਤ ਟੱਪਾ ਹੈ, ਤਿੰਨ ਰੰਗ ਨਹੀਂ ਲੱਭਣੇ-ਹੁਸਨ, ਜੁਆਨੀ ਤੇ ਮਾਪੇ। ਕਈ ਬਾਰ ਇਸ ਰੰਗ ਦੀ ਕੀਮਤ ਦਾ ਪਤਾ ਖੁੱਸ ਜਾਣ ਤੋਂ ਬਾਅਦ ਹੀ ਲੱਗਦਾ ਹੈ। ਮਾਤਾ ਤੇ ਪਿਤਾ ਵੀ ਹਰ ਇਨਸਾਨ ਲਈ ਹੁਸਨ ਤੇ ਜੁਆਨੀ ਦੀ ਤਰ੍ਹਾਂ ਜੀਵਨ ਦਾ ਇੱਕ ਰੰਗ ਹੈ। ਇਹ ਹੀ ਸੱਚ ਹੈ ਕਿ ਮਾਤਾ ਪਿਤਾ ਔਖੇ ਹੋ ਕੇ ਬੱਚਿਆਂ ਦੀ ਪਾਲਣਾ ਕਰਦੇ ਹਨ ਪਰ ਸਮਾਂ ਪੈਣ ਤੇ ਕਈ ਬੱਚੇ ਫਿਰ ਬਜ਼ੁਰਗ ਮਾਪਿਆਂ ਨੂੰ ਸਾਂਭਣ ਤੋਂ ਕੰਨੀ ਕਤਰਾਉਂਦੇ ਹਨ। ਮਾਪਿਆਂ ਦੀ ਸੇਵਾ ਦਾ ਮਹਾਤਮ ਦੱਸਦਿਆਂ ਸਿੱਖੀ ਦੇ ਮਹਾਨ ਵਿਆਖਿਆ ਕਾਰ ਭਾਈ ਗੁਰਦਾਸ ਜੀ ਨੇ ਸੈਂਤੀਵੀਂ ਵਾਰ ਦੀ ਇੱਕ ਪਾਉੜੀ ਵਿੱਚ ਸਮੁੱਚੇ ਸਮਾਜ ਨੂੰ ਸੁਚੇਤ ਕੀਤਾ ਹੈ ਕਿ ਜੇਕਰ ਕੋਈ ਮਨੁੱਖ ਆਪਣੇ ਮਾਪਿਆਂ ਨੂੰ ਤਿਆਗ ਕੇ ਧਾਰਮਕ ਪੁਸਤਕਾਂ ਸੁਣੇ ਤਾਂ ਉਹ ਭੇਦ ਨਹੀਂ ਜਾਣ ਸਕੇਗਾ ਤੇ ਇਹ ਕਥਾ ਕੰਨਰਸ ਦੀ ਕਹਾਣੀ ਹੋਵੇਗੀ। ਜੇਕਰ ਕੋਈ ਮਾਪਿਆਂ ਤੋਂ ਨਿਰਮੋਹਾ ਹੋਕੇ ਵਣਾਂ ਵਿੱਚ ਤਪ ਕਰਦਾ ਹੈ ਤਾਂ ਸਮਝੋ ਬੀਆ ਬਾਨਾਂ ਵਿੱਚ ਭੁੱਲਿਆ ਫਿਰਦਾ ਹੈ ਤੇ ਉਸ ਦੀ ਪੂਜਾ ਵੀ ਰੱਬ ਦੇ ਘਰ ਪ੍ਰਵਾਨ ਨਹੀਂ ਹੋ ਸਕਦੀ। ਇਸ ਤਰ੍ਹਾਂ ਕੋਈ ਇਨਸਾਨ ਜੇਕਰ ਮਾਪਿਆਂ ਦੀ ਸੇਵਾ ਤਾਂ ਕਰਦਾ ਨਹੀਂ ਪਰ ਅਠਅਸ ਤੀਰਥਾਂ ਤੇ ਇਸ਼ਨਾਨ ਕਰਦਾ ਹੈ ਤਾਂ ਉਹ ਸਮਝੋ ਕਿ ਘੁੰਮਣ ਘੇਰੀ ਵਿੱਚ ਪਿਆ ਗੋਤੇ ਖਾਂਦਾ ਹੈ। ਜੇਕਰ ਕੋਈ ਮਾਪਿਆਂ ਨੂੰ ਦੁਰਕਾਰ ਕੇ ਦਾਨੀ ਬਣੇ ਤਾਂ ਉਹ ਅਗਿਆਨੀ ਪ੍ਰਾਣੀ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਮਾਪਿਆਂ ਦੀ ਸੇਵਾ ਤੋਂ ਵਿਰਵਾ ਹੋ ਕੇ ਜੇ ਕੋਈ ਵਰਤ ਨੇਮ ਕਰਦਾ ਹੈ ਤਾਂ ਸਮਝੋ ਚੁਰਾਸੀ ਲੱਖ ਜੂਨਾਂ ਵਿੱਚ ਭਰਮਦਾ ਭੁੱਲਿਆ ਫਿਰਦਾ ਹੈ। ਮਾਪਿਆਂ ਨੂੰ ਵਿਸਾਰ ਕੇ ਹੋਰ ਅਨੇਕਾਂ ਕਰਮ ਕਾਂਡ ਕਰਨ ਵਾਲੇ ਇਨਸਾਨ ਨੇ ਸਮਝੋ ਕਿ ਗੁਰੂ ਪਰਮੇਸ਼ਰ ਦੀ ਸਾਰ ਹੀ ਨਹੀਂ ਜਾਣੀ। ਤੱਤਸਾਰ ਵਲੋਂ ਮਾਪਿਆਂ ਦੀ ਸੇਵਾ ਦਾ ਮਹਾਤਮ ਸਭ ਤੋਂ ਉੱਤਮ ਹੈ। ਮਾਂ ਬਾਪ ਤੋਂ ਵੱਡਾ ਤੀਰਥ ਕੋਈ ਨਹੀਂ ਹੈ। ਮਾਂ ਬਾਪ ਰੱਬ ਦਾ ਰੂਪ ਹੁੰਦੇ ਹਨ ਤੇ ਉਨ੍ਹਾਂ ਦੀ ਸੇਵਾ ਸੰਭਾਲ ਕਰਨੀ ਸਾਡਾ ਮੁੱਢਲਾ ਫਰਜ਼ ਹੈ।

### WHAT IS "ACTIVE AGEING"?

Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age. It applies to both individuals and population groups.

## ਮੈਂ ਰਾਹਾਂ 'ਤੇ ਨਹੀਂ ਤੁਰਦਾ...

ਸੁਰਜੀਤ ਪਾਤਰ, ਲੁਧਿਆਣਾ

ਮੈਂ ਰਾਹਾਂ 'ਤੇ ਨਹੀਂ ਤੁਰਦਾ, ਮੈਂ ਤੁਰਦਾ ਹਾਂ ਤਾਂ ਰਾਹ ਬਣਦੇ  
 ਯੁਗਾਂ ਤੋਂ ਕਾਫ਼ਲੇ ਆਉਂਦੇ, ਇਸੇ ਸੱਚ ਦੇ ਗਵਾਹ ਬਣਦੇ।  
 ਇਹ ਤਪਦੀ ਰੇਤ ਦਸਦੀ ਹੈ ਕਿ ਰਸਤਾ ਠੀਕ ਹੈ ਮੇਰਾ  
 ਇਹ ਸੜਦੇ ਪੈਰ, ਠਰਦੇ ਦਿਲ, ਮੇਰੇ ਸੱਚ ਦੇ ਗਵਾਹ ਬਣਦੇ  
 ਜੁ ਲੋ ਮੱਥੇ 'ਚੋਂ ਫੁੱਟਦੀ ਹੈ, ਉਹ ਅਸਲੀ ਤਾਜ ਹੁੰਦੀ ਹੈ  
 ਤਵੀ ਦੇ ਤਖ਼ਤ 'ਤੇ ਬਹਿ ਕੇ ਹੀ ਸੱਚੇ ਪਾਤਸ਼ਾਹ ਬਣਦੇ।  
 ਇਹ ਪੰਡਤ ਰਾਗ ਦੇ ਤਾਂ ਪਿੱਛੋਂ ਸਦੀਆਂ ਬਾਅਦ ਆਉਂਦੇ ਨੇ  
 ਮੇਰੇ ਹਉਕੇ ਹੀ ਪਹਿਲਾਂ ਤਾਂ ਮੇਰੀ ਵੰਝਲੀ ਦੇ ਸਾਹ ਬਣਦੇ  
 ਅਸਾਨੂੰ ਰੀਤ ਤੋਂ ਵੱਧ ਕੇ ਕਿਸੇ ਦੀ ਪ੍ਰੀਤ ਪਿਆਰੀ ਹੈ  
 ਤੂੰ ਲਿਖ ਲੇਖਾ ਤੇ ਲਿਖ ਜਿੰਨੇ ਵੀ ਨੇ ਸਾਡੇ ਗੁਨਾਹ ਬਣਦੇ।  
 ਜੇ ਰਾਂਝੇ ਨਾ ਵੀ ਹੁੰਦੇ ਤਾਂ ਵੀ ਨਾ ਬਣਦੇ ਅਸੀਂ ਕੈਦੋਂ  
 ਅਸੀਂ ਜਾਂ ਨਾਥ ਹੁੰਦੇ ਜਾਂ ਅਸੀਂ ਲੁੱਡਣ ਮਲਾਹ ਬਣਦੇ  
 ਉਦੋਂ ਤਕ ਤੂੰ ਹੈਂ ਸਾਡੀ ਹਿੱਕ ਦੇ ਵਿਚ ਮਹਿਫੂਜ਼ ਮਰ ਕੇ ਵੀ  
 ਜਦੋਂ ਤਕ ਜਿਸਮ ਸਾਡੇ ਹੀ ਨਹੀਂ ਸੜ ਕੇ ਸੁਆਹ ਬਣਦੇ  
 ਫ਼ਕੀਰਾਂ ਦੇ ਸੁਖਨ, ਕੁਛ ਯਾਰ, ਕੁਝ ਤਾਰੀਖ਼ ਦੇ ਮੰਜ਼ਰ  
 ਜਦੋਂ ਮੈਂ ਜ਼ਖਮ ਖਾ ਲੈਨਾ, ਮੇਰੀ ਖ਼ਾਤਰ ਪਨਾਹ ਬਣਦੇ  
 ਮੈਂ ਇਕ ਗੱਲ ਜਾਣਦਾ ਕਿ ਹੈ ਕੋਈ ਸ਼ੈ ਇਸ ਵਜੂਦ ਅੰਦਰ  
 ਉਹ ਜਿਹੜੀ ਲਿਸ਼ਕ ਉੱਠਦੀ ਹੈ ਜਦੋਂ ਸਭ ਰੁਖ਼ ਸਿਆਹ ਬਣਦੇ  
 ਕਦੀ ਦਰਿਆ ਇਕੱਲਾ ਤੈ ਨਹੀਂ ਕਰਦਾ ਦਿਸ਼ਾ ਆਪਣੀ  
 ਜ਼ਮੀਂ ਦੀ ਢਾਲ, ਜਲ ਦਾ ਵੇਗ ਹੀ ਰਲ ਮਿਲ ਕੇ ਰਾਹ ਬਣਦੇ  
 ਅਚਨਚੇਤੀ ਕਿਸੇ ਬਿੰਦੂ 'ਚੋਂ ਚਸ਼ਮਾ ਫੁੱਟ ਪੈਂਦਾ ਹੈ  
 ਇਹ ਦਾਅਵੇਦਾਰ ਦਾਅਵੇਦਾਰ ਐਵੇਂ ਖਾਹਮਖਾਹ ਬਣਦੇ  
 ਮੈਂ ਕੁਝ ਨਾਦਾਂ ਤੇ ਬਿੰਦੂ ਦਾ ਮਿਲਣ-ਬਿੰਦਾਂ ਹਾਂ, ਮੈਂ ਕੀ ਹਾਂ  
 ਜੇ ਮੈਂ ਆਖਾਂ ਕਿ ਮੈਂ ਕੁਝ ਹਾਂ, ਕਥਨ ਮੇਰੇ ਗੁਨਾਹ ਬਣਦੇ  
 ਇਹ ਤੁਰਦਾ ਕੌਣ ਹੈ, ਮੈਂ ਕੌਣ ਹਾਂ ਤੇ ਕੌਣ ਪੁੱਛਦਾ ਹੈ  
 ਇਹ ਸੋਚਾਂ ਦਾ ਸਫ਼ਰ ਹੈ ਇਸ ਲਈ ਸੀਨੇ ਹੀ ਰਾਹ ਬਣਦੇ  
 ਜਦੋਂ ਤਕ ਲਫਜ਼ ਜਿਉਂਦੇ ਨੇ, ਸੁਖਨਵਰ ਜਿਓਣ ਮਰ ਕੇ ਵੀ  
 ਉਹ ਕੇਵਲ ਜਿਸਮ ਹੁੰਦੇ ਨੇ ਜੋ ਸਿਵਿਆਂ ਵਿਚ ਸੁਆਹ ਬਣਦੇ  
 ਹਮੇਸ਼ਾ ਲੋਚਿਆ ਬਣਨਾ, ਤੁਹਾਡੇ ਪਿਆਰ ਦੇ ਪਾਤਰ  
 ਕਦੇ ਨਾ ਸੋਚਿਆ ਆਪਾਂ ਕਿ ਅਹੁ ਬਣਦੇ ਜਾਂ ਆਹ ਬਣਦੇ।

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**\* Seniors are an Asset not a Burden to society**

**\* Don't Plan for Seniors Plan with Seniors**

**\* Prepare for old age when younger**

### INTERNATIONAL LONGEVITY CNETRE BELIEVES-----

The ten nations, including India, whose representatives constitute the ILC Global Alliance believe that the challenges can be effectively met, that nations can afford old age, that old age will not bring about economic stagnation but rather will contribute to the wealth of nations, that intergenerational conflicts need not occur and gerontocracies will not develop. But we cannot afford to delay.

## ਸੱਚ

ਡਾ. ਮਲੂਕ ਸਿੰਘ ਲੋਹਾਰਾ (ਮੋਗਾ)

ਸੋਹਣਾ ਸੁਚੱਜਾ ਜੀਵਨ ਜਿਉਂਣ ਲਈ,  
 ਮੈਂ ਸੱਚ ਦੀ ਭੱਠੀ ਵਿੱਚ ਭੁਜਦਾ ਰਿਹਾ।  
 ਅੱਗ ਦੇ ਸੇਕ ਲੱਗਣ ਵਾਂਗ,  
 ਮੱਕੀ ਦੇ ਦਾਣਿਆਂ ਵਾਂਗ ਖਿਲ੍ਹਦਾ ਰਿਹਾ।  
 ਇਮਾਨਦਾਰੀ ਪੱਲੇ ਬੰਨਕੇ,  
 ਬੇਈਮਾਨੀ ਨੂੰ ਦੂਰ ਭਜਾਉਦਾ ਰਿਹਾ ਹੈ।  
 ਸੱਚ ਹਮੇਸ਼ਾਂ ਕੌੜਾ ਲੱਗਦਾ,  
 ਝੂਠ ਦਾ ਬੋਲ ਬਾਲਾ ਹੁੰਦਾ ਰਿਹਾ ਹੈ।  
 ਫਿਰ ਵੀ ਔਕੜਾਂ ਮੁਸੀਬਤਾਂ ਸਹਿਕੇ,  
 ਮੰਜ਼ਲਾਂ ਤੇ ਜਿੱਤ ਪਾਉਂਦਾ ਰਿਹਾ।  
 ਆਪਣੀ ਜਾਨ ਨੂੰ ਜੌਖਮ ਵਿੱਚ ਪਾਕੇ,  
 ਦੂਜਿਆਂ ਲਈ ਦੁੱਖ ਸਹਿੰਦਾ ਰਿਹਾ।  
 ਸੱਚ ਹਮੇਸ਼ਾ ਸੱਚ ਹੀ ਰਹਿੰਦਾ,  
 ਹਨੇਰਾ ਹਮੇਸ਼ਾ, ਚਾਨਣ ਤੋਂ ਦੂਰ ਭੱਜਦਾ ਰਿਹਾ।  
 ਦੇਰ ਨਾਲ, ਸਵੇਰ ਨਾਲ, ਵਕਤ ਭਲੇ,  
 ਬੁਰੇ ਦੀ ਪਛਾਣ ਕਰਦਾ ਰਿਹਾ।  
 ਲੋਕੀ ਝੂਠੇ ਸੱਚੇ ਦੀ ਪਛਾਣ ਕਰ ਲੈਂਦੇ,  
 ਮੈਂ ਆਪਣੇ ਸਫਰ ਤੇ ਚਲਦਾ ਰਿਹਾ।  
 ਮੈਂ ਸੱਚ ਦਾ ਪੱਲਾ ਫੜਕੇ,  
 ਅਪਣਾ ਜੀਵਨ ਬਿਤਾਉਂਦਾ ਰਿਹਾ।

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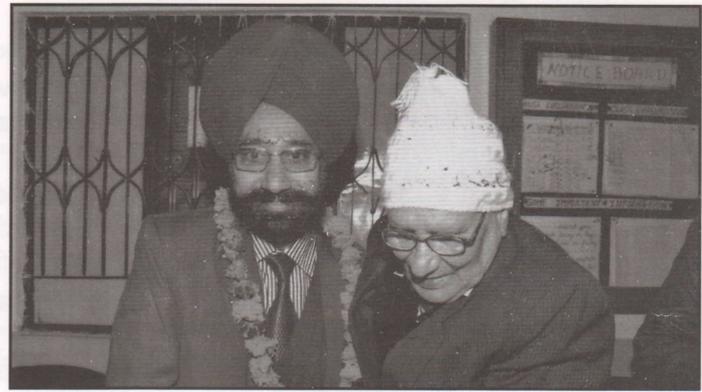
## WORDS OF WISDOM

- You can only perceive real beauty in a person as they get older. -- Anouk Aimee
- You are never too old to set another goal or to dream a new dream. -- Les Brown
- Our society must make it right and possible for old people not to fear the young or be deserted by them, for the test of a civilization is the way that it cares for its helpless members. -- Pearl S. Buck
- As I approve of a youth that has something of the old man in him, so I am no less pleased with an old man that has something of the youth. He that follows this rule may be old in body, but can never be so in mind. -- Marcus Tullius Cicero
- We've put more effort into helping folks reach old age than into helping them enjoy it. -- Frank A. Clark
- I live in that solitude which is painful in youth, but delicious in the years of maturity. -- Albert Einstein





Dr. Zoram Beda (I.A.S.) Additional Deputy Commissioner, Moga presiding over the Seminar on - "Maintenance and Welfare of Parents/Senior Citizens" Moga



The new President S. Jagtar Singh Sodhi, being welcomed by the outgoing President Sh. N. R. Lakhesh, Zirakpur



Painting Competition for girls organised by Sr. Citizens Welfare Assn., Nabha



The new president Mr. Sodhi, being welcomed by the outgoing Governing Body, Zirakpur



Birthday celebrations for the members born in Jan. 2013, at Moga



Senior Citizens & Youth Function by the members of Senior Citizens Assn. at Bhawanigarh



Senior Citizens Council Samana, distributing woollen jersies at Balmiki School, Samana



Republic Day Celebrations by Nabha Senior Citizens Welfare Assn.



Medical Camp organized by Senior Citizens Welfare Assn. Ludhiana on 3rd Feb. 2013.



Free Medical Camp organized by Senior Citizens Welfare Assn. Ludhiana in collaboration with Department of Health.



Sh. S P Karkara, President SCWL, & Vice President Fedsen greeting Dr. Amarjit Singh Khehra, the President Fedsen on 5th May, 2013 at PAU.



Members of the Governing Body of Fedsen deeply engrossed in the discussion on highly important issues, during the meeting held on 5th May, at PAU. SCWL hosted the meeting with great warmth



A historic moment in the history of Fedsen-Website being launched by Dr. Amarjit Singh Khehra, President on 5th May, at PAU. The Website of SCWL was also launched on the same day



The Chief Parliamentary Secretary Zirakpur Sh. N. K. Sharma being honoured by the President Jagtar Singh Sodhi. Sh. Sharma donated Rs. 1,00,000 for the Computer Room & assured more help



The Chairman MSCA Dr. A. S. Khehra & the President Mr. H.S. Mand greeting Sh. R.N.Mittal, President AISCCON at Mohali on 17th April.



Sh. Kulwant Singh, Chairman & Managing Director Janta Land Promoters Ltd. giving away prizes on the Sports Day at Mohali on 18th March. Dr. A. S. Khehra, Mr. H.S. Mand and S. Harkirat Singh are also visible

## ਫੈਡਸਨ-ਪੰਜਾਬ ਦੀ ਵੈਬਸਾਈਟ

[www.fedsenpunjab.org](http://www.fedsenpunjab.org) ਬਾਰੇ ਜਾਣਕਾਰੀ।

### ਜਰਨੈਲ ਸਿੰਘ

ਇਸ ਵੈਬਸਾਈਟ ਤੇ ਮੁੱਖ ਬਟਨ ਹਨ: “ਮੁੱਖ ਪੰਨਾ” (HOME), “ਆਰਗੇਨਾਈਜ਼ੇਸ਼ਨ” (ORGANISATION), “ਫਸਿਲਿਟੀਜ਼” (FACILITIES), “ਐਕਟਸ ਅਤੇ ਪੋਲੀਸੀਜ਼” (ACTS AND POLICIES), “ਪਬਲੀਕੇਸ਼ਨਜ਼” (PUBLICATIONS), “ਨੀਊਜ਼” (NEWS), “ਜੂਸਫੁਲ ਕੋਨਟੈਕਟਸ” (USEFUL CONTACTS), “ਗੈਲਰੀ” (GALLERY) ਅਤੇ “ਕੋਨਟੈਕਟ ਅਸ” (CONTACT US)

ਇਸ ਵੈਬਸਾਈਟ ਦੇ “ਮੁੱਖ ਪੰਨੇ” (HOME) ਤੇ “ਫੈਡਸਨ ਬਾਰੇ” (About us), “ਫੈਡਸਨ ਕਿਉਂ” (Why we are), ਇਸ ਦੇ “ਟੀਚੇ ਅਤੇ ਉਦੇਸ਼” (Aims and Objectives) ਅਤੇ ਇਸ ਦਾ “ਸੰਵਿਧਾਨ” (Constitution) ਪਾਇਆ ਗਿਆ ਹੈ। “ਡੋਨੇਟ ਨਓ” (Donate now) ਤੇ ਫੈਡਰੇਸ਼ਨ ਦਾ ਅਕਾਊਂਟ ਨੰਬਰ ਅਤੇ ਦਾਨ ਦੇਣ ਤੇ ਆਮਦਨ ਕਰ ਵਿਚ ਪ੍ਰਾਪਤ ਛੋਟ ਬਾਰੇ ਜਾਣਕਾਰੀ ਹੈ।

“ਆਰਗੇਨਾਈਜ਼ੇਸ਼ਨ” (ORGANISATION) ਹੇਠ ਫੈਡਸਨ ਦੀ “ਗਵਰਨਿੰਗ ਬਾਡੀ” (Governing Body) ਅਤੇ “ਫੈਡਰੇਟਿਡ ਇਕਾਈਆਂ” (Federated Units) ਦਾ ਵੇਰਵਾ ਦਿਤਾ ਗਿਆ ਹੈ। ਫੈਡਰੇਟਿਡ ਇਕਾਈਆਂ ਦੇ ਨਾਂ ਤੇ ਕਲਿਕ ਕਰਨ ਨਾਲ ਇਕਾਈ ਦੀ ਕਾਰਜਕਾਰਣੀ ਦੀ ਜਾਣਕਾਰੀ ਮਿਲ ਜਾਂਦੀ ਹੈ।

“ਫਸਿਲਿਟੀਜ਼” (FACILITIES) ਹੇਠ “ਬੁਢਾਪਾ ਪੈਨਸ਼ਨ” (Old Age Pension) ਲਈ ਕੌਮੀ ਅਤੇ ਪੰਜਾਬ ਲਈ ਵੱਖ ਵੱਖ ਸ਼ਰਤਾਂ ਅਤੇ ਮਿਲਣ ਵਾਲੀ ਰਕਮਾਂ ਦਾ ਵੇਰਵਾ ਉਪਲਬਧ ਹੈ, “ਕਨਸੈਸ਼ਨਜ਼” (Concessions) ਵਿੱਚ ਪੰਜਾਬ ਪੱਧਰ ਤੇ ਬਸਾਂ ਆਦਿ ਵਿਚ ਉਪਲਬਧ ਰਿਆਇਤ ਅਤੇ ਕੌਮੀ ਪੱਧਰ ਤੇ ਰੇਲ, ਹਵਾਈ ਸਫਰ, ਆਮਦਨ ਕਰ, ਅਦਾਲਤਾਂ ਅਤੇ ਸੂਚਨਾ ਦੇ ਅਧਿਕਾਰ ਵਿਚ ਉਪਲਬਧ ਸਹੂਲਤਾਂ ਬਾਰੇ ਜ਼ਿਕਰ ਹੈ ਅਤੇ “ਸਕੀਮਾਂ” (Schemes) ਹੇਠ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨ ਨੂੰ ਇੰਟੀਗਰੇਟਿਡ ਸਕੀਮ, ਕੌਮੀ ਪੱਧਰ ਤੇ ਸਿਹਤ ਸੰਬੰਧੀ ਅਤੇ ਜੀਵਨ ਬੀਮਾਂ ਸੰਬੰਧੀ ਉਪਲਬਧ ਸਹੂਲਤਾਂ ਬਾਰੇ ਜ਼ਿਕਰ ਹੈ।

“ਐਕਟਸ ਅਤੇ ਪੋਲੀਸੀਜ਼” (ACTS AND POLICIES) ਵਿੱਚ “ਐਕਟਸ” (Acts) ਹੇਠ ਭਾਰਤ ਸਰਕਾਰ ਵਲੋਂ ਬਣੇ “ਮਾਤਾ ਪਿਤਾ ਅਤੇ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਾਂ ਦੀ ਸਾਂਭ ਸੰਭਾਲ ਐਕਟ 2007” (Maintenance of Parents and Senior Citizens Act 2007), “ਪੰਜਾਬ ਸਰਕਾਰ ਵਲੋਂ ਇਸ ਸੰਬੰਧੀ ਬਣੇ ਨਿਯਮ 2012” (Rules framed by Punjab Government about Maintenance of Parents and Senior Citizens Act, 2012) ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿਤੀ ਗਈ ਹੈ। “ਪੋਲੀਸੀਜ਼” (Policies) ਹੇਠ “ਬਜ਼ੁਰਗਾਂ ਸੰਬੰਧੀ ਕੌਮੀ ਪੋਲੀਸੀ 1999” (National Policy on Older Persons 1999), “ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨ ਸੰਬੰਧੀ ਡਰਾਫਟ ਕੌਮੀ ਪੋਲੀਸੀ 2011” (Draft National Policy on Senior Citizens 2011) ਅਤੇ “ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਾਂ ਸੰਬੰਧੀ ਪੰਜਾਬ ਪੋਲੀਸੀ” (State Policy on Senior Citizens) ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿਤੀ ਗਈ ਹੈ। “ਕੌਮੀ / ਪੰਜਾਬ ਰਾਜ ਕੌਂਸਿਲ” (National/ State Councils) ਹੇਠ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨ ਸੰਬੰਧੀ ਕੌਮੀ / ਪੰਜਾਬ ਰਾਜ ਕੌਂਸਿਲ ਆਦਿ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿਤੀ ਗਈ ਹੈ।

“ਪਬਲੀਕੇਸ਼ਨਜ਼” (PUBLICATIONS) ਵਿਚ “ਨੀਊਜ਼ ਲੈਟਰਸ” (News Letters) ਹੇਠ ਫੈਡਸਨ ਦੇ ਪਿਛਲੇ ਦੋ ਨੀਊਜ਼ ਲੈਟਰ ਪਾਏ ਨਗਏਨ ਹਨ, “ਫੈਡਰੇਟਿਡ ਐਸੋਸੀਏਸ਼ਨਾਂ ਵਲੋਂ ਛਾਪੇ ਜਾਂਦੇ ਨੀਊਜ਼ ਲੈਟਰ ਦੀ ਸੂਚੀ” (List of News Letters of Federated Associations) ਹੇਠ ਫੈਡਰੇਟਿਡ ਐਸੋਸੀਏਸ਼ਨਾਂ ਵਲੋਂ ਛਾਪੇ ਜਾਂਦੇ ਸਬੰਧਤ ਨੀਊਜ਼ ਲੈਟਰ ਦਾ ਨਾਂ, ਅਡੀਟਰ, ਪਤਾ ਅਤੇ ਫੋਨ ਨੰਬਰ ਆਦਿ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿਤੀ ਗਈ ਹੈ। “ਫੈਡਸਨ ਨੀਊਜ਼ ਲੈਟਰ ਦੇ ਲਾਈਫ ਮੈਂਬਰਾਂ ਦੀ ਸੂਚੀ” (Fedsen-Punjab News Letter Subscribers) ਹੇਠ ਮੁਕੰਮਲ ਸੂਚੀ ਪਾਈ ਗਈ ਹੈ। “ਸੋਵੀਨਾਰ” (Souvenir) ਹੇਠ ਸੋਵੀਨਾਰ-2010 ਵੀ ਇੱਥੇ ਉਪਲਬਧ ਹੈ।

“ਨੀਊਜ਼” (NEWS) ਹੇਠ ਫੈਡਸਨ ਸੰਬੰਧੀ ਛਪੀਆਂ ਖਬਰਾਂ ਦੀਆਂ ਅਖਬਾਰੀ ਕਾਤਰਾਂ ਮਿੱਤੀਵਾਰ ਪਾਈਆਂ ਗਈਆਂ ਹਨ।

“ਜੂਸਫੁਲ ਕੋਨਟੈਕਟਸ” (USEFUL CONTACTS) ਹੇਠ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਾਂ ਨਾਲ ਸਬੰਧਤ “ਸਰਕਾਰੀ ਮਹਕਮਿਆਂ ਬਾਰੇ ਜਾਣਕਾਰੀ” (Government Contacts), “ਜ਼ਿਲ੍ਹਾ ਪੱਧਰ ਦੇ ਲਾਹੇਮੰਦ ਫੋਨ ਨੰਬਰ” (Useful District Level Contacts), “ਮਸ਼ਹੂਰ ਹਸਪਤਾਲਾਂ ਦੇ ਫੋਨ ਨੰਬਰ” (Hospital Contacts), “ਜ਼ਰੂਰੀ ਵੈਬਸਾਈਟ” (Important Websites), “ਹੈਲਪਲਾਈਨ” (Helplines), ਮੀਡਿਆ ਨਾਲ ਸਬੰਧਤ “ਐਡੀਟਰ/ ਨਿਊਜ਼ ਐਡੀਟਰਜ਼” (Editors/ News Editors) ਅਤੇ “ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨ ਨਾਲ ਸੰਬੰਧਤ ਸੰਸਥਾਵਾਂ” (Organisations Related to Senior Citizens) ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿਤੀ ਗਈ ਹੈ।

“ਗੈਲਰੀ” (GALLERY) ਵਿਚ ਫੈਡਸਨ ਦੇ ਬਾਨੀ ਦੀ ਫੋਟੋ, ਫੈਡਸਨ ਸੂਰੂ ਹੋਣ ਵੇਲੇ ਦੀਆਂ ਫੋਟੋਆਂ ਅਤੇ ਫੈਡਸਨ ਅਤੇ ਫੈਡਰੇਟਿਡ ਐਸੋਸੀਏਸ਼ਨ ਨਾਲ ਸੰਬੰਧਤ ਫੋਟੋਆਂ ਮਹੀਨਾਂ ਵਾਰ ਪਾਈਆਂ ਗਈਆਂ ਹਨ।

ਅੰਤ ਵਿਚ ਵੈਬਸਾਈਟ ਸੰਬੰਧੀ ਮੇਲਜੋਲ ਕਰਨ ਲਈ “ਕੋਨਟੈਕਟ ਅਸ” (CONTACT US) ਵਿੱਚ ਫੋਨ ਨੰਬਰ ਦਿਤੇ ਗਏ ਹਨ।

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## Governing Body Meeting at Ludhiana

Meticulously planned and organised, the General Body meeting of the FEDSEN was hosted by the President Sh. S.P. Karkara, I.A.S. (Retd.) at the Punjab Agriculture University Campus on 5th May. 20 Presidents of the various units participated. Dr. A. S. Khehra, President of the FEDSEN elaborately listed dozens of problems being faced by the people in the final phases of their lives. These included spiralling rise in the number of older people, increasing migration, changing family structure, deteriorating values, poverty and many more. Older people are the most vulnerable and the least organized. With proper formulation of policies and their effective implementation, the seniors can prove that they are an asset and not a liability.

The deliberations resulted in the campaign for the formation of more and more associations even in the sub-urban areas. There are dozens of policies and promises made by the government, but they have not been given practical shape. The FEDSEN plans to knock the government out of its slumber and remind of the commitments. The FEDSEN thanked the government for the formation and notification of the rules of Maintenance and Welfare of Parents Act 2007 & patronising State level celebrations of Senior Citizens' Day.

On this occasion, the website of FEDSEN and Senior Citizen's Welfare Association Ludhiana (SCWAL), were launched with a lot of fanfare. The websites are a landmark in the history of FEDSEN and a very convenient approach for digging out any information at the press of a button.

The next general body meeting of the FEDSEN has been fixed up for 1st June, 2013 (Saturday), at Mohali Club Mohali.

## AS WE MARCH ON

S. Chaudhary

**Sangrur:-** Once again S. Sukdev Singh Jassal has been unanimously elected President. The Association organized a free Super Speciality medical check up camp on 24<sup>th</sup> Feb.2013. Renowned Doctors, Dr.Nitin Aggarwal( Urology ), Dr.K.S.Sodhi ( Cancer ), Dr.Rajdeep (Gastro), Dr.Harsimran ( Ortho ) and Dr. Promod ( Ortho ) were kind enough to give free consultation to the senior citizens. Free medicines were also given to the needy persons. The medical camp was inaugurated by Sh. Kumar Rahul, I.A.S., the Deputy Commissioner of Sangrur. Sh.B.S.Gill I.R.S., Deputy Commissioner Excise Div. Sangrur was the Chief Guest and Dr. Manjot Kaur I.R.S., Assistant Commissioner Excise Sangrur was the Guest of Honour.

**Samana:-** Sr.Citizens council visited Balmiki Elementry School on 2<sup>nd</sup> Jan.2013 and distributed Jerseys to the needy students of the school. On 25<sup>th</sup> Jan. 2013 they visited S.S. Harbhagwan School Samana and distributed note books to the needy children.

**Mansa:-** A delegation of Senior Citizens comprising of Sh. Hardev Singh Walia, Ruldu Ram Bansal, Baboo Lal Sharma, R.C. Goyal, Tirath Singh Mittal, Raj Kumar, Balbir Singh Chahal, Parkash Singh Mann under the leadership of its president Megh Raj Singla met the Hon'ble Railway Minister Sh Pawan Kumar Bansal and handed him over a charter of demands. The main demand was to get 50% relief in rail fare for male Senior Citizens. The Hon'ble Minister responded well and assured that he would consider the demand favourably.

**Nabha:-** Association approached Maharani Parneet Kaur, Union State Minister for External Affairs, for a grant from MP Fund and she was kind enough to accept the request. Grant fund of Rs 5 Lac was used to construct a Hall with a sitting capacity of approximately 300 persons and grant of Rs.5 lac was used to construct another Hall to be used as 'Library cum Reading Room'. Punjabi Sahit Sabha helped the Association to get free books and financial help for maintenance.

The Association celebrated Republic Day with great fascination. It also organised painting competition for school children. Apart from this, the Association, celebrated International Women Day and International Elder's Day. The Association has contributed and helped graciously to collect ration & blankets (one truck load) for J & K displaced people who were in dire need of it.

**Rajpura Senior Citizens Council :-**The Council celebrated Senior Citizens Day in a grand way. Though the State Govt. did not release the funds this year, yet with the concerted efforts the Council got released, last years unutilised funds, from the D.S.S.O Patiala Smt.Birenderpal Kaur. A medical checkup camp, in coordination with Rajindra Medical College & Hospital, Patiala, was held for the benefit of the Senior Citizens. The Council has started two awards, 'Fakhar-e-Shakhsheeyat' and 'Shan-e-Rajpura' This award has been given to two persons, Principal Kuldeep Singh Ugani and Sh.

Kulwant Sharma for their exceptional achievement and performance. The award 'Shan-e-Rajpura' has been given to Sh Anant Gupta for achieving 7<sup>th</sup> position in IIT admission and 1<sup>st</sup> position in AIEEE Punjab 2012. He is the son of Dr. Seema Gupta and Dr. Rajiv Gupta

**Ludhiana:-** New Year get-together was organized for members and their spouses on 4<sup>th</sup> January, 2013. Dr. Manjit Singh Kang, former Vice Chancellor, PAU, was the special guest. President, SCWAL, Sh. S P Karkara conveyed his good wishes for the New Year to members and their spouses. Mrs. Neelam Khosla, and other members, enthralled the gathering with songs, poems etc.

**Lohri with Senior Citizens :** 13th January 201 : Members of the SCWAL celebrated Lohri with the inmates of Red Cross at Sarabha Nagar, Ludhiana. There was a grand programme of cultural events by the inmates and members of SCWAL.

**Free Eye and Dental Check up Medical Camp (25th January) :** A pre dental and eye check up camp was arranged at Mahavir Jain Shikshan Shansthan at Village Husainpura. The camp was organized in collaboration with Dayanand Medical College and Hospital and Khosla Hospital, Ludhiana. The dental team was led by Dr. Amrit Khosla and Eye Team by Dr. Arunima Gupta. More than 200 patients were examined and given free medicines. Children were gifted with tooth brushes and tooth pastes.

**Free Ortho Check-up Camp 3rd February :** A free camp was organized at Garg Hospital in Jawaddi, a locality of the poor families. More than 120 patients were examined by Dr. Vishal Garg. Free bone, density test, blood sugar, blood pressure etc. were carried out and free medicines given.

**Formation of Association in Village Toose:-** President S P Karkara visited village Toose, along with Er Balbir Singh, Er. M S Dhaliwal, and some other members of the Association. An Association with the name 'Senior Citizens Welfare Association Toose' was formed with 20 members. S. Ajit Singh Dhaliwal and S. Bhajan Singh Dhaliwal were elected President and Secretary respectively.

**Moga:-** Under the leadership of their President Mr.S.L. Kamra, awareness about the Maintenance and Welfare of Parents and Senior Citizens Act, 2007, was given. Dr Joram Beda, Additional Deputy Commissioner was invited as Chief Guest in the General Body meeting. Mr. Kamra highlighted the importance & implementation of the Act 2007. He sought all possible help from the administration. Dr. Joram assured all possible help to the council and declared if any problem is faced by any Senior Citizen, he can come to his office without any hesitation.

The Council is highly obliged and indebted to Mr. Darshan Singh Virdi for of donating Rs. 2100/- on his 67th birthday for launching website. He has shown a good gesture and the council prays to the Almighty for his sound health and longevity of life.

The council visited 'The Heavenly Palace' Doraha, a five star home for the elderly people. 25 members under the

leadership of Mr. S.L. Kamra, President, went around the campus and felt obliged to the management for courtesy and warmth shown in looking after the team.

**ZIRAKPUR : SENIOR CITIZENS' DAY:** Senior Citizens Day was celebrated on 2<sup>nd</sup> October. Sh NK Sharma Chief Parliamentary Secretary and MLA was the Chief Guest and Dr AS Khehra President Fedsen Punjab and Sh Kulwinder Singh Sohi President MC Zirakpur were the Guests of Honour. Sh Sharma announced a grant of Rs one lakh to the Forum. He also announced to build a big Sr Citizens community Centre at a central place and rooms for Sr Citizens in Parks of the town with all the facilities. He also assured to take up problems of senior citizens at various levels.

**ELECTION:** Sh Jagtar Singh Sodhi was elected President of the Forum unanimously and Sh NR Lakhesh outgoing President was elected Chairman for life. Elections were conducted by Er KK Verma Patron and Election Officer. Dr AS Khehra President FEDSEN- Punjab was the Chief Guest on the occasion. More than 225 members attended the meeting.

**DISTRIBUTION OF BLANKETS BY HELPAGE INDIA:** Chandigarh Chapter of Helpage India distributed blankets to 22 needy sr citizens of Zirakpur. Sh NK Sharma Chief Parliamentary Secretary and MLA was the Chief Guest on the occasion.

**INAUGURATION OF COMPUTER CELL:** A computer cell has been established in the GS MEM Sr. Sec. School for imparting computer training to the sr citizens, free of cost. Inauguration was done by Sh NK Sharma CPS and MLA. Dr AS Khehra President FEDSEN Punjab and Sh Kulwinder Singh Sohi were the Guests of Honour. Sh Sharma announced to assist liberally for establishment of Library and Reading Room.

**Saidpur :** A small but very energetic village of district Mohali, Saidpur has formed an association under the name Senior Citizen's Welfare Association. It has also been affiliated with FEDSEN. This is the very village where Mohali Senior Citizens Association has been holding medical camps for the last 5-6 years. Sh. Bhag Singh and Subedar Dharam Singh have been chosen President and General Secretary.

**Dharamkot :** The residents of the town Dharamkot, District Moga, have also come forward to form 'Senior Citizens Welfare Society, recently. S. Resham Singh Aulakh, Retd. DEO has been elected the president and S. Parminder Singh, Retd. Principal has been elected as General Secretary.

**Kharar :** The Senior Citizens Council, Kharar deserves a big Kodo for bringing out the first edition of the colourful directory of the senior citizens council, published and released recently. It is a complete and comprehensive compilation of every information.

The council held its elections in March 2013 and Principal B. S. Watni and Er. Jit Singh Brar were re-elected

President and General Secretary respectively. Other members were nominated by them.

**Bilaspur :** A small and sleepy town Bilaspur in District Moga has created waves and made news by forming 'Senior Citizens Council'. The members have been very active in sending a message to the older people of the area in apprising them of their rights. S. Jaswant Singh and S. Harbhajan Singh were elected Chairman and General Secretary respectively. More and more members are getting enrolled. A big Shabaash to the Chairman and General Secretary.

**Mohali :** During the quarter January to March 2013, the Mohali Senior Citizens Association has been extra active under the matured leadership of the President Sh. H.S. Mand. Besides holding 3-4 medical camps, dozens of cultural activities and picnics, the Associations has been arranging lectures on medical topics concerning the older people. The Association is obliged to Fortis Hospital & Max Hospital for extending this courtesy.

Sports Tournaments were the highlights of the association. It was a very largely attended and enjoyable event, when the members participated in different games both indoors and outdoors. S. Kulwant Singh, Chairman and Managing Director Janta Land & Promoters Ltd. donated rupees one lac on the sports day.

**Chandigarh :** Senior Citizens Association (CSCA), by virtue of its innumerable achievements, particularly in social service, under the seasoned leadership of Sh. G.S.Grewal, President, has been adjudged the '**THE BEST ASSOCIATION IN INDIA**'. It is winning laurels after laurels and is extending its activities to national frontiers. On March 11, 2013, they celebrated 'International Women's Day'. The Chief Guest was Smt. Geeta Bhukkal, the Haryana Minister, who was so pleased with the performance of the association that she donated Rs. 5 lacs to the association. Well done CSCA!

## FEEDBACK

'Snow and Cinders' an article by Prin. S.Chaudhary has been highly praised by the readers. He has exposed the hidden instincts of the older people by comparing Snow with grey hair and Cinders with the burning fire of youth in their hearts. Prin. Chaudhary has left a message to lead a carefree and happy life with zeal and zest

S.L. Kamra, Moga

## Report Card of "Trust for Promotion of education"

Jarnail Singh (LM 335), Mohali

Trust for promotion of education was constituted in 2010 and it was registered in April 2010. All the trustees and donors are members of MSCA. As the name suggest it was to motivate and facilitate the improvement in primary level education in rural areas so that students have reasonably strong foundation to pursue further studies. Keeping in view the various aims and objects the matter was thoroughly discussed in the Trust meetings as to how the work should be started. It was strongly felt that the students studying in Govt. primary schools belong to the poor strata of our society. Their parents are illiterate and unable to guide their wards. We all know that only those students do well in the higher education whose primary education is well attended by the educated parents. So it was decided that the Trust should play the parents role in case of such students. In this background it was decided that some government primary schools be selected in the nearby areas and students of 5th class be given extra coaching after the school timing by appointing a suitable teacher from the same village.

Three schools namely Govt. Primary School Saidpur, Govt. Primary School Jhanjeri and Got Primary School Majat were adopted by the Trust in 2010 for proving additional coaching to the students of 5th class by appointing a teacher from the concerned village for two hours just after the school timings. The coaching is being provided very smoothly in these three schools since 2010.

Govt. Primary School Lakhnaur was also adopted in November 2010. But after 3 months it was stopped due to non cooperation of the head teacher of that school. Two more schools namely Govt. Primary School Cholta Khurd and Govt. Primary School Malakpur were adopted in January 2012. The teachers engaged in these schools left the job after the completion of the session in March. Due to non-availability of the teachers work in these two schools was started in September 2012. At present the Trust is proving this coaching in 5 primary schools.

The result compiled by the schools after the annual examinations in March 2012 was critically evaluated by the trust. The scrutiny of the results reveals that the students position improved due to the additional coaching provided by the Trust.

Most of such students took admission in the higher class in the high school situated in the same village. Trust members verified from the high schools the performance of these students. It is heartening to know that the students who were given additional coaching in the 5th class by the Trust are doing relatively better in the higher class than the students from other primary schools. It is a matter of great satisfaction that the efforts of the Trust are bearing fruit.

Encouraged by the above facts the Trust decided to honour the students and the teachers. The students who

stood first and second in their class were given prizes so that other may get inspiration to work hard. They were also given certificates for standing first and second in their class. Such gestures are a source of encouragement for the students.

The teachers of these schools were also honoured with prizes on the eve of Teachers Day. This act of the Trust was well appreciated by all concerned and this will certainly motivate them to work hard.

S. Bhag Singh retd. Teacher has been associated with the Trust. He occasionally visit the schools to see that the engaged teacher is doing the work properly. He also guides the teachers.

Trust members visit these schools every month to disburse the salaries to the teachers appointed for extra coaching. The progress of the teacher's work is also checked from the exercise books of the students. Interaction is also made with the head teacher of the school in order to improve the coaching by the teachers appointed by the Trust.

A Medical Camp was also arranged at Saidpur village with the help of Mohali Senior Citizens Association. Sohana Hospital was kind enough to provide the doctors and other technical staff. The students and other people of the village Saidpur were medically examined by the specialist in the field of general medicine, surgery, dental diseases and eye checkup. Medicines were given free of cost. Those who needed spectacles were given numbers of the spectacles. This effort was appreciated by the village people.

A special eye checkup was also arranged for the students of Primary School Saidpur. Doctor RK Sharma, M.S. Eye Specialist and Retd. Joint Director health services, Punjab conducted this camp. All the students were examined and those who needed spectacles were given free of cost. The Trust is planning to arrange eye checkup in other schools also.

Some honourable members have made liberal donations to the Trust for carrying out its aims. The members who have donated Rs. 50000 and above will be associated with the Trust as patrons. En. Ragbir Singh, S. Sarwan Singh and S. Jagjit Singh have been appointed as patrons of the Trust.



Picnic & Basant celebrations by Mohali Senior Citizens Association on 17th February at Diplast Farm

# KALEIDOSCOPE

## Website launched to help the elderly

Swati Thakur | 17th

Ludhiana: The official website of the Senior Citizens Welfare Association, Ludhiana (SCWAL) was launched at a meeting involving the Federation of Senior Citizens Associations of Punjab and SCWAL. Discussing problems of senior citizens, A S Khehra, president of FESEN, observed that more than 10% of the population in Punjab comprises senior citizens, which is bound to increase in the coming years. He also said the elderly are facing additional problems due to changing social equations. "Changing family structure, along with some more problems have added to the issues faced by the elderly. Therefore, there is a need for us to come forward and help each other," he said. Satya Pal Karkara, president of the Senior Citizens Welfare Association, Ludhiana, said there are elections in the state or the national level. SCWAL has set up a committee with the help of senior citizens to assist people in their rights. "This website is intended to assist people about what their rights are."



TAKING UP A CAUSE: Senior citizens' associations at a meeting called in the city on Sunday

there are elections in the state or the national level. SCWAL has set up a committee with the help of senior citizens to assist people in their rights. "This website is intended to assist people about what their rights are."

## Website for welfare of senior citizens launched in city

DP CORRESPONDENT Ludhiana

A meeting of the governing body of Federation of Senior Citizens Associations of Punjab (FESEN-Punjab) was held in the Seminar Hall of Punjab Management and Extension Training Institute (PAMETI) at PAU, Ludhiana on Sunday.

The meeting was presided over by the president of FESEN and former Vice Chancellor of PAU Dr Anarjit Singh Khehra. The meeting was attended by 20 presidents of the federation association from across the state, federal office bearers and some special invitees. On this occasion websites of FESEN and Senior Citizens' Welfare Association Ludhiana (SCWAL) were launched and so that all the governing



Members of Senior Citizens Welfare Association Ludhiana during the launch of the website of PAU

Dr Baldev Singh Dhillon, contains detailed information about its members and various welfare projects. The governing body decisions. The body finalised programme for a state level campaign to promote formation of senior citizen

## सीनियर सिटीजन के लिए लांच हुई वेबसाइट



पीएचयू स्थित पॉमेटि में सीनियर सिटीजन के लिए वेबसाइट लांच करते पदाधिकारीगण।

जॉस, लुधियाना : गवर्निंग बॉडी ऑफ फेडरेशन ऑफ सीनियर सिटीजन पंजाब की ओर से रविवार को पीएचयू स्थित पामेटि में सीटिंग बुलाई गई। मीटिंग की अध्यक्षता एन.एस.के.ए. के अध्यक्ष के प्रधान व पीएचयू के पूर्व सी.पी.आ. अध्यक्ष सिंह खेहर ने की। इस मीटिंग में सीनियर सिटीजन के अधिकारों के बारे में जागरूक किया जाएगा। उन्हें के व राज्य सरकार द्वारा दी जाने वाली सुविधाओं के बारे में अवगत करवाया जाएगा। वहीं सीनियर सिटीजन वेबसाइट का भी लॉन्चिंग किया गया।

## Senior citizen bodies from Punjab meet at PAU, websites launched

EXPRESS NEWS SERVICE LUDHIANA, MAY 5

A MEETING of the governing body of Federation of Senior Citizens Associations of Punjab (FESEN-Punjab) was held at the seminar hall of Punjab Agricultural University on Sunday.

Dr Khehra highlighted how population as well as problems faced by elderly were increasing over the years.

The target for current year is to have more than 16 new associations, they said.

## Elderly discuss problems faced by them



Members attending the governing body meeting of the Federation of Senior Citizens' Associations of Punjab in Ludhiana on Sunday.

Members attending the governing body meeting of the Federation of Senior Citizens' Associations of Punjab in Ludhiana on Sunday.

## LUDHIANA Tribune

LUDHIANA | MONDAY | 6 | MAY 2013

## Website comes up for senior citizens

CHARANJIT SINGH TEJA EXPRESS NEWS SERVICE

president said, "Population as well as problems faced by elderly has been increasing over the years. Senior Citizens' Welfare Association (SCWA) Ludhiana is taking up the issue of increasing family valuations, family support and elderly." SP president of Senior Citizens' Welfare Association, Ludhiana, said, "Ironically, senior citizens

## सुरकार सीनीअर सिटीजनस दीआं मुसबलां गूल बरन लष्टी वचनषय : मदन मोहन मिठल

अनीतगढ़, 1 अक्टूबर (संविदर सिध वरुण) : पंजाब सरकार सीनीअर सिटीजनस दीआं मुसबलां नू पहिल अउर अउर उ गूल बरन लष्टी वचनषय के बिचि सिटीजनस सिटीजनस सांभे साभाने ला बरुमुला अंग है। एन सरकार बरुमुला नू माट सनमान देत अउर उनां पालन देत अउर उनां अउर 2007 नू पुरान ग्रुप बिच लावु करेगी। एहना बिचारा एन मदन मोहन मिठल सिध उनां सीनीअर सिटीजनस के मुसबलां के बारे में जागरूक किया जाएगा। उन्हें के व राज्य सरकार द्वारा दी जाने वाली सुविधाओं के बारे में अवगत करवाया जाएगा। वहीं सीनियर सिटीजन वेबसाइट का भी लॉन्चिंग किया गया।

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## सीनियर सिटीजनस की समस्याओं का होगा समाधान : चपके



सीनियर सिटीजनस के मुसबलां के बारे में जागरूक किया जाएगा। उन्हें के व राज्य सरकार द्वारा दी जाने वाली सुविधाओं के बारे में अवगत करवाया जाएगा। वहीं सीनियर सिटीजन वेबसाइट का भी लॉन्चिंग किया गया।

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## KIDNEY FAILURE

Kidney failure is also called Renal failure. With kidney failure, the kidneys cannot get rid of the body's extra fluid and waste. This can happen because of disease or damage from an injury.

The Kidney :

- \* Gets rid of excess water and waste products
- \* Adjusts the fluid and chemicals needed by the body
- \* Controls blood pressure
- \* Controls the hormones in the body that make new red blood cells

The kidneys take excess water and waste products from the blood and turn it into urine. Urine is then passed out. Most people have 2 kidneys. A person can live a healthy life with one kidney also.



Dr. Raka  
Ivy Hospital

- \* Severe infections.
- \* Severe burns.
- \* Injury to or blockage of the blood flow to the kidneys.
- \* Low blood pressure.
- \* Blockage in the urinary tract.
- \* Heart failure.
- \* Chemical or drug poisoning.

The kidneys can often get better when the cause of the problem is found and treated.

### Chronic Kidney Failure

Chronic kidney failure occurs when the kidneys slowly lose their function. It is a lifelong disease that does not get better. Causes may include :

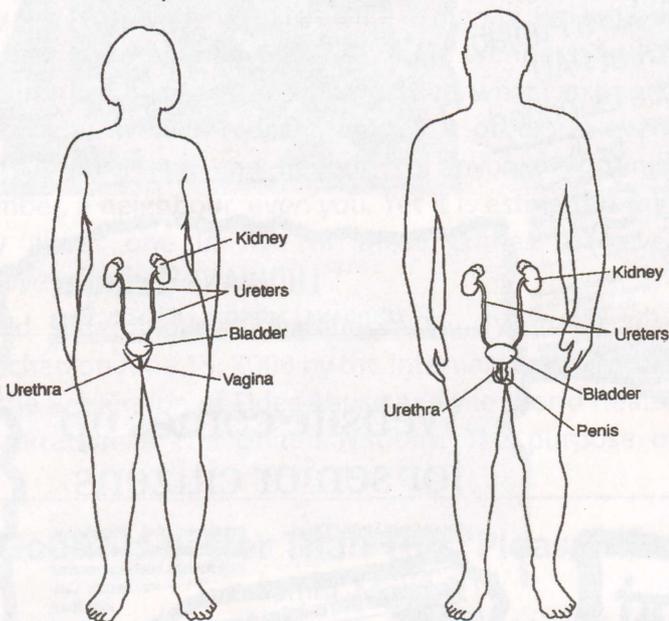
- \* Diseases such as diabetes, high blood pressure and heart disease.
- \* Kidney stones.
- \* Blockage or problems in the urinary tract.
- \* Lupus, and autoimmune disease.
- \* Scleroderma, a skin and connective tissue disorder.
- \* Chronic infections.
- \* Drug abuse.
- \* Poisons.

### Signs of Chronic Kidney Failure include :

- \* Swelling in the hands, face or feet.
- \* Changes in how often you need to urinate.
- \* Feeling very tired or weak.
- \* Headache and confusion.
- \* Nausea or vomiting.
- \* Loss of appetite
- \* Feeling short of breath.
- \* Itchy skin.

There is no cure for Chronic Kidney failure. It is treated with diet changes and medicines. When the kidneys lose most of their function, called endstage renal failure, dialysis is needed several days a week. A kidney transplant may also be a treatment option.

**Talk to your doctor or nurse if you have any questions or concerns.**



There are 2 kinds of kidney failure, called acute and chronic.

### Acute Kidney Failure

Acute kidney failure is a sudden loss of kidney function that happens within hours or days. Causes may include:

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## OF SPECIAL INTEREST



The President (AISCCON) Sh. R. N. Mittal (Centre) with the members of the Governing Bodies of Mohali Senior Citizens Association and FEDSEN Punjab on 17th April, 2013

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